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| **Wednesday - 11/01/2023** |

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| **Elem Lunch Nutritionals**  |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 990054 SPAGHETTI NOODLES (ELM/MS) | 1/2 CUP | 1 | 202 | 0.00 | 0 | 2 | 0 | 1.01 | 0.00 | 0 | 41.51 | 1.01 | 7.09 | 0 | 0.0 | 0.00 | 1.82 |
| 990056 SPAGHETTI SAUCE (ELM/MS) | 1/3 CUP | 1 | 126 | 2.05 | 369 | \*0 | \*N/A\* | 7.57 | 1.02 | 27 | 6.23 | 0.02 | 7.18 | 569 | 12.6 | 0.09 | 0.62 |
| 990141 GARLIC TOAST | EACH | 1 | 160 | 2.50 | 270 | 1 | \*N/A\* | 9.00 | 0.00 | 0 | 16.00 | 0.58 | 3.00 | 0 | 0.0 | 0.00 | 1.08 |
| 990124 CARROTS, BABY (1/2 CUP) | 1/2 CUP | 1 | 36 | 0.03 | 61 | 4 | \*N/A\* | 0.21 | 0.00 | 0 | 8.42 | 2.46 | 0.82 | 14682 | 29.0 | 5.18 | 0.26 |
| 000199 SALAD, SIDE | CUP | 1 | 38 | 0.00 | 0 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.00 | 37.80 | 0.00 | 18900 | 0.0 | 45.36 | 0.00 |
| 000036 SALAD DRESSING | 1 TBSP | 1 | 37 | 0.53 | 148 | 0 | \*N/A\* | 3.70 | 0.00 | 5 | 0.53 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000657 APPLES, SLICED, BAGGED | EACH | 1 | 29 | 0.00 | 0 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 7.71 | 1.36 | 0.00 | 23 | 4.5 | 2.72 | 0.08 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 |
| Weighted Daily Average |  |  | 1694 | 13.59 | 2248 | \*54 | \*0 | 65.69 | 1.02 | 69 | 197.79 | 51.24 | 73.99 | \*34901 | 518.5 | \*53.57 | 10.30 |
| % of Calories |  |  |  | 7.22% |  | \*12.8% | \*0% | 34.9% | 0.5% |  | 46.7% |  | 17.5% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 550 - 650 | <10 | 1110 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Thursday - 11/02/2023** |

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| **Elem Lunch Nutritionals**  |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000465 CORN DOGS, MINI | SERVING (6) | 1 | 260 | 3.50 | 470 | 5 | \*N/A\* | 12.00 | 0.00 | 15 | 30.00 | 1.00 | 9.00 | 0 | 70.0 | 0.00 | 2.20 |
| 990253 Broccoli Littles | 5 | 1 | 130 | 1.00 | 290 | 1 | 0 | 7.00 | 0.00 | 0 | 14.00 | 2.00 | 3.00 | \*N/A\* | 20.0 | \*N/A\* | 0.20 |
| 990048 BEANS, BAKED (1/2 CUP) | 1/2 CUP | 1 | 198 | 0.00 | 234 | \*7 | \*N/A\* | 0.99 | 0.00 | 0 | 39.29 | 4.83 | 4.86 | 64 | 8.5 | 0.97 | 0.08 |
| 990035 GRAPES (1/2 CUP) | 1/2 CUP | 1 | 31 | 0.05 | 1 | \*N/A\* | \*N/A\* | 0.16 | 0.00 | 0 | 7.89 | 0.41 | 0.29 | 46 | 6.4 | 1.84 | 0.13 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 |
| 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 |
| Weighted Daily Average |  |  | 1699 | 13.03 | 2535 | \*54 | \*0 | 64.34 | 0.00 | 52 | 212.57 | 16.24 | 73.06 | \*937 | 577.3 | \*4.22 | 9.04 |
| % of Calories |  |  |  | 6.90% |  | \*12.7% | \*0% | 34.1% | 0.0% |  | 50.0% |  | 17.2% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 550 - 650 | <10 | 1110 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Friday - 11/03/2023** |

