

Lee's Summit R-7 School District

May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values

Apr 13, 2012

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Middle School Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/01/2012															
Middle School Breakfast	Total														
Egg Omelet,Cheese(Sunny Fresh)	1 each	110	195	210	0.00	0.66	85.0	375	375	0.0	8.0	1.0	8.0	3.00	*N/A*
French Tst Sticks - Brkfst Sec	3 each	234	0	312	1.04	1.50	62.4	0	0	0.0	5.2	33.52	10.39	2.08	0.00
Syrup	packet	120	0	45	0.00	0.00	0.0	0	0	0.0	0.0	31.0	0.0	0.00	0.00
Potato, Tri Tator	1 each	99	0	229	0.99	0.36	0.0	0	0	1.19	0.99	11.94	4.97	1.49	0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Weighted Daily Average		668	45	830	3.28	3.84	519.6	907	237	32.79	16.03	119.86	15.20	3.61	*0.00
% of Calories											9.6%	71.8%	20.5%	4.9%	*0.0%

Wed - 05/02/2012															
Middle School Breakfast	Total														
Breakfast Burrito	1 each	233	191	484	2.00	1.66	103.2	337	107	0.0	11.93	21.12	9.95	3.17	*0.00
Long John	1 each	421	0	349	1.45	1.64	8.9	465	94	0.0	4.46	44.9	24.76	10.63	*1.52
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Weighted Daily Average		676	25	659	3.05	3.83	471.0	1284	258	31.72	14.58	99.82	24.08	9.89	*1.37
% of Calories											8.6%	59.1%	32.1%	13.2%	*1.8%

Thu - 05/03/2012															
Middle School Breakfast	Total														
Sausage Biscuit	1 each	250	20	800	2.00	1.80	40.0	0	0	0.0	10.0	25.0	13.0	6.50	0.00
Pancakes 2 per serving	1 each	180	10	120	4.00	1.04	40.0	0	0	0.0	6.0	44.0	2.0	0.00	0.00
Syrup	packet	120	0	45	0.00	0.00	0.0	0	0	0.0	0.0	31.0	0.0	0.00	0.00
Potato, Tri Tator	1 each	99	0	229	0.99	0.36	0.0	0	0	1.19	0.99	11.94	4.97	1.49	0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	PC packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*

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 - denotes optional nutrient values

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Lee's Summit R-7 School District

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Apr 13, 2012

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Middle School Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		586	22	1078	5.15	3.30	394.0	776	145	15.41	18.11	103.30	13.45	5.00	*0.00
% of Calories											12.4%	70.5%	20.7%	7.7%	*0.0%

Fri - 05/04/2012															
Middle School Breakfast	Total														
Cinnamon Rolls	EACH,2 oz	186	0	295	3.37	1.36	40.0	4	0	0.15	5.15	32.18	4.86	0.73	*0.00
Breakfast Burrito	1 each	233	191	484	2.00	1.66	103.2	337	107	0.0	11.93	21.12	9.95	3.17	*0.00
Salsa, Red Gold	2 oz	20	0	280	2.00	0.72	0.0	400	30	7.2	0.0	4.0	0.0	0.00	0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Weighted Daily Average		513	150	995	5.84	4.64	542.0	1478	274	38.33	19.59	84.73	9.51	2.56	*0.00
% of Calories											15.3%	66.0%	16.7%	4.5%	*0.0%

Mon - 05/07/2012															
Middle School Breakfast	Total														
Pancake On A Stick	1 Each		15	470	1.00	1.08	0.0	0	0	0.0	9.0	23.0	10.0	3.50	0.00
Donut, Yeast	1 each	285	0	297	1.21	1.17	2.1	16	3	0.0	4.15	27.89	17.77	9.21	*0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	PC packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Weighted Daily Average		511	10	699	2.55	3.00	399.0	842	159	22.02	14.56	77.27	16.58	7.78	*0.00
% of Calories											11.4%	60.4%	29.2%	13.7%	*0.0%

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 - denotes optional nutrient values

