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November 15, 2017
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<td>Calories (kcal)</td>
<td>Calories from Fat (kcal)</td>
<td>Total Fat (g)</td>
<td>Saturated Fat (g)</td>
<td>Trans Fats (g)</td>
<td>Cholesterol (mg)</td>
<td>Sodium (mg)</td>
<td>Carbohydrates (g)</td>
<td>Dietary Fiber (g)</td>
<td>Sugars (g)</td>
<td>Protein (g)</td>
</tr>
<tr>
<td>-------------------------------------------------------</td>
<td>--------------</td>
<td>----------------</td>
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<td>-------------</td>
<td>-------------------</td>
<td>------------------</td>
<td>------------</td>
<td>-------------</td>
</tr>
<tr>
<td>Garlic Bread</td>
<td>1 slice</td>
<td>120</td>
<td>75</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>230</td>
<td>18</td>
<td>1</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>3-Bean Stew - Matinee (includes rice and potato)</td>
<td>8 oz.</td>
<td>334</td>
<td>93</td>
<td>7</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>785</td>
<td>50</td>
<td>10</td>
<td>4</td>
<td>11</td>
</tr>
<tr>
<td>Sweet Buttered Corn</td>
<td>1 cobbette</td>
<td>210</td>
<td>70</td>
<td>7</td>
<td>2</td>
<td>2</td>
<td>0</td>
<td>140</td>
<td>28</td>
<td>3</td>
<td>6</td>
<td>5</td>
</tr>
<tr>
<td>Herb Basted Potato</td>
<td>1 serving</td>
<td>221</td>
<td>150</td>
<td>17</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>323</td>
<td>17</td>
<td>2</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Chocolate Chip Cookie</td>
<td>1 package</td>
<td>260</td>
<td>110</td>
<td>13</td>
<td>6</td>
<td>0</td>
<td>10</td>
<td>160</td>
<td>34</td>
<td>1</td>
<td>20</td>
<td>3</td>
</tr>
<tr>
<td>Beverage (Soda-non diet)</td>
<td>12 oz.</td>
<td>95</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>10</td>
<td>25</td>
<td>0</td>
<td>23</td>
<td>0</td>
</tr>
<tr>
<td>Total Meal</td>
<td></td>
<td>1240</td>
<td>498</td>
<td>46</td>
<td>11</td>
<td>2</td>
<td>10</td>
<td>1648</td>
<td>172</td>
<td>17</td>
<td>55</td>
<td>24</td>
</tr>
</tbody>
</table>

November 15, 2017