

Ituha

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

**CYCLE 1
PIONEER FOOD SERVICE**

Whatcom

26-Dec Monday		27-Dec Tuesday		28-Dec Wednesday		29-Dec Thursday		30-Dec Friday		31-Dec Saturday		1-Jan Sunday	
Froot Loops	1 c	Oatmeal	1 c	Frosted Flakes	1 c	Bran Flakes	1 c	Oatmeal	1 c	Cheerios	1 c	Rice Krispies	1 c
Sausage Gravy	1/2 c	French Toast	2ea	Scrambled Eggs	1 ea	Waffles	2 ea	Frittata	1 ea	Cheese	1ea	breakfast	
Biscuits	2 ea	Bacon	2ea	Hash Browns	1 ea	T.Sausage Patty	1 ea			Omelette		sandwich	1 ea
		Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl			Marg	2 tsp
		Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp		
Orange Juice*	4 oz	Grape Juice*	4 oz	Orange Juice*	4 oz	Cranberry Juice*	4 oz	Grape Juice*	4 oz	Apple Juice*	4 oz	Orange Juice*	4 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
	1 c	Soup of Day				Chop Chop Salad		Tomato Soup	1 c	Beef Burrito		Beef hotdog	1 ea
Roast Beef	1 ea	Meat Loaf Sand	1 ea	Turkey Breast	2oz	Chicken, ham	1oz ea	BBQ Chicken	1/2C	Taco Meat W/		hotdog bun	1ea
w/Cheese	1 oz	Cheddar Cheese	1 oz	sandwich		Hard-boiled egg	1 ea	Tater Tots	1/2 c	Black Beans/olive	1/2C	w/mustard/mayo	
Mustard/Mayo	1 ea	Bun	2 sl	Potato Chips	1 oz	Tomatoes	2 wdg	Hamb Bun	1 ea	Shred cheese	1 oz	ketchup	1 ea
Baby Carrot Sticks	1/2 c	Mayo/Mustard	1pk ea			Shred Carrot	1/4c			Salsa/sour crm	1oz ea	macaroni &	
				Mayo/Mustard	1 ea	Salad Mix/dres	2c/2z	Coleslaw	1/2 c	lettuce	1 c	cheese	1/2 c
WH Bread	2ea			Wheat Bread	2ea	Bread/ Marg	1/1 tsp			Tortilla	1ea	coleslaw	1/2 c
Apple Slices	1/2 c	Mix Fruit	1ea	Pear	1/2 c	Fresh Orange*	1ea	Tropical Mix	1/2 c	Pineapple*	1/2 c	Mandarins*	1/2 c
1% MILK	8 oz	1% MILK	8 oz	1% MILK	8 oz	1% MILK	8 oz	1% MILK	8 oz	1% MILK	8 oz	1% MILK	8 oz
Sweet and		Fried Steak	1ea			Meatballs in	3 oz	Beef Chili	1.5C	Chicken Parmesan/	1ea	Chicken Teriyaki	3oz
Sour Chicken	3oz	W/Country Gravy	3 oz	Creamy Chicken	1ea	Brown gravy		Shred Cheese	1/2 oz	Marinara&Parmesan	1oz ea	Rice	1 c
Rice	1 c	Mashed potato	1 c	Penne Pasta	1 c	Rice	1 c	Cornbread/ Marg	1 ea	Penne Pasta	1 c	Veg Stir-fry	1/2c
Veg Stir-fry	1/2 c	Zucchini	1/2 c	Broccoli	1/2c	Scandiavian Veg.	1/2 c		1/2 c	Mixed vegetable	1/2 c		1/2 c
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c			Green Salad	1 c	Green Salad	1/2 c
Salad Dressing	1 oz	Salad Dressing	+A31:	Ranch Dressing	1 oz			Green Salad	1 c	Salad Dressing	1 oz	Salad Dressing	1oz
Roll/ Marg	1ea	Roll/ Marg	1ea	Roll/mar	1 ea	Roll/marg	1ea	Salad Dressing	1 oz	Roll/marg	1 ea		2 ea
Pudding	1/2 c	Mandarins*	1/2 c	Pineapple	1/2 c	Apricot	1/2c	Peaches	1/2 c	Pears	1/2 c	Mixed Fruit	1/2 c
1% Milk	1 c	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz

If necessary due to production or delivery problems, a menu item may be replaced with an item of equal nutritional value.

