

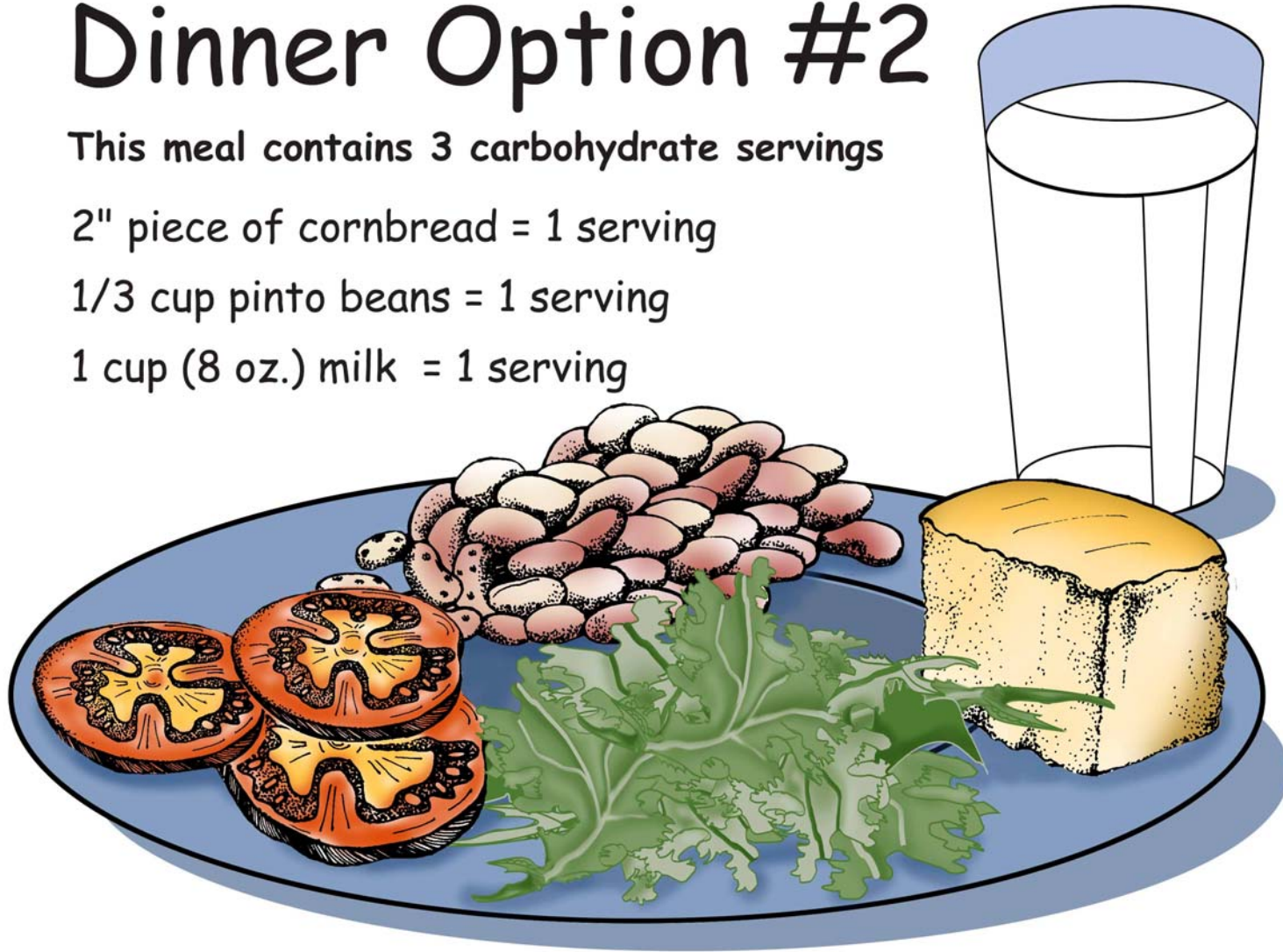
Dinner Option #2

This meal contains 3 carbohydrate servings

2" piece of cornbread = 1 serving

1/3 cup pinto beans = 1 serving

1 cup (8 oz.) milk = 1 serving



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