

ITC COFFEE KIOSK

Beverages	Serving	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg?	Allergens:
Brewed Coffee	Tall 12oz	5	0	0	0	0	0	10	0	0	0	0	Vg	
unsweetened	Grande 16oz	5	0	0	0	0	0	10	0	0	0	1	Vg	
	Venti 20oz	5	0	0	0	0	0	10	0	0	0	1	Vg	
Iced Coffee	Tall 12oz	0	0	0	0	0	0	0	0	0	0	0	Vg	
unsweetened	Grande 16oz	0	0	0	0	0	0	5	0	0	0	0	Vg	
	Venti 24oz	5	0	0	0	0	0	10	0	0	0	0	Vg	
Iced Coffee w/ 2% milk	Tall 12oz	25	10	1	0	0	5	25	2	0	2	2	V	milk
unsweetened	Grande 16oz	35	15	1.5	0.5	0	5	35	3	0	3	2	V	milk
	Venti 24oz	60	20	2	1	0	10	55	5	0	5	4	V	milk
Tazo Chai Tea Latte	Tall 12oz	190	30	3.5	1.5	0	15	90	34	0	32	6	V	milk
w/ 2% milk	Grande 16oz	240	40	4.5	2	0	20	115	45	0	42	8	V	milk
	Venti 20oz	310	50	6	3	0	25	150	56	0	53	10	V	milk
Tazo Iced Tea	Tall 12oz	80	0	0	0	0	0	10	19	0	19	0	Vg	
sweetened	Grande 16oz	100	0	0	0	0	0	15	26	0	26	0	Vg	
	Venti 24oz	150	0	0	0	0	0	20	39	0	39	0	Vg	
Tazo Iced Tea Lemonade	Tall 12oz	70	0	0	0	0	0	0	17	0	16	0	Vg	
sweetened	Grande 16oz	90	0	0	0	0	0	10	23	0	22	0	Vg	
	Venti 24oz	130	0	0	0	0	0	10	34	0	33	0	Vg	
Caffe Latte	Tall 12oz	150	50	6	3.5	0	25	135	15	0	14	10	V	milk
w/ 2% milk	Grande 16oz	190	60	7	4.5	0	30	170	19	0	18	13	V	milk
	Venti 20oz	250	80	9	6	0	40	220	24	0	23	16	V	milk
Cappuccino	Tall 12oz	90	30	3.5	1.5	0	15	80	9	0	8	6	V	milk
w/2% milk	Grande 16oz	120	35	4	2	0	15	100	12	0	10	8	V	milk
	Venti 20oz	150	50	6	3	0	25	135	16	9	14	19	V	milk
Caffe Mocha	Tall 12oz	290	120	13	8	0	40	120	34	3	28	11	V	milk, carageenan
w 2% milk and	Grande 16oz	360	140	15	9	0	50	150	44	4	35	13	V	milk, carageenan
whipped cream	Venti 20oz	450	170	19	11	0.5	55	190	55	5	45	17	V	milk, carageenan
Vanilla Latte	Tall 12oz	200	45	5	2.5	0	20	125	28	0	27	9	V	milk
w/2% milk	Grande 16oz	250	50	6	3.5	0	25	150	37	0	35	12	V	milk
	Venti 20oz	320	80	9	4.5	0	35	200	46	0	44	15	V	milk
Caramel Macchiato	Tall 12oz	190	50	6	3.5	0	20	120	26	0	25	8	V	milk
w/2% milk	Grande 16oz	250	60	7	4.5	0	25	150	35	0	33	10	V	milk
	Venti 20oz	310	80	9	6	0	35	190	44	0	42	13	V	milk
White Chocolate Mocha	Tall 12oz	340	130	14	10	0	45	190	42	0	41	11	V	milk, coconut, carageenan
w/ 2% milk and	Grande 16oz	430	160	18	12	0	55	250	55	0	53	14	V	milk, coconut, carageenan
whipped cream	Venti 20oz	530	190	21	14	0.5	60	320	69	0	67	19	V	milk, coconut, carageenan
Caffe Americano	Tall 12oz	10	0	0	0	0	0	10	2	0	0	1	Vg	
unsweetened	Grande 16oz	15	0	0	0	0	0	15	3	0	0	1	Vg	
	Venti 20oz	25	0	0	0	0	0	15	4	0	0	1	Vg	
