

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast	Assorted Juices Breakfast Casserole Assorted Breakfast - - Breads Margarine & Jelly Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Assorted Breakfast - - Breads Margarine & Jelly Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Pancakes, French Toast - - Or Waffle Margarine Table Syrup Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Potatoes Ketchup Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Assorted Breakfast - - Breads Margarine & Jelly Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Pancakes, French Toast - - Or Waffle Margarine Table Syrup Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Assorted Breakfast - - Breads Margarine & Jelly Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Assorted Breakfast - - Breads Margarine & Jelly Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper
Lunch	Garlic Shrimp with - - Linguine Parmesan Baked Tomatoes Assorted Breads Margarine Lemon Meringue Pie Choice of Milk Beverage of Choice Salt & Pepper	Chili Con Carne Assorted Breads Margarine Fresh Fruit Cup Choice of Milk Beverage of Choice Salt & Pepper	Baked Pork Chop Herbed Rice Pilaf Capri Blend Vegetables Assorted Breads Margarine Apple Pie Choice of Milk Beverage of Choice Salt & Pepper	Fried Chicken Macaroni & Cheese Seasoned Turnip Greens Assorted Breads Margarine Cinnamon Pears Choice of Milk Beverage of Choice Salt & Pepper	Broccoli & Rice - - Casserole Assorted Breads Margarine Seasonal Fresh Fruit Choice of Milk Beverage of Choice Salt & Pepper	Fried Fish Tartar Sauce Fried Okra Winter Squash Medley Assorted Breads Margarine Fall Fruit Parfait Choice of Milk Beverage of Choice Salt & Pepper	Sliced Turkey Poultry Gravy Buttered Noodles Green Beans Assorted Breads Margarine Sweet Potato Pie Choice of Milk Beverage of Choice Salt & Pepper	Sliced Turkey Poultry Gravy Buttered Noodles Green Beans Assorted Breads Margarine Sweet Potato Pie Choice of Milk Beverage of Choice Salt & Pepper
Dinner	Baked Chicken Bread Dressing Brussels Sprouts Assorted Breads Margarine Fresh Fruit Choice of Milk Beverage of Choice Salt & Pepper	Tomato Soup Grilled Cheese Sandwich Breaded Vegetable - - Sticks Homemade Cookie Choice of Milk Beverage of Choice Salt & Pepper	Tuna Noodle Casserole Mixed Vegetables Assorted Breads Margarine Citrus Fruit Cup Choice of Milk Beverage of Choice Salt & Pepper	Sloppy Joe on Bun Corn Cole Slaw Fruit Cobbler Choice of Milk Beverage of Choice Salt & Pepper	Baked Ham Baked Sweet Potato Margarine Parslaid Cauliflower Assorted Breads Margarine Cheesecake Choice of Milk Beverage of Choice Salt & Pepper	Hamburger Mayonnaise Mustard Tomato & Lettuce Leaf French Fries Ketchup Peanut Butter Cookie - - Bar Choice of Milk Beverage of Choice Salt & Pepper	Cheese Pizza Tossed Salad Saled Dressing Fresh Fruit Cup Choice of Milk Beverage of Choice Salt & Pepper	Cheese Pizza Tossed Salad Saled Dressing Fresh Fruit Cup Choice of Milk Beverage of Choice Salt & Pepper

