

# Japan Lunch Menu November 2018

## Sullivans Elementary School

<p>October 29  <b>Choice of One:</b>          Ham &amp; Cheese Melt          Orange Chicken w/Rice  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Mandarin Orange Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>October 30  <b>Choice of One:</b>          Hot Dog          Chicken Tenders  <b>Choice of Fruit:</b>          Fresh Apple          Whole Fruit Juice Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>October 31  <b>Choice of One:</b>          Spaghetti w/Roll          BBQ Chicken Sandwich  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Mango Cup  <b>Choice of Vegetables:</b>          Capri Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>1  <b>Choice of One:</b>          Grilled Chicken Salad w/Flatbread          Ranch Chicken Vegetable Wrap  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Peach Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>2  </p>
<p>5  <b>Choice of One:</b>          Teriyaki Chicken w/Rice          BBQ Meatballs          w/Mashed Potatoes  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Strawberry Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>6  <b>Choice of One:</b>          Soft Tacos          Grilled Cheese w/Soup  <b>Choice of Fruit:</b>          Fresh Apple          Chilled Fruit Cocktail Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>7  <b>Choice of One:</b>          Chicken Adobo w/Rice          Lasagna w/Garlic Roll  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Pineapple Cup  <b>Choice of Vegetables:</b>          Garden Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>8  <b>Choice of One:</b>          Chicken Sandwich          Breakfast for Lunch  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Applesauce Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>9  <b>Choice of One:</b>          Cheese Sticks          Cheeseburger w/Onion Rings  <b>Choice of Fruit:</b>          Fresh Orange          Mixed Fruit Cup  <b>Choice of Vegetables:</b>          Corn          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>
<p>12  <b>NO SCHOOL DAY!!!</b>   <b>VETERNS DAY!!!</b></p>	<p>13  <b>NO SCHOOL DAY!!!</b>   <b>PARENT / TEACHER CONFERENCES</b></p>	<p>14  <b>NO SCHOOL DAY!!!</b>   <b>PARENT / TEACHER CONFERENCES</b></p>	<p>15  <b>Thanksgiving Celebration</b>  <b>Choice of One:</b>          Turkey w/Stuffing w/Cornbread          Ham w/Stuffing w/Cornbread  <b>Choice of Fruit:</b>          Fresh Grapes          Fresh Oranges  <b>Choice of Vegetables:</b>          Mashed Potatoes w/Gravy          Green Bean Casserole  <b>Choice of:</b>          Ice Cold Milk</p>	<p>16  <b>Choice of One:</b>          Pizza          Fish Filet w/Macaroni &amp; Cheese  <b>Choice of Fruit:</b>          Fresh Orange          Mixed Fruit Cup  <b>Choice of Vegetables:</b>          Corn          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>
<p>19  <b>Choice of One:</b>          Teriyaki Chicken w/Rice          BBQ Meatballs          w/Mashed Potatoes  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Strawberry Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>20  <b>Choice of One:</b>          Soft Tacos          Grilled Cheese w/Soup  <b>Choice of Fruit:</b>          Fresh Apple          Chilled Fruit Cocktail Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>21  <b>Choice of One:</b>          Chicken Adobo w/Rice          Lasagna w/Garlic Roll  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Pineapple Cup  <b>Choice of Vegetables:</b>          Garden Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>22  <b>NO SCHOOL DAY!!!</b>   <b>THANKSGIVING DAY!!!</b></p>	<p>23  <b>NO SCHOOL DAY!!!</b></p>
<p>26  <b>Choice of One:</b>          Ham &amp; Cheese Melt          Orange Chicken w/Rice  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Mandarin Orange Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>27  <b>Choice of One:</b>          Hot Dog          Chicken Tenders  <b>Choice of Fruit:</b>          Fresh Apple          Whole Fruit Juice Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>28  <b>Choice of One:</b>          Spaghetti w/Roll          BBQ Chicken Sandwich  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Mango Cup  <b>Choice of Vegetables:</b>          Capri Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>29  <b>Choice of One:</b>          Grilled Chicken Salad w/Flatbread          Ranch Chicken Vegetable Wrap  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Peach Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>30  <b>Choice of One:</b>          Pizza          Fish Filet w/Macaroni &amp; Cheese  <b>Choice of Fruit:</b>          Fresh Orange          Mixed Fruit Cup  <b>Choice of Vegetables:</b>          Corn          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>