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| **Elem Lunch Nutritionals**  |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000559 PIZZA, PEPP STF CRST | EACH | 1 | 380 | 7.00 | 720 | 4 | \*N/A\* | 14.00 | 0.00 | 40 | 45.00 | 5.00 | 19.00 | 0 | 40.0 | 0.00 | 0.00 |
| 990223 Celery Sticks | Sticks | 1 | 9 | 0.02 | 32 | 1 | \*N/A\* | 0.10 | 0.00 | 0 | 1.50 | 0.80 | 0.40 | 50 | 20.0 | 1.40 | 0.12 |
| 990124 CARROTS, BABY (1/2 CUP) | 1/2 CUP | 1 | 36 | 0.03 | 61 | 4 | \*N/A\* | 0.21 | 0.00 | 0 | 8.42 | 2.46 | 0.82 | 14682 | 29.0 | 5.18 | 0.26 |
| 000352 CHIPS, SUN | EACH | 1 | 140 | 1.00 | 120 | \*N/A\* | \*N/A\* | 6.00 | 0.00 | 0 | 18.00 | 2.00 | 2.00 | 0 | 0.0 | 0.00 | 0.36 |
| 990215 Cherry Craisins | Bag | 1 | 110 | 0.00 | 0 | 24 | \*N/A\* | 0.00 | 0.00 | 0 | 28.00 | 3.00 | 0.00 | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* |
| 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 990239 PB & J Homemade | each | 1 | 595 | 5.98 | 605 | \*10 | \*N/A\* | 33.90 | 0.00 | 0 | 56.64 | 6.20 | 19.98 | 1 | 55.5 | 0.19 | 3.48 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 |
| Weighted Daily Average |  |  | 2060 | 19.01 | 2673 | \*75 | \*0 | 82.40 | 0.00 | 77 | 250.94 | 24.46 | 89.11 | \*15460 | \*578.9 | \*8.19 | \*9.64 |
| % of Calories |  |  |  | 8.31% |  | \*14.6% | \*0% | 36.0% | 0.0% |  | 48.7% |  | 17.3% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 550 - 650 | <10 | 1110 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Monday - 11/06/2023** |

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| **Elem Lunch Nutritionals**  |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000206 CHICKEN & GRAVY (ELEM/MS) | 1/3 CUP | 1 | 142 | 1.48 | 509 | \*1 | \*N/A\* | 5.90 | 0.00 | 66 | 1.18 | 0.02 | 20.82 | 39 | 12.4 | 0.00 | 0.86 |
| 990059 NOODLES, BUTTER (ELEM/MS) | 3/4 CUP | 1 | 160 | 3.98 | 57 | \*N/A\* | \*N/A\* | 7.02 | 0.00 | 39 | 20.32 | 0.94 | 4.10 | 195 | 11.7 | 0.00 | 1.14 |
| 990165 ROLL, DINNER, POG | Each | 1 | 80 | 0.00 | 130 | 3 | \*N/A\* | 1.00 | 0.00 | 0 | 14.00 | 2.00 | 3.00 | 0 | 20.0 | 0.00 | 0.72 |
| 990058 PEAS (3/4 CUP) | 3/4 CUP | 1 | 88 | 0.08 | 279 | \*N/A\* | \*N/A\* | 0.51 | 0.00 | 0 | 16.06 | 5.23 | 5.61 | 979 | 25.5 | 11.60 | 1.21 |
| 990032 PEARS (1/2 CUP) | 1/2 CUP | 1 | 50 | 0.00 | 10 | 12 | \*N/A\* | 0.00 | 0.00 | 0 | 16.00 | 2.00 | 0.00 | \*N/A\* | 10.0 | 2.40 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 |
| Weighted Daily Average |  |  | 1586 | 14.02 | 2384 | \*56 | \*0 | 58.62 | 0.00 | 142 | 184.94 | 18.18 | 89.43 | \*1940 | 552.0 | \*14.22 | 10.36 |
| % of Calories |  |  |  | 7.96% |  | \*14.1% | \*0% | 33.3% | 0.0% |  | 46.6% |  | 22.6% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 550 - 650 | <10 | 1110 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Tuesday - 11/07/2023** |

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| **Elem Lunch Nutritionals**  |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000368 FRENCH TOAST STICKS (ELEM)  | SERVING (3 PC) | 1 | 207 | 1.24 | 249 | 6 | \*N/A\* | 7.47 | 0.00 | 0 | 30.71 | 2.49 | 4.98 | 249 | 33.2 | 3.98 | 1.58 |
| 000349 SYRUP,MAPLE | TBSP | 1 | 56 | 0.00 | 24 | 9 | \*N/A\* | 0.02 | 0.00 | 0 | 13.92 | 0.00 | 0.00 | 2 | 0.0 | 0.36 | 0.00 |
| 000107 SAUSAGE PATTY (1 EACH) | EACH | 1 | 70 | 1.50 | 260 | 0 | \*N/A\* | 5.00 | 0.00 | 25 | 0.00 | 0.00 | 7.00 | 0 | 0.0 | 0.00 | 0.36 |
| 000447 POTATO, TRI-TATER | EACH | 1 | 100 | 0.50 | 280 | 1 | \*N/A\* | 4.50 | 0.00 | 0 | 14.00 | 1.00 | 1.00 | 0 | 0.0 | 1.80 | 0.00 |
| 000639 FRUITABLES | EACH | 1 | 60 | 0.00 | 15 | 12 | \*N/A\* | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 0.00 | 500 | 0.0 | 60.00 | 0.00 |
| 000068 BANANA (HALF) | HALF | 1 | 52 | 0.00 | 0 | 7 | \*N/A\* | 0.00 | 0.00 | 0 | 13.50 | 1.50 | 0.50 | 50 | 5.0 | 5.10 | 0.18 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 |
| 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 |
| Weighted Daily Average |  |  | 1626 | 11.73 | 2368 | \*76 | \*0 | 61.18 | 0.00 | 62 | 207.51 | 12.99 | 69.39 | \*1628 | 510.6 | \*72.65 | 8.54 |
| % of Calories |  |  |  | 6.49% |  | \*18.7% | \*0% | 33.9% | 0.0% |  | 51.0% |  | 17.1% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 550 - 650 | <10 | 1110 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Wednesday - 11/08/2023** |

