

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
21.22 Winter Elementary Lunch Cycle, Wk#4. Mon - Day: 1	300																		
Category: Entrees; May Choose: 1																			
Chunky Monkey Parfait w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.)	20	680.08	29.09	8.74	0.00	3.33	499.82	91.73	9.12	46.68	11.35 (M)	19.98	4.37	179.99	526.36 (M)	6.60(M)	2.52(M)	424.13 (M)	45.05 (M)
Individual Pizza, IW, Tony's, WG - LR100713 (1 serv.)	70	310.00	13.00	6.00	0.00	30.00	440.00	31.00	3.00	9.00	0.00(M)	16.00	2.10	280.00	328.00	0.00	0.00	440.00	77.80
Pepperoni Pizza, MMA, WG - LR100471 (1 slice)	70	332.17	15.61	10.20	0.00	50.07	514.89	28.30	3.00	3.20	(M)	20.22	1.91	450.00	826.05	0.12	(M)	(M)	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	20	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.00	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Strawberry & Yogurt Parfait w/ & Granola, w/ Pretzel Pack, 2 MMA, 2 WG, F - LR100723 (1 serv.)	20	428.30	3.85	1.05	0.00	6.66	371.07	90.74	5.69	43.37	22.68 (M)	11.21	1.73(M)	270.10 (M)	625.89 (M)	4.73(M)	4.52(M)	507.11 (M)	28.95 (M)
Veggie Power Pack - LR100721 (1 serv.)	140	582.72	37.43	11.02	0.00	214.80	1036.42	43.56	4.48	4.40	0.00(M)	19.23	2.12	367.41	2274.12 (M)	39.25 (M)	0.80(M)	587.76 (M)	0.00(M)
Category: Vegetables; May Choose: 2																			
Baby Carrots w/ Ranch Dip, VRO, 0.5C - LR100279 (1 serv.)	75	63.16	2.89	0.47	0.04	0.67	199.72	8.72	2.05	5.41	(M)	0.11	0.02	2.14	4980.82	5.99	(M)	(M)	(M)
Copy of Carrot Raisin Salad, VRO- 0.5 Cup - LR100740 (1/2 c.)	75	271.08 (M)	8.66(M)	1.44(M)	0.02(M)	6.56(M)	637.67 (M)	50.08 (M)	2.61(M)	39.78 (M)	(M)	3.02(M)	1.09(M)	72.99 (M)	27.16 (M)	1.47(M)	0.00(M)	481.87 (M)	33.89 (M)
Red Pepper Strips w/ Dip, VRO, 0.5C - LR100299 (1 serv.)	75	45.24	3.02	0.50	0.04	0.67	146.78	4.52	1.02	2.36	(M)	0.56	0.22	5.36	1440.68	58.75	0.00(M)	97.06 (M)	42.42 (M)
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	50	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	0.00(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	50	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	(M)	0.71	0.13	20.63	92.67	23.38	0.00(M)	195.11 (M)	55.49 (M)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	50	80.00	0.00	0.00	0.00	0.00	1.00	21.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	100	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	100	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
21.22 Winter Elementary Lunch Cycle, Wk#4. Tues - Day: 2	300																		
Category: Entrees; May Choose: 1																			
Chunky Monkey Parfait w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.)	20	680.08	29.09	8.74	0.00	3.33	499.82	91.73	9.12	46.68	11.35 (M)	19.98	4.37	179.99	526.36 (M)	6.60(M)	2.52(M)	424.13 (M)	45.05 (M)
Creamy Mac & Cheese w/ Dinner Roll, MMA, WG - LR100434 (1 serv.)	140	364.50	12.17	6.09	0.00	30.46	1125.19	49.48	4.03	8.09	0.00(M)	20.26	1.01(M)	425.49 (M)	507.75 (M)	0.00(M)	0.00(M)	213.35 (M)	0.00(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	20	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.00	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Strawberry & Yogurt Parfait w/ & Granola, w/ Pretzel Pack, 2 MMA, 2 WG, F - LR100723 (1 serv.)	20	428.30	3.85	1.05	0.00	6.66	371.07	90.74	5.69	43.37	22.68 (M)	11.21	1.73(M)	270.10 (M)	625.89 (M)	4.73(M)	4.52(M)	507.11 (M)	28.95 (M)
Veggie Power Pack - LR100721 (1 serv.)	100	582.72	37.43	11.02	0.00	214.80	1036.42	43.56	4.48	4.40	0.00(M)	19.23	2.12	367.41	2274.12 (M)	39.25 (M)	0.80(M)	587.76 (M)	0.00(M)
Category: Vegetables; May Choose: 2																			
Cauliflower & Cucumber Dippers w/ Ranch, 0.5 C - VO - LR100282 (1 serv.)	75	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Cucumber Slices w/ Ranch, 0.5C - VO - LR100298 (1 serv.)	75	41.08	2.94	0.49	0.04	0.67	145.98	3.63	0.32	1.30	(M)	0.45	0.17	10.46	55.02	1.47	0.00(M)	76.44 (M)	49.52 (M)
