***Понедельник (первая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепт уры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порци й*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал***  ***Б, гр*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Перловка отварная*** | *508/04г* | *200* | *2,9* | *6,1* | *20,7* | *153,00* | *-* | *-* | *0,77* | *1,71* | *91,11* | *14,77* | *0,95* | *0,80* |
| ***Котлета духовая*** | *608/05г* | *100* | *15,55* | *11,55* | *15,70* | *228,75* | *0,10* | *0,15* | *28,75* | *-* | *43,75* | *166,38* | *32,13* | *1,50* |
| ***Чай с сахаром*** | *943/05г* | *200* | *0,20* | *-* | *14,00* | *28,00* | *-* | *-* | *-* | *-* | *6,0* | *-* | *-* | *0,40* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Фрукт свежий*** | *338/5г* | *150* | *0,6* | *0,6* | *14,7* | *70,3* | *-* | *15,00* | *-* | *-* | *24,00* | *-* | *13,50* | *3,30* |
| ***Итого:*** |  | ***750*** | ***25,61*** | ***19,77*** | ***83,15*** | ***843,95*** | ***0,33*** | ***15,15*** | ***29,52*** | ***2,55*** | ***185,87*** | ***291,35*** | ***71,78*** | ***7,64*** |

***Вторник (первая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепт уры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порци й*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал***  ***Б, гр*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Огурец свежий (долька)*** |  | *60* | *0,48* | *0,06* | *1,50* | *8,37* | *0,02* | *5,98* | *0,01* | *-* | *13,75* | *26,12* | *8,37* | *0,60* |
| ***Плов*** | *304/10г* | *210* | *20,30* | *17,00* | *35,69* | *377,00* | *0,06* | *1,01* | *48,00* | *-* | *45,10* | *199,30* | *47,50* | *2,19* |
| ***Сок*** | *389/05г* | *200* | *1,0* | *-* | *20,2* | *84,8* | *0,02* | *4,0* | *-* | *0,2* | *14,0* | *14,0* | *8,0* | *2,8* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Итого:*** |  | ***570*** | ***28,14*** | ***46,24*** | ***75,47*** | ***664,47*** | ***0,33*** | ***10,99*** | ***48,01*** | ***1,04*** | ***93,86*** | ***349,62*** | ***89,07*** | ***7,23*** |

***Среда (первая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепт уры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса порци й*** | ***Пищевые вещества*** | | | ***ЭЦ Ккал Б, гр*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Печень тушеная в соусе*** | *261/11г* | *120* | *15,07* | *35,14* | *33,63* | *354,91* | *0,18* | *11,27* | *5,34* | *3,61* | *23,42* | *225,20* | *14,38* | *4,87* |
| ***Гречка рассыпчатая*** |  | *200* | *9,94* | *7,48* | *47,78* | *307,26* | *0,24* | *-* | *0,02* | *-* | *17,30* | *278,00* | *90,00* | *5,26* |
| ***Кисломолочный продукт*** | *386/05г* | *200* | *3,62* | *5,79* | *24,00* | *162,00* | *-* | *1,58* | *-* | *-* | *255,0* | *-* | *11,00* | *0,20* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано- пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Кондит.изделия(пряник)*** |  | *100* | *3,00* | *62,00* | *30,00* | *467,00* | *-* | *-* | *-* | *-* | *-* | *-* | *-* | *-* |
| ***Итого:*** |  | ***720*** | ***37,99*** | ***111,93*** | ***153,49*** | ***1485,47*** | ***0,65*** | ***12,85*** | ***5,36*** | ***4,45*** | ***316,73*** | ***613,40*** | ***140,58*** | ***11,97*** |

***Четверг (первая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепту ры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порци й*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал***  ***Б, гр*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Каша гороховая*** | *04г* | *200* | *23,2* | *5,43* | *50,8* | *314,0* | *0,81* | *6,45* | *0,07* | *5,0* | *115,0* | *329,0* | *107,0* | *4,0* |
| ***Тефтели мясные*** | *286/10г* | *100* | *14,72* | *16,14* | *18,62* | *278,75* | *0,07* | *1,13* | *51,00* | *-* | *57,80* | *141,40* | *28,40* | *1,27* |
| ***Компот с/фруктов*** | *639/04г* | *200* | *1,0* | *0,05* | *27,5* | *110,0* | *0,01* | *0,32* | *-* | *-* | *28,69* | *-* | *18,27* | *0,61* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Фрукт свежий*** | *338/15г* | *150* | *0,60* | *0,46* | *14,7* | *68,26* | *-* | *7,50* | *-* | *-* | *17,50* | *-* | *18,00* | *3,46* |
| ***Итого:*** |  | ***750*** | ***45,88*** | ***23,60*** | ***129,70*** | ***965,31*** | ***1,12*** | ***15,40*** | ***51,07*** | ***5,84*** | ***240,00*** | ***580,30*** | ***196,87*** | ***10,98*** |