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| **Elem Lunch Nutritionals**  |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 990179 Pub Burger w/cheese | 1 Each | 1 | 220 | 7.50 | 450 | 1 | \*N/A\* | 16.25 | 0.00 | 62 | 1.00 | 0.00 | 18.00 | 100 | 75.0 | 0.00 | 1.08 |
| 990156 BUN, HAMBURGER, POG | EACH | 1 | 150 | 0.00 | 250 | 5 | \*N/A\* | 2.00 | 0.00 | 0 | 29.00 | 3.00 | 6.00 | 0 | 60.0 | 0.00 | 1.80 |
| 000142 ROMAINE (2oz) & TOMATO (1oz) | OZ | 1 | 4 | 0.00 | 19 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.29 | 2.42 | 0.06 | 1199 | 2.3 | 3.71 | 0.00 |
| 000487 POTATOES, FRENCH FRIES, BAKED | 1/2 CUP | 1 | 120 | 0.50 | 40 | 0 | \*N/A\* | 3.50 | 0.00 | 0 | 20.00 | 1.00 | 2.00 | 0 | 10.0 | 0.00 | 0.60 |
| 990224 Fresh Green Beans | 3/4 Cup | 1 | 23 | 0.00 | 4 | 2 | \*N/A\* | 0.30 | 0.00 | \*N/A\* | 5.20 | 2.00 | 1.40 | \*N/A\* | 28.0 | \*N/A\* | 0.80 |
| 990029 FRUIT MIX, CND (1/2 CUP) | 1/2 CUP | 1 | 70 | 0.00 | 0 | 15 | \*N/A\* | 0.00 | 0.00 | 0 | 17.00 | 1.00 | 0.00 | 5 | 5.0 | 4.00 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 |
| 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 |
| 000451 MUSTARD, YELLOW | TBSP | 1 | 11 | 0.03 | 188 | \*N/A\* | \*N/A\* | 0.66 | 0.00 | 0 | 0.96 | 0.15 | 0.70 | 0 | 12.6 | 0.00 | 0.30 |
| 990045 PICKLES, SLICED | 4 EACH | 1 | 1 | 0.00 | 50 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 1 | 0.4 | 0.00 | 0.00 |
| Weighted Daily Average |  |  | 1679 | 16.51 | 2542 | \*64 | \*0 | 66.91 | 0.00 | \*100 | 194.84 | 17.57 | 84.07 | \*2132 | 665.7 | \*9.13 | 11.01 |
| % of Calories |  |  |  | 8.85% |  | \*15.2% | \*0% | 35.9% | 0.0% |  | 46.4% |  | 20.0% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 550 - 650 | <10 | 1110 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Thursday - 11/09/2023** |

