

SY21-22

THANKSGIVING MENU CARB COUNT

MENU ITEM	CARBS
TURKEY	1
GRAVY	9
ROLL OR CORNBREAD	13 OR 28
DRESSING	22
CRANBERRY SAUCE	20
GREEN BEANS	4
YAMS OR SWEET POTATO SOUFFLE	16 OR 87
FRESH & ASSORTED FRUIT	12
MILK VARIETY	13