

Child Nutrition Program

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Weighted Values

Jan 14, 2010

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Elementary Schools Lunch Menu

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Prot	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Mon - 02/01/2010														
Elementary Schools Lunch M	Total													
Chicken Tenders	1 serving	270	15	460	3.00	1.08	0.0	45	0.00	23.0	18.0	12.0	2.00	*0.00
Mashed Potatoes	1/2 CUP	65	0	81	1.04	0.38	1.7	118	15.5	1.0	13.5	0.3	0.14	*0.00
Green Beans, ACS	1/2 CUP	22	0	194	1.51	0.71	20.7	270	3.5	1.0	3.7	0.7	0.11	*0.00
Whole Wheat Rolls SM	1 roll	179	1	173	2.49	1.62	20.0	132	0.0	5.1	32.4	3.4	1.42	*0.00
Pears: Sliced, drained	1/4 cup	35	0	2	0.88	0.16	0.0	0	0.5	0.00	8.8	0.00	0.00	0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		707	22	1076	8.93	4.71	342.4	925	21.50	38.04	100.58	18.02	4.65	*0.00
% of Calories										21.5%	56.9%	22.9%	5.9%	0.0%

Tue - 02/02/2010														
Elementary Schools Lunch M	Total													
Baked Spaghetti	SERVINGS	383	*66	392	*4.29	*2.72	*300.1	*845	*14.5	24.8	37.2	16.0	7.75	*0.00
Tossed Salad W/Ranch	1/4 cup	21	1	83	0.65	0.27	21.6	1187	5.0	0.7	2.3	1.1	0.20	*0.00
Whole Wheat Bread	1 each	70	0	140	2.00	0.72	20.0	0	0.00	3.0	11.0	1.0	0.00	0.00
Pineapple Tidbits	1/2 cup	66	0	0	0.83	0.30	16.5	0	7.4	0.00	17.3	0.00	0.00	0.00
Rice Krispy Treats	1 EACH	144	0	164	0.00	3.82	0.0	360	6.4	0.00	33.1	0.9	0.42	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		821	*72	945	*7.77	*8.58	*658.2	*2752	*35.23	36.49	125.20	20.48	9.35	*0.00
% of Calories										17.8%	61.0%	22.4%	10.2%	0.0%

Wed - 02/03/2010														
Elementary Schools Lunch M	Total													
Baked Ham	2.4 oz Servings	68	31	702	0.00	0.49	6.2	25	0.00	10.8	0.7	2.4	0.98	0.02
Sweet Potato, Baked	1/2 EACH	56	0	36	1.95	0.40	19.5	9222	1.6	1.0	13.1	0.0	0.01	*0.00
Green Beans, ACS	1/4 CUP	11	0	97	0.76	0.36	10.4	135	1.7	0.5	1.8	0.4	0.05	*0.00
Rosey Applesauce	1/2 cup	64	0	33	1.97	0.00	0.0	0	3.1	0.2	15.4	0.00	0.00	0.00
Cornbread WW	1 each	102	12	280	1.54	0.97	105.3	53	0.00	2.9	16.7	3.0	0.45	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		437	48	1313	6.21	2.97	441.3	9794	8.40	23.45	71.90	7.28	2.48	*0.02
% of Calories										21.5%	65.8%	15.0%	5.1%	0.0%

Thu - 02/04/2010														
Elementary Schools Lunch M	Total													
Baked Chicken	1 Each	220	86	77	0.00	1.18	13.7	143	0.00	27.2	0.00	11.5	3.19	*0.00
Rice, Brown	1/2 cup	82	0	0	0.48	0.35	0.0	0	0.00	1.9	16.9	0.5	0.00	0.00
Broccoli, Steamed	1/2 CUP	12	0	10	0.95	0.17	9.5	238	14.3	1.0	1.9	0.00	0.00	0.00
Whole Wheat Rolls SM	1 roll	179	1	173	2.49	1.62	20.0	132	0.0	5.1	32.4	3.4	1.42	*0.00
Pears	1/2 cup	73	0	5	1.83	0.33	0.0	0	1.1	0.00	18.3	0.00	0.00	0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		702	93	430	5.76	4.41	343.3	872	17.35	43.09	93.74	16.93	5.59	*0.00
% of Calories										24.5%	53.4%	21.7%	7.2%	0.0%