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| **Elem Lunch Nutritionals**  |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000215 TACO BEEF, WALKING | 1/3 CUP | 1 | 232 | 4.06 | 401 | \*2 | \*N/A\* | 14.28 | 2.03 | 53 | 9.10 | 2.19 | 19.18 | 615 | 45.7 | 2.00 | 0.72 |
| 990145 CHIPS, DORITOS | BAG | 1 | 130 | 1.00 | 200 | 1 | \*N/A\* | 5.00 | 0.00 | 0 | 20.00 | 2.00 | 2.00 | \*N/A\* | 38.0 | \*N/A\* | 0.00 |
| 990061 TACO CHEESE | OZ | 1 | 91 | 4.05 | 213 | 0 | \*N/A\* | 6.07 | 0.00 | 20 | 1.01 | 0.00 | 7.09 | 0 | 0.0 | 0.00 | 0.00 |
| 000343 TOMATOES, DICED | 1/8 CUP | 1 | 5 | 0.01 | 1 | \*N/A\* | \*N/A\* | 0.06 | 0.00 | 0 | 1.10 | 0.34 | 0.25 | 236 | 2.8 | 3.88 | 0.08 |
| 001051 SALSA | TBSP | 1 | 5 | 0.00 | 16 | \*N/A\* | \*N/A\* | 0.03 | 0.00 | 0 | 0.99 | 0.19 | 0.21 | 78 | 1.7 | 0.57 | 0.32 |
| 000103 TACO LETTUCE (ROMAINE) | 1/4 CUP | 1 | 9 | 0.00 | 0 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.00 | 9.45 | 0.00 | 4725 | 0.0 | 11.34 | 0.00 |
| 000172 BEANS, REFRIED (1/2 CUP) | 1/2 CUP | 1 | 118 | 0.60 | 140 | \*N/A\* | \*N/A\* | 1.60 | 0.00 | 10 | 19.57 | 6.70 | 6.92 | 0 | 44.0 | 7.60 | 2.09 |
| 000478 POTATO, ROUNDS (LUNCH) | SERVING(10) | 1 | 156 | 2.30 | 304 | \*N/A\* | \*N/A\* | 8.28 | \*N/A\* | \*N/A\* | 18.40 | 1.84 | 1.84 | 0 | 0.0 | 3.31 | 0.66 |
| 000086 ORANGE, FRESH (HALF) | HALF | 1 | 45 | 0.02 | 0 | \*N/A\* | \*N/A\* | 0.12 | 0.00 | 0 | 11.28 | 2.30 | 0.90 | 216 | 38.4 | 51.07 | 0.10 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 |
| Weighted Daily Average |  |  | 1858 | 20.53 | 2675 | \*44 | \*0 | 79.63 | \*2.03 | \*121 | 198.84 | 33.02 | 94.29 | \*6597 | 643.0 | \*79.98 | 10.39 |
| % of Calories |  |  |  | 9.94% |  | \*9.5% | \*0% | 38.6% | \*1.0% |  | 42.8% |  | 20.3% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 550 - 650 | <10 | 1110 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Friday - 11/10/2023** |

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| **Elem Lunch Nutritionals**  |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000607 PIZZA, FRENCH BREAD PEPPERONI | EACH | 1 | 350 | 8.00 | 620 | 4 | \*N/A\* | 16.00 | 0.00 | 35 | 33.00 | 3.00 | 22.00 | 500 | 400.0 | 12.00 | 2.70 |
| 000352 CHIPS, SUN | EACH | 1 | 140 | 1.00 | 120 | \*N/A\* | \*N/A\* | 6.00 | 0.00 | 0 | 18.00 | 2.00 | 2.00 | 0 | 0.0 | 0.00 | 0.36 |
| 990069 CUCUMBER, FRESH (1/2 CUP) | 1/2 CUP | 1 | 8 | 0.01 | 1 | \*N/A\* | \*N/A\* | 0.11 | 0.00 | 0 | 1.44 | 0.47 | 0.39 | 48 | 9.3 | 2.13 | 0.15 |
| 990050 APPLESAUCE, CND (1/2 CUP) | 1/2 CUP | 1 | 60 | 0.00 | 0 | 13 | \*N/A\* | 0.00 | 0.00 | 0 | 15.00 | 1.00 | 0.00 | 2 | 50.0 | 1.00 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 990239 PB & J Homemade | each | 1 | 595 | 5.98 | 605 | \*10 | \*N/A\* | 33.90 | 0.00 | 0 | 56.64 | 6.20 | 19.98 | 1 | 55.5 | 0.19 | 3.48 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 |
| Weighted Daily Average |  |  | 1918 | 19.97 | 2476 | \*53 | \*0 | 84.20 | 0.00 | 72 | 209.46 | 16.66 | 91.28 | 1278 | 944.2 | 15.53 | 12.11 |
| % of Calories |  |  |  | 9.37% |  | \*11.1% | \*0% | 39.5% | 0.0% |  | 43.7% |  | 19.0% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 550 - 650 | <10 | 1110 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Monday - 11/13/2023** |

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| **Elem Lunch Nutritionals**  |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000188 CHICKEN, MANDARIN ORANGE | 1/2 CUP | 1 | 170 | 0.50 | 361 | 13 | \*N/A\* | 3.00 | 0.00 | 40 | 23.00 | 0.00 | 11.00 | \*N/A\* | 0.0 | 1.20 | 0.72 |
| 990091 RICE, STIR FRIED | 1/3 CUP | 1 | 108 | 0.29 | 200 | \*1 | \*N/A\* | 2.54 | 0.00 | 0 | 18.53 | 0.87 | 2.06 | 342 | 1.9 | 0.00 | 0.33 |
| 990097 BROCCOLI, STEAMED (1/2 CUP) | 1/2 CUP | 1 | 20 | 0.03 | 19 | \*N/A\* | \*N/A\* | 0.23 | 0.00 | 0 | 3.73 | 2.34 | 2.19 | 807 | 43.7 | 43.99 | 0.63 |
| 990051 MANDARIN ORANGES (1/2 CUP) | 1/2 CUP | 1 | 73 | 0.00 | 8 | 18 | \*N/A\* | 0.00 | 0.00 | 0 | 18.63 | 0.81 | 0.81 | 0 | 0.0 | 0.00 | 0.40 |
| 990124 CARROTS, BABY (1/2 CUP) | 1/2 CUP | 1 | 36 | 0.03 | 61 | 4 | \*N/A\* | 0.21 | 0.00 | 0 | 8.42 | 2.46 | 0.82 | 14682 | 29.0 | 5.18 | 0.26 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 |
| Weighted Daily Average |  |  | 1472 | 9.33 | 2048 | \*77 | \*0 | 50.18 | 0.00 | 77 | 189.70 | 14.48 | 72.79 | \*16557 | 547.0 | \*50.59 | 8.78 |
| % of Calories |  |  |  | 5.70% |  | \*20.9% | \*0% | 30.7% | 0.0% |  | 51.5% |  | 19.8% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 550 - 650 | <10 | 1110 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Tuesday - 11/14/2023** |

