

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2022-2023 High School Lunch Menu



Wed - 03/01/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Fish Sandwich Box	1.00 serving	535.686	65.012
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	418.031*	57.677*
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Tuna Sandwich (STUDENT)	1.00 1 - #8 Scoop	276.137	31.311
Asian Chicken Wrap	1.00 serving	424.800*	48.570*
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Bacon Western Cheeseburger Meal	1.00 serving	708.108	66.908
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Pinto Beans, 1/2 cup, (canned)	0.50 cup	150.001	25.000

Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		763.468*	111.678*
% of Calories			58.51%

Thu - 03/02/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Fish Sandwich Box	1.00 serving	535.686	65.012

Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460	
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	418.031*	57.677*	
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535	
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368	
Tuna Sandwich (STUDENT)	1.00 1 - #8 Scoop	276.137	31.311	
Asian Chicken Wrap	1.00 serving	424.800*	48.570*	
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000	
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617	
General Tso Chicken w/ Vegetable Fried Rice & Cookie	1.00 serving	470.000	77.000	
4 Way Salad, 1 cup	1.00 cup	10.000	2.000	
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077	
Juice, Assorted, 4 oz	1.00 each	60.000	14.000	
Assorted Fresh Fruit	1.00 each	65.179	16.724	
Assorted Fruit Cups	0.50 cup	84.199	19.997	
Assorted Dried Fruit	1.00 each	112.500	28.250	
1% Low Fat Milk	1.00 each	120.000	16.000	
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000	
Ketchup Packet	1.00 packet	10.000	0.000	
Mustard Packet	1.00 packet	5.000	0.000	
Ranch Packet	1.00 packet	70.000	1.000	
Mayonnaise Packet	1.00 packet	60.000	1.000	
Soy Sauce Packet	1.00 packet	0.000	0.000	
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000	
Sriracha Packet	1.00 each	9.000	1.701	
Weighted Daily Average		708.346*	112.446*	
% of Calories			63.50%	
Fri - 03/03/2023		Portion Size	Calories (kcal)	Carbohydrates (g)

2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Fish Sandwich Box	1.00 serving	535.686	65.012
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	418.031*	57.677*
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Tuna Sandwich (STUDENT)	1.00 1 - #8 Scoop	276.137	31.311
Asian Chicken Wrap	1.00 serving	424.800*	48.570*
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Seasoned Popcorn Chicken w/ Waffle Fries & Sweet Chili Sauce + Chocolate Chip Cookie	1.00 serving	469.391	51.260
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000

Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		708.224*	107.298*
% of Calories			60.60%

Mon - 03/06/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Fish Sandwich Box	1.00 serving	535.686	65.012
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	418.031*	57.677*
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Tuna Sandwich (STUDENT)	1.00 1 - #8 Scoop	276.137	31.311

Asian Chicken Wrap	1.00 serving	424.800*	48.570*
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Breaded Chicken Fillet w/ Hamburger Buns 4" 2M/3G	1.00 serving	380.000	50.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
Cherry Lime Italian Ice Cup	1.00 each	99.000	25.000
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Pickles	1.00 serving	1.667	0.000
Weighted Daily Average		717.873*	113.500*
% of Calories			63.24%
Tue - 03/07/2023	Portion Size	Calories (kcal)	Carbohydrates (g)

2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Fish Sandwich Box	1.00 serving	535.686	65.012
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	418.031*	57.677*
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Tuna Sandwich (STUDENT)	1.00 1 - #8 Scoop	276.137	31.311
Asian Chicken Wrap	1.00 serving	424.800*	48.570*
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Chicken Alfredo w/ Penne Pasta & Garlic Knot Roll	1.00 serving/#4 scoop + garlic knot roll	663.300	67.570
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Spinach, 1 cup, (Fresh)	1.00 cup	6.900	1.089
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000

Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		750.341*	110.982*
% of Calories			59.16%

Wed - 03/08/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Fish Sandwich Box	1.00 serving	535.686	65.012
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	418.031*	57.677*
Asian Chicken Wrap	1.00 serving	424.800*	48.570*
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Tuna Sandwich (STUDENT)	1.00 1 - #8 Scoop	276.137	31.311

Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Pinto Beans, 1/2 cup, (canned)	0.50 cup	150.001	25.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		621.175*	98.272*
% of Calories			63.28%
Thu - 03/09/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000

Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Fish Sandwich Box	1.00 serving	535.686	65.012
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	418.031*	57.677*
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Tuna Sandwich (STUDENT)	1.00 1 - #8 Scoop	276.137	31.311
Asian Chicken Wrap	1.00 serving	424.800*	48.570*
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Spaghetti (1 cup) w/ Cheesy Breadstick (Bosco)	1.00 serving	415.650	50.799
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		698.883*	107.435*
% of Calories			61.49%
Fri - 03/10/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Fish Sandwich Box	1.00 serving	535.686	65.012
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Chinese Chicken Salad w/ 2 oz Dinner Roll (INT/HS)	1.00 serving	418.031*	57.677*
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Tuna Sandwich (STUDENT)	1.00 1 - #8 Scoop	276.137	31.311
Asian Chicken Wrap	1.00 serving	424.800*	48.570*
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Macaroni & Cheese (1 CUP) with Cookie	1.00 serving	575.000	72.700
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077

Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		731.550*	111.925*
% of Calories			61.20%
Mon - 03/13/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Fish Sandwich Box	1.00 serving	535.686	65.012

Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Tuna Sandwich (STUDENT)	1.00 1 - #8 Scoop	276.137	31.311
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
General Tso Chicken w/ Vegetable Fried Rice & Cookie	1.00 serving	470.000	77.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		721.202	115.562
% of Calories			64.09%