Edna Cox River, RD, C.B., 2020

Diet by Week Cycle: Mac FWZ2021 2nd Week

Regular No Restriction

Primary

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast	Assorted Juices Breakfast Casserole Assorted Breakfast - Breads Margarine & Jelly Assorted Hot Or Cold - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Assorted Breakfast - Breads Margarine & Jelly Assorted Hot Or Cold - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Potatoes Ketchup Assorted Hot Or Cold - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Fresh Fruit Scrambled Eggs Sausage, Bacon Or Ham Assorted Breakfast - Breads Margarine & Jelly Assorted Hot Or Cold - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Pancakes, French Toast - Or Waffle Margarine Table Syrup Assorted Hot Or Cold - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Pancakes, French Toast - Or Waffle Margarine Table Syrup Assorted Hot Or Cold - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Assorted Breakfast - Breads Margarine & Jelly Assorted Hot Or Cold - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Assorted Breakfast - Breads Margarine & Jelly Assorted Hot Or Cold - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper
Lunch	Pot Roast with Gravy Whipped Potatoes Steamed Baby Carrots Assorted Breads Margarine Red Velvet Cake with - Cream Cheese Frost Choice of Milk Beverage of Choice Salt & Pepper	Ravioli with Marinara - Sauce Italian Flat Beans Assorted Breads Margarine Chocolate Mousse Choice of Milk Beverage of Choice Salt & Pepper	Meatloaf Mashed Cauliflower. Capri Blend Vegetables Assorted Breads Margarine Carrot Cake with Cream - Cheese Frosting Choice of Milk Beverage of Choice Salt & Pepper	Baked Pork Chop Baked Sweet Potato Margarine California Blend - Vegetables Assorted Breads Margarine Pumpkin Pie Choice of Milk Beverage of Choice Salt & Pepper	Fried Chicken Pinto Beans Steamed Broccoli Assorted Breads Margarine Fresh Fruit Choice of Milk Beverage of Choice Salt & Pepper	Baked Fish Fillet Lemon Wedge Cauliflower Au Gratin Roasted Vegetables Assorted Breads Margarine Lemon Bar Choice of Milk Beverage of Choice Salt & Pepper	Apple Glazed Roast Pork Garlic Mashed Potatoes Green Beans Assorted Breads Margarine Fall Fresh Fruit Medley Choice of Milk Beverage of Choice Salt & Pepper	Apple Glazed Roast Pork Garlic Mashed Potatoes Green Beans Assorted Breads Margarine Fall Fresh Fruit Medley Choice of Milk Beverage of Choice Salt & Pepper
Dinner	Vegetable Soup Quiche Florentine Mixed Greens Salad Salad Dressing Assorted Breads Margarine Mixed Berry Cup Parfait Choice of Milk Beverage of Choice Salt & Pepper	Crab Cakes Remoulade Sauce Steamed Rice Grilled Vegetable - Medley Assorted Breads Margarine Citrus Fruit Cup Choice of Milk Beverage of Choice Salt & Pepper	Tomato Soup Grilled Ham & Cheese - Sandwich Marinated Cucumber & - Onions Cinnamon Pears Choice of Milk Beverage of Choice Salt & Pepper	Tuna Croquettes Tartar Sauce Baked Tomato Half Assorted Breads Margarine Pineapple with Whipped - Topping Choice of Milk Beverage of Choice Salt & Pepper	Vg Stir Fry with Rice Oriental Vegetables Egg Roll Coconut Macaroon Choice of Milk Beverage of Choice Salt & Pepper	Turkey Pot Pie Pickled Beets Assorted Breads Margarine Fresh Fruit Choice of Milk Beverage of Choice Salt & Pepper	Hamburger Casserole Steamed Squash Assorted Breads Margarine Homemade Cookie Choice of Milk Beverage of Choice Salt & Pepper	Hamburger Casserole Steamed Squash Assorted Breads Margarine Homemade Cookie Choice of Milk Beverage of Choice Salt & Pepper

Edwards Cox River, RD, CA 94700

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast Assorted Juices Breakfast Casserole Assorted Breakfast - Breads Margarine & Jelly Assorted Hot Or Cold - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Assorted Breakfast - Breads Margarine & Jelly Assorted Hot Or Cold - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Pancakes, French Toast - Or Waffle Margarine Table Syrup Assorted Hot Or Cold - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Potatoes Ketchup Assorted Hot Or Cold - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Assorted Breakfast - Breads Margarine & Jelly Assorted Hot Or Cold - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Pancakes, French Toast - Or Waffle Margarine Table Syrup Assorted Hot Or Cold - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Assorted Breakfast - Breads Margarine & Jelly Assorted Hot Or Cold - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper
Lunch Chicken Marsala Wild Rice Pilaf Seasoned Spinach Assorted Breads Margarine Pumpkin Cheesecake Choice of Milk Beverage of Choice Salt & Pepper	Tuna Noodle Casserole Parmesan Baked Tomatoes Assorted Breads Margarine Tropical Fruit Cup Choice of Milk Beverage of Choice Salt & Pepper	Baked Ham Scalloped Potatoes Capri Blend Vegetables Assorted Breads Margarine Seasonal Fresh Fruit Choice of Milk Beverage of Choice Salt & Pepper	Spaghetti with Meat - Sauce Tossed Salad Salad Dressing Assorted Breads Margarine Apple Crisp Choice of Milk Beverage of Choice Salt & Pepper	Crispy Fried Chicken Macaroni & Cheese Garlic Green Beans Assorted Breads Margarine Pudding Parfait Choice of Milk Beverage of Choice Salt & Pepper	Beef Taco Casserole Corn with Red Peppers Assorted Breads Margarine Mandarin Oranges Choice of Milk Beverage of Choice Salt & Pepper	Fried Shrimp Tartar Sauce Squash Casserole Grilled Vegetable - Medley Assorted Breads Margarine Pineapple with Whipped - Topping Choice of Milk Beverage of Choice Salt & Pepper
Dinner Tomato Soup Grilled Pimento Cheese - Sandwich Breaded Vegetable - Sticks Cinnamon Baked Apple - Slices Choice of Milk Beverage of Choice Salt & Pepper	Beef Stew with Potato - & Vegetables Assorted Breads Margarine Cinnamon Pears Choice of Milk Beverage of Choice Salt & Pepper	Vegetable Soup Grilled Chicken Breast - Sandwich Mayonnaise Tomato & Lettuce Leaf Homemade Cookie Choice of Milk Beverage of Choice Salt & Pepper	Herb Baked Fish Lemon Wedge Mashed Sweet Potatoes Brussels Sprouts Assorted Breads Margarine Citrus Fruit Cup Choice of Milk Beverage of Choice Salt & Pepper	Smothered Pork Chop Rice Pilaf Turnip Greens Assorted Breads Margarine Fresh Fruit Cup Choice of Milk Beverage of Choice Salt & Pepper	Sliced Turkey Poultry Gravy Bread Dressing California Blend - Vegetables Assorted Breads Margarine Pumpkin Pie Choice of Milk Beverage of Choice Salt & Pepper	Cheese Tortellini with - Marinara Sauce Tossed Salad Salad Dressing Assorted Breads Margarine Chocolate Cake Choice of Milk Beverage of Choice Salt & Pepper

