

# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Mar 1, 2019 thru Mar 31, 2019

KHS BREAKFAST NEW

Generated on: 2/27/2019 8:02:31 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/01/2019								
KHS BREAKFAST NEW	Total	5						
Cinnamon Roll 2.5oz Baker Boy	1 each	1	220	291	5.06	41.63	5.02	2.01
French Toast Sticks Choc Chip	1 each	1	210	260	5.0	35.0	6.0	1.25
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			551	517	16.09	101.01	10.49	3.44
% of Calories					11.7%	73.3%	17.1%	5.6%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/04/2019								
KHS BREAKFAST NEW	Total	5						
Breakfast in a Bowl SR	Serving	1	280	1016	26.69	4.57	16.17	6.78
Muffin Dbl Choc Chip WGR - Oti	1 each	1	180	120	3.0	30.0	5.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
Peanut Butter & Jelly Sand C	1 Each	1	300	280	9.0	32.0	17.0	3.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			519	565	18.21	88.39	11.52	3.74
% of Calories					14.0%	68.1%	20.0%	6.5%
Nutrient Guideline			450-600	640				<10.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/05/2019								
KHS BREAKFAST NEW	Total	5						
Breakfast Pizza	1 each	1	220	480	10.0	27.0	8.0	2.00
Breakfast Bread	1 each	1	273	210	5.75	43.75	9.5	1.75
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			564	545	17.23	99.83	11.79	3.54
% of Calories					12.2%	70.9%	18.8%	5.6%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/06/2019								
KHS BREAKFAST NEW	Total	5						
Cheese Omelet	1 each	1	110	210	8.0	1.0	8.0	3.00
Sausage C	serving	1	75	216	6.0	1.0	5.0	1.80
Mini Cinnis Cinnamon Roll	1 Each	1	240	300	5.0	40.0	7.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	4	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			595	601	19.48	100.48	14.15	4.81
% of Calories					13.1%	67.5%	21.4%	7.3%
Nutrient Guideline			450-600	640				<10.00

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### Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/07/2019								
KHS BREAKFAST NEW	Total	5						
French Toast Sticks Sunny Fres	4 each	1	280	413	10.67	37.35	9.34	2.67
Muffin Wild Blueberry WGR - Ot	1 each	1	190	130	3.0	30.0	6.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
SYRUP,PANCAKE	Serv	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			568	519	16.81	101.56	11.36	3.72
% of Calories					11.8%	71.5%	18.0%	5.9%
Nutrient Guideline			450-600	640				<10.00

Mon - 03/11/2019								
KHS BREAKFAST NEW	Total	5						
Sausage Gravy w/Biscuit SR	Serving	1	334	817	11.0	33.4	15.62	6.30
Donut Mini Chocolate WGR	Package	1	320	270	5.0	41.0	15.0	7.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			596	624	17.28	100.56	14.41	5.45
% of Calories					11.6%	67.5%	21.8%	8.2%
Nutrient Guideline			450-600	640				<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/12/2019								
KHS BREAKFAST NEW	Total	5						
Ham/Egg/Cheese Muffin SR	1 Each	1	232	434	13.09	24.41	9.02	3.00
Muffin Dbl Choc Chip WGR - Oti	1 each	1	180	120	3.0	30.0	5.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			548	518	17.29	96.56	11.09	3.79
% of Calories					12.6%	70.5%	18.2%	6.2%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/13/2019								
KHS BREAKFAST NEW	Total	5						
Waffle, Dutch 51% WG 5"	1 Each	1	316	350	4.0	47.16	13.0	3.00
Strawberries & Bananas	1/2 cup	1	148	3	1.22	39.05	0.34	0.08
Bagels - Mini Cream Cheese	1 Each	1	235	180	6.0	41.0	6.0	2.50
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
SYRUP,PANCAKE	Serv	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			614	517	16.32	113.54	12.16	3.90
% of Calories					10.6%	74.0%	17.8%	5.7%
Nutrient Guideline			450-600	640				<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Thu - 03/14/2019</b>								
KHS BREAKFAST NEW	Total	5						
Pancake & Sausage on Stick WG	1 Each	1	200	310	7.0	17.0	10.0	2.50
Tator Tots C	1/2 cup	1	130	310	2.0	16.0	6.0	1.00
Breakfast Bread	1 each	1	273	210	5.75	43.75	9.5	1.75
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
SYRUP,PANCAKE	Serv	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			595	576	17.03	103.44	13.39	3.84
% of Calories					11.5%	69.6%	20.3%	5.8%
Nutrient Guideline			450-600	640				<10.00