Green Beans, Raw, VO, 0.5C - LR100706 (1/2 c.)	75	15.50	0.11	0.03	0.00	0.00	3.00	3.48	1.35	1.63	(M)	0.92	0.52	18.50	345.00	6.10	0.00	105.50	45.16
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	75	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	0.00(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Assorted 100% Fruit Juice, F - LR100036 (4 fl. oz.)	75	65.66	0.00	0.00	0.00	0.00	4.94	15.11	0.00	13.77	(M)	0.00	0.00	0.00	0.00(M)	13.87	(M)	32.60 (M)	(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	75	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	(M)	0.71	0.13	20.63	92.67	23.38	0.00(M)	195.11 (M)	55.49 (M)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	75	80.00	0.00	0.00	0.00	0.00	1.00	21.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Category: Milk; May Choose: 1																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	100	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	100	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
21.22 Winter Elementary Lunch Cycle, Wk#4. Wed - Day: 3		300																	
Category: Entrees; May Choose: 1																			
Chunky Monkey Parfait w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.)	20	680.08	29.09	8.74	0.00	3.33	499.82	91.73	9.12	46.68	11.35 (M)	19.98	4.37	179.99	526.36 (M)	6.60(M)	2.52(M)	424.13 (M)	45.05 (M)
Ham & Cheese Sandwich on Pretzel Bun - LR100019 (1 sandwich)	140	305.98	11.92	5.96	0.00	56.76	745.49	34.92	3.00	4.96	(M)	19.80	1.80(M)	20.00 (M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	20	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.00	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Strawberry & Yogurt Parfait w/ & Granola, w/ Pretzel Pack, 2 MMA, 2 WG, F - LR100723 (1 serv.)	20	428.30	3.85	1.05	0.00	6.66	371.07	90.74	5.69	43.37	22.68 (M)	11.21	1.73(M)	270.10 (M)	625.89 (M)	4.73(M)	4.52(M)	507.11 (M)	28.95 (M)
Veggie Power Pack - LR100721 (1 serv.)	100	582.72	37.43	11.02	0.00	214.80	1036.42	43.56	4.48	4.40	0.00(M)	19.23	2.12	367.41	2274.12 (M)	39.25 (M)	0.80(M)	587.76 (M)	0.00(M)
Category: Vegetables; May Choose: 2																			
Honey Roasted Chick Peas, VBP, 0.5C - LR100611 (1 serv.)	75	5.61	0.13	0.01	0.00(M)	0.00	2.84	1.05	0.19	0.55	0.00(M)	0.11	0.02(M)	2.04(M)	0.59(M)	0.01(M)	0.00(M)	0.29(M)	0.12(M)
Roasted Italian Seasoned Chick Peas, VBP,0.5C - LR100587 (1 serv.)	75	171.59	6.03	0.59	0.00(M)	0.00	259.66	22.33	4.00	4.89	0.00(M)	5.00	0.01(M)	0.03(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Zesty Fiesta Beans, VBP, VRO - LR100331 (1 serv.)	75	120.00	0.00	0.00	0.00	0.00	165.00	23.00	5.00	1.99	(M)	8.00	1.80	60.00	0.00(M)	0.00(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	50	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	0.00(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	50	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	(M)	0.71	0.13	20.63	92.67	23.38	0.00(M)	195.11 (M)	55.49 (M)

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	50	80.00	0.00	0.00	0.00	0.00	1.00	21.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	100	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	100	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
21.22 Winter Elementary Lunch Cycle, wk#4, Thurs - Day: 4		300																	
Category: Entrees; May Choose: 1																			
Chunky Monkey Parfait w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.)	20	680.08	29.09	8.74	0.00	3.33	499.82	91.73	9.12	46.68	11.35 (M)	19.98	4.37	179.99	526.36 (M)	6.60(M)	2.52(M)	424.13 (M)	45.05 (M)
Maple Pancake Sausage Nuggets, ELEM - LR100191 (3 ea.)	140	330.00	9.00	2.50	0.00	25.00	335.00	55.00	3.00	31.00	(M)	6.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	20	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.00	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Strawberry & Yogurt Parfait w/ & Granola, w/ Pretzel Pack, 2 MMA, 2 WG, F - LR100723 (1 serv.)	20	428.30	3.85	1.05	0.00	6.66	371.07	90.74	5.69	43.37	22.68 (M)	11.21	1.73(M)	270.10 (M)	625.89 (M)	4.73(M)	4.52(M)	507.11 (M)	28.95 (M)
