

Weston Public Schools

Jun 1, 2024 thru Jun 22, 2024

Base Menu Spreadsheet

Field School

Portion Values - Detailed

Page 1

Generated on: 5/20/2024 11:27:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/03/2024																
Field School	Total	150														
Meatball Sub: ES 23/24	SANDWIC	150	381	49	662	4.61	2.71	210.4	983	10.57	6	24.23	27.24	20.03	9.92	0.00
Carrots, Seasoned: .75c	0.75 cup	120	112	0	358	5.67	1.03	70.2	29022	4.02	*0	1.0	13.32	6.52	2.39	0.00
Fresh Fruit Selection: Whole	1 EACH	60	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	80	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			581	53	1083	10.37	3.90	465.3	24719	16.36	*23	30.58	59.23	25.66	12.06	0.00
% of Calories											*15.5%	21.1%	40.8%	39.8%	18.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 06/04/2024																
Field School	Total	150														
Mozzarella Sticks (5 sticks)	svgs (5 sticks)	150	265	13	455	2.53	1.39	442.1	0	0.0	3	16.42	27.79	10.11	3.16	0.00
Marinara Sauce: ES, MS,HS 1617	0.25 cup	150	51	0	289	2.21	0.84	34.7	327	11.33	*6	2.16	9.3	0.73	0.11	*0.00
Broccoli: garlic 0.75c	0.75 cup	100	58	0	80	2.16	0.62	39.8	514	73.73	1	2.36	5.66	3.7	0.34	0.00
Garden Salad: ES 19/20	1 cup	80	68	0	95	6.02	2.43	90.2	24236	*11.44	7	3.53	13.75	0.78	0.12	0.00
Fresh Fruit Selection: Whole	1 EACH	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	100	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			544	18	1011	11.82	4.44	791.7	14230	*71.41	*36	28.88	79.53	14.21	3.79	*0.00
% of Calories											*26.4%	21.2%	58.4%	23.5%	6.3%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 06/05/2024																
Field School	Total	1														
Early Dismissal: No Lunch	1 ea	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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

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Weston Public Schools

Jun 1, 2024 thru Jun 22, 2024

Base Menu Spreadsheet

Field School

Portion Values - Detailed

Page 2

Generated on: 5/20/2024 11:27:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/06/2024																
Field School	Total	150														
Hot Dog in WW Roll: bid 1819	1 hot dog	150	329	35	589	1.99	2.15	79.6	5	0.0	4	12.96	26.86	18.99	7.00	0.00
Ketchup: Heinz PC (2 ea) 23/24	2 each	100	20	0	190	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	0.00
Fries, Crinkle 0.75C 23/24	0.75 cup	120	123	0	36	1.03	0.31	10.3	0	0.0	1	1.03	20.51	4.62	0.51	0.00
Garden Salad: ES 19/20	1 cup	80	68	0	95	6.02	2.43	90.2	24236	*11.44	7	3.53	13.75	0.78	0.12	0.00
Fresh Fruit Selection: Whole	1 Each	100	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	40	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	100	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			636	42	975	8.05	4.18	416.5	13674	*10.49	34	23.50	85.41	23.90	7.91	0.00
% of Calories											21.5%	14.8%	53.7%	33.8%	11.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 06/07/2024																
Field School	Total	150														
French Toast St, (2ea) 23/24	2 each	150	240	10	260	2.00	0.60	21.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
Syrup: bid 23/24	serving (1 .5oz)	100	119	0	0	0.00	0.00	0.0	0	0.0	19	0.0	30.66	0.0	0.00	0.00
Sausage Links,Chicken Jones 24	2 links	130	82	41	278	0.00	0.00	0.0	0	0.0	0	6.17	0.0	6.17	2.06	0.00
Cucumber Coins 0.75c	0.75 c	100	14	0	3	0.95	0.30	19.1	98	4.35	2	0.8	2.94	0.22	0.11	0.00
Smoothie Berry Green	8 oz	80	117	1	25	3.86	1.43	59.0	1677	11.15	*10	4.06	24.84	0.96	0.49	*0.00
Fresh Fruit Selection: Whole	1 Each	100	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	40	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	80	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			604	53	667	6.73	1.98	307.2	1589	13.24	*51	20.81	101.25	13.81	3.55	*0.00
% of Calories											*34.0%	13.8%	67.1%	20.6%	5.3%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Field School