**Meal Prices:**  
**Elementary: \$3.00**  
**Secondary: \$3.25**



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Menu subject to change based on availability

This institution is an equal opportunity employer

# Japan Lunch Menu November 2018

## Yokosuka Middle School

<p>October 29  <b>Choice of One:</b>          Ham &amp; Cheese Melt          Orange Chicken w/Rice  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Mandarin Orange Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>October 30  <b>Choice of One:</b>          Hot Dog          Chicken Tenders  <b>Choice of Fruit:</b>          Fresh Apple          Whole Fruit Juice Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>October 31  <b>Choice of One:</b>          Spaghetti w/Roll          BBQ Chicken Sandwich  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Mango Cup  <b>Choice of Vegetables:</b>          Capri Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>1  <b>Choice of One:</b>          Grilled Chicken Salad          w/Flatbread          Ranch Chicken Vegetable Wrap  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Peach Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>2  </p>
<p>5  <b>Choice of One:</b>          Teriyaki Chicken w/Rice          BBQ Meatballs          w/Mashed Potatoes  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Strawberry Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>6  <b>Choice of One:</b>          Soft Tacos          Grilled Cheese w/Soup  <b>Choice of Fruit:</b>          Fresh Apple          Chilled Fruit Cocktail Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>7  <b>Choice of One:</b>          Chicken Adobo w/Rice          Lasagna w/Garlic Roll  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Pineapple Cup  <b>Choice of Vegetables:</b>          Garden Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>8  <b>Choice of One:</b>          Spicy Chicken Sandwich          Breakfast for Lunch  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Applesauce Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>9  <b>Choice of One:</b>          Cheese Sticks          Cheeseburger w/Onion Rings  <b>Choice of Fruit:</b>          Fresh Orange          Mixed Fruit Cup  <b>Choice of Vegetables:</b>          Corn          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>
<p>12  <b>NO SCHOOL DAY!!!</b>   <b>VETERANS DAY!!!</b></p>	<p>13  <b>NO SCHOOL DAY!!!</b>   <b>PARENT / TEACHER CONFERENCES</b></p>	<p>14  <b>Thanksgiving Celebration</b>  <b>Choice of One:</b>          Turkey w/Stuffing w/Cornbread          Ham w/Stuffing w/Cornbread  <b>Choice of Fruit:</b>          Fresh Grapes          Fresh Oranges  <b>Choice of Vegetables:</b>          Mashed Potatoes w/Gravy          Green Bean Casserole  <b>Choice of:</b>          Ice Cold Milk</p>	<p>15  <b>Choice of One:</b>          Grilled Chicken Salad          w/Flatbread          Ranch Chicken Vegetable Wrap  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Peach Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>16  <b>Choice of One:</b>          Pizza          Fish Filet w/Macaroni &amp; Cheese  <b>Choice of Fruit:</b>          Fresh Orange          Mixed Fruit Cup  <b>Choice of Vegetables:</b>          Corn          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>
<p>19  <b>Choice of One:</b>          Teriyaki Chicken w/Rice          BBQ Meatballs          w/Mashed Potatoes  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Strawberry Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>20  <b>Choice of One:</b>          Soft Tacos          Grilled Cheese w/Soup  <b>Choice of Fruit:</b>          Fresh Apple          Chilled Fruit Cocktail Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>21  <b>Choice of One:</b>          Chicken Adobo w/Rice          Lasagna w/Garlic Roll  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Pineapple Cup  <b>Choice of Vegetables:</b>          Garden Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>22  <b>NO SCHOOL DAY!!!</b>   <b>THANKSGIVING DAY!!!</b></p>	<p>23  <b>NO SCHOOL DAY!!!</b></p>
<p>26  <b>Choice of One:</b>          Ham &amp; Cheese Melt          Orange Chicken w/Rice  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Mandarin Orange Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>27  <b>Choice of One:</b>          Hot Dog          Chicken Tenders  <b>Choice of Fruit:</b>          Fresh Apple          Whole Fruit Juice Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>28  <b>Choice of One:</b>          Spaghetti w/Roll          BBQ Chicken Sandwich  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Mango Cup  <b>Choice of Vegetables:</b>          Capri Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>29  <b>Choice of One:</b>          Grilled Chicken Salad          w/Flatbread          Ranch Chicken Vegetable Wrap  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Peach Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>30  <b>Choice of One:</b>          Pizza          Fish Filet w/Macaroni &amp; Cheese  <b>Choice of Fruit:</b>          Fresh Orange          Mixed Fruit Cup  <b>Choice of Vegetables:</b>          Corn          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>