Veggie Power Pack - LR100721 (1 serv.)	100	582.72	37.43	11.02	0.00	214.80	1036.42	43.56	4.48	4.40	0.00(M)	19.23	2.12	367.41	2274.12 (M)	39.25 (M)	0.80(M)	587.76 (M)	0.00(M)
Category: Vegetables; May Choose: 2																			
Corn Salad, VS, 0.5C - LR100581 (1 serv.)	75	503.08	12.54	1.78	0.00(M)	0.00	119.03	101.25	13.73	4.10(M)	(M)	13.69	2.87	24.46	2843.53	132.19	0.00(M)	248.20 (M)	119.77 (M)
Oven Baked Fries, V-S. 0.5C - LR100642 (1 c.)	100	200.00	7.00	0.00	0.00	0.00	260.00	34.00	2.00	0.00	0.00	4.00	0.72	0.00	0.00	7.20	0.00	519.82	(M)
Parmesan Peas, VS, 0.5C - LR100283 (1 serv.)	75	68.67	0.72	0.21	0.00	0.00	86.33	12.07	4.40	0.00(M)	(M)	4.45	1.26(M)	25.67	1680.00 (M)	7.90(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	50	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	0.00(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	50	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	(M)	0.71	0.13	20.63	92.67	23.38	0.00(M)	195.11 (M)	55.49 (M)

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Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	50	80.00	0.00	0.00	0.00	0.00	1.00	21.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	100	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	100	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)
21.22 Winter Elementary Lunch Cycle, wk#4, Fri - Day: 5		300																	
Category: Entrees; May Choose: 1																			
Chunky Monkey Parfait w/ Pretzel Pack, 2MMA, 2WG, F - LR100722 (1 serv.)	20	680.08	29.09	8.74	0.00	3.33	499.82	91.73	9.12	46.68	11.35 (M)	19.98	4.37	179.99	526.36 (M)	6.60(M)	2.52(M)	424.13 (M)	45.05 (M)
Hot Dog on Roll, ELEM/MS, MMA, WG - LR100104 (1 sandwich)	140	240.00	11.50	5.00	0.00	30.00	560.00	23.00	2.00	1.00	(M)	10.00	2.52	26.00	100.00 (M)	0.00(M)	(M)	(M)	(M)
Smucker's PBJ w/ Hard Pretzels & String Cheese, ELEM, MMA, WG - LR100707 (1 serv.)	20	470.00	24.00	8.50	0.00	20.00	680.00	48.00	6.00	14.00	13.00 (M)	18.00	1.80(M)	73.00 (M)	0.00(M)	0.00(M)	0.00(M)	348.00 (M)	0.00(M)
Strawberry & Yogurt Parfait w/ & Granola, w/ Pretzel Pack, 2 MMA, 2 WG, F - LR100723 (1 serv.)	20	428.30	3.85	1.05	0.00	6.66	371.07	90.74	5.69	43.37	22.68 (M)	11.21	1.73(M)	270.10 (M)	625.89 (M)	4.73(M)	4.52(M)	507.11 (M)	28.95 (M)
Veggie Power Pack - LR100721 (1 serv.)	100	582.72	37.43	11.02	0.00	214.80	1036.42	43.56	4.48	4.40	0.00(M)	19.23	2.12	367.41	2274.12 (M)	39.25 (M)	0.80(M)	587.76 (M)	0.00(M)
Category: Vegetables; May Choose: 2																			
Broccoli Florets w/ Ranch, VDG, 0.5C - LR100275 (1 serv.)	75	48.75	3.06	0.52	0.04	0.67	159.95	4.77	1.24	1.20	(M)	1.39	0.35	23.52	283.88	40.60	0.00(M)	143.78 (M)	40.63 (M)
Fresh Spinach Salad, VDG, VRO - LR100322 (1 salad)	75	94.88	5.26	1.04	0.00	0.00	634.54	11.17	1.88	7.41	(M)	1.44	1.36	62.50	7817.54	18.76	0.00(M)	343.68 (M)	86.91 (M)
Tossed Salad w/ Dressing, VDG, VRO - LR100542 (1 salad)	75	134.12	7.83	1.06	0.00(M)	6.59	307.57	15.36	4.92	5.83	(M)	3.27	1.81	68.45	20278.78	13.40	0.00(M)	517.01 (M)	187.06 (M)
Category: Fruits; May Choose: 2																			
Applesauce, Unsweetened, Cups, USDA - LR100729 (1 c.)	50	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	0.00(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Assorted Fresh Fruit, F - LR100026 (1 serv.)	50	59.11	0.17	0.05	0.00	0.00	0.39	14.84	2.08	9.62	(M)	0.71	0.13	20.63	92.67	23.38	0.00(M)	195.11 (M)	55.49 (M)

Weekly - Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
Strawberry Cup, Diced, USDA Frozen - LR100728 (1 cup (4.5oz))	50	80.00	0.00	0.00	0.00	0.00	1.00	21.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; May Choose: 1																			
Milk, 1% White, Clover Farms - LR100726 (1 Carton)	100	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Milk, Chocolate, 1%, Clover Farms, MILK - LR100333 (1 container)	100	155.00	2.50	1.50	0.00	15.00	170.00	25.00	0.00	25.00	(M)	8.00	0.00	260.00	700.00	0.00	(M)	(M)	(M)