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CARROTS  
 PEAS  
 SPINACH  
 GREEN BEANS  
 SAUERKRAUT  
 ZUCCHINI  
 SALAD  
 CELERY  
 SPAGHETTI WITH TOMATO SAUCE  
 BROCCOLI  
 CORN  
 SQUASH  
 FRENCH FRIES  
 BAKED POTATO  
 CHEESE PIZZA  
 TACOS  
 SOFT ICE CREAM  
 MILK  
 BURGERS  
 GRANOLA  
 PEANUT BUTTER  
 RYE BREAD  
 CORNBREAD  
 BISCUITS  
 WHOLE WHEAT BREAD  
 BRAN  
 CEREAL  
 GREEN NOODLES  
 TORTILLAS  
 OATMEAL  
 GRITS  
 ROLLS  
 PIT

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