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| **Elem Lunch Nutritionals**  |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000360 McRIB | 1 EACH | 1 | 160 | 3.50 | 390 | 5 | \*N/A\* | 10.00 | 0.00 | 30 | 8.00 | 1.00 | 12.00 | 100 | 40.0 | 1.10 | 1.08 |
| 990171 Bun, Hoagie, POG | Each | 1 | 160 | 0.00 | 260 | 5 | \*N/A\* | 2.00 | 0.00 | 0 | 29.00 | 4.00 | 6.00 | \*N/A\* | 70.0 | \*N/A\* | 2.00 |
| 001065 PEAS (1/2 CUP) | 1/2 CUP | 1 | 59 | 0.05 | 186 | \*N/A\* | \*N/A\* | 0.34 | 0.00 | 0 | 10.71 | 3.48 | 3.74 | 653 | 17.0 | 7.74 | 0.81 |
| 990048 BEANS, BAKED (1/2 CUP) | 1/2 CUP | 1 | 198 | 0.00 | 234 | \*7 | \*N/A\* | 0.99 | 0.00 | 0 | 39.29 | 4.83 | 4.86 | 64 | 8.5 | 0.97 | 0.08 |
| 000657 APPLES, SLICED, BAGGED | EACH | 1 | 29 | 0.00 | 0 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 7.71 | 1.36 | 0.00 | 23 | 4.5 | 2.72 | 0.08 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 |
| 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 |
| 000338 BBQ SAUCE | TBSP | 1 | 30 | 0.00 | 115 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 7.00 | 0.00 | 0.00 | 50 | 0.0 | 0.60 | 0.00 |
| Weighted Daily Average |  |  | 1716 | 12.03 | 2726 | \*70 | \*0 | 57.52 | 0.00 | 67 | 223.10 | 22.68 | 82.51 | \*1717 | 612.4 | \*14.54 | 10.48 |
| % of Calories |  |  |  | 6.31% |  | \*16.3% | \*0% | 30.2% | 0.0% |  | 52.0% |  | 19.2% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 550 - 650 | <10 | 1110 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Wednesday - 11/15/2023** |

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| **Elem Lunch Nutritionals**  |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000416 TURKEY, ROAST | SERVING | 1 | 131 | 1.28 | 911 | \*N/A\* | \*N/A\* | 4.56 | 0.00 | 36 | 6.20 | 0.00 | 15.36 | 0 | 32.5 | 0.00 | 1.10 |
| 990165 ROLL, DINNER, POG | Each | 1 | 80 | 0.00 | 130 | 3 | \*N/A\* | 1.00 | 0.00 | 0 | 14.00 | 2.00 | 3.00 | 0 | 20.0 | 0.00 | 0.72 |
| 000417 DRESSING, BREAD (1/3 CUP) | 1/3 CUP | 1 | 153 | 0.90 | 444 | \*3 | \*N/A\* | 6.36 | 0.00 | 1 | 20.72 | 2.78 | 5.54 | 269 | 61.0 | 1.05 | 0.98 |
| 990041 CORN (1/2 CUP) | 1/2 CUP | 1 | 66 | 0.08 | 1 | \*N/A\* | \*N/A\* | 0.55 | 0.00 | 0 | 15.83 | 2.00 | 2.09 | 163 | 2.0 | 2.90 | 0.39 |
| 990040 PEACHES (1/2 CUP) | 1/2 CUP | 1 | 45 | 0.00 | 0 | 9 | \*N/A\* | 0.00 | 0.00 | 0 | 10.80 | 0.90 | 0.90 | 14 | 8.1 | 5.40 | 0.00 |
| 000391 SUNSHINE BAR, HOMEMADE | PIECE | 1 | 138 | 0.85 | 64 | \*2 | \*N/A\* | 6.41 | 0.00 | 0 | 19.82 | 1.08 | 1.33 | 1 | 16.8 | 0.01 | 0.30 |
| 000581 GRAVY, CHICKEN (1 OZ) | OZ | 1 | 11 | 0.00 | 128 | \*0 | \*N/A\* | 0.21 | 0.00 | 0 | 1.69 | 0.00 | 0.00 | 0 | 0.8 | 0.00 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 |
| Weighted Daily Average |  |  | 1689 | 11.60 | 3076 | \*58 | \*0 | 63.29 | 0.00 | 75 | 206.44 | 16.76 | 84.13 | \*1174 | 613.7 | \*9.57 | 9.92 |
| % of Calories |  |  |  | 6.18% |  | \*13.7% | \*0% | 33.7% | 0.0% |  | 48.9% |  | 19.9% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 550 - 650 | <10 | 1110 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Thursday - 11/16/2023** |

