

Wilmette Public Schools District 39

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (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)
Mon - 10/05/2020													
Elementary Lunch	Total												
Wheat Bread	2 Slices	140	0	2.00	2.16	40.0	0	0	0.0	4.0	26.0	2.0	0.00
Turkey Breast - Natural	4 Slices	60	25	0.00	0.36	0.0	0	0	0.0	10.0	1.0	1.5	0.50
American Cheese Slice	1 slice	70	15	0.00	0.00	100.0	300	60	0.0	4.0	0.0	6.0	4.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	5	0	0.36	0.09	3.4	230	17	3.51	0.26	1.11	0.06	0.01
Chips-Selection Varies	Bag	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		630	55	*7.36	*3.33	*453.4	*530	*77	*9.51	30.76	71.61	24.46	7.51
% of Calories										19.5%	45.5%	34.9%	10.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 10/06/2020													
Elementary Lunch	Total												
Grilled Cheese	Sandwich	330	45	2.00	2.16	241.7	776	173	0.0	12.06	26.0	19.7	11.61
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.2	0.0	1.0	0.0	0.00
Chips-Selection Varies	Sandwich	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		335	30	*2.75	*1.62	*275.8	*1388	*286	*3.60	11.78	33.25	17.20	7.31
% of Calories										14.1%	39.7%	46.2%	19.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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
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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (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)
Wed - 10/07/2020													
Elementary Lunch	Total												
Wheat Bread	2 Slices	140	0	2.00	2.16	40.0	0	0	0.0	4.0	26.0	2.0	0.00
Ham	3 Slices	66	28	0.00	0.41	0.0	0	0	0.0	11.25	0.0	2.25	1.13
American Cheese Slice	1 slice	70	15	0.00	0.00	100.0	300	60	0.0	4.0	0.0	6.0	4.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	5	0	0.36	0.09	3.4	230	17	3.51	0.26	1.11	0.06	0.01
Chips-Selection Varies	Bag	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		637	58	*7.36	*3.37	*453.4	*530	*77	*9.51	32.01	70.61	25.21	8.13
% of Calories										20.1%	44.4%	35.6%	11.5%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 10/08/2020													
Elementary Lunch	Total												
BLT Sandwich on Wheat Bread	Sandwich	364	15	4.30	5.47	82.9	192	14	2.88	13.22	53.93	11.05	2.01
Chips-Selection Varies	Bag	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		719	30	*9.30	*6.19	*392.9	*192	*14	*8.88	25.72	97.43	25.95	5.01
% of Calories										14.3%	54.2%	32.5%	6.3%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Fri - 10/09/2020													
Elementary Lunch	Total												
Wheat Bagel	1 Bagel	271	*N/A*	*N/A*	0.00	0.0	0	0	0.0	10.5	58.0	1.3	*N/A*
Cream Cheese Cup	1 oz cup	50	15	0.00	0.00	0.0	0	0	0.0	1.0	2.0	5.0	3.00
Turkey Roll-Up	2 Slices	30	13	0.00	0.18	0.0	0	0	0.0	5.0	0.5	0.75	0.25
Jelly Cup	1/2 oz	35	0	0.00	0.00	0.0	0	0	*N/A*	0.0	9.0	0.0	0.00
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50