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Elementary Schools Lunch Menu

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Fri - 02/05/2010														
Elementary Schools Lunch M	Total													
Chicken Fajita Plain	serving	128	89	685	0.00	1.06	10.6	63	0.00	18.4	1.1	5.3	1.42	0.00
Rice, Brown	1/2 cup	82	0	0	0.48	0.35	0.0	0	0.00	1.9	16.9	0.5	0.00	0.00
ACS Pinto Beans	1/4 cup	82	0	69	3.48	1.25	41.8	0	0.0	4.2	13.9	0.6	0.09	*0.00
Shredded Lettuce	1/4 cup	3	0	2	0.22	0.07	3.2	90	0.5	0.2	0.5	0.0	0.00	*0.00
Apple, fresh	1/2 EACH	36	0	1	1.66	0.08	4.1	37	3.2	0.2	9.5	0.1	0.02	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		466	94	922	5.83	3.58	359.8	550	5.70	32.88	66.16	8.07	2.51	*0.00
% of Calories										28.2%	56.7%	15.6%	4.8%	0.0%

Mon - 02/08/2010														
Elementary Schools Lunch M	Total													
Nachos w/Ground Beef	SERVINGS	374	68	625	1.15	1.79	221.0	519	0.3	19.0	18.8	24.4	11.04	*2.50
Tossed Salad W/Ranch	1/4 cup	21	1	83	0.65	0.27	21.6	1187	5.0	0.7	2.3	1.1	0.20	*0.00
Oranges	1/2 EACH	23	0	0	1.15	0.05	19.2	108	25.5	0.5	5.6	0.1	0.01	*0.00
Sugar Cookie, 1 ounce	1 cookie	120	10	95	0.00	0.72	20.0	0	0.00	2.0	17.0	6.0	1.00	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		674	85	969	2.96	3.59	581.8	2173	32.77	30.20	68.02	33.09	13.23	*2.50
% of Calories										17.9%	40.4%	44.2%	17.7%	3.3%

Tue - 02/09/2010														
Elementary Schools Lunch M	Total													
Chicken Pot Pie, ACS	2/3 cup	232	61	570	1.57	1.60	40.2	2868	3.4	20.9	14.2	8.8	2.50	*0.00
Mashed Potatoes	1/2 CUP	65	0	81	1.04	0.38	1.7	118	15.5	1.0	13.5	0.3	0.14	*0.00
Black Eye Peas	1/4 cup	104	0	414	3.28	1.58	0.1	0	0.0	6.5	18.6	0.6	0.09	*0.00
Cranberry Sauce	1/4 cup	104	0	20	0.69	0.15	2.8	29	1.4	0.1	26.9	0.1	0.01	*0.00
Whole Wheat Rolls SM	1 roll	179	1	173	2.49	1.62	20.0	132	0.0	5.1	32.4	3.4	1.42	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		820	68	1424	9.07	6.09	364.8	3506	22.29	41.64	129.76	14.82	5.13	*0.00
% of Calories										20.3%	63.3%	16.3%	5.6%	0.0%

Wed - 02/10/2010														
Elementary Schools Lunch M	Total													
Sloppy Joe on a Bun	SERVINGS	305	54	542	3.31	2.55	158.4	281	7.0	20.3	29.4	11.6	4.04	*0.00
Tossed Salad W/Ranch	1/4 cup	21	1	83	0.65	0.27	21.6	1187	5.0	0.7	2.3	1.1	0.20	*0.00
Pineapple Tidbits: undrained	1/2 cup	69	0	0	0.87	0.31	17.4	0	7.8	0.00	18.2	0.00	0.00	0.00
Sun Chips	bag	140	0	160	2.00	0.36	0.0	0	0.00	2.0	19.0	6.0	1.00	0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		672	61	951	6.83	4.25	497.4	1827	21.82	31.05	93.21	20.18	6.21	*0.00
% of Calories										18.5%	55.5%	27.0%	8.3%	0.0%

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Elementary Schools Lunch Menu

	Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Thu - 02/11/2010														
Elementary Schools Lunch M	Total													
Oven Fried Chicken: cut up/8	SERVING	476	143	153	0.34	2.51	83.4	278	0.4	47.7	9.7	26.0	6.33	*0.00
Macaroni and Cheese, RF	1/2 CUP	153	8	295	0.79	0.76	142.8	290	0.2	8.5	16.9	5.5	2.02	*0.00
ACS Black Eye Peas	1/4 cup	48	0	186	1.44	0.69	0.0	0	0.1	2.9	8.2	0.6	0.08	*0.00
ACS Turnip Greens	1/2 cup	48	0	165	1.98	1.49	102.3	9386	12.5	2.4	6.5	1.5	0.27	*0.00
Cornbread	1 EACH	119	17	240	0.89	1.01	112.5	57	0.00	2.8	17.8	4.1	0.66	*0.00
Peach Cobbler	SERVINGS	208	0	54	2.07	0.98	5.9	479	3.3	1.7	39.6	5.8	1.44	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		1190	175	1258	7.51	8.21	746.9	10850	18.43	73.97	122.87	45.00	11.76	*0.00
% of Calories										24.9%	41.3%	34.0%	8.9%	0.0%

Fri - 02/12/2010														
Elementary Schools Lunch M	Total													
Hamburger on a Bun	SERVING	276	40	621	3.22	22.86	178.1	0	0.00	19.3	22.4	12.6	4.52	*0.00
Potato Wedges:USDA	3 oz	105	0	43	1.79	0.60	13.4	0	9.6	2.3	21.7	1.9	0.47	*0.00
Baked Beans: ACS	1/4 cup	66	0	251	2.41	0.78	20.7	122	1.0	2.7	14.3	0.1	0.01	*0.00
Blueberries	1/4 cup	21	0	0	0.89	0.10	2.2	20	3.6	0.3	5.4	0.1	0.01	*0.00
Cake: With Topping	1 piece	120	0	197	0.21	0.33	75.4	59	0.1	2.2	22.2	2.5	0.38	*0.00
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00
Weighted Daily Average		715	47	1239	9.31	25.08	554.8	647	15.79	34.21	105.80	19.23	6.66	*0.00
% of Calories										19.1%	59.2%	24.2%	8.4%	0.0%

Tue - 02/16/2010														
Elementary Schools Lunch M	Total													
Cheesy Chicken & Rice	3/4 cup	345	90	462	0.66	1.52	132.3	324	0.3	30.6	21.3	14.4	6.04	*0.00
Broccoli, Steamed	1/2 CUP	12	0	10	0.95	0.17	9.5	238	14.3	1.0	1.9	0.00	0.00	0.00
Pears	1/2 cup	73	0	5	1.83	0.33	0.0	0	1.1	0.00	18.3	0.00	0.00	0.00
Whole Wheat Rolls	roll	140	0	190	4.75	1.05	15.1	0	5.1	6.0	24.0	2.5	0.50	0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		706	96	831	8.20	3.83	456.9	922	22.75	45.59	89.71	18.39	7.51	*0.00
% of Calories										25.8%	50.8%	23.4%	9.6%	0.0%

Wed - 02/17/2010														
Elementary Schools Lunch M	Total													
Beef-A-Roni	3/4 CUP	360	79	271	2.45	3.60	33.1	630	13.2	27.6	28.3	14.7	5.58	*0.00
ACS Black Eye Peas	1/2 cup	96	0	372	2.88	1.39	0.1	0	0.2	5.8	16.3	1.1	0.16	*0.00
Whole Wheat Bread	1 each	70	0	140	2.00	0.72	20.0	0	0.00	3.0	11.0	1.0	0.00	0.00
Peaches: sld 1/4 cup drained	1/4 cup	31	0	4	0.45	0.00	0.0	135	0.5	0.4	7.6	0.00	0.00	0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		694	85	953	7.78	6.47	353.2	1125	15.95	44.77	87.52	18.37	6.72	*0.00
% of Calories										25.8%	50.4%	23.8%	8.7%	0.0%

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Elementary Schools Lunch Menu