Hot Chocolate	Tall 12oz	320	120	13	8	0	45	130	39	3	34	11	V	milk
w/2% milk and	Grande 16oz	400	140	16	10	0	55	170	50	4	43	14	V	milk
whipped cream	Venti 20oz	500	170	19	12	0	60	210	66	5	57	18	V	milk
White Hot Chocolate	Tall 12oz	340	140	15	10	0	45	200	42	0	42	12	V	milk, carageenan, coconut
w/2% milk and	Grande 16oz	440	170	19	12	0.5	55	260	55	0	55	15	V	milk, carageenan, coconut
whipped cream	Venti 20oz	540	200	22	15	0.5	65	330	69	0	69	19	V	milk, carageenan, coconut
Espresso	1 shot (0.8oz)	5	0	0	0	0	0	0	1	0	0	0	Vg	
	2 shots (1.5oz)	10	0	0	0	0	0	0	2	0	0	1	Vg	

330-1140		Lowest: Marble Rye w/ ham, provolone and mustard Highest: Flour wrap with chicken salad, mozzarella, lettuce, tomato, onion, peppers, mayo												
Boar's Head	Serving	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg?	Allergens:
Meat														
Honey baked ham	3oz	90	15	1.5	0	0	30	870	5	0	5	15		
Cracked Pepper Turkey	3oz	90	15	1.5	0	0	45	700	0	0	2	20		
Tuna Salad	4oz	220	150	17	2.5	0	45	410	Less than 1g	0	0	16		fish, soy, eggs, mustard seed
Chicken Salad	4oz	380	297	33	5	0	65	460	1	0	0	18		eggs, soy, mustard seed
Chicken Breast	3oz	130	180	20	2.5	1	0	90	45	0	0	0	26	

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Cheese			0												
American	1oz	110	80	9	6	0	20	360	1	0	1	5	V	milk, soy	
Swiss	1oz	110	70	8	5	0	20	65	0	0	0	7	v	milk	
Provolone	1oz	100	60	7	4.5	0	20	140	1	0	0	7	v	milk	
Cheddar	1oz	110	90	10	6	0	30	180	0	0	0	7	v	milk	
Mozzarella	3oz	210	130	14	11	0	45	75	3	0	0	15	v	milk	
Pepperjack	1oz	100	80	9	5	0	25	180	1	0	0	6	v	milk	
Toppings			0												
Lettuce	1 leaf	10	0	0	0	0	0	0	5	3	2	1	Vg		
Tomato	2 slices	10	0	0	0	0	0	0	3	0	2	0	Vg		
Onion	3 rings	10	0	0	0	0	0	0	2	0	1	0	Vg		
Pickle Chips	3 chips	0	0	0	0	0	0	90	0	0	0	0	Vg		
Banana Peppers	3 items	5	0	0	0	0	0	330	1	0	0	0	Vg		
Condiments															
Mayonaise	2 tbsp	200	200	22	4	0	20	110	1	0	0	0	V	eggs, soy, mustard seed	
Deli Mustard	2 tbsp	0	0	0	0	0	0	240	0	0	0	0	Vg	mustard seed	
Honey Mustard	2 tbsp	60	0	0	0	0	0	150	12	0	6	0	V	mustard seed	
Pesto	2 tbsp	120	120	13	1	0	Less than 5mg	290	3	1	0	2	V	milk	
Light Italian Dressing	.75oz	40	40	4.5	1	0	0	190	0	0	0	0	Vg	soy	
Balsamic Vinaigrette	.75oz	70	70	8	1	0	0	210	2	0	1	0	Vg	soy	
Balsamic glaze	1 tbsp	20	0	0	0	0	0	0	4	0	2	0	V	milk	
Avocado	4 tbsp	120	100	11	1.5	0	0	5	6	5	0	2	Vg		
Hummus	2 tbsp	70	45	5	1	0	0	130	4	1	0	2	Vg	soy, sesame	
Ranch Dressing	.75oz	110	110	12	2	0	10	200	2	0	1	0	V	soy, milk, egg	