Shirley Cox River, MD, CRD, RLD

Diet by Week Cycle: Mac FW2021_4th Week

Regular No Restriction Primary

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Assorted Breakfast - - Breads Margarine & Jelly Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Assorted Breakfast - - Breads Margarine & Jelly Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Pancakes, French Toast - - Or Waffle Table Syrup Margarine Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Potatoes Ketchup Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Assorted Breakfast - - Breads Margarine & Jelly Table Syrup Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Pancakes, French Toast - - Or Waffle Margarine Table Syrup Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Assorted Breakfast - - Breads Margarine & Jelly Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham Assorted Breakfast - - Breads Margarine & Jelly Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper
Lunch	Garlic Herb Pork - - Tenderloin Bread Dressing Brussels Sprouts Assorted Breads Margarine Cheesecake Choice of Milk Beverage of Choice Salt & Pepper	Beef Stroganoff Buttered Noodles Steamed Baby Carrots Assorted Breads Margarine Red Velvet Cake Choice of Milk Beverage of Choice Salt & Pepper	Turkey Pot Pie Pickled Beets Assorted Breads Margarine Homemade Cookie Choice of Milk Beverage of Choice Salt & Pepper	Three Bean Chili Assorted Breads Margarine Fruit Crisp Choice of Milk Beverage of Choice Salt & Pepper	Shepherd's Pie Green Peas Assorted Breads Margarine Pudding Parfait Choice of Milk Beverage of Choice Salt & Pepper	Baked Fish Fillet Lemon Wedge Roasted Potatoes Sautéed Zucchini & - - Squash Blend Assorted Breads Margarine Tropical Fruit Cup Choice of Milk Beverage of Choice Salt & Pepper	Chicken & Rice - - Casserole Steamed Broccoli Assorted Breads Margarine Fruit Crisp Choice of Milk Beverage of Choice Salt & Pepper	Crab Cakes Tartar Sauce Corn on The Cob Mixed Greens Salad Salad Dressing Assorted Breads Margarine Citrus Fruit Cup Choice of Milk Beverage of Choice Salt & Pepper
Dinner	Chicken & Dumplings Garden Salad Salad Dressing Assorted Breads Margarine Mixed Berry Cup Parfait Choice of Milk Beverage of Choice Salt & Pepper	Vegetable Soup Tuna Salad in A - - Croissant Tomato & Lettuce Leaf Marinated Cucumber & - - Onions Mandarin Orange Fluff Choice of Milk Beverage of Choice Salt & Pepper	Hamburger Casserole Italian Blend - - Vegetables Assorted Breads Margarine Seasonal Fresh Fruit Choice of Milk Beverage of Choice Salt & Pepper	Tomato Soup Grilled Ham & Cheese - - Sandwich Breaded Vegetable - - Sticks Cinnamon Baked Apple - - Slices Choice of Milk Beverage of Choice Salt & Pepper	Turkey Tetrazzini with - - Noodles Mixed Vegetables Assorted Breads Margarine Fresh Fruit Cup Choice of Milk Beverage of Choice Salt & Pepper	Entree of Choice Starch of Choice Vegetable of Choice Assorted Breads Margarine Dessert of Choice Choice of Milk Beverage of Choice Salt & Pepper	Crab Cakes Tartar Sauce Corn on The Cob Mixed Greens Salad Salad Dressing Assorted Breads Margarine Citrus Fruit Cup Choice of Milk Beverage of Choice Salt & Pepper	Crab Cakes Tartar Sauce Corn on The Cob Mixed Greens Salad Salad Dressing Assorted Breads Margarine Citrus Fruit Cup Choice of Milk Beverage of Choice Salt & Pepper

Edward J. Rice, R.D., C.D.E., L.D.