Portion Values - Detailed

Page 3

Generated on: 5/20/2024 11:27:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/10/2024																
Field School	Total	170														
Cheeseburger, USDA ES	burger	120	372	73	451	3.00	3.42	135.9	0	0.6	3	22.53	30.01	16.56	7.53	1.00
Hamburger, USDA ES	burger	50	273	45	299	3.00	3.02	60.0	0	0.6	2	16.5	29.0	9.0	3.75	0.75
Ketchup: Heinz PC (2 ea) 23/24	2 each	50	20	0	190	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	0.00
Carrot Sticks: .75 c	.75 cup	120	71	0	119	4.83	0.52	56.9	28795	10.17	8	1.6	16.51	0.41	0.06	0.00
Cole Slaw, Rainbow .25 cup 23	.25 CUP	80	29	0	38	0.45	0.14	8.4	1171	5.65	2	0.23	2.45	2.21	0.31	*0.00
Fresh Fruit Selection: Whole	1 EACH	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	carton	30	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			569	71	742	8.77	4.24	422.1	21576	14.84	33	29.44	75.53	16.25	6.90	*0.93
% of Calories											23.4%	20.7%	53.1%	25.7%	10.9%	*1.5%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 06/11/2024																
Field School	Total	150														
Chicken, Popcorn: ES 1617	serving	150	270	70	630	3.00	1.44	10.0	200	0.0	0	19.0	20.0	13.0	2.50	0.00
Potato Smiles, (6 / svg) 23/24	6 pieces	150	196	0	281	2.44	0.61	12.2	0	0.0	0	2.44	30.55	7.33	1.22	0.00
Ketchup: Heinz PC (2 ea) 23/24	2 each	100	20	0	190	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	0.00
Broccoli Salad: HS salad bar	0.5 CUP	100	132	20	323	1.56	0.54	26.4	272	39.31	*4	4.79	15.6	6.54	1.39	*0.00
Fresh Fruit Selection: Whole	1 Each	100	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	80	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			694	88	1388	8.52	2.81	240.5	924	30.28	*24	30.33	90.82	25.16	4.88	*0.00
% of Calories											*13.8%	17.5%	52.3%	32.6%	6.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 06/12/2024																
Field School	Total	150														
Rib Q Sandwich 23/24	1 EACH	150	419	51	892	4.01	2.81	100.5	304	1.82	9	19.16	38.11	20.25	7.09	0.00
Baked Beans BBQ: .5c ES 19/20	.5 cup	120	118	0	190	5.42	1.95	43.4	0	0.1	7	6.5	22.99	0.54	0.00	0.00
Sweet Potato Fry 0.5c Bid1819	0.5 cup	80	124	0	143	1.91	0.34	19.1	3341	2.29	5	0.95	18.14	4.77	0.95	0.00
Applesauce, Cup 19/20	1 cup	100	51	0	2	1.00	0.00	0.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
Fresh Fruit Selection: Whole	1 Each	30	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	40	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	80	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00

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Weston Public Schools

Jun 1, 2024 thru Jun 22, 2024

Base Menu Spreadsheet

Field School

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			726	57	1273	10.64	4.89	384.1	2694	4.88	41	31.38	95.18	23.94	8.01	0.00
% of Calories											22.8%	17.3%	52.5%	29.7%	9.9%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 06/13/2024																
Field School	Total	150														
Ravioli, Breaded Mini ES 24	5 each	150	182	30	535	3.03	2.02	63.6	0	0.0	3	10.09	33.31	2.52	0.50	0.00
Marinara Sauce:Trattoria 23/24	0.25 cup	150	41	0	198	1.01	0.46	15.7	760	12.66	4	1.01	5.07	2.03	0.00	0.00
Garlic Texas Toast ES 23	1 slice	150	100	0	125	1.00	1.10	10.0	0	0.0	1	3.0	14.0	3.5	0.50	0.00
Broccoli, oven roasted	0.5 cup	150	38	0	53	1.42	0.42	26.3	339	48.66	1	1.56	3.73	2.36	0.36	0.00
Fresh Fruit Selection: Whole	1 Each	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	100	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			514	36	1075	8.90	4.49	355.8	1734	66.15	32	22.50	87.45	10.91	1.61	0.00
% of Calories											24.6%	17.5%	68.1%	19.1%	2.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 06/14/2024																
Field School	Total	150														
Pizza, Assorted HS	1 each	150	150	10	270	0.75	1.30	180.0	125	0.0	2	8.0	17.0	5.75	2.00	0.00
Corn, Fiesta, .5 cup	.5 cup	150	57	0	31	2.84	1.12	3.9	794	50.36	*1	2.4	15.6	0.44	0.03	0.00
Garden Salad: ES 19/20	1 cup	100	68	0	95	6.02	2.43	90.2	24236	*11.44	7	3.53	13.75	0.78	0.12	0.00
Fresh Fruit Selection: Whole	1 EACH	150	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			435	16	558	10.65	4.64	524.3	17820	*63.93	*35	20.77	79.70	7.24	2.35	0.00
% of Calories											*32.3%	19.1%	73.2%	15.0%	4.9%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Page 5