Creamy Caesar Dressing	.75oz	115	120	13	2	0	15	235	0	0	0	0	V	soy, milk, mustard seed, egg	
Breads															
Marble rye-BB	2 slices	140	0	0	0	0	0	240	28	2	4	4	V	wheat, dairy	
Whole wheat bread	2 slices	160	20	2	0	0	0	320	30	4	4	8	V		
Weck Rolls	3oz roll	220	10	1	0	0	0	470	44	3	1	8	V	wheat, dairy	
Ciabatta Rolls	3.5oz	180	0	0	0	0	0	410	37	2	2	7	Vg	wheat	
Rye bread	2 slices	160	20	2	0	0	0	440	28	1	1	6	Vg	wheat, soy	
Flour Tortilla	1 tortilla	310	60	7	3	0	0	740	52	2	0	8	Vg	Wheat	
Spinach Tortilla	1 tortilla	310	70	8	3	0	0	840	52	3	3	9	Vg	Wheat	
Tomato Basil Tortilla	1 tortilla	310	70	8	3	0	0	820	51	3	6	9	Vg	Wheat	
Hearty Grain Tortilla	1 tortilla	300	70	8	2.5	0	0	410	49	5	3	9	Vg	wheat	
English muffin	1 muffin	190	20	2	0	0	0	280	38	1	2	7	V	milk, soy, wheat	
Additional Items	Serving	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg?	Allergens:	
Hot Dog	1 dog with bun	350	210	23	9	0	40	920	24	0	3	13		wheat, soy	
Chili Topping	2oz	60	20	2	1	0	0	210	7	1.5	2	3		wheat	
Cheese Topping	.5oz	55-105		Varies-see cheese nutrition information											
Macaroni and Cheese	16oz	640	280	32	12	0	50	1580	64	6	6	22	V	eggs, milk, soy, wheat	
Baked Goods															
	Serving	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg?	Allergens:	
Muffin		270-370													
Muffin-Chocolate Chip	1	325	50	6	2	0	0	540	63	Less than 1g	39	4	V	wheat, egg, soy, milk	
Corn Muffin	1	320	70	8	1.5	0	10	650	55	Less than 1g	22	3	V	wheat, milk, egg, soy	
Muffin-Orange Cranberry	1	370	25	3	0	0	0	660	78	1g	47	5	V	wheat, milk, egg, soy	
Muffin-Honey Oat	1	320	80	9	5	0	0	640	57	4	26	4	V	wheat, milk, egg, soy	
Muffin-Blueberry	1	280	30	3	0	0	0	540	57	0	33	4	V	wheat, milk, egg, soy	
Muffin-Cherry Chocolate Chip	1	350	60	7	4	0	0	560	66	0	40	4	V	wheat, milk, egg, soy	
Muffin-Lemon Poppy	1	270	30	3	0	0	0	540	56	0	33	4	v	wheat, milk, egg, soy	
Muffin-white chocolate rasp	1	310	45	5	2	0	0	550	61	0	36	4	V	wheat, milk, egg, soy	

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Donut		270-420												
Long John Filled Donut	1	420	220	24	12	0	0	400	44	1	13	5	V	egg, milk, soy, wheat
Chocolate Donut	1	350	200	22	11	0	25	440	37	2	13	5	V	egg, milk, soy, wheat
Jelly Donut	1	360	170	19	9	0	0	380	43	1	13	5	V	egg, milk, soy, wheat
Apple Fritter	1	290	140	16	8	0	0	290	32	2	4	5	V	egg, milk, soy, wheat
Ring Donut	1	340	180	20	9	0	0	420	34	1	2	6	V	egg, milk, soy, wheat