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| **Elem Lunch Nutritionals**  |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 990177 Louisiana Chicken Fillet | each | 1 | 210 | 1.00 | 590 | 0 | \*N/A\* | 6.00 | 0.00 | 50 | 19.00 | 1.00 | 18.00 | 0 | \*N/A\* | \*N/A\* | 1.44 |
| 990156 BUN, HAMBURGER, POG | EACH | 1 | 150 | 0.00 | 250 | 5 | \*N/A\* | 2.00 | 0.00 | 0 | 29.00 | 3.00 | 6.00 | 0 | 60.0 | 0.00 | 1.80 |
| 990124 CARROTS, BABY (1/2 CUP) | 1/2 CUP | 1 | 36 | 0.03 | 61 | 4 | \*N/A\* | 0.21 | 0.00 | 0 | 8.42 | 2.46 | 0.82 | 14682 | 29.0 | 5.18 | 0.26 |
| 990049 POTATO, CURLY | 1/2 CUP | 1 | 107 | 1.33 | 280 | 1 | \*N/A\* | 5.33 | 0.00 | 0 | 13.33 | 1.33 | 1.33 | 0 | 13.3 | 3.20 | 0.73 |
| 000133 APPLESAUCE CUP | EACH (4 OZ) | 1 | 44 | 0.00 | 13 | 11 | \*N/A\* | 0.00 | 0.00 | 0 | 12.44 | 0.89 | 0.89 | 53 | 888.9 | 0.00 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 |
| 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 |
| 000476 RANCH,CONDIMENT | TBSP | 1 | 35 | 0.50 | 140 | 0 | \*N/A\* | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990045 PICKLES, SLICED | 4 EACH | 1 | 1 | 0.00 | 50 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 1 | 0.4 | 0.00 | 0.00 |
| Weighted Daily Average |  |  | 1663 | 11.34 | 2924 | \*61 | \*0 | 61.24 | 0.00 | 92 | 204.08 | 16.68 | 82.95 | \*15564 | \*1464.0 | \*9.80 | 10.66 |
| % of Calories |  |  |  | 6.14% |  | \*14.7% | \*0% | 33.1% | 0.0% |  | 49.1% |  | 20.0% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 550 - 650 | <10 | 1110 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Friday - 11/17/2023** |

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| **Elem Lunch Nutritionals**  |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000218 COOK'S CHOICE | EACH | 1 | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* |
| 000628 CHIP, CHEETOS Baked  | BAG | 1 | 120 | 1.00 | 200 | 1 | \*N/A\* | 4.50 | 0.00 | 0 | 16.00 | 1.00 | 2.00 | 0 | 20.0 | 0.00 | 0.40 |
| 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 |
| 990086 COOK'S CHOICE VEGETABLE (1/2 CUP) | 1/2 CUP | 1 | 12 | 0.00 | 174 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 2.40 | 1.20 | 0.60 | 120 | 24.0 | 0.72 | 0.65 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 |
| 000476 RANCH,CONDIMENT | TBSP | 1 | 35 | 0.50 | 140 | 0 | \*N/A\* | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average |  |  | 1257 | 9.98 | 1919 | \*48 | \*0 | 52.20 | 0.00 | 42 | 144.29 | 11.20 | 58.51 | \*847 | 521.4 | \*2.14 | 7.47 |
| % of Calories |  |  |  | 7.15% |  | \*15.3% | \*0% | 37.4% | 0.0% |  | 45.9% |  | 18.6% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 550 - 650 | <10 | 1110 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Monday - 11/27/2023** |

