Категор Школьники

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№ рецепту ры** | **Наименование блюда** | **Выход**  **блюда** | **Пищевые вещества, г** | | | **Энергети**  **ческая ценность (ккал)** | **B1, мг.** | **B2, мг.** | **C, мг.** | **Fe, мг.** | **Ca, мг.** | **A, мг.** | **Mg, мг.** | **D, мг.** | **K, мг.** | **P, мг.** | **I, мг.** | **Se,**  **мг.** | **F, мг.** |
| **Б** | **Ж** | **У** |
| **День 1** | | | | | | | | | | | | | | | | | | | |
| 88 | \*Щи из свежей капусты  с картофелем | 250 | 6.88 | 8.10 | 13.17 | 154.13 | 0.1 | 0.075 | 45.25 | 1.075 | 50.475 | 0 | 25.125 | 0 | 526.6 | 58.8 | 0 | 0 | 0.025 |
| 185 | \*Компот из кураги | 200 | 1.04 | 0.06 | 18.18 | 76.72 | 0.02 | 0.04 | 0.8 | 0.66 | 32.24 | 0 | 0 | 0 | 0.24 | 0 | 0 | 0 | 0 |
| Н | \*Хлеб пшеничный | 50 | 3.95 | 0.50 | 1.05 | 116.90 | 0.05 | 0 | 0 | 0.55 | 11.5 | 0 | 16.5 | 0 | 0 | 43.5 | 0 | 0 | 0 |
| 3 | \*Бутерброд с сыром | 50 | 5.80 | 8.37 | 15.51 | 161.50 | 0.04 | 0.06 | 0.105 | 0.525 | 139.15 | 0.045 | 9.15 | 0.145 | 40.8 | 94.5 | 0 | 0 | 0 |
| б/н | \*Булочка | 100 | 8.80 | 2.20 | 50.30 | 257.00 | 0.12 | 0.08 | 0 | 1.1 | 67 | 0.01 | 18 | 0 | 157 | 105 | 0.01 | 0.02 | 0 |
| б/н | \*Печенье | 40 | 2.84 | 4.18 | 27.11 | 156.98 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| **ИТОГО ПО ПРИЕМУ ПИЩИ:** | | **690** | **29,31** | **23,41** | **125,32** | **923,23** | **0,33** | **0,255** | **46,155** | **3,91** | **300,365** | **0,055** | **68,775** | **0,145** | **724,64** | **301,8** | **0,01** | **0,02** | **0,025** |
| **ИТОГО ЗА ДЕНЬ:** | | **690** | **29,31** | **23,41** | **125,32** | **923,23** | **0,33** | **0,255** | **46,155** | **3,91** | **300,365** | **0,055** | **68,775** | **0,145** | **724,64** | **301,8** | **0,01** | **0,02** | **0,025** |
| **День 2** | | | | | | | | | | | | | | | | | | | |
| 243 | \*Сосиски отварные | 60 | 7.44 | 11.64 | 0.00 | 139.80 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 203 | \*Макаронные изделия  отварные с маслом | 200 | 11.36 | 5.18 | 69.68 | 370.30 | 0.18 | 0.08 | 0 | 2.12 | 27.3 | 0 | 0.1 | 0 | 0.04 | 0.38 | 0 | 0 | 0 |
| 227 | \*Соус белый основной | 50 | 0.27 | 1.26 | 1.60 | 18.82 | 0.005 | 0.005 | 0.2 | 0.045 | 1.56 | 0 | 0.6 | 0 | 5.94 | 2.88 | 0 | 0 | 0 |
| Н | \*Хлеб пшеничный | 50 | 3.95 | 0.50 | 1.05 | 116.90 | 0.05 | 0 | 0 | 0.55 | 11.5 | 0 | 16.5 | 0 | 0 | 43.5 | 0 | 0 | 0 |
| 283 | \*Чай с сахаром | 200 | 0.40 | 0.00 | 10.06 | 41.72 | 0 | 0.02 | 0.2 | 1.66 | 10.2 | 0 | 0 | 0 | 0.3 | 0 | 0 | 0 | 0 |
| 2 | \*Бутерброд с повидлом | 50 | 2.32 | 3.94 | 15.51 | 106.90 | 0.035 | 0.015 | 0 | 0.375 | 7.15 | 0 | 3.9 | 0 | 27.6 | 19.5 | 0 | 0 | 0 |
| 458ж | \*Фрукты свежие  (яблоко) | 100 | 0.40 | 0.40 | 9.80 | 47.00 | 0.03 | 0.02 | 10 | 2.2 | 16 | 0 | 9 | 0 | 278 | 11 | 0 | 0 | 0.01 |
| **ИТОГО ПО ПРИЕМУ ПИЩИ:** | | **710** | **26,14** | **22,92** | **107,7** | **841,44** | **0,3** | **0,14** | **10,4** | **6,95** | **73,71** | **0** | **30,1** | **0** | **311,88** | **77,26** | **0** | **0** | **0,01** |