**Meal Prices:**  
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**Secondary: \$3.25**



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# Japan Lunch Menu November 2018

## Ikego Elementary School

<p>October 29  <b>Choice of One:</b>          Ham &amp; Cheese Melt          Orange Chicken w/Rice  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Mandarin Orange Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>October 30  <b>Choice of One:</b>          Hot Dog          Chicken Tenders  <b>Choice of Fruit:</b>          Fresh Apple          Whole Fruit Juice Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>October 31  <b>Choice of One:</b>          Spaghetti w/Roll          BBQ Chicken Sandwich  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Mango Cup  <b>Choice of Vegetables:</b>          Capri Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>1  <b>Choice of One:</b>          Grilled Chicken Salad w/Flatbread          Ranch Chicken Vegetable Wrap  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Peach Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>2  </p>
<p>5  <b>Choice of One:</b>          Teriyaki Chicken w/Rice          BBQ Meatballs          w/Mashed Potatoes  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Strawberry Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>6  <b>Choice of One:</b>          Soft Tacos          Grilled Cheese w/Soup  <b>Choice of Fruit:</b>          Fresh Apple          Chilled Fruit Cocktail Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>7  <b>Choice of One:</b>          Chicken Adobo w/Rice          Lasagna w/Garlic Roll  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Pineapple Cup  <b>Choice of Vegetables:</b>          Garden Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>8  <b>Choice of One:</b>          Chicken Sandwich          Breakfast for Lunch  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Applesauce Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>9  <b>Choice of One:</b>          Cheese Sticks          Cheeseburger w/Onion Rings  <b>Choice of Fruit:</b>          Fresh Orange          Mixed Fruit Cup  <b>Choice of Vegetables:</b>          Corn          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>
<p>12  <b>NO SCHOOL DAY!!!</b>   <b>VETERANS DAY!!!</b></p>	<p>13  <b>NO SCHOOL DAY!!!</b>   <b>PARENT / TEACHER CONFERENCES</b></p>	<p>14  <b>NO SCHOOL DAY!!!</b>   <b>PARENT / TEACHER CONFERENCES</b></p>	<p>15  <b>Thanksgiving Celebration</b>  <b>Choice of One:</b>          Turkey w/Stuffing w/Cornbread          Ham w/Stuffing w/Cornbread  <b>Choice of Fruit:</b>          Fresh Grapes          Fresh Oranges  <b>Choice of Vegetables:</b>          Mashed Potatoes w/Gravy          Green Bean Casserole  <b>Choice of:</b>          Ice Cold Milk</p>	<p>16  <b>Choice of One:</b>          Pizza          Fish Filet w/Macaroni &amp; Cheese  <b>Choice of Fruit:</b>          Fresh Orange          Mixed Fruit Cup  <b>Choice of Vegetables:</b>          Corn          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>
<p>19  <b>Choice of One:</b>          Teriyaki Chicken w/Rice          BBQ Meatballs          w/Mashed Potatoes  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Strawberry Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>20  <b>Choice of One:</b>          Soft Tacos          Grilled Cheese w/Soup  <b>Choice of Fruit:</b>          Fresh Apple          Chilled Fruit Cocktail Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>21  <b>Choice of One:</b>          Chicken Adobo w/Rice          Lasagna w/Garlic Roll  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Pineapple Cup  <b>Choice of Vegetables:</b>          Garden Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>22  <b>NO SCHOOL DAY!!!</b>   <b>THANKSGIVING DAY!!!</b></p>	<p>23  <b>NO SCHOOL DAY!!!</b></p>
<p>26  <b>Choice of One:</b>          Ham &amp; Cheese Melt          Orange Chicken w/Rice  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Mandarin Orange Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>27  <b>Choice of One:</b>          Hot Dog          Chicken Tenders  <b>Choice of Fruit:</b>          Fresh Apple          Whole Fruit Juice Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>28  <b>Choice of One:</b>          Spaghetti w/Roll          BBQ Chicken Sandwich  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Mango Cup  <b>Choice of Vegetables:</b>          Capri Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>29  <b>Choice of One:</b>          Grilled Chicken Salad w/Flatbread          Ranch Chicken Vegetable Wrap  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Peach Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>30  <b>Choice of One:</b>          Pizza          Fish Filet w/Macaroni &amp; Cheese  <b>Choice of Fruit:</b>          Fresh Orange          Mixed Fruit Cup  <b>Choice of Vegetables:</b>          Corn          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>