Portion Size	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat	g Tr-Fat	
Thu - 02/18/2010														
Elementary Schools Lunch M	Total													
Pizza - Sausage	1 slice	280	20	600	3.00	2.70	200.0	300	0.00	15.0	35.0	10.0	2.00	0.00
Carrot Sticks w/Dip	1/4 cup	42	2	154	1.23	0.13	32.5	7417	2.6	0.9	5.9	1.6	0.32	0.00
Apple, fresh	1 EACH	72	0	1	3.31	0.17	8.3	75	6.3	0.4	19.1	0.2	0.04	*0.00
Sugar Cookie, 1 ounce	1 cookie	120	10	95	0.00	0.72	20.0	0	0.00	2.0	17.0	6.0	1.00	*0.00
Toasted Buns	1/2 bun	110	0	220	2.00	1.08	150.0	0	0.00	4.0	21.0	1.5	0.00	0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		760	37	1236	9.54	5.55	710.8	8151	10.92	30.25	122.18	20.89	4.33	*0.00
% of Calories										15.9%	64.3%	24.7%	5.1%	0.0%

Fri - 02/19/2010														
Elementary Schools Lunch M	Total													
Barbecue on a Bun	1 Sandwich	424	109	640	2.00	2.29	162.1	146	1.2	37.2	27.0	17.9	6.03	*0.00
French Fries, Oven Ready ALBID	3 ounce	272	0	368	3.20	1.15	0.0	160	9.6	3.2	40.0	11.2	0.80	*0.00
Baked Beans: ACS	1/4 cup	66	0	251	2.41	0.78	20.7	122	1.0	2.7	14.3	0.1	0.01	*0.00
Oranges	1 EACH	45	0	0	2.30	0.10	38.4	216	51.1	0.9	11.3	0.1	0.02	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		944	115	1424	9.92	5.08	521.3	1004	64.86	51.99	116.77	30.81	7.83	*0.00
% of Calories										22.0%	49.5%	29.4%	7.5%	0.0%

Mon - 02/22/2010														
Elementary Schools Lunch M	Total													
Hamburger Steak	1 steak	166	40	401	1.22	21.78	28.1	0	0.00	15.3	1.4	11.1	4.52	*0.00
Mashed Potatoes	1/2 CUP	65	0	81	1.04	0.38	1.7	118	15.5	1.0	13.5	0.3	0.14	*0.00
Green Peas	1/4 cup	35	0	162	1.26	0.00	0.0	154	5.0	1.7	5.0	0.8	0.28	*0.00
Whole Wheat Rolls SM	1 roll	179	1	173	2.49	1.62	20.0	132	0.0	5.1	32.4	3.4	1.42	*0.00
Peaches: slcd 1/4 cup drained	1/4 cup	31	0	4	0.45	0.00	0.0	135	0.5	0.4	7.6	0.00	0.00	0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		613	47	987	6.46	24.54	349.9	898	23.09	31.49	84.14	17.22	7.33	*0.00
% of Calories										20.6%	54.9%	25.3%	10.8%	0.0%

Tue - 02/23/2010														
Elementary Schools Lunch M	Total													
Beef Burritos ACS	1 serving	283	64	415	3.00	2.08	81.3	69	0.8	21.7	22.4	12.1	4.36	*0.00
Spanish Rice	1/2 CUP	124	0	354	1.53	1.02	14.2	370	11.8	3.1	23.7	1.9	0.17	*0.00
ACS Pinto Beans	1/4 cup	82	0	69	3.48	1.25	41.8	0	0.0	4.2	13.9	0.6	0.09	*0.00
Shredded Lettuce	1/4 cup	3	0	2	0.22	0.07	3.2	90	0.5	0.2	0.5	0.0	0.00	*0.00
Hot Cinnamon Apples	1/2 cup	144	0	50	1.97	0.02	1.9	162	0.0	0.0	27.4	3.6	1.62	*0.00
Milk - Variety	HALF PINT	127	7	126	0.79	0.40	264.9	446	1.4	7.4	20.0	2.0	1.28	*0.00
Weighted Daily Average		762	71	1017	10.99	4.85	407.3	1138	14.59	36.65	107.91	20.23	7.52	*0.00
% of Calories										19.2%	56.6%	23.9%	8.9%	0.0%