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| **Elem Lunch Nutritionals**  |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 000357 CHICKEN STRIPS, BREADED (ELEM/MS) | Serving (3) | 1 | 230 | 3.51 | 591 | 1 | \*N/A\* | 15.03 | 0.00 | 40 | 10.02 | 1.00 | 15.03 | 0 | 18.0 | 0.00 | 2.00 |
| 990165 ROLL, DINNER, POG | Each | 1 | 80 | 0.00 | 130 | 3 | \*N/A\* | 1.00 | 0.00 | 0 | 14.00 | 2.00 | 3.00 | 0 | 20.0 | 0.00 | 0.72 |
| 000440 POTATOES, MASHED | 1/2 CUP | 1 | 70 | 0.00 | 281 | \*1 | \*N/A\* | 0.70 | 0.00 | 0 | 13.94 | 1.39 | 1.39 | 0 | 9.6 | 6.27 | 0.21 |
| 000581 GRAVY, CHICKEN (1 OZ) | OZ | 1 | 11 | 0.00 | 128 | \*0 | \*N/A\* | 0.21 | 0.00 | 0 | 1.69 | 0.00 | 0.00 | 0 | 0.8 | 0.00 | 0.00 |
| 990041 CORN (1/2 CUP) | 1/2 CUP | 1 | 66 | 0.08 | 1 | \*N/A\* | \*N/A\* | 0.55 | 0.00 | 0 | 15.83 | 2.00 | 2.09 | 163 | 2.0 | 2.90 | 0.39 |
| 990040 PEACHES (1/2 CUP) | 1/2 CUP | 1 | 45 | 0.00 | 0 | 9 | \*N/A\* | 0.00 | 0.00 | 0 | 10.80 | 0.90 | 0.90 | 14 | 8.1 | 5.40 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 |
| 000338 BBQ SAUCE | TBSP | 1 | 30 | 0.00 | 115 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 7.00 | 0.00 | 0.00 | 50 | 0.0 | 0.60 | 0.00 |
| 000476 RANCH,CONDIMENT | TBSP | 1 | 35 | 0.50 | 140 | 0 | \*N/A\* | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 |
| Weighted Daily Average |  |  | 1647 | 12.57 | 2926 | \*61 | \*0 | 65.18 | 0.00 | 83 | 195.16 | 15.30 | 78.32 | \*1054 | 531.0 | \*16.59 | 9.75 |
| % of Calories |  |  |  | 6.87% |  | \*14.8% | \*0% | 35.6% | 0.0% |  | 47.4% |  | 19.0% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 550 - 650 | <10 | 1110 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Tuesday - 11/28/2023** |

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| **Elem Lunch Nutritionals**  |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 990247 Pulled Pork Nacho's (ELEM) | each | 1 | 327 | 6.17 | 823 | \*4 | \*N/A\* | 16.91 | 0.00 | 56 | 24.94 | 1.50 | 19.56 | \*311 | \*195.8 | \*0.00 | \*66.00 |
| 990143 QUESO BLANCO | 2 OZ | 1 | 118 | 5.30 | 433 | 0 | \*N/A\* | 9.00 | 0.00 | 30 | 2.00 | 0.00 | 7.00 | 400 | 202.0 | 0.00 | 0.00 |
| 990118 LETTUCE, SHRD (1/4 CUP) | 1/4 CUP | 1 | 76 | 0.00 | 0 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.00 | 75.60 | 0.00 | 37799 | 0.0 | 90.72 | 0.00 |
| 990048 BEANS, BAKED (1/2 CUP) | 1/2 CUP | 1 | 198 | 0.00 | 234 | \*7 | \*N/A\* | 0.99 | 0.00 | 0 | 39.29 | 4.83 | 4.86 | 64 | 8.5 | 0.97 | 0.08 |
| 990215 Cherry Craisins | Bag | 1 | 110 | 0.00 | 0 | 24 | \*N/A\* | 0.00 | 0.00 | 0 | 28.00 | 3.00 | 0.00 | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* |
| 990062 PINEAPPLE, CND (1/2 CUP) | 1/2 CUP | 1 | 72 | 0.01 | 1 | \*N/A\* | \*N/A\* | 0.11 | 0.00 | 0 | 19.80 | 0.90 | 0.32 | 0 | 12.6 | 0.00 | 0.36 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 |
| 001051 SALSA | TBSP | 1 | 5 | 0.00 | 16 | \*N/A\* | \*N/A\* | 0.03 | 0.00 | 0 | 0.99 | 0.19 | 0.21 | 78 | 1.7 | 0.57 | 0.32 |
| Weighted Daily Average |  |  | 1971 | 19.97 | 2907 | \*76 | \*0 | 71.23 | 0.00 | 124 | 232.41 | 94.02 | 87.87 | \*39379 | \*893.0 | \*92.47 | \*73.18 |
| % of Calories |  |  |  | 9.12% |  | \*15.4% | \*0% | 32.5% | 0.0% |  | 47.2% |  | 17.8% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 550 - 650 | <10 | 1110 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Wednesday - 11/29/2023** |