Menu items contain no pork products; turkey ham, bologna, salami and sausage are used.

*Vitamin C rich source **Vitamin A rich source Condiments are an average of 1 tsp ea catsup/mustard/mayo

Nutritious snacks are to be kept on hand at all times and include items such as fruit, cheese, peanut butter, bread, and crackers.

Ituha

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

Cycle 2

PIONEER FOOD SERVICE

Whatcom

2-Jan Monday		3-Jan Tuesday		4-Jan Wednesday		5-Jan Thursday		6-Jan Friday		7-Jan Saturday		8-Jan Sunday	
Lucky Charms	1 c	Froot Loops	1 c	Frosted Flakes	1 c	Honey cheerios	1 c	Oatmeal	1 c	Cornflakes	1 c	Raisin Bran	1 c
		Scrambled Eggs	1 ea	Waffles	2 ea	Cheese	1ea	Scrambled Eggs	1 ea	Pancakes	2 ea	Frittata	1 ea
Sausage Gravy	1/2 c	Hash Browns	1 ea	T.sausage patty	1 ea	Omelette		Tater Triangles	1 ea	Bacon	2 sl	Hashbrown	1 ea
Biscuits	2 ea												
		Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	Wheat Toast	2 sl	Syrup	2 oz		
		Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Cranberry Jce*	4 oz	Orange Juice*	4 oz	Apple Juice*	4 oz	Grape Juice*	4 oz	Cranberry Jce*	4 oz	Orange Juice*	4 oz	Apple Juice*	4 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
										Chef's Sal			
Chicken noodle soup	1C	Bn&Cheez Burrito	1 ea	Turkey	2oz	Tomato Soup	1c	Beef Chili	1.5 c	Ham, turkey&Shrd	1oz ea	Chicken Stew	1c
T-Bologna	2 oz	Spanish Rice	1/2 c	W/Cheese	1 sli	W/Saltines	2 pak	Shred Cheese	1/2 oz	Hard boiled egg	1 ea	Rice	1 c
Provolone cheese bread	1 sl	W/Salsa	2 oz			Ham	2oz			Lettuce mix	2 c	Broccoli Blend	1/2 c
potato chips	1 ea	Corn	1/2c	Mayo/Mustard	1pk ea	Cheese	1 sl			Tomatoes	2 wdg	roll/Marg	1 ea
Apple Slices	1ea			Baby carrot**	1/2c	Mayo/Mustard	1 ea	Cornbread	1 sq	Salad Dressing	2 oz		
1% Milk	8 oz	Fresh Orange*	1ea	Hoagie Roll	1 ea	Wh Wheat Brd	2 sl			Dinner Roll/mar	1 ea		
		1% Milk	8 oz	Pear	1/2 c	Tropical Mix	1/2 c	Apple Slices	1ea	fruit mix	1/2 c	Peaches	1/2 c
		1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Breaded Fish	1ea	Grilled Chicken	1ea	Beef Stew	1.5 C	Fried Steak	1ea	Breaded chicken	3oz	Italian Meatballs	3 oz	Ham Steak	3 oz
W/Tartar Sauce	1 oz	W/Gravy	3oz	W/Potatoe and		W/Country Gravy	3 oz	w/gravy		Marinara	3oz	w/ Contry Gravy	2oz
Tater Tots	1 c	Brown Rice	1 c	Veg.in stew		Tater Tots	1 c	Rice	1 c	Linguine noodle	1 c	Mashed Potato	1 c
Peas	1/2c	Broccoli	1/2 c			Green Beans	1/2c	California veg blend	1/2 c	Country Trio Veg	1/2 c	Baby Carrots**	1/2C
Coleslaw	1 c	Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c	Green Salad	1 c	Green Salad	1 c
		Salad Dressing	1 oz	Salad Dressing	1 oz			Salad Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1 oz
roll/Marg	1 ea	roll/ Marg	1/1 tsp	Biscuit/Marg	1 ea	roll/ Marg	1 ea	roll/ Marg	1 ea	roll/marg	1 ea	roll/marg	1 ea
Peaches	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c	Pears	1/2 C	Pineapple	1/2 c	Apricot	1/2 c	Peaches	1/2 c
1% Milk	2 c	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz

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Ituha

CYCLE 3

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

PIONEER FOOD SERVICE

Whatcom

9-Jan Monday		10-Jan Tuesday		11-Jan Wednesday		12-Jan Thursday		13-Jan Friday		14-Jan Saturday	
Cheerios	1 c	Oatmeal	1 c	Cornflakes	1 c	Rice Krispies	1 c	Oatmeal	1 c	Froot Loops	1 c
French Toast	2 ea	Scram. Eggs	1 ea	Waffle	2 ea	Frittata	1 ea	Scrambled eggs	1ea	cheese	
Sausage links	2 ea	Tater Triangles	1 ea	Sausage links	2 ea			T-sausage patty	1 ea	omelette	1 ea
										Hashbrowns	1 ea
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	Wheat Toast	2 sl	Ketchuo	1ea
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Grape Juice*	4 oz	Cranberry Jce*	4 oz	Orange Juice*	4 oz	Apple Juice*	4 oz	Orange Juice*	4 oz	Apple Juice*	4 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
		Beef Taco				Caesar Salad w/		Soup of the day	1C		
Salmon Burger	1ea	Taco Meat w/		BBQ Chicken	1/2C	Diced Chicken	2 oz	W/ Saltines	2 pak	Breaded Fish	
W/Tartar Sauce	1 oz	Black Beans	1/2C	Tater Tots	1/2 c	Lettuce Mix	2 c	Roast beef	2oz	W/Tartar sauce	1ea
Tator Tots	1/2C	Shred cheese	1 oz	Coleslaw	1/2 C	Croutons/Parm	1 oz ea	Cheese	1oz	Tator Tots	1/2 c
		Shred lettuce	1/2 c	Hamburger Bun	1 ea	Caesar Dressing	2 oz	Mustard/Mayo	1 ea	Coleslaw	1/2 c
Dressing		Salsa/sour crm	1ozea			Dinner Roll/marg	1 ea	Baby Carrots**	1/2c		
Hamb Bun	1 ea	Tortilla	1 ea	Hamb Bun	1 ea			Bread	2 sl		
Tropical Salad	1/2 c	Apricot	1/2 c	Mixed fruit	1/2 c	Apple Slices	1ea	Fresh Orange*	1ea	fruit mix	1/2 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Chicken Parmesar	1ea	Grilled Chicken	1.5c	Chicken Teriyaki	1ea	Beef Chili	1.5c	Chicken Alfredo	1ea	Salisbury Steak	1ea
Marinara&Parmes	1ozea	W/Potatoe and	1/2 c	Rice	1 c	W/Shred Chees	1/2 oz	Linguine	1 c	W/Brown Gravy	3 oz
Penne Pasta	1 c	Chicken Gravy	2 oz	Veg Stir-fry	1/2 c	Mix Veggies	1/2 c	Broccoli	1/2c	Mashed Potato	1 c
Zucchini	1/2 c	Broccoli	1/2 c							Country trio blend	1/2 c
Green Salad	1 c	Green Salad	1 c	Salad	1/2 c	Green Salad	1 c	Salad	1/2 c	Green Salad	1 c
Salad Dressing	1 oz	Salad Dressing	1 oz	Dressing	1oz	Salad Dressing	1 oz	Dressing	1 oz	Salad Dressing	1 oz
Roll/margarine	1 ea	Roll/margarine	1ea	Roll	1 ea	Cornbread/marg	1 ea	roll/ Marg	1/1 tsp	roll/marg	1 ea
Pudding Choc	1/2 c	Mandarins*	1/2 c	Pears	1/2 c	Apricot	1/2 c	Peaches	1/2 c	Pudding Vanilla	1ea
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz

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15-Jan	
Sunday	
Cornflakes	1 c
breakfast	1 ea
English Muffin	
Marg	1 tsp
Orange Juice*	4 oz
1% Milk	8 oz
Breaded Chicken	1 ea
Cheese	1sli
Potato Chips	1 oz
Ham Bun	1ea
Coleslaw	1/2 c
Apple Slices	1ea
1% Milk	8 oz
T-Ham Steak	1ea
W/Gravy	2 oz
Scalloped Potatoes	1 c
Mix Veggies	1/2c
Green Salad	1 c
Salad Dressing	1 oz
roll/marg	1 ea
Tropical Salad	1/2 c
1% Milk	8 oz

Ituha

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE 4

PIONEER FOOD SERVICE

Whatcom

16-Jan Monday		17-Jan Tuesday		18-Jan Wednesday		19-Jan Thursday		20-Jan Friday		21-Jan Saturday		22-Jan Sunday	
Rice Krispies	1 c	Oatmeal	1 c	Raisin Bran Flakes	1 c	Froot Loops	1 c	Oatmeal	1 c	Cheerios	1 c	Cornflakes	1 c
Waffle	2 ea	Frittata	1 ea	Pancake	2 ea	Sausage/gravy	1 c	Scram.Eggs	1 ea	Breakfast		French Toast	2 sl
Sausage links	2 ea			Bacon	2sl			Hash brown	1 ea	buritto	1 ea	T-Saus Patty	1 ea
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Biscuit	1 ea	Wheat toast	2 sli	Salsa	2oz	Marg	2 tsp
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	1tsp			Syrup	2oz
Orange Juice*	4 oz	Grape Juice*	4 oz	Cranberry Juice*	4 oz	Orange Juice	4 oz	Apple Juice*	4 oz	Cranberry Juice	4 oz	Grape Juice	4 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
				Soup of the Day	1c								
Ham Sandwich	2 oz	Meat Loaf W/	1ea	Salmon Patty	1ea	Chili con carne	1.5 c	Beef Hotdog	1ea	Turkey Breast	2oz	Hamb Patty	1ea
Swiss Cheese	1 sl	Cheddar Cheese	1 sl	Cheddar cheese	1sl	Shredded cheese	1 oz	Potato chips		Cheese	1sl	W/Cheese,	1 sl
Mustard/Mayo	1 ea	BBQ sauce	1oz	Coleslaw	1/2c	Cornbread/marg	1 ea	Green Salad	1/2 c	Mayo/Mustard	1pk ea	Mayo/Must	1 ea
Potato Chips	1oz		1 c					Salad Dressing	1oz	Potato Chip	1oz	Macaroni &	1/2 c
			1 oz	Tartar sauce	1oz			Hotdog Bun	1ea	Wheat Bread	2 sl	Cheese	
Bread	2 sl	Ham bun	2 sl	Ham Bun	1 ea							Hamb Bun	1 ea
Mandarins*	1/2 c	Apple Slices	1ea	Fresh Orange*	1ea	Tropical Fruit	1/2c	Peaches	1/2 c	Fresh Orange*	1ea	Mixed Fruit	1/2 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Italian Sausage	1 ea	Grilled Chicken	1ea	Salisbury Steak	1ea	Chix teriyaki	1/2 c	Fried Steak	3oz	Chick Cacciatore	1/2c	BBQ chicken	1ea
Liguine pasta	1 c	Brown Rice	1 c	Mashed Potatoes	1 c	Rice	1 c	W/Country Gravy	3 oz	Penne Pasta	1 c	Roasted potato	1 c
Corn	1/2 c	Zucchini	1/2c	W/Brown Gravy	3 oz	Vegie Stir Fry	1/2 c	Mashed Potatoes	1 c	Green Beans	1/2 c		
Marinara Sauce	4 oz	Green Salad	1 c	Green Beans	1/2c	Green Salad	1 c	Broccoli Blend	1/2 c	Green Salad	1 c	Country trio blend	1/2 c
Green Salad	1/2 c	Salad Dressing	1 oz	Green Salad/Dressing	1/2 c	Salad Dressing	1 oz	Coleslaw	1/2 c	Salad Dressing	1 oz	Coleslaw	1/2 c
Roll/Marg	1 ea	Roll/ Marg	1 ea	Roll/marg	1ea	Roll/marg	1 ea	Roll/mar	1 ea	Roll/marg	1ea	Roll/marg	1 ea
Pudding Choc	1/2 c	Mixed Fruit	1/2 c	Pineapple	1/2C	Pears	1/2 c	Apricot	1/2c	Pudding Vanilla	1/2c	Peaches	1/2 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz

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Ituha

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE 5
PIONEER FOOD SERVICE

Whatcom

23-Jan MONDAY		24-Jan TUESDAY		25-Jan WEDNESDAY		26-Jan THURSDAY		27-Jan FRIDAY		28-Jan SATURDAY		29-Jan SUNDAY	
Cheerios	1 c	Oatmeal	1 c	Frosted Flakes	1 c	Raisin Bran	1 c	Oatmeal	1 c	Corn Flakes	1 c	Cheerios	1 c
Scrambled Eggs	1 ea	Waffle	2 ea	Breakfast	1.5 c	French toast	2 sl	Cheese	1ea	Pancakes	2 ea	Frittata	1 ea
Hash Brown patt	1 ea			Casserole		Sausage link	2ea	Omelette		Saus Patty	1 ea		
Wheat Toast	2 sl	Syrup	2 oz	Wheat Toast	2 sl	Syrup	2 oz	Wheat Toast	2 sl	Syrup	2oz	Wheat toast	2 sli
Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Apple Juice*	4 oz	Grape Juice*	4 oz	Cranberry Jce*	4 oz	Orange Juice*	4 oz	Apple Juice*	4 oz	Cranberry Jce*	4 oz	Apple Juice*	4 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
		Beef Burrito						Chef's Salad					
Bologne	2oz	Taco Meat w/		Hot Dog	1 ea	Beef Tamale	1 ea	Ham&Shrd Chz	1oz ea	Turkey	2 oz	Cheeseburger	1/2c
Cheese	1 sl	Black Beans	1/2C	W/Mustard/Mayd	1 ea	Spanish Rice	1/2 c	Hard boiled egg	1 ea	W/Cheese	1 sl	Mayo/mustard	1/2 c
Mayo/Mustard	1pk ea	Shred cheese	1 oz	Macaroni &		W/Salsa	2 oz	Lettuce mix	2 c	Mayo/Mustard		Chips/	1/2c
Potato Chips	1oz	Shred lettuce	1/2 c	Cheese	1/2C	corn	1/2 c	Tomatoes	2 wdg	Potato Chips	1oz	Baby Carrots	
		Salsa/sour crm	1oz ea	Coleslaw	1/2 c			Salad Dressing	2 oz			Ham Bun	
Wheat Bread	2 sl	Tortilla	1 ea	Hot dog buns	1 ea			Dinner Roll/mar	1 ea	Bread	2ea		
Fresh Orange*	1 ea	Apple Slices	1 ea	Pears	1/2 c	Apricot	1/2 c	Mixed Fruit	1/2 c	Apple Slices	1ea	Pudding	1/2 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Beef Stew	3 oz	Creamy Chicken	1ea	Ham Steak	1ea	Beef Lasagne	1ea	Salisbury Steak	1ea	Spagetti &	1ea	Baked chicken	1ea
Scandiavian Veg	2-Jan	Rice	1C	Mashed Potatoes	1 c			Diced potato	1 c	Meatballs	1 ea	gravy	2 oz
biscuit	1 ea	Broccoli Blend	1/2 c	W/Gravy	3 oz	Country veg bler	1/2 c	W/Brown Gravy	3 oz	Marinaria sauce	1 C	scallop potato	1C
				Carrots	1/2c	Green Salad	1 c	Mixed vegetable	1/2 c	Salad	1 cup	Vegetable	1/2c
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Salad Dressing	1 oz	Coleslaw	1/2 c	Dressing	1.5 oz	Coleslaw	1/2 c
Salad Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1 oz						1 oz		
marg	1 ea	roll/ Marg	1 ea	roll/ Marg	1 ea	roll/marg	1 ea	roll/marg	1ea	Roll/ marg	1 ea	roll/Marg	1 ea
Pudding Choc	1/2 c	Mandarins*	1/2 c	Tropical Salad	1/2 c	Pudding Vanilla	1/2 c	Peaches	1/2 cup	Pears	1/2 c	Tropical Salad	1/2 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz

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