<b>Mon - 03/25/2019</b>								
KHS BREAKFAST NEW	Total	5						
Oatmeal - SR	3/4 cup	1	152	150	6.59	25.85	2.69	0.47
Brown Sugar	.25 Cup	1	138	10	0.04	35.56	0.0	0.00
Cinnamon	1 Tsp	1	6	0	0.1	2.1	0.03	0.01
Muffin Wild Blueberry WGR - Ot	1 each	1	190	130	3.0	30.0	6.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			562	465	16.02	104.38	10.03	3.28
% of Calories					11.4%	74.3%	16.1%	5.3%
Nutrient Guideline			450-600	640				<10.00

Tue - 03/26/2019								
KHS BREAKFAST NEW	Total	5						
Chicken Biscuit w/Gravy	1 Each	1	174	501	7.5	11.9	9.12	1.50
Donut Mini Chocolate WGR	Package	1	320	270	5.0	41.0	15.0	7.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			564	561	16.58	96.26	13.11	4.49
% of Calories					11.8%	68.3%	20.9%	7.2%
Nutrient Guideline			450-600	640				<10.00

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/27/2019								
KHS BREAKFAST NEW	Total	5						
Pancakes- Whole Wheat- C	4 each	1	320	520	6.8	54.8	8.0	1.32
Sausage C	1 serving	1	75	216	6.0	1.0	5.0	1.80
Frudel, Cherry	1 Each	1	210	280	5.0	36.0	6.5	1.50
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
SYRUP.PANCAKE	Serv	1	46	16	0.0	12.06	0.0	0.00
Weighted Daily Average			595	613	17.64	106.45	12.19	3.71
% of Calories					11.9%	71.5%	18.4%	5.6%
Nutrient Guideline			450-600	640				<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/28/2019								
KHS BREAKFAST NEW	Total	5						
Egg, Bacon-Cheese Eggstravagan	3 oz	1	180	420	12.0	1.5	13.5	5.25
Mini Cinnis Cinnamon Roll	1 Each	1	240	300	5.0	40.0	7.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			549	551	17.48	93.98	12.39	4.24
% of Calories					12.7%	68.5%	20.3%	6.9%
Nutrient Guideline			450-600	640				<10.00

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient  
**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data  
**1-** Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Kearney Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2019 thru Mar 31, 2019

KHS BREAKFAST NEW

Generated on: 2/27/2019 8:02:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/29/2019								
KHS BREAKFAST NEW	Total	5						
Donut - Long John WGR RTI - Ba	1 Each	1	294	361	5.08	38.99	13.02	6.01
Mini Cinnis Cinnamon Roll	1 Each	1	240	300	5.0	40.0	7.0	2.00
Cereal Assorted Bowl Packs	1 each	1	88	141	1.99	16.95	1.7	0.20
Pop Tarts WG	2 each	1	365	370	4.0	74.5	5.25	2.00
PB&J Uncrustable	1 each	1	320	350	9.0	33.0	16.0	3.00
Yogurt Upstate Farms	4 oz	1	90	75	3.0	19.0	0.0	0.00
String Cheese C	1 each	1	80	200	6.0	1.0	6.0	4.00
Fruit Canned Assorted	1 each	4	61	4	0.32	15.64	0.06	0.00
Fruit, Fresh Assorted	1 EACH	4	76	1	0.78	19.7	0.25	0.06
Toast - SR	1 each	2	113	123	4.0	16.0	4.67	1.67
Milk, Variety SR	1 cup	4	122	157	8.0	21.15	0.47	0.28
Orange Juice Hiland	1/2 cup	2	60	0	1.0	13.0	0.0	0.00
Weighted Daily Average			572	539	16.09	101.48	12.29	4.39
% of Calories					11.3%	71.0%	19.3%	6.9%
Nutrient Guideline			450-600	640				<10.00

Weighted Average			571	551	17.11 12.0%	100.57 70.5%	12.17 19.2%	4.02 6.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	571		450 - 600	100%				
Sodium 1 (mg)	551		640					
Sodium 2 (mg)	551		570					
Protein (g)	17.11	11.99%						
Carbohydrate (g)	100.57	70.47%						
Total Fat (g)	12.17	19.19%						
Saturated Fat (g)	4.02	6.34%	<10.00%					

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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