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# Japan Lunch Menu November 2018

## Shirley Lanham Elementary School

<p>October 29  <b>Choice of One:</b>          Ham &amp; Cheese Melt          Orange Chicken w/Rice  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Mandarin Orange Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>October 30  <b>Choice of One:</b>          Hot Dog          Chicken Tenders  <b>Choice of Fruit:</b>          Fresh Apple          Whole Fruit Juice Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>October 31  <b>Choice of One:</b>          Spaghetti w/Roll          BBQ Chicken Sandwich  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Mango Cup  <b>Choice of Vegetables:</b>          Capri Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>1  <b>Choice of One:</b>          Grilled Chicken Salad w/Flatbread          Ranch Chicken Vegetable Wrap  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Peach Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>2  </p>
<p>5  <b>Choice of One:</b>          Teriyaki Chicken w/Rice          BBQ Meatballs          w/Mashed Potatoes  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Strawberry Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>6  <b>NO SCHOOL DAY!!!</b>   <b>PARENT / TEACHER CONFERENCES</b></p>	<p>7  <b>NO SCHOOL DAY!!!</b>   <b>PARENT / TEACHER CONFERENCES</b></p>	<p>8  <b>Choice of One:</b>          Chicken Sandwich          Breakfast for Lunch  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Applesauce Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>9  <b>Choice of One:</b>          Cheese Sticks          Cheeseburger w/Onion Rings  <b>Choice of Fruit:</b>          Fresh Orange          Mixed Fruit Cup  <b>Choice of Vegetables:</b>          Corn          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>
<p>12  <b>NO SCHOOL DAY!!!</b>   <b>VETERANS DAY!!!</b></p>	<p>13  <b>Choice of One:</b>          Hot Dog          Chicken Tenders  <b>Choice of Fruit:</b>          Fresh Apple          Whole Fruit Juice Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>14  <b>Thanksgiving Celebration</b>  <b>Choice of One:</b>          Turkey w/Stuffing w/Cornbread          Ham w/Stuffing w/Cornbread  <b>Choice of Fruit:</b>          Fresh Grapes          Fresh Oranges  <b>Choice of Vegetables:</b>          Mashed Potatoes w/Gravy          Green Bean Casserole  <b>Choice of:</b>          Ice Cold Milk</p>	<p>15  <b>Choice of One:</b>          Grilled Chicken Salad w/Flatbread          Ranch Chicken Vegetable Wrap  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Peach Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>16  <b>Choice of One:</b>          Pizza          Fish Filet w/Macaroni &amp; Cheese  <b>Choice of Fruit:</b>          Fresh Orange          Mixed Fruit Cup  <b>Choice of Vegetables:</b>          Corn          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>
<p>19  <b>Choice of One:</b>          Teriyaki Chicken w/Rice          BBQ Meatballs          w/Mashed Potatoes  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Strawberry Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>20  <b>Choice of One:</b>          Soft Tacos          Grilled Cheese w/Soup  <b>Choice of Fruit:</b>          Fresh Apple          Chilled Fruit Cocktail Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>21  <b>Choice of One:</b>          Chicken Adobo w/Rice          Lasagna w/Garlic Roll  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Pineapple Cup  <b>Choice of Vegetables:</b>          Garden Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>22  <b>NO SCHOOL DAY!!!</b>   <b>THANKSGIVING DAY!!!</b></p>	<p>23  <b>NO SCHOOL DAY!!!</b></p>
<p>26  <b>Choice of One:</b>          Ham &amp; Cheese Melt          Orange Chicken w/Rice  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Mandarin Orange Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>27  <b>Choice of One:</b>          Hot Dog          Chicken Tenders  <b>Choice of Fruit:</b>          Fresh Apple          Whole Fruit Juice Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>28  <b>Choice of One:</b>          Spaghetti w/Roll          BBQ Chicken Sandwich  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Mango Cup  <b>Choice of Vegetables:</b>          Capri Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>29  <b>Choice of One:</b>          Grilled Chicken Salad w/Flatbread          Ranch Chicken Vegetable Wrap  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Peach Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>30  <b>Choice of One:</b>          Pizza          Fish Filet w/Macaroni &amp; Cheese  <b>Choice of Fruit:</b>          Fresh Orange          Mixed Fruit Cup  <b>Choice of Vegetables:</b>          Corn          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>