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Middle School Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/08/2012															
Middle School Breakfast	Total														
Egg Omelet,Cheese(Sunny Fresh)	1 each	110	195	210	0.00	0.66	85.0	375	375	0.0	8.0	1.0	8.0	3.00	*N/A*
French Tst Sticks - Brkfst Sec	3 each	234	0	312	1.04	1.50	62.4	0	0	0.0	5.2	33.52	10.39	2.08	0.00
Syrup	packet	120	0	45	0.00	0.00	0.0	0	0	0.0	0.0	31.0	0.0	0.00	0.00
Potato, Tri Tator	1 each	99	0	229	0.99	0.36	0.0	0	0	1.19	0.99	11.94	4.97	1.49	0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Weighted Daily Average		668	45	830	3.28	3.84	519.6	907	237	32.79	16.03	119.86	15.20	3.61	*0.00
% of Calories											9.6%	71.8%	20.5%	4.9%	*0.0%

Wed - 05/09/2012															
Middle School Breakfast	Total														
Breakfast Burrito	1 each	233	191	484	2.00	1.66	103.2	337	107	0.0	11.93	21.12	9.95	3.17	*0.00
Long John	1 each	421	0	349	1.45	1.64	8.9	465	94	0.0	4.46	44.9	24.76	10.63	*1.52
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Weighted Daily Average		676	25	659	3.05	3.83	471.0	1284	258	31.72	14.58	99.82	24.08	9.89	*1.37
% of Calories											8.6%	59.1%	32.1%	13.2%	*1.8%

Thu - 05/10/2012															
Middle School Breakfast	Total														
Sausage Biscuit	1 each	250	20	800	2.00	1.80	40.0	0	0	0.0	10.0	25.0	13.0	6.50	0.00
Pancakes 2 per serving	1 each	180	10	120	4.00	1.04	40.0	0	0	0.0	6.0	44.0	2.0	0.00	0.00
Syrup	packet	120	0	45	0.00	0.00	0.0	0	0	0.0	0.0	31.0	0.0	0.00	0.00
Potato, Tri Tator	1 each	99	0	229	0.99	0.36	0.0	0	0	1.19	0.99	11.94	4.97	1.49	0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	PC packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*

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Apr 13, 2012

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Middle School Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		586	22	1078	5.15	3.30	394.0	776	145	15.41	18.11	103.30	13.45	5.00	*0.00
% of Calories											12.4%	70.5%	20.7%	7.7%	*0.0%

Fri - 05/11/2012															
Middle School Breakfast	Total														
Cinnamon Rolls	EACH, 2 oz	186	0	295	3.37	1.36	40.0	4	0	0.15	5.15	32.18	4.86	0.73	*0.00
Breakfast Burrito	1 each	233	191	484	2.00	1.66	103.2	337	107	0.0	11.93	21.12	9.95	3.17	*0.00
Salsa, Red Gold	2 oz	20	0	280	2.00	0.72	0.0	400	30	7.2	0.0	4.0	0.0	0.00	0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
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Juice, Assorted, 4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Weighted Daily Average		513	150	995	5.84	4.64	542.0	1478	274	38.33	19.59	84.73	9.51	2.56	*0.00
% of Calories											15.3%	66.0%	16.7%	4.5%	*0.0%

Mon - 05/14/2012															
Middle School Breakfast	Total														
Pancake On A Stick	1 Each		15	470	1.00	1.08	0.0	0	0	0.0	9.0	23.0	10.0	3.50	0.00
Donut, Yeast	1 each	285	0	297	1.21	1.17	2.1	16	3	0.0	4.15	27.89	17.77	9.21	*0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
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French Tst Sticks - Brkfst Sec	3 each	234	0	312	1.04	1.50	62.4	0	0	0.0	5.2	33.52	10.39	2.08	0.00
Syrup	packet	120	0	45	0.00	0.00	0.0	0	0	0.0	0.0	31.0	0.0	0.00	0.00
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Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Weighted Daily Average		676	25	659	3.05	3.83	471.0	1284	258	31.72	14.58	99.82	24.08	9.89	*1.37
% of Calories											8.6%	59.1%	32.1%	13.2%	*1.8%