***Пятница (первая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепту ры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порций*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал***  ***Б, гр*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Каша молочная «Дружба»*** | *297/04г* | *200* | *6,20* | *8,60* | *42,7* | *284,30* | *0,10* | *0,19* | *0,05* | *0,7* | *122,98* | *72,3* | *32,49* | *0,10* |
| ***Какао с молоком*** | *693/04г* | *200* | *3,6* | *2,7* | *13,8* | *92,0* | *0,03* | *0,53* | *-* | *-* | *110,36* | *-* | *27,00* | *0,87* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Сбода*** |  | *80* | *5,90* | *7,60* | *58,00* | *323,00* | *0,11* | *0,15* | *-* | *-* | *49,26* | *-* | *14,04* | *0,99* |
| ***Итого:*** |  | ***580*** | ***22,50*** | ***20,42*** | ***132,58*** | ***893,60*** | ***0,47*** | ***0,87*** | ***0,05*** | ***1,54*** | ***303,61*** | ***182,50*** | ***98,73*** | ***3,60*** |

***Понедельник (вторая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепту ры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порци й*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал***  ***Б, гр*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Тефтели мясные*** | *286/10г* | *100* | *14,72* | *16,14* | *18,62* | *278,75* | *0,07* | *1,13* | *51,00* | *-* | *57,80* | *141,40* | *28,40* | *1,27* |
| ***Каша ячневая*** | *679/05г* | *200* | *6,38* | *5,68* | *41,10* | *249,36* | *0,12* | *-* | *0,02* | *-* | *52,18* | *224,00* | *0,02* | *1,10* |
| ***Сок*** | *389/05г* | *200* | *1,0* | *-* | *20,2* | *84,8* | *0,02* | *4,0* | *-* | *-,2* | *14,0* | *14,0* | *8,0* | *2,8* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничн.*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Фрукт свежий*** | *338/15г* | *150* | *2,26* | *0,76* | *28,50* | *141,76* | *-* | *15,00* | *-* | *-* | *12,00* | *-* | *6,30* | *0,90* |
| ***Итого:*** |  | ***750*** | ***30,72*** | ***24,10*** | ***126,50*** | ***948,97*** | ***0,44*** | ***20,13*** | ***51,02*** | ***0,84*** | ***156,99*** | ***489,60*** | ***67,92*** | ***7,71*** |

***Вторник (вторая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепт уры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порци й*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал***  ***Б, гр*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Макароны отварные*** | *688/05г* | *180* | *6,62* | *5,42* | *31,73* | *202,14* | *0,07* | *-* | *25,20* | *-* | *5,83* | *44,60* | *25,34* | *1,33* |
| ***Гуляш из мяса птицы*** | *591/05г* | *100* | *23,80* | *19,52* | *5,74* | *203,0* | *0,21* | *1,54* | *-* | *-* | *29,40* | *234,98* | *31,39* | *2,80* |
| ***Напиток шиповника*** |  | *200* | *0,4* | *0,27* | *17,2* | *72,8* | *-* | *24,0* | *-* | *-* | *13,2* | *2,67* | *2,13* | *0,53* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Кондит.изделия (вафли)*** |  | *120* | *3,36* | *3,96* | *92,76* | *424,80* | *0,04* | *-* | *-* | *-* | *19,20* | *43,20* | *12,00* | *1,80* |
| ***Итого:*** |  | ***700*** | ***40,54*** | ***30,69*** | ***165,51*** | ***1097,04*** | ***0,55*** | ***25,54*** | ***25,20*** | ***0,84*** | ***20,04*** | ***112,64*** | ***404,45*** | ***8,10*** |

