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Length (ft.) 20 - 25 2,500 3/16 7/16 90 26 - 30 5,000 1/4 7/16 135 31 - 35 10,000 5/16 1/2 190 36 - 40 15,000 3/8 9/16 225 41 - 45 20,000 7/16 5/8 240 46 - 50 30,000 1/2 11/16 315 ... May 1th, 2024

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3 Breakfast Cranberry-almond Morning Barley 4 Lunch
Pesto Chicken Salad Sandwich With Italian Arugula
Salad 8 Snacks Grapes, 2 Oz Low-fat Cheddar, 7
Almonds 3 Deviled Eggs With Capers And Dill 0 Dinner
Chickpea And Spinach Stew Served Over Whole-wheat
Couscous 1 Breakfast Western Omelette 2 Lunch OUT
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