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# Japan Lunch Menu November 2018

## Jack Darby Elementary School

<p>October 29  <b>Choice of One:</b>          Ham &amp; Cheese Melt          Orange Chicken w/Rice  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Mandarin Orange Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>October 30  <b>Choice of One:</b>          Hot Dog          Chicken Tenders  <b>Choice of Fruit:</b>          Fresh Apple          Whole Fruit Juice Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>October 31  <b>Choice of One:</b>          Spaghetti w/Roll          BBQ Chicken Sandwich  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Mango Cup  <b>Choice of Vegetables:</b>          Capri Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>1  <b>Choice of One:</b>          Grilled Chicken Salad w/Flatbread          Ranch Chicken Vegetable Wrap  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Peach Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>2  </p>
<p>5  <b>Choice of One:</b>          Teriyaki Chicken w/Rice          BBQ Meatballs          w/Mashed Potatoes  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Strawberry Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>6  <b>Choice of One:</b>          Soft Tacos          Grilled Cheese w/Soup  <b>Choice of Fruit:</b>          Fresh Apple          Chilled Fruit Cocktail Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>7  <b>Choice of One:</b>          Chicken Adobo w/Rice          Lasagna w/Garlic Roll  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Pineapple Cup  <b>Choice of Vegetables:</b>          Garden Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>8  <b>NO SCHOOL DAY!!!</b>   <b>PARENT / TEACHER CONFERENCES</b></p>	<p>9  <b>NO SCHOOL DAY!!!</b>   <b>PARENT / TEACHER CONFERENCES</b></p>
<p>12  <b>NO SCHOOL DAY!!!</b>   <b>VETERANS DAY!!!</b></p>	<p>13  <b>Choice of One:</b>          Hot Dog          Chicken Tenders  <b>Choice of Fruit:</b>          Fresh Apple          Whole Fruit Juice Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>14  <b>Thanksgiving Celebration</b>  <b>Choice of One:</b>          Turkey w/Stuffing w/Cornbread          Ham w/Stuffing w/Cornbread  <b>Choice of Fruit:</b>          Fresh Grapes          Fresh Oranges  <b>Choice of Vegetables:</b>          Mashed Potatoes w/Gravy          Green Bean Casserole  <b>Choice of:</b>          Ice Cold Milk</p>	<p>15  </p>	<p>16  <b>Choice of One:</b>          Pizza          Fish Filet w/Macaroni &amp; Cheese  <b>Choice of Fruit:</b>          Fresh Orange          Mixed Fruit Cup  <b>Choice of Vegetables:</b>          Corn          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>
<p>19  <b>Choice of One:</b>          Teriyaki Chicken w/Rice          BBQ Meatballs          w/Mashed Potatoes  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Strawberry Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>20  <b>Choice of One:</b>          Soft Tacos          Grilled Cheese w/Soup  <b>Choice of Fruit:</b>          Fresh Apple          Chilled Fruit Cocktail Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>21  <b>Choice of One:</b>          Chicken Adobo w/Rice          Lasagna w/Garlic Roll  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Pineapple Cup  <b>Choice of Vegetables:</b>          Garden Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>22  <b>NO SCHOOL DAY!!!</b>   <b>THANKSGIVING DAY!!!</b></p>	<p>23  <b>NO SCHOOL DAY!!!</b></p>
<p>26  <b>Choice of One:</b>          Ham &amp; Cheese Melt          Orange Chicken w/Rice  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Mandarin Orange Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>27  <b>Choice of One:</b>          Hot Dog          Chicken Tenders  <b>Choice of Fruit:</b>          Fresh Apple          Whole Fruit Juice Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>28  <b>Choice of One:</b>          Spaghetti w/Roll          BBQ Chicken Sandwich  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Mango Cup  <b>Choice of Vegetables:</b>          Capri Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>29  <b>Choice of One:</b>          Grilled Chicken Salad w/Flatbread          Ranch Chicken Vegetable Wrap  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Peach Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>30  <b>Choice of One:</b>          Pizza          Fish Filet w/Macaroni &amp; Cheese  <b>Choice of Fruit:</b>          Fresh Orange          Mixed Fruit Cup  <b>Choice of Vegetables:</b>          Corn          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>