SC LIC #17
NC LIC #2001190

Regular No Restriction

Primary

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham - Breads Assorted Breakfast - Margarine & Jelly Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham - Breads Assorted Breakfast - Margarine & Jelly Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham - Breads Assorted Breakfast - Margarine & Jelly Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham - Breads Assorted Breakfast - Margarine & Jelly Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham - Breads Assorted Breakfast - Margarine & Jelly Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham - Breads Assorted Breakfast - Margarine & Jelly Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham - Breads Assorted Breakfast - Margarine & Jelly Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper	Assorted Juices Scrambled Eggs Sausage, Bacon Or Ham - Breads Assorted Breakfast - Margarine & Jelly Assorted Hot Or Cold - - Cereal Choice of Milk Hot Beverage of Choice Sugar & Creamer Salt & Pepper
Lunch	Beef Burgandy Buttered Noodles Steamed Baby Carrots Assorted Breads Margarine Mixed Berries Choice of Milk Beverage of Choice Salt & Pepper	Pork Fried Rice Oriental Vegetables Egg Roll Cinnamon Pears Choice of Milk Beverage of Choice Salt & Pepper	Fried Chicken Macaroni & Cheese Turnip Greens Assorted Breads Margarine Chocolate Brownie Choice of Milk Beverage of Choice Salt & Pepper	Baked Ham Roasted Root Vegetables Parslled Cauliflower Assorted Breads Margarine Fruit Pie Choice of Milk Beverage of Choice Salt & Pepper	Salisbury Steak Herbed Rice Pilaf Sautted Mushrooms Assorted Breads Margarine Pudding Parfait Choice of Milk Beverage of Choice Salt & Pepper	Fried Fish Tartar Sauce Potato Wedges Ketchup Grilled Vegetable - - Medley Assorted Breads Margarine Lemon Cake Choice of Milk Beverage of Choice Salt & Pepper	Italian Chicken Pasta California Blend - - Vegetables Assorted Breads Margarine Pumpkin Cheesecake Choice of Milk Beverage of Choice Salt & Pepper	Italian Chicken Pasta California Blend - - Vegetables Assorted Breads Margarine Pumpkin Cheesecake Choice of Milk Beverage of Choice Salt & Pepper
Dinner	Shepherd Turkey Pie Green Peas Assorted Breads Margarine Fruit Crisp Choice of Milk Beverage of Choice Salt & Pepper	Hamburger Mustard Mayonnaise Tomato & Lettuce Leaf French Fries Ketchup Marinated Cucumber & - - Onions Homemade Cookie Choice of Milk Beverage of Choice Salt & Pepper	Tuna Croquettes Tartar Sauce Sweet Potato Fries Grilled Vegetable - - Medley Assorted Breads Margarine Citrus Fruit Cup Choice of Milk Beverage of Choice Salt & Pepper	Cheese Tortellini with - - Marinara Sauce Italian Blend - - Vegetables Assorted Breads Margarine Fresh Fruit Choice of Milk Beverage of Choice Salt & Pepper	Grilled Chicken Breast - - Sandwich Mayonnaise Tomato & Lettuce Leaf Breaded Vegetable - - Stricks Cole Slaw Mixed Berries Choice of Milk Beverage of Choice Salt & Pepper	Pepperoni Pizza Baked Breaded Zucchini - - Stricks Tossed Salad Salad Dressing Fresh Fruit Cup Choice of Milk Beverage of Choice Salt & Pepper	Sloppy Joe on Bun Tater Tots Ketchup Corn Seasonal Fresh Fruit Choice of Milk Beverage of Choice Salt & Pepper	Sloppy Joe on Bun Tater Tots Ketchup Corn Seasonal Fresh Fruit Choice of Milk Beverage of Choice Salt & Pepper

Edwin Coy Rice, RD, CDE, LDO

SCUC#147
NCBC#A.00180

BR/26/2020

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