

Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 11, 2025 thru Aug 15, 2025

PRE-K LUNCH

Generated on: 8/12/2025 12:45:17 PM

	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 - 08/11/2025																
PRE-K LUNCH	Total	1000														
TERIYAKI BEEF DUNKERS	SERVING (4each)	1000	159	39	382	0.60	1.60	14.0	49	0.0	9	13.6	11.7	6.5	2.60	0.00
RICE, ORIENTAL-BROWN RIC E-2014	1/2 CUP	1000	113	1	133	1.32	0.51	2.9	1	0.44	*0	3.24	22.92	1.12	0.04	0.00
BROCCOLI,raw: fresh	Serv. 1/2 c Veg	800	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.05	0.00
APPLES,Fresh sliced 2017 2oz	pkg. (2oz)	800	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			432	55	677	4.43	2.51	391.4	809	130.71	*29 *26.4%	26.83 24.9%	57.35 53.2%	10.25 21.4%	4.18 8.7%	0.00 0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 08/12/2025																
PRE-K LUNCH	Total	720														
CORN DOG, CHX '22	1 EACH	1000	239	40	692	2.31	1.41	25.1	120	0.0	8	11.67	27.9	9.23	2.51	0.00
BEANS, BLACK SEASONED-PS 2018	1/4 CUP	720	63	0	162	4.75	1.34	26.0	24	2.08	*0	4.16	11.5	0.21	0.06	*0.00
BANANAS	1 EACH	720	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
CATSUP	.5 oz	500	17	0	154	0.05	0.06	2.6	90	0.7	4	0.18	4.66	0.02	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			616	71	1381	10.61	3.60	417.7	818	11.35	*39 *25.6%	30.59 19.8%	90.55 58.8%	15.88 23.2%	5.15 7.5%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

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

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Portion Values - Detailed

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Aug 11, 2025 thru Aug 15, 2025

PRE-K LUNCH

Generated on: 8/12/2025 12:45:17 PM

	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* (g)
Wed - 08/13/2025																
PRE-K LUNCH	Total	1000														
Grinder, turkey&cheese-El-'24	1 EACH	1000	367	78	1049	3.00	2.45	248.1	175	0.0	3	34.54	32.68	12.7	3.97	0.16
SALAD 3/WAY	1/4 CUP	1300	5	0	3	0.27	0.01	0.3	33	0.99	*0	0.27	1.07	0.0	0.00	*0.00
GRAPES,Fresh	Serv.(1/2 Cup)	1300	66	0	2	0.89	0.29	13.9	99	3.97	16	0.63	17.02	0.35	0.11	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	500	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			615	96	1275	4.53	2.85	626.1	848	6.53	*39 *25.2%	44.97 29.3%	71.25 46.4%	19.45 28.5%	6.25 9.2%	*0.16 *0.2%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 08/14/2025																
PRE-K LUNCH	Total	720														
Chicken Tenders, WG 2017	Serving	720	184	34	383	2.00	2.00	20.0	84	87.0	0	15.0	13.0	8.0	2.00	0.00
FRUIT MIX, Extra Light Syrup PS	serving	1500	40	0	2	0.50	0.00	0.0	100	0.6	8	0.0	9.0	0.0	0.00	0.00
JICAMA STICKS PS	Serving	1500	13	0	0	1.50	0.18	0.0	2	6.0	0	0.0	3.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	1	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			413	49	538	6.17	2.37	370.0	798	100.75	31 29.7%	24.00 23.2%	52.00 50.3%	10.51 22.9%	3.50 7.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 08/15/2025																
PRE-K LUNCH	Total	1000														
Macaroni & Cheese	serving (1/2 c)	1300	250	55	856	0.48	0.68	571.2	613	0.43	3	11.94	12.55	16.95	9.92	*0.57
TOMATOES, GRAPE	1/2 CUP	1000	13	0	4	0.89	0.20	7.5	621	10.21	2	0.66	2.9	0.15	0.02	0.00
Pears, In Extra Light Syrup PS	serving	1500	30	0	2	1.00	0.00	0.0	30	0.6	6	0.0	8.0	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	1	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00

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Rialto Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 18, 2025 thru Aug 22, 2025