**Meal Prices:**  
**Elementary: \$3.00**  
**Secondary: \$3.25**



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Menu subject to change based on availability

This institution is an equal opportunity employer



# Japan Lunch Menu November 2018

## Sasebo Elementary School

<p>October 29  <b>Choice of One:</b>          Ham &amp; Cheese Melt          Orange Chicken w/Rice  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Mandarin Orange Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>October 30  <b>Choice of One:</b>          Hot Dog          Chicken Tenders  <b>Choice of Fruit:</b>          Fresh Apple          Whole Fruit Juice Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>October 31  <b>Choice of One:</b>          Spaghetti w/Roll          BBQ Chicken Sandwich  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Mango Cup  <b>Choice of Vegetables:</b>          Capri Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>1  <b>Choice of One:</b>          Grilled Chicken Salad w/Flatbread          Ranch Chicken Vegetable Wrap  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Peach Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>2  </p>
<p>5  <b>Choice of One:</b>          Teriyaki Chicken w/Rice          BBQ Meatballs          w/Mashed Potatoes  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Strawberry Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>6  <b>Choice of One:</b>          Soft Tacos          Grilled Cheese w/Soup  <b>Choice of Fruit:</b>          Fresh Apple          Chilled Fruit Cocktail Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>7  <b>Choice of One:</b>          Chicken Adobo w/Rice          Lasagna w/Garlic Roll  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Pineapple Cup  <b>Choice of Vegetables:</b>          Garden Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>8  <b>NO SCHOOL DAY!!!</b>   <b>PARENT / TEACHER</b>  <b>CONFERENCES</b></p>	<p>9  <b>NO SCHOOL DAY!!!</b>   <b>PARENT / TEACHER</b>  <b>CONFERENCES</b></p>
<p>12  <b>NO SCHOOL DAY!!!</b>   <b>VETERANS DAY!!!</b></p>	<p>13  <b>Choice of One:</b>          Hot Dog          Chicken Tenders  <b>Choice of Fruit:</b>          Fresh Apple          Whole Fruit Juice Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>14  <b>Thanksgiving Celebration</b>  <b>Choice of One:</b>          Turkey w/Stuffing w/Cornbread          Ham w/Stuffing w/Cornbread  <b>Choice of Fruit:</b>          Fresh Grapes          Fresh Oranges  <b>Choice of Vegetables:</b>          Mashed Potatoes w/Gravy          Green Bean Casserole  <b>Choice of:</b>          Ice Cold Milk</p>	<p>15  </p>	<p>16  <b>Choice of One:</b>          Pizza          Fish Filet w/Macaroni &amp; Cheese  <b>Choice of Fruit:</b>          Fresh Orange          Mixed Fruit Cup  <b>Choice of Vegetables:</b>          Corn          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>
<p>19  <b>Choice of One:</b>          Ham &amp; Cheese Melt          Orange Chicken w/Rice  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Mandarin Orange Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>20  <b>Choice of One:</b>          Hot Dog          Chicken Tenders  <b>Choice of Fruit:</b>          Fresh Apple          Whole Fruit Juice Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>21  <b>Choice of One:</b>          Spaghetti w/Roll          BBQ Chicken Sandwich  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Mango Cup  <b>Choice of Vegetables:</b>          Capri Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>22  <b>NO SCHOOL DAY!!!</b>   <b>THANKSGIVING DAY!!!</b></p>	<p>23  <b>NO SCHOOL DAY!!!</b></p>
<p>26  <b>Choice of One:</b>          Teriyaki Chicken w/Rice          BBQ Meatballs          w/Mashed Potatoes  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Strawberry Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>27  <b>Choice of One:</b>          Soft Tacos          Grilled Cheese w/Soup  <b>Choice of Fruit:</b>          Fresh Apple          Chilled Fruit Cocktail Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>28  <b>Choice of One:</b>          Chicken Adobo w/Rice          Lasagna w/Garlic Roll  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Pineapple Cup  <b>Choice of Vegetables:</b>          Garden Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>29  <b>Choice of One:</b>          Chicken Sandwich          Breakfast for Lunch  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Applesauce Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>30  <b>Choice of One:</b>          Cheese Sticks          Cheeseburger w/Onion Rings  <b>Choice of Fruit:</b>          Fresh Orange          Mixed Fruit Cup  <b>Choice of Vegetables:</b>          Corn          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>