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Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (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)
Weighted Daily Average		531	*43	*3.00	*0.18	*300.0	*500	*10	*1.20	26.00	90.00	9.95	*4.75
% of Calories										19.6%	67.8%	16.9%	*8.0%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Tue - 10/13/2020													
Elementary Lunch	Total												
1% Low Fat Milk	1 Sandwich	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Veggies	Bag	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	5	0	0.36	0.09	3.4	230	17	3.51	0.26	1.11	0.06	0.01
Chips-Selection Varies	2-4 oz portio	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Italian Sub on Wheat Roll	1 Carton	415	82	1.00	1.08	160.0	300	60	0.0	30.0	31.5	19.75	8.75
Weighted Daily Average		775	98	*6.36	*1.89	*473.4	*530	*77	*9.51	42.76	76.11	34.71	11.76
% of Calories										22.1%	39.3%	40.3%	13.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 10/14/2020													
Elementary Lunch	Total												
Hot Dog on a Wheat Bun	1 Hot Dog	262	25	2.25	2.02	50.3	0	0	0.0	11.18	26.52	33.0	4.28
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Chips-Selection Varies	Bag	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		617	40	*7.25	*2.74	*360.3	*0	*0	*6.00	23.68	70.02	47.90	7.28
% of Calories										15.4%	45.4%	69.9%	10.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (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)
Thu - 10/15/2020													
Elementary Lunch	Total												
Pizza 5" Round Deep Dish Tonys	1	300	10	4.00	2.80	371.0	0	6	0.0	17.0	39.0	9.0	2.50
Salad	6 oz Food Tray	18	0	0.67	1.08	20.7	4280	839	12.27	0.58	3.29	0.04	0.01
Dressing Ranch 1.5 oz Newmans	1.5	220	15	0.00	0.00	0.0	0	0	0.0	0.0	3.0	23.0	4.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		663	40	*6.17	*3.88	*681.7	*4280	*845	*12.27	26.09	61.79	34.74	8.01
% of Calories										15.7%	37.3%	47.1%	10.9%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Fri - 10/16/2020													
Elementary Lunch	Total												
BBQ Pulled Pork Sandwich	1 Sandwich	334	50	2.00	2.06	50.0	10	2	2.4	18.52	40.0	11.57	3.97
Chips-Selection Varies	Bag	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		344	33	*3.50	*1.39	*180.0	*5	*1	*4.20	15.51	41.75	13.23	3.49
% of Calories										18.0%	48.5%	34.6%	9.1%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 10/19/2020													
Elementary Lunch	Total												
Meatball Sandwich 1-6	1 Sandwich	343	30	4.42	3.05	87.1	382	76	5.3	14.06	35.87	35.74	4.97
Chips-Selection Varies	1 Carton	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Veggies	Bag	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	2-4 oz portio	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		698	45	*9.42	*3.77	*397.1	*382	*76	*11.30	26.56	79.37	50.64	7.98
% of Calories										15.2%	45.5%	65.3%	10.3%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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Tue - 10/20/2020													
Elementary Lunch	Total												
BLT Sandwich on Wheat Bun	Sandwich	224	15	2.30	2.59	62.9	192	14	2.88	10.22	27.93	9.55	2.01
Chips-Selection Varies	Bag	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		579	30	*7.30	*3.31	*372.9	*192	*14	*8.88	22.72	71.43	24.45	5.01
% of Calories										15.7%	49.3%	38.0%	7.8%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 10/21/2020													
Elementary Lunch	Total												
Chicken Pasta Caesar Salad	8 oz	268	41	1.43	3.89	147.1	1268	218	13.02	23.37	24.68	7.98	2.48
Caesar Dressing	2 TBS	160	400	0.00	0.00	0.0	0	0	0.0	0.0	1.0	17.0	3.00
Garlic Toast	1 Slice	140	0	0.00	1.08	0.0	100	20	0.0	2.0	14.0	8.0	2.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		693	456	*2.94	*4.97	*437.1	*1368	*238	*13.02	33.87	56.18	35.68	8.98
% of Calories										19.6%	32.4%	46.3%	11.7%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 10/22/2020													
Elementary Lunch	Total												
Grilled Cheese	Sandwich	330	45	2.00	2.16	241.7	776	173	0.0	12.06	26.0	19.7	11.61
Carrots	1 bag	5	0	0.00	0.36	0.0	2000	400	1.2	0.0	1.0	0.0	0.00
Chips-Selection Varies	Sandwich	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50