PRE-K LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/18/2025																
PRE-K LUNCH	Total	1000														
FISH STICKS, POLLOCK -2013	SERV.(4 sticks)	1000	210	55	290	3.00	1.44	60.0	0	0.0	0	18.0	23.0	5.0	0.50	0.00
CARROT, Sticks '24	1/2 Cup	1000	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
APPLES,Fresh	1 EACH	1800	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
CATSUP	1 oz	1000	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	1	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			518	70	752	10.67	1.92	445.1	10992	17.03	49	28.21	85.49	8.08	2.09	*0.00
% of Calories											38.2%	21.8%	66.1%	14.0%	3.6%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 08/19/2025																
PRE-K LUNCH	Total	720														
CHICKEN PATTY,WG/HMSTL B UN2015	EACH	720	334	33	648	5.00	3.80	100.0	95	87.0	3	22.0	42.0	10.0	2.00	0.00
BARBECUE BEANS -2018 PS	Servings	720	97	0	391	3.38	1.03	31.7	153	0.75	*5	4.02	22.75	0.31	0.06	*0.00
BANANAS	1 EACH	720	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
CATSUP	.5 oz	720	17	0	154	0.05	0.06	2.6	90	0.7	4	0.18	4.66	0.02	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			658	48	1344	11.06	5.15	489.3	902	97.24	*38	36.30	106.47	13.16	3.67	*0.00
% of Calories											*22.9%	22.1%	64.7%	18.0%	5.0%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 08/20/2025																
PRE-K LUNCH	Total	720														
Meatball Grinder, Beef '25	Serving(5 piece)	720	651	148	1150	4.21	5.46	388.6	575	10.94	*10	48.22	49.44	28.98	12.06	*0.00
SALAD 3/WAY	1/4 CUP	720	5	0	3	0.27	0.01	0.3	33	0.99	*0	0.27	1.07	0.0	0.00	*0.00
GRAPES,Fresh	Serv.(1/2 Cup)	720	66	0	2	0.89	0.29	13.9	99	3.97	16	0.63	17.02	0.35	0.11	0.00
MILK,1% DW 2024	EACH(1/2 pint)	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00

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Rialto Unified School District

Aug 18, 2025 thru Aug 22, 2025

Base Menu Spreadsheet

PRE-K LUNCH

Portion Values - Detailed

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	Portion Size	Relmb 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 % of Calories			843	163	1304	5.37	5.76	752.7	1207	15.89	*40 *18.9%	58.11 27.6%	81.53 38.7%	31.83 34.0%	13.67 14.6%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 08/21/2025																
PRE-K LUNCH	Total	720														
BURRITO,TKY BEAN & CHSE-2 022	SERVING	720	502	42	990	13.05	4.36	362.3	328	6.87	*4	24.73	60.85	18.89	7.08	*0.00
Blueberries, Frozen	Serv(1/2 Cup)	1500	40	0	1	2.09	0.14	6.2	36	1.94	7	0.33	9.43	0.5	0.04	0.00
JICAMA STICKS	Serv(1/2 Cup)	1500	25	0	0	3.00	0.36	0.0	5	12.0	1	0.0	6.0	0.0	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			756	57	1142	23.66	5.40	725.2	913	35.91	*33 *17.7%	34.40 18.2%	107.00 56.6%	22.42 26.7%	8.67 10.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 08/22/2025																
PRE-K LUNCH	Total	1000														
Nacho Delx W/ 3bnCHILI, chz '24	3/8 cup	1000	346	0	342	9.27	4.90	109.1	499	3.32	*2	7.93	50.53	12.35	2.06	*0.00
TOMATOES, GRAPE-PZ	1/4 Cup	1000	7	0	2	0.45	0.10	3.7	310	5.1	1	0.33	1.45	0.07	0.01	0.00
PINEAPPLE, IN JUICE PS .25 cup	Serving	1000	29	0	0	0.63	0.14	7.8	24	4.58	7	0.25	7.59	0.05	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	1	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			502	15	495	10.35	5.14	470.6	1334	13.00	*24 *18.8%	17.51 13.9%	73.57 58.6%	14.99 26.9%	3.58 6.4%	*0.00 *0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			656	71	1007	12.22	4.67	576.6	3069	35.81	*37 *50.5%	34.91 21.3%	90.81 55.4%	18.10 24.8%	6.34 8.7%	*0.00 *0.0%
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Base Menu Spreadsheet

Portion Values - Detailed

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Aug 25, 2025 thru Aug 29, 2025

PRE-K LUNCH

Generated on: 8/12/2025 12:45:55 PM

	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)
Mon - 08/25/2025																
PRE-K LUNCH	Total	720														
BUZZBURGER	Burger(2 MMA,2G)	720	279	48	310	3.00	3.15	84.4	15	0.0	*3	20.93	29.0	9.7	3.03	*0.00
CARROT, Sticks '24	1/2 Cup	720	25	0	42	1.71	0.18	20.1	10191	3.6	3	0.57	5.84	0.15	0.02	0.00
PEARS,FRESH	1 EACH	720	95	0	2	5.15	0.30	14.9	42	7.14	16	0.6	25.28	0.23	0.04	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	1	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
CATSUP	.5 oz	720	17	0	154	0.05	0.06	2.6	90	0.7	4	0.18	4.66	0.02	0.00	0.00
MILK,1% DW 2024	EACH(1/2 pint)	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			536	63	658	9.91	3.69	472.0	10837	11.43	*40	31.27	78.79	12.60	4.59	*0.00
% of Calories											*29.6%	23.3%	58.8%	21.2%	7.7%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Tue - 08/26/2025																
PRE-K LUNCH	Total	720														
Popcorn Chicken-Wh.Grain 2021	Serving	720	207	47	400	2.00	0.36	160.0	112	1.0	1	14.0	13.0	11.0	2.00	0.00
POTATO,MASHED,IDAHO REAL	1/4 cup	720	53	0	227	0.41	0.13	21.1	72	0.04	*1	1.01	7.64	1.79	0.28	*0.00
SALAD 3/WAY	1/4 CUP	720	5	0	3	0.27	0.01	0.3	33	0.99	*0	0.27	1.07	0.0	0.00	*0.00
BANANAS	1 EACH	720	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
MILK,1% DW 2024	EACH(1/2 pint)	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			475	62	780	5.31	0.75	536.4	782	10.81	*28	25.38	58.78	15.62	3.89	*0.00
% of Calories											*23.6%	21.4%	49.5%	29.6%	7.4%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Wed - 08/27/2025																
PRE-K LUNCH	Total	720														
Nachos,Turkey and Cheese, '25	Serving	720	475	44	726	6.00	3.60	333.2	277	0.0	*4	27.79	45.53	21.17	3.83	0.00
CARROT PS, sticks	Serving	1500	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GRAPES,Fresh	Serv.(1/2 Cup)	1500	66	0	2	0.89	0.29	13.9	99	3.97	16	0.63	17.02	0.35	0.11	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	1	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK,1% DW 2024	EACH(1/2 pint)	720	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00