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| **Elem Lunch Nutritionals**  |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 990261 Chicken Nuggets Brakebush | 5 | 1 | 262 | 3.12 | 425 | 1 | 0 | 15.00 | 0.00 | 50 | 15.00 | 2.50 | 16.25 | \*N/A\* | 21.2 | \*N/A\* | 1.25 |
| 000487 POTATOES, FRENCH FRIES, BAKED | 1/2 CUP | 1 | 120 | 0.50 | 40 | 0 | \*N/A\* | 3.50 | 0.00 | 0 | 20.00 | 1.00 | 2.00 | 0 | 10.0 | 0.00 | 0.60 |
| 990069 CUCUMBER, FRESH (1/2 CUP) | 1/2 CUP | 1 | 8 | 0.01 | 1 | \*N/A\* | \*N/A\* | 0.11 | 0.00 | 0 | 1.44 | 0.47 | 0.39 | 48 | 9.3 | 2.13 | 0.15 |
| 990029 FRUIT MIX, CND (1/2 CUP) | 1/2 CUP | 1 | 70 | 0.00 | 0 | 15 | \*N/A\* | 0.00 | 0.00 | 0 | 17.00 | 1.00 | 0.00 | 5 | 5.0 | 4.00 | 0.00 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 |
| 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 |
| 000476 RANCH,CONDIMENT | TBSP | 1 | 35 | 0.50 | 140 | 0 | \*N/A\* | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000106 OATMEAL CHOCOLATE CHIP COOKIE | EACH | 1 | 172 | 1.77 | 237 | \*N/A\* | \*N/A\* | 8.34 | 0.00 | 0 | 22.75 | 0.93 | 2.16 | 325 | 13.5 | 0.02 | 0.70 |
| Weighted Daily Average |  |  | 1747 | 14.38 | 2383 | \*57 | \*0 | 74.65 | 0.00 | 92 | 198.07 | 13.90 | 76.71 | \*1205 | 531.5 | \*7.56 | 9.12 |
| % of Calories |  |  |  | 7.41% |  | \*13.1% | \*0% | 38.5% | 0.0% |  | 45.4% |  | 17.6% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 550 - 650 | <10 | 1110 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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| **Thursday - 11/30/2023** |

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| **Elem Lunch Nutritionals**  |

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|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| 990054 SPAGHETTI NOODLES (ELM/MS) | 1/2 CUP | 1 | 202 | 0.00 | 0 | 2 | 0 | 1.01 | 0.00 | 0 | 41.51 | 1.01 | 7.09 | 0 | 0.0 | 0.00 | 1.82 |
| 990056 SPAGHETTI SAUCE (ELM/MS) | 1/3 CUP | 1 | 126 | 2.05 | 369 | \*0 | \*N/A\* | 7.57 | 1.02 | 27 | 6.23 | 0.02 | 7.18 | 569 | 12.6 | 0.09 | 0.62 |
| 990141 GARLIC TOAST | EACH | 1 | 160 | 2.50 | 270 | 1 | \*N/A\* | 9.00 | 0.00 | 0 | 16.00 | 0.58 | 3.00 | 0 | 0.0 | 0.00 | 1.08 |
| 000199 SALAD, SIDE | CUP | 1 | 38 | 0.00 | 0 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.00 | 37.80 | 0.00 | 18900 | 0.0 | 45.36 | 0.00 |
| 000036 SALAD DRESSING | 1 TBSP | 1 | 37 | 0.53 | 148 | 0 | \*N/A\* | 3.70 | 0.00 | 5 | 0.53 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990072 APPLES, CINNAMON (1/2 CUP) | 1/2 CUP | 1 | 68 | 0.00 | 0 | \*11 | \*N/A\* | 0.02 | 0.00 | 0 | 17.28 | 3.73 | 0.05 | 7 | 20.1 | 5.11 | 0.11 |
| 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 |
| 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 |
| 000237 PEANUT B SANDWICH  | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 |
| 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 |
| Weighted Daily Average |  |  | 1696 | 13.56 | 2187 | \*55 | \*0 | 65.49 | 1.02 | 69 | 198.94 | 51.14 | 73.23 | \*20203 | 505.1 | \*50.77 | 10.06 |
| % of Calories |  |  |  | 7.20% |  | \*13.0% | \*0% | 34.8% | 0.5% |  | 46.9% |  | 17.3% |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 550 - 650 | <10 | 1110 |  |  | <=0 |  |  |  |  |  |  |  |  |  |

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|  |  | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) |
| Weighted Averages |  | 1705 | 14 | 2529 | \*61 | \*0 | 66.11 | \*0.24 | \*83 | 202.89 | 26.27 | 80.10 | \*9563 | \*659.4 | \*30.09 | \*13.58 |
| % of Calories |  |  | 7.55% |  | \*14.3% | \*0% | 34.9% | \*0.1% |  | 47.6% |  | 18.8% |  |  |  |  |

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| ***\*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 data¹ - denotes required nutrient values******² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.******NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*** |

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