**Meal Prices:**  
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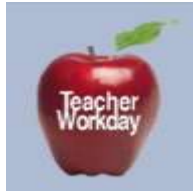
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# Japan Lunch Menu November 2018

## E.J. King Secondary School

<p>October 29  <b>Choice of One:</b>          Ham &amp; Cheese Melt          Orange Chicken w/Rice  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Mandarin Orange Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>October 30  <b>Choice of One:</b>          Hot Dog          Chicken Tenders  <b>Choice of Fruit:</b>          Fresh Apple          Whole Fruit Juice Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>October 31  <b>Choice of One:</b>          Spaghetti w/Roll          BBQ Chicken Sandwich  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Mango Cup  <b>Choice of Vegetables:</b>          Capri Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>1  <b>Choice of One:</b>          Grilled Chicken Salad          w/Flatbread          Ranch Chicken Vegetable Wrap  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Peach Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>2  </p>
<p>5  <b>Choice of One:</b>          Teriyaki Chicken w/Rice          BBQ Meatballs          w/Mashed Potatoes  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Strawberry Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>6  <b>Choice of One:</b>          Soft Tacos          Grilled Cheese w/Soup  <b>Choice of Fruit:</b>          Fresh Apple          Chilled Fruit Cocktail Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>7  <b>Choice of One:</b>          Chicken Adobo w/Rice          Lasagna w/Garlic Roll  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Pineapple Cup  <b>Choice of Vegetables:</b>          Garden Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>8  <b>Choice of One:</b>          Spicy Chicken Sandwich          Breakfast for Lunch  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Applesauce Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>9  <b>NO SCHOOL DAY!!!</b>   <b>PARENT / TEACHER</b>  <b>CONFERENCES</b></p>
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<p>26  <b>Choice of One:</b>          Ham &amp; Cheese Melt          Orange Chicken w/Rice  <b>Choice of Fruit:</b>          Fresh Melon          Chilled Mandarin Orange Cup  <b>Choice of Vegetables:</b>          Green Beans          Mixed Vegetables  <b>Choice of:</b>          Ice Cold Milk</p>	<p>27  <b>Choice of One:</b>          Hot Dog          Chicken Tenders  <b>Choice of Fruit:</b>          Fresh Apple          Whole Fruit Juice Cup  <b>Choice of Vegetables:</b>          Side Salad          Green Peas  <b>Choice of:</b>          Ice Cold Milk</p>	<p>28  <b>Choice of One:</b>          Spaghetti w/Roll          BBQ Chicken Sandwich  <b>Choice of Fruit:</b>          Fresh Banana          Chilled Mango Cup  <b>Choice of Vegetables:</b>          Capri Vegetable Blend          Fresh Carrots w/Dip  <b>Choice of:</b>          Ice Cold Milk</p>	<p>29  <b>Choice of One:</b>          Grilled Chicken Salad          w/Flatbread          Ranch Chicken Vegetable Wrap  <b>Choice of Fruit:</b>          Fresh Grapes          Chilled Peach Cup  <b>Choice of Vegetables:</b>          Roasted Potatoes          Cucumber &amp; Tomato Salad  <b>Choice of:</b>          Ice Cold Milk</p>	<p>30  <b>Choice of One:</b>          Pizza          Fish Filet w/Macaroni &amp; Cheese  <b>Choice of Fruit:</b>          Fresh Orange          Mixed Fruit Cup  <b>Choice of Vegetables:</b>          Corn          Baked Beans  <b>Choice of:</b>          Ice Cold Milk</p>

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