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Aug 25, 2025 thru Aug 29, 2025

PRE-K LUNCH

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	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			734	59	880	7.86	4.20	712.1	984	8.27	*51	38.09	94.98	24.40	5.57	*0.00
% of Calories											*28.0%	20.8%	51.8%	29.9%	6.8%	*0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Thu - 08/28/2025																
PRE-K LUNCH	Total	1000														
PIZZA, Chse, Wh. Gr4X6-'23	1 EACH	1000	300	25	440	4.00	2.30	263.0	40	0.0	8	16.0	34.0	11.0	5.00	0.00
JICAMA STICKS PS	Serving	1000	13	0	0	1.50	0.18	0.0	2	6.0	0	0.0	3.0	0.0	0.00	0.00
STRAWBERRIES: frozen unswtnd.	Serv(1/2 Cup)	2500	39	0	2	2.32	0.83	17.7	50	45.53	5	0.48	10.09	0.12	0.01	0.00
MILK, 1% DW 2024	EACH(1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			529	40	596	11.30	4.55	657.2	667	119.82	35	26.19	76.22	13.80	6.52	0.00
% of Calories											26.5%	19.8%	57.6%	23.5%	11.1%	0.0%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Fri - 08/29/2025																
PRE-K LUNCH	Total	1000														
Penne, Alfredo, Cheesy '23	1 CUP	1500	160	7	202	8.52	1.03	137.6	74	0.43	*1	7.03	26.26	2.73	1.06	*0.06
BREAD, STICK	1 each	1500	99	0	94	0.99	1.43	0.0	5	0.0	1	0.99	14.88	2.98	0.50	0.00
BROCCOLI, raw: fresh	Serv. 1/2 c Veg	1500	15	0	15	1.14	0.32	20.7	274	39.25	1	1.24	2.92	0.16	0.05	0.00
PINEAPPLE, IN JUICE PS .25 cup	Serving	1500	29	0	0	0.63	0.14	7.8	24	4.58	7	0.25	7.59	0.05	0.00	0.00
DRESSING, RANCH 1oz. '23	Servings (1oz)	1	69	7	140	0.03	0.02	19.0	1	0.16	1	0.55	2.12	7.61	1.27	*0.00
MILK, 1% DW 2024	EACH(1/2 pint)	1000	120	15	150	0.00	0.00	350.0	500	0.0	14	9.0	14.0	2.5	1.50	0.00
Weighted Daily Average			576	25	618	16.93	4.37	599.2	1066	66.39	*29	23.26	91.48	11.39	3.91	*0.09
% of Calories											*19.9%	16.2%	63.6%	17.8%	6.1%	*0.1%
Nutrient Guideline			550-650		1230									<=30.0	<10.00	

Weighted Average			570	50	706	10.26	3.51	595.4	2867	43.34	*37	28.84	80.05	15.56	4.89	*0.02
											*57.7%	20.2%	56.2%	24.6%	7.7%	*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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Rialto Unified School District

Aug 25, 2025 thru Aug 29, 2025

Base Menu Spreadsheet

PRE-K LUNCH

Portion Values - Detailed

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Generated on: 8/12/2025 12:45:55 PM

Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Fiber (g) Overage	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)
Calories	570		550 - 650	100%													
Cholesterol (mg)	50																
Sodium 1 (mg)	706		1230	57%													
Sodium 1a (mg)	706		1110	64%													
Fiber (g)	10.26																
Iron (mg)	3.51																
Calcium (mg)	595.4																
Vitamin A (IU)	2867																
Sugars (g)	37	25.66%			Missing												
Vitamin C (mg)	43.34																
Protein (g)	28.84	20.24%															
Carbohydrate (g)	80.05	56.19%															
Total Fat (g)	15.56	24.58%	<=30.00%														
Saturated Fat (g)	4.89	7.73%	<10.00%														
Trans Fat ¹ (g)	0.02	0.03%			Missing												

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