Red Velvet Donut	1	270	150	16	9	0	15	390	28	1	9	3	V	egg, milk, soy, wheat
Bagel		290-340												
Sesame	4oz	330	40	4.5	0.5	0	0	460	63	4	3	9	V	wheat, milk, sesame seeds
Poppyseed	4oz	330	35	4	0.5	0	0	460	63	4	3	10	V	wheat, milk, poppy seeds
Everything	4oz	340	35	4	0.5	0	0	460	63	3	3	9	V	wheat, milk, sesame seeds, poppy seeds
Onion	4oz	290	10	1	0	0	0	450	62	2	3	8	V	wheat, milk
Cinnamon Raisin	4oz	320	10	1	0	0	0	450	68	3	9	8	V	wheat, milk
Blueberry	4oz	340	10	1	0	0	0	460	74	2	10	9	V	wheat, milk
Whole Wheat	4oz	310	10	1	0	0	0	447	64	3	2	9	V	wheat, milk
Plain	4oz	290	10	1	0	0	0	450	61	2	3	8	V	wheat, milk
Egg	4oz	290	10	1	0	0	0	450	61	2	3	8	V	wheat, milk, poppy seeds
Spinach	4oz	290	10	1	0	0	0	460	61	2	3	8	V	wheat, milk
Pumpkin	4oz	310	10	1	0	0	0	460	67	3	7	8	V	wheat, milk
Multigrain	4oz	310	10	1	0	0	0	450	65	3	3	9	V	wheat, milk
Garlic	4oz	300	10	1	0	0	0	450	61	2	3	8	V	wheat, milk
Toppings		25-120												
Cream Cheese	1oz	70	60	7	4	0	20	115	1	0	1	1	V	milk
Butter	1 packet	35	35	4	2.5	0	10	30	0	0	0	0	v	milk
Margarine	1 packet	25	25	3	0.5	0	0	30	0	0	0	0	V	milk, soy
Peanut Butter	1 packet	120	90	10	2	0	0	90	5	2	2	4	V	peanuts
Strawberry Jelly	1 packet	35	0	0	0	0	0	0	9	0	7	0	Vg	
Dessert Bread		240-300												
Banana Bread	1	260	80	9	2	0	40	240	41	1	24	4	V	egg, milk, wheat
Banana Choc Chip Bread	1	280	100	11	3	0	40	240	44	1	26	4	V	egg, milk, wheat, soy
Apple Bread	1	240	70	8	1	0	10	180	43	0	38	1	V	egg, milk, wheat
Pumpkin Bread	1	300	90	10	2	0	30	300	50	1	33	4	V	eggs, wheat
Zucchini Bread	1	270	110	12	2	0	30	290	37	less than 1g	21	4	V	wheat, eggs
Cinnamon Roll	1	550	50	6	3	0	15	430	113	3	59	9	V	wheat, milk, eggs. May contain soy, sesame
Croissant		260-360												
Plain Croissant	1	340	170	19	11	1.5	60	320	36	2	6	7	V	eggs, milk, soy, wheat
Blueberry Cheese Croissant	1	260	100	11	5	2	10	260	35	1	13	5	V	egg, milk, soy, wheat
Strawberry Cheese Croissant	1	260	100	11	6	0	10	250	34	1	13	4	V	egg, milk, soy, wheat
Chocolate Croissant	1	360	220	24	13	0	0	190	33	3	12	6	V	egg, milk, wheat, soy
Texas Cookie		440-500												
Sugar Cookie	1	440	180	20	6	0	0	300	64	0	36	4	V	egg, milk, soy, wheat
Chocolate Chip Cookie	1	500	200	23	12	0	35	370	71	3	44	5	V	egg, milk, soy, wheat
Oatmeal Raisin Cookie	1	480	200	20	11	0	35	400	69	4	38	6	V	egg, milk, soy, wheat, coconut (may contain other tree nuts)
Danish		300-310												
Danish-apple	1	300	150	17	8	0	20	290	32	1	9	5	V	egg, milk, soy, wheat