Thu - 05/17/2012															
Middle School Breakfast	Total														
Sausage Biscuit	1 each	250	20	800	2.00	1.80	40.0	0	0	0.0	10.0	25.0	13.0	6.50	0.00
Pancakes 2 per serving	1 each	180	10	120	4.00	1.04	40.0	0	0	0.0	6.0	44.0	2.0	0.00	0.00
Syrup	packet	120	0	45	0.00	0.00	0.0	0	0	0.0	0.0	31.0	0.0	0.00	0.00
Potato, Tri Tator	1 each	99	0	229	0.99	0.36	0.0	0	0	1.19	0.99	11.94	4.97	1.49	0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	PC packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*

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Lee's Summit R-7 School District

May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values

Apr 13, 2012

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Middle School Breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		586	22	1078	5.15	3.30	394.0	776	145	15.41	18.11	103.30	13.45	5.00	*0.00
% of Calories											12.4%	70.5%	20.7%	7.7%	*0.0%

Fri - 05/18/2012															
Middle School Breakfast	Total														
Cinnamon Rolls	EACH,2 oz	186	0	295	3.37	1.36	40.0	4	0	0.15	5.15	32.18	4.86	0.73	*0.00
Breakfast Burrito	1 each	233	191	484	2.00	1.66	103.2	337	107	0.0	11.93	21.12	9.95	3.17	*0.00
Salsa, Red Gold	2 oz	20	0	280	2.00	0.72	0.0	400	30	7.2	0.0	4.0	0.0	0.00	0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Weighted Daily Average		513	150	995	5.84	4.64	542.0	1478	274	38.33	19.59	84.73	9.51	2.56	*0.00
% of Calories											15.3%	66.0%	16.7%	4.5%	*0.0%

Mon - 05/21/2012															
Middle School Breakfast	Total														
Pancake On A Stick	1 Each		15	470	1.00	1.08	0.0	0	0	0.0	9.0	23.0	10.0	3.50	0.00
Donut, Yeast	1 each	285	0	297	1.21	1.17	2.1	16	3	0.0	4.15	27.89	17.77	9.21	*0.00
Cereal, Assorted	bowl	84	0	127	0.87	3.36	58.9	341	69	5.51	1.0	18.81	0.74	0.00	0.00
Fruit - Fresh/Cnd/Frozen	1/3 cup	64	0	2	1.86	0.21	11.6	78	10	11.3	0.48	16.62	0.03	0.00	*0.00
Juice, Assorted,4oz Hiland	4 oz	58	0	0	0.00	0.06	125.0	66	13	24.0	0.43	14.21	0.0	0.00	0.00
Milk, Variety, Belfonte	1 cup	143	6	204	0.00	0.00	320.2	534	107	1.54	8.54	25.5	0.36	0.00	0.00
Ketchup: individual	PC packet	9	0	100	0.03	0.05	1.6	84	9	1.36	0.16	2.26	0.03	0.00	*N/A*
Weighted Daily Average		511	10	699	2.55	3.00	399.0	842	159	22.02	14.56	77.27	16.58	7.78	*0.00
% of Calories											11.4%	60.4%	29.2%	13.7%	*0.0%

Weighted Average		591	50	852	3.98	3.72	465.1	1058	215	28.05	16.57	96.99	15.77	5.77	*0.27
											11.2%	65.7%	24.0%	8.8%	*0.4%

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Lee's Summit R-7 School District
May 1, 2012 thru May 21, 2012 Spreadsheet - Portion Values
 Middle School Breakfast

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Calories	591		588	100%													
Cholesterol (mg)	50		75	67%													
Sodium (mg)	852		1000	85%													
Fiber (g)	3.98		4.00	99%			0.02										
Iron (mg)	3.72		3.40	110%													
Calcium (mg)	465.1		300.00	155%													
Vitamin A (IU)	1058		1125	94%				67									
Vitamin A (RE)	215		225	95%				10									
Vitamin C (mg)	28.05		12.50	224%													
Protein (g)	16.57	11.22%	11.40	145%													
Carbohydrate (g)	96.99	65.67%															
Total Fat (g)	15.77	24.02%	<=30.00%														
Saturated Fat (g)	5.77	8.79%	<10.00%														
Trans Fat (g)	0.27	0.42%				Missing											

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