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Wed - 02/24/2010														
Elementary Schools Lunch M	Total													
Grilled Ham and Cheese	serving	235	33	1047	4.00	1.84	120.9	222	0.00	17.3	23.6	5.9	2.07	0.02
Sun Chips	bag	140	0	160	2.00	0.36	0.0	0	0.00	2.0	19.0	6.0	1.00	0.00
Carrot Sticks w/Dip	1/2 cup	83	3	309	2.46	0.26	65.0	14834	5.2	1.8	11.8	3.2	0.64	0.00
Sherbet - Orange Luigi	4 ounces	120	5	35	0.00	*0.00	*0.0	*0	*0.00	0.00	27.0	1.5	1.00	0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		715	46	1717	8.46	*3.22	*485.9	*15416	*7.16	29.09	105.65	18.22	5.68	0.02
% of Calories										16.3%	59.1%	22.9%	7.1%	0.0%
Thu - 02/25/2010														
Elementary Schools Lunch M	Total													
Cheese Sticks	serving	311	10	768	4.15	2.62	269.9	208	0.00	14.5	35.3	12.5	4.15	0.00
Spaghetti Noodles	4 oz	427	0	28	4.07	3.66	28.4	0	0.00	14.2	83.5	2.0	0.00	*0.00
Marinara Sauce	1/4 cup	83	*0	129	*2.69	*0.39	*2.6	*712	*18.7	2.6	17.9	0.5	0.00	*0.00
Pineapple Tidbits: undrained	1/2 cup	69	0	0	0.87	0.31	17.4	0	7.8	0.00	18.2	0.00	0.00	0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		1028	*16	1091	*11.78	*7.74	*618.2	*1279	*28.53	39.42	179.16	16.50	5.13	*0.00
% of Calories										15.3%	69.7%	14.5%	4.5%	0.0%
Fri - 02/26/2010														
Elementary Schools Lunch M	Total													
Chicken Fajita Plain	serving	128	89	685	0.00	1.06	10.6	63	0.00	18.4	1.1	5.3	1.42	0.00
Rice, Brown	1/2 cup	82	0	0	0.48	0.35	0.0	0	0.00	1.9	16.9	0.5	0.00	0.00
ACS Pinto Beans	1/4 cup	82	0	69	3.48	1.25	41.8	0	0.0	4.2	13.9	0.6	0.09	*0.00
Grapes	1/2 CUP	31	0	1	0.41	0.13	6.4	46	1.84	0.3	7.9	0.2	0.05	*0.00
Sugar Cookie, 1 ounce	1 cookie	120	10	95	0.00	0.72	20.0	0	0.00	2.0	17.0	6.0	1.00	*0.00
Milk - ACS	1 carton	136	6	165	0.00	0.76	300.0	360	2.0	8.0	24.2	1.5	0.97	0.00
Weighted Daily Average		579	104	1015	4.37	4.28	378.8	469	3.86	34.83	80.99	14.09	3.54	*0.00
% of Calories										24.1%	56.0%	21.9%	5.5%	0.0%
Weighted Average		737	*73	1095	*7.77	*7.21	*482.8	*3384	*20.58	38.37	102.70	19.89	6.48	*0.13
										20.8%	55.7%	24.3%	7.9%	0.2%

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Child Nutrition Program

Feb 1, 2010 thru Feb 28, 2010 Spreadsheet - Weighted Values
Elementary Schools Lunch Menu

Jan 14, 2010

Page 6

Nutrient	Menu AVG	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
		Size	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-C	Protn	Carb	T-Fat	S-Fat	Tr-Fat
Calories	737		664	111%											
Cholesterol (mg)	73		72	101%	Missing										
Sodium (mg)	1095		1000	109%											
Fiber (g)	7.77		4.00	194%	Missing										
Iron (mg)	7.21		3.50	206%	Missing										
Calcium (mg)	482.8		286.00	169%	Missing										
Vitamin A (IU)	3384		1120	302%	Missing										
Vitamin C (mg)	20.58		15.00	137%	Missing										
Protein (g)	38.37	20.82%	10.00	384%											
Carbohydrate (g)	102.70	55.73%	100.00												
Total Fat (g)	19.89	24.28%	<30.00												
Saturated Fat (g)	6.48	7.91%	<10.00												
Trans Fat (g)	0.13	0.16%													

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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