Danish-cheese	1	310	170	19	9	0	25	310	32	1	8	5	V	egg, milk, soy, wheat
Danish-raspberry	1	300	150	17	8	0	20	290	34	1	11	5	V	egg, milk, soy, wheat
Danish-lemon	1	310	150	17	8	0	20	300	34	1	10	5	V	egg, milk, soy, wheat
Danish-blueberry	1	300	150	17	8	0	20	280	33	1	9	5	V	egg, milk, soy, wheat

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Strudel Stick		270-300												
Apple Stick	1	270	230	15	7.5	0	7	164	31	1	11	3	V	egg, wheat
Raspberry Stick	1	280	130	15	8	0	7	179	33	1	13	3	V	egg, wheat
Strawberry Cheesestick	1	300	160	18	9	0	12	200	31	1	10	4	V	egg, milk, wheat
Pastries		400-450												
Apple Turnover	1	450	230	25	13	0	10	288	51	2	18	5	V	egg, wheat
Cherry Turnover	1	450	230	25	13	0	10	267	50	2	18	6	V	egg, wheat
Blueberry Turnover	1	440	230	25	13	0	10	230	49	2	17	5	V	egg, wheat
Blueberry Scone	1	400	170	19	10	0	10	320	49	less than 1g	21	5	V	eggs, milk, wheat
Raspberry White Choc Scone	1	410	190	21	10	0	10	310	51	less than 1g	25	6	V	eggs, milk, wheat, soy
Apple Cinnamon Scone	1	420	200	22	11	0	10	300	51	1	25	5	V	eggs, milk, soy, wheat

Soups - Spring 2019

Item	Serving	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg?	Allergens:
Southwest Vegetarian Chili	8oz	150	20	2	0	0	0	780	27	10	5	6	Vg	wheat
	16oz	300	40	4	0	0	0	1560	54	20	10	12		
Poblano w/ White Cheddar	8oz	310	230	25	15	0.5	80	860	14	1	5	8	V	milk, gluten-free
	16oz	620	460	50	30	1	160	1720	28	2	10	16		
Butternut Squash	8oz	160	60	7	5	0	25	710	22	2	7	2	V	milk
	16oz	320	120	14	10	0	50	1420	44	4	14	4		
Bean Medley	8oz	110	0	0.5	0	0	0	730	33	5	4	5	Vg	
	16oz	220	10	1	0	0	0	1460	66	10	8	10		
Broccoli Cheddar	8oz	260	190	21	7	0	30	970	10	2	4	8	V	milk
	16oz	520	380	42	14	0	60	1940	20	4	8	16		
Minestrone	8oz	150	45	5	0.5	0	0	940	21	3	10	4	V	eggs, milk, wheat
	16oz	300	90	10	1	0	0	1880	42	6	20	8		
Red Pepper Gouda	8oz	300	200	22	9	0.5	40	900	18	4	13	7	V	milk, soy, wheat
	16oz	600	400	44	18	0	80	1800	36	8	26	14		
Red Potato Cheese Chowder	8oz	170	90	10	6	0	30	930	16	1	2	4	V	milk, wheat, soy
	16oz	340	180	20	12	0	60	1860	32	2	4	8		
Carrot Parsnip and Ginger	8oz	130	40	4.5	2.5	0	15	830	21	4	12	2	V	milk
	16oz	260	80	9	5	0	30	1660	42	8	24	4		
Creamy Cauliflower, Quinoa, and Fontina	8oz	230	100	11	6	0.5	35	880	23	3	2	9	V	milk, contains gelatin
	16oz	460	200	22	12	1	70	1760	46	6	4	18		
Tomato basil Bisque	8oz	260	160	18	5	0	25	710	22	4	16	3	V	milk, wheat, contains pork