Tue - 03/14/2023	Portion Size	Calories (kcal)	Carbohydrates (g)

2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Fish Sandwich Box	1.00 serving	535.686	65.012
Teriyaki Chicken with Garlic Noodles	1.00 serving./#8 scoop chix + #4 scoop noodles	444.822	47.295
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Spinach, 1 cup, (Fresh)	1.00 cup	6.900	1.089
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000

Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		709.295	107.035
% of Calories			60.36%

Wed - 03/15/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Fish Sandwich Box	1.00 serving	535.686	65.012
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Bacon Western Cheeseburger Meal	1.00 serving	708.108	66.908
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077

Pinto Beans, 1/2 cup, (canned)	0.50 cup	150.001	25.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		779.294	112.884
% of Calories			57.94%

Thu - 03/16/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000

Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Fish Sandwich Box	1.00 serving	535.686	65.012
Tuscan Chicken with Rotini Pasta & Cheesy Breadstick	1.00 serving/#4 scoop pasta + breadstick	472.304	42.065
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		715.201	105.671
% of Calories			59.10%

Fri - 03/17/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Fish Sandwich Box	1.00 serving	535.686	65.012
Asian Chicken Wrap	1.00 serving	424.800*	48.570*
Whole Muscle Breaded Chicken Bites, Crinkle Cut Fries & Special Dipping Sauce	1.00 serving/7 pcs chix + 1/2 c fries+ sauce cup	452.703	43.887
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000

Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		709.939*	106.202*
% of Calories			59.84%

Mon - 03/20/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Breaded Chicken Fillet w/ Hamburger Buns 4" 2M/3G	1.00 serving	380.000	50.000
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Yellow Corn, 1/2 cup (canned)	1/2 cup	64.993	14.998
Juice, Assorted, 4 oz	1.00 each	60.000	14.000

Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
Cherry Lime Italian Ice Cup	1.00 each	99.000	25.000
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		722.740	115.175
% of Calories			63.74%

Tue - 03/21/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460

Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Chicken Alfredo w/ Penne Pasta & Garlic Knot Roll	1.00 serving/#4 scoop + garlic knot roll	663.300	67.570
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Spinach, 1 cup, (Fresh)	1.00 cup	6.900	1.089
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		763.006	111.927
% of Calories			58.68%
Wed - 03/22/2023		Portion Size	Calories (kcal)
			Carbohydrates (g)
2022-2023 High School Lunch Menu			

Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Seasoned Popcorn Chicken w/ Waffle Fries & Sweet Chili Sauce + Chocolate Chip Cookie	1.00 serving	469.391	51.260
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Pinto Beans, 1/2 cup, (canned)	0.50 cup	150.001	25.000
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000

Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		721.339	108.991
% of Calories			60.44%

Thu - 03/23/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617
Spaghetti (1 cup) w/ Cheesy Breadstick (Bosco)	1.00 serving	415.650	50.799
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250

1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		700.404	107.625
% of Calories			61.46%

Fri - 03/24/2023	Portion Size	Calories (kcal)	Carbohydrates (g)
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2022-2023 High School Lunch Menu			
Recipe	Total		
Orange Popcorn Chicken & Vegetable Fried Rice Bowl (HS/INT)	1.00 serving	430.424	75.085
Pizza, Domino's, Pepperoni 16", WG, 1 Slice/8 Cut	1.00 slice	320.000	39.000
Pizza, Domino's, Cheese 16", WG, 1 Slice/8 Cut	1.00 slice	310.000	39.000
Hamburger Box w/ Seasoned Potato Wedges	1.00 serving	529.000	50.600
Cheeseburger Box w/ Seasoned Potato Wedges	1.00 serving	583.999	51.600
Spicy Chicken Patty Sandwich Box w/ Spicy Potato Wedges	1.00 serving	510.000	68.000
Chef Salad w/ 2 oz Dinner Roll	1.00 serving	352.591	42.460
Turkey Deli/Ham Sandwich	1.00 serving	247.520	29.535
Turkey Deli/Ham and Cheese Sandwich	1.00 serving	285.019	30.368
Peanut Butter & Jelly Uncrustables Sandwich, 5.3 oz, Assorted	1.00 each	630.000	64.000
Yogurt Parfait w/ Granola 2M/2G	1.00 serving	421.058	79.617

Macaroni & Cheese (1 CUP) with Cookie	1.00 serving	575.000	72.700
4 Way Salad, 1 cup	1.00 cup	10.000	2.000
Grab-it Carrots, 1/2 cup	0.50 cup	34.615	8.077
Juice, Assorted, 4 oz	1.00 each	60.000	14.000
Assorted Fresh Fruit	1.00 each	65.179	16.724
Assorted Fruit Cups	0.50 cup	84.199	19.997
Assorted Dried Fruit	1.00 each	112.500	28.250
1% Low Fat Milk	1.00 each	120.000	16.000
Chocolate Milk, Fat-free	8.00 fl oz	120.000	23.000
Ketchup Packet	1.00 packet	10.000	0.000
Mustard Packet	1.00 packet	5.000	0.000
Ranch Packet	1.00 packet	70.000	1.000
Mayonnaise Packet	1.00 packet	60.000	1.000
Soy Sauce Packet	1.00 packet	0.000	0.000
Hot Sauce (Del Sol)	1.00 packet	5.000	1.000
Sriracha Packet	1.00 each	9.000	1.701
Weighted Daily Average		740.241	113.101
% of Calories			61.12%

* = Indicates missing Nutrient Information.

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