***Среда (вторая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепт уры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порци й*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Рыба с овощами*** |  | *120* | *18,03* | *10,21* | *8,49* | *195,00* | *0,13* | *4,36* | *0,01* | *-* | *67,74* | *310,00* | *77,70* | *1,25* |
| ***Рис отварной*** | *511/04г* | *200* | *4,76* | *7,85* | *2,35* | *224,6* | *0,03* | *-* | *0,03* | *1,16* | *6,84* | *300,00* | *36,04* | *0,66* |
| ***Кисель*** | *648/04г* | *200* | *-* | *-* | *20,0* | *76,0* | *-* | *-* | *-* | *-* | *0,48* | *-* | *-* | *0,06* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Фрукт свежий*** | *338/15г* | *150* | *0,60* | *0,60* | *14,70* | *70,30* | *-* | *15,00* | *-* | *-* | *24,00* | *-* | *13,50* | *3,30* |
| ***Итого:*** |  | ***770*** | ***29,75*** | ***20,18*** | ***63,62*** | ***760,20*** | ***0,39*** | ***19,36*** | ***0,04*** | ***9,70*** | ***120,07*** | ***720,20*** | ***152,44*** | ***6,91*** |

***Четверг (вторая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепт уры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порци й*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Томат свежий (долька)*** |  | *60* | *0,66* | *0,12* | *2,29* | *14,47* | *0,04* | *15,08* | *0,10* | *-* | *8,44* | *15,68* | *12,06* | *0,60* |
| ***Каша гречневая рассып.*** | *679/05г* | *200* | *9,94* | *7,48* | *47,78* | *307,26* | *0,24* | *-* | *0,02* | *-* | *17,30* | *278,0* | *90,00* | *5,26* |
| ***Котлета паровая*** | *608/05г* | *100* | *15,55* | *11,55* | *15,70* | *228,75* | *0,10* | *0,15* | *28,75* | *-* | *43,75* | *166,38* | *32,13* | *1,50* |
| ***Чай с сахаром*** | *943/10г* | *200* | *0,20* | *-* | *14,00* | *28,00* | *-* | *-* | *-* | *-* | *6,00* | *-* | *-* | *0,40* |
| ***Хлеб пшеничный, в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,70* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,5* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Итого:*** |  | ***660*** | ***32,71*** | ***20,67*** | ***97,85*** | ***772,78*** | ***0,61*** | ***15,23*** | ***28,87*** | ***0,84*** | ***96,50*** | ***570,26*** | ***159,39*** | ***9,40*** |

***Пятница (вторая неделя)***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Приемы пищи***  ***наименование блюда*** | ***№***  ***рецепту ры*** | ***Возраст детей 11-18 лет*** | | | | | ***Витамины, мг,мкг*** | | | | ***Минеральные вещества, мг*** | | | |
| ***Масса***  ***порци й*** | ***Пищевые вещества*** | | | ***ЭЦ***  ***Ккал***  ***Б, гр*** | ***В1*** | ***С*** | ***А*** | ***Е*** | ***Са*** | ***Р*** | ***Mg*** | ***Fe*** |
| ***Б, гр*** | ***Ж, гр*** | ***У, гр*** |
| ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** | ***9*** | ***10*** | ***11*** | ***12*** | ***13*** | ***14*** | ***15*** |
| ***Завтрак-20%*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Каша вязкая рисовая*** | *168/11г* | *210* | *3,09* | *4,07* | *36,98* | *197,00* | *0,03* | *-* | *20,00* | *-* | *5,90* | *67,00* | *21,80* | *0,47* |
| ***Кофейный на молоке*** | *692/04г* | *200* | *3,2* | *2,8* | *18,5* | *100,0* | *0,03* | *0,52* | *-* | *-* | *105,86* | *-* | *12,18* | *0,11* |
| ***Хлеб пшеничный в/с*** |  | *40* | *2,4* | *0,8* | *16,7* | *85,7* | *0,13* | *-* | *-* | *0,34* | *0,01* | *34,8* | *13,2* | *1,01* |
| ***Хлеб ржано-пшеничный*** |  | *60* | *3,96* | *0,72* | *1,38* | *108,6* | *0,1* | *-* | *-* | *0,50* | *21,0* | *75,4* | *12,0* | *0,63* |
| ***Сдоба*** |  | *80* | *5,90* | *7,60* | *58,00* | *323,00* | *0,11* | *0,15* | *-* | *-* | *49,26* | *-* | *14,04* | *0,99* |
| ***Итого:*** |  | ***590*** | ***18,55*** | ***15,99*** | ***131,56*** | ***814,30*** | ***0,40*** | ***0,67*** | ***20,00*** | ***0,84*** | ***182,03*** | ***177,20*** | ***73,22*** | ***3,21*** |

*Утверждено :*

*Директор МКОУ «Целинная СОШ им. Н.Д. Томина»*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Балабаева Н.А.*

*Примерное меню питания школьников*

*на 10 дней (обед)*

*с 11 до 18 лет*

с.Целинное

2023-2024гг.