	16oz	520	320	36	10	0	50	1420	44	8	32	6		
Vegetable Beef	8oz	110	15	1.5	0.5	0	10	1060	17	3	5	7		wheat, contains gelatin
	16oz	220	30	3	1	0	20	2120	34	6	10	14		
Chicken and Dumplings	8oz	190	90	10	2.5	0	50	990	18	1	2	7		EGGS, MILK, SOY, WHEAT
	16oz	380	180	20	5	0	100	1980	36	2	4	14		
Chicken Noodle	8oz	80	15	1.5	0.5	0	15	1020	12	1	3	5		eggs, soy, wheat, contains mustard
	16oz	160	30	3	1	0	30	2040	24	2	6	10		
Spicy Thai Chicken	8oz	190	120	13	5	0	30	670	15	1	3	4		fish, milk, shellfish, soy, tree nuts, wheat
	16oz	380	240	26	10	0	60	1340	30	2	6	8		
Buffalo Chicken w/ Beu Cheese	8oz	250	160	18	5	0	40	810	12	1	2	9		milk, soy, wheat
	16oz	500	320	36	10	0	80	1620	24	2	4	18		
Chicken Tequila Fiesta	8oz	250	140	16	9	0.5	50	800	20	2	3	7		milk, soy
	16oz	500	280	32	18	1	100	1600	40	4	6	14		
New England Clam Chowder	8oz	330	220	24	14	1	80	790	20	0	4	9		fish, shellfish, milk, contains pork
	16oz	660	440	48	28	2	160	1580	40	0	8	18		
Italian Wedding	8oz	130	40	4.5	1.5	0	10	990	16	1	2	7		milk, soy, wheat
	16oz	260	80	9	3	0	20	1980	32	2	4	14		
Fully Loaded Potato	8oz	350	200	22	10	0.5	50	870	26	2	2	12		milk, contains pork
	16oz	700	400	44	20	1	100	1740	52	4	4	24		
Chicken Tortilla	8oz	130	45	5	1	0	15	880	17	4	4	5		soy
	16oz	260	90	10	2	0	30	1760	34	8	8	10		
Chicken Gumbo	8oz	130	30	3	1	0	10	990	18	2	3	8		Soy, wheat, cpntains gelatin
	16oz	260	60	6	2	0	20	1980	36	4	6	16		
Chicken Corn Chowder w/ Sweet Peppers	8oz	190	90	10	2.5	0	20	860	20	2	4	6		egg, milk, soy
	16oz	380	180	20	5	0	40	1720	40	4	8	12		
Crab Bisque w/ Sherry	8oz	360	270	30	12	0.5	85	940	12	0	5	10		shellfish, milk, soy, wheat
	16oz	720	540	60	24	1	170	1880	24	0	10	20		
Lobster Bisque w/ Sherry	8oz	400	310	35	10	0.5	75	990	13	0	6	7		fish, milk, shellfish, soy, wheat
	16oz	800	620	70	20	1	150	1980	26	0	12	14		
Shrimp Corn Bisque	8oz	290	140	16	6	0	50	920	31	2	7	6		shellfish, fish, milk, wheat
	16oz	580	280	32	12	0	100	1840	62	4	14	12		
Mushroom Brie w/ Madeira	8oz	370	310	34	8	1	45	690	12	2	4	4		milk, soy, wheat, contains mustard
	16oz	740	620	68	16	2	90	1380	24	4	8	8		
Baha Style Chicken Enchilada	8oz	280	150	17	5	0	30	1320	24	4	7	8		milk, soy
	16oz	560	300	34	10	0	60	2640	48	8	14	16		
French Onion	8oz	80	35	4	1	0	less than 5mg	900	7	1	4	4		milk, soy, wheat, contains beef, gelatin
	16oz	160	70	8	2	0	10	1800	14	2	8	8		
Beef Chili	8oz	190	70	8	3.5	0.5	30	850	17	4	6	12		soy, wheat
	16oz	380	140	16	7	1	60	1700	34	8	12	24		