Generated on: 5/20/2024 11:27:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/17/2024																
Field School	Total	150														
Grilled Cheese Sand, ES 22/23	1 EACH	150	231	25	573	2.00	1.44	211.9	0	0.0	3	9.06	26.03	11.11	5.06	0.00
Broccoli Salad: HS salad bar	0.5 CUP	100	132	20	323	1.56	0.54	26.4	272	39.31	*4	4.79	15.6	6.54	1.39	*0.00
Carrot Sticks: .75 c	.75 cup	80	71	0	119	4.83	0.52	56.9	28795	10.17	8	1.6	16.51	0.41	0.06	0.00
Fresh Fruit Selection: Whole	1 EACH	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	40	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	100	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			525	46	1033	8.05	2.58	541.4	16274	36.77	*34	21.01	78.30	16.52	6.46	*0.00
% of Calories											*26.1%	16.0%	59.6%	28.3%	11.1%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 06/18/2024																
Field School	Total	150														
Chicken Sand Crispy: ES 1819	1 each	150	400	59	575	6.00	1.98	210.0	3050	0.6	2	23.0	44.0	14.0	3.00	0.00
Ketchup: Heinz PC (2 ea) 23/24	2 each	100	20	0	190	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	0.00
Corn Niblets: .75 cup	.75 CUP	100	100	0	2	3.02	0.59	3.0	246	4.38	*N/A*	3.15	23.87	0.83	0.12	0.00
Fresh Fruit Selection: Whole	1 Each	80	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	80	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			598	64	837	9.64	2.76	411.7	3751	6.84	*22	30.73	87.52	14.99	3.31	0.00
% of Calories											*14.9%	20.5%	58.5%	22.6%	5.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 06/19/2024																
Field School	Total	1														
No School	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Page 6

Generated on: 5/20/2024 11:27:10 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/20/2024																
Field School	Total	150														
Turkey & Cheese Sub: ES 20/21	SANDWI CHES	150	255	43	606	4.00	2.22	75.9	5	0.0	5	22.53	28.01	7.04	2.53	0.00
Raw Veggie Side: 0.75c	3/4 cup	100	20	0	43	1.62	0.33	26.8	2974	*2.5	2	0.98	4.37	0.12	0.03	0.00
Fresh Fruit Selection: Whole	1 Each	100	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Fruit Snacks 20/21	pouch	150	130	0	15	3.00	0.00	0.0	2500	30.0	15	2.0	32.0	0.0	0.00	0.00
Milk, 1%Lowfat Hood 23/24	1 each	40	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	100	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			558	50	830	10.11	2.92	374.5	5217	*36.06	44	33.02	93.72	7.92	2.98	0.00
% of Calories											31.5%	23.7%	67.2%	12.8%	4.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00
Fri - 06/21/2024																
Field School	Total	1														
Early Dismissal: No Lunch	1 ea	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00
Weighted Average			582	49	956	9.35	3.65	436.3	10350	*30.94	*34	26.91	84.47	16.71	5.32	*0.08
											*52.8%	18.5%	58.0%	25.8%	8.2%	*0.1%

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.

NOTICE: The data contained within this report and the NUTRIKIDS® 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.

Weston Public Schools

Jun 1, 2024 thru Jun 22, 2024

Base Menu Spreadsheet

Field School

Portion Values - Detailed

Page 7

Generated on: 5/20/2024 11:27:10 AM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	582		550 - 650	100%														
Cholesterol (mg)	49																	
Sodium 1 (mg)	956		1230															
Sodium 2 (mg)	956		935						21	Correction Required - Sodium too High								
Fiber (g)	9.35																	
Iron (mg)	3.65																	
Calcium (mg)	436.3																	
Vitamin A (IU)	10350																	
Sugars (g)	34	23.48%				Missing												
Vitamin C (mg)	30.94					Missing												
Protein (g)	26.91	18.49%																
Carbohydrate (g)	84.47	58.05%																
Total Fat (g)	16.71	25.84%																
Saturated Fat (g)	5.32	8.22%	<10.00%															
Trans Fat ¹ (g)	0.08	0.12%				Missing												

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