

Friday, February 14, 2020

Managers Meal, Friday February 14, 2020									
Menu Item	Meal Component(s)	Serving Size/Carbs							
		K4	Carbs	K-5	Carbs	6-8	Carbs	9-12	Carbs
Sliced Roasted Turkey w/	2oz M/MA,	3oz.	0g	3 oz.	0g	3 oz.	0g	3 oz.	0g
Herbed Gravy		2 oz	3g	2 oz	3g	2 oz.	3g	2 oz.	3g
Mashed Potatoes	1 V	½ c	40g	½ c	40g	½ c	40g	½ c	40g
Seasoned Collards	1 V	½ c	4g	½ c	4g	½ c	4g	½ C	4g
Hawaiian Roll	1 G/B	1 ea.	18g	1 ea.	18g	1 ea.	18g	1 ea.	18g
Blushing Apples	1F	½ C	17g	½ C	17g	½ C	17g	½ C	17g
Milk	1 M	8 oz.		8 oz.		8 oz.		8 oz.	1% Lowfat-13g, Skim-13g, Fat Free Chocolate- 24g