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Weighted Daily Average		335	30	*2.75	*1.62	*275.8	*1388	*286	*3.60	11.78	33.25	17.20	7.31
% of Calories										14.1%	39.7%	46.2%	19.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Fri - 10/23/2020													
Elementary Lunch	Total												
Wheat Bagel	1 Bagel	271	*N/A*	*N/A*	0.00	0.0	0	0	0.0	10.5	58.0	1.3	*N/A*
Cream Cheese Cup	1 oz cup	50	15	0.00	0.00	0.0	0	0	0.0	1.0	2.0	5.0	3.00
Turkey Roll-Up	2 Slices	30	13	0.00	0.18	0.0	0	0	0.0	5.0	0.5	0.75	0.25
Jelly Cup	1/2 oz	35	0	0.00	0.00	0.0	0	0	*N/A*	0.0	9.0	0.0	0.00
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Milk	1 Carton	100	15	0.00	0.00	300.0	500	10	1.2	8.0	11.0	2.5	1.50
Weighted Daily Average		531	*43	*3.00	*0.18	*300.0	*500	*10	*1.20	26.00	90.00	9.95	*4.75
% of Calories										19.6%	67.8%	16.9%	*8.0%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Mon - 10/26/2020													
Elementary Lunch	Total												
Hot Dog on a Wheat Bun	1 Hot Dog	262	25	2.25	2.02	50.3	0	0	0.0	11.18	26.52	33.0	4.28
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Chips-Selection Varies	Bag	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		617	40	*7.25	*2.74	*360.3	*0	*0	*6.00	23.68	70.02	47.90	7.28
% of Calories										15.4%	45.4%	69.9%	10.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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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Wilmette Public Schools District 39

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (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)
Tue - 10/27/2020													
Elementary Lunch	Total												
Cheese Quesidilla	1 Serving	330	40	1.00	1.08	400.0	60	12	0.0	16.0	22.0	19.0	11.50
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
Tortilla Chips	1 oz	138	0	1.00	0.36	40.0	0	0	0.0	2.0	18.0	7.0	1.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Weighted Daily Average		613	55	*5.00	*1.44	*730.0	*60	*12	*0.00	27.50	60.50	28.90	14.00
% of Calories										17.9%	39.5%	42.4%	20.6%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Wed - 10/28/2020													
Elementary Lunch	Total												
Italian Chicken Tenders, Barbe	3 Pieces (4	220	40	1.00	1.08	20.0	0	0	1.2	18.0	17.0	9.0	1.50
Chips-Selection Varies	Bag	210	0	2.00	0.72	20.0	0	0	6.0	3.0	23.0	12.0	1.50
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
Veggies	2-4 oz portio	20	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	1.0	4.0	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		575	55	*6.00	*1.80	*330.0	*0	*0	*7.20	30.50	60.50	23.90	4.50
% of Calories										21.2%	42.1%	37.4%	7.0%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

Thu - 10/29/2020													
Elementary Lunch	Total												
Pizza 5" Round Deep Dish Tonys	1	300	10	4.00	2.80	371.0	0	6	0.0	17.0	39.0	9.0	2.50
Salad	6 oz Food T ray	18	0	0.67	1.08	20.7	4280	839	12.27	0.58	3.29	0.04	0.01
Dressing Ranch 1.5 oz Newmans	1.5	220	15	0.00	0.00	0.0	0	0	0.0	0.0	3.0	23.0	4.00
Fresh Fruit	2-4 oz	25	0	1.50	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.5	5.5	0.2	0.00
1% Low Fat Milk	1 Carton	100	15	*N/A*	0.00	290.0	0	0	0.0	8.0	11.0	2.5	1.50
Weighted Daily Average		663	40	*6.17	*3.88	*681.7	*4280	*845	*12.27	26.09	61.79	34.74	8.01
% of Calories										15.7%	37.3%	47.1%	10.9%
Nutrient Guideline		633			3.30	267.00	1000		15.00	9.00		<=30.0	<10.00

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