| **ИТОГО ЗА ДЕНЬ:** | | **710** | **26,14** | **22,92** | **107,7** | **841,44** | **0,3** | **0,14** | **10,4** | **6,95** | **73,71** | **0** | **30,1** | **0** | **311,88** | **77,26** | **0** | **0** | **0,01** |
| **День 3** | | | | | | | | | | | | | | | | | | | |
| 68 | \*Суп гороховый с картофелем (на  бульоне) | 250 | 10.67 | 6.52 | 23.45 | 195.52 | 0.275 | 0.1 | 16.5 | 2.275 | 36.225 | 0 | 36.475 | 0 | 589.8 | 95.25 | 0 | 0 | 0.025 |
| 388 | \*Напиток из плодов  шиповника | 200 | 0.80 | 0.00 | 31.96 | 127.00 | 0.02 | 0.06 | 200 | 5.06 | 12.6 | 0 | 0 | 0 | 0.6 | 0 | 0 | 0 | 0 |
| Н | \*Хлеб пшеничный | 50 | 3.95 | 0.50 | 1.05 | 116.90 | 0.05 | 0 | 0 | 0.55 | 11.5 | 0 | 16.5 | 0 | 0 | 43.5 | 0 | 0 | 0 |
| 3 | \*Бутерброд с сыром | 50 | 5.80 | 8.37 | 15.51 | 161.50 | 0.04 | 0.06 | 0.105 | 0.525 | 139.15 | 0.045 | 9.15 | 0.145 | 40.8 | 94.5 | 0 | 0 | 0 |
| 389 | \*Сок фруктовый | 200 | 0.82 | 0.16 | 26.20 | 110.00 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| б/н | \*Сухари | 40 | 6.40 | 0.40 | 28.00 | 134.20 | 0.08 | 0.2 | 0 | 0.8 | 100 | 0.004 | 20 | 0 | 120 | 100 | 0.004 | 0.008 | 0 |
| **ИТОГО ПО ПРИЕМУ ПИЩИ:** | | **790** | **28,44** | **15,95** | **126,17** | **845,12** | **0,465** | **0,42** | **216,605** | **9,21** | **299,475** | **0,049** | **82,125** | **0,145** | **751,2** | **333,25** | **0,004** | **0,008** | **0,025** |
| **ИТОГО ЗА ДЕНЬ:** | | **790** | **28,44** | **15,95** | **126,17** | **845,12** | **0,465** | **0,42** | **216,605** | **9,21** | **299,475** | **0,049** | **82,125** | **0,145** | **751,2** | **333,25** | **0,004** | **0,008** | **0,025** |
| **День 4** | | | | | | | | | | | | | | | | | | | |
| 99 | \*Рыба, запеченная  (горбуша) | 100 | 25.18 | 19.92 | 3.54 | 293.91 | 0.26 | 0.22 | 1.11 | 0.81 | 26.92 | 0.04 | 36.09 | 0.01 | 402.04 | 240.3 | 0.06 | 0.05 | 0.52 |
| 64 | \*Рис отварной | 200 | 7.12 | 7.16 | 74.18 | 389.60 | 0.08 | 0.06 | 0 | 1.04 | 12.74 | 0 | 50.12 | 0 | 100.04 | 150.38 | 0 | 0.02 | 0.06 |
| 227 | \*Соус белый основной | 50 | 0.27 | 1.26 | 1.60 | 18.82 | 0.005 | 0.005 | 0.2 | 0.045 | 1.56 | 0 | 0.6 | 0 | 5.94 | 2.88 | 0 | 0 | 0 |
| 377 | \*Чай с лимоном | 200 | 0.48 | 0.00 | 14.30 | 59.60 | 0 | 0.02 | 3.4 | 1.74 | 13.52 | 0 | 9.76 | 0 | 63.06 | 18.24 | 0 | 0 | 0.2 |
| Н | \*Хлеб пшеничный | 50 | 3.95 | 0.50 | 1.05 | 116.90 | 0.05 | 0 | 0 | 0.55 | 11.5 | 0 | 16.5 | 0 | 0 | 43.5 | 0 | 0 | 0 |
| 2 | \*Бутерброд с повидлом | 50 | 2.32 | 3.94 | 15.51 | 106.90 | 0.035 | 0.015 | 0 | 0.375 | 7.15 | 0 | 3.9 | 0 | 27.6 | 19.5 | 0 | 0 | 0 |
| 5 | \*Вафли | 40 | 1.28 | 1.12 | 32.44 | 136.84 | 0 | 0 | 0.24 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| **ИТОГО ПО ПРИЕМУ ПИЩИ:** | | **690** | **40,6** | **33,9** | **142,62** | **1122,57** | **0,43** | **0,32** | **4,95** | **4,56** | **73,39** | **0,04** | **116,97** | **0,01** | **598,68** | **474,8** | **0,06** | **0,07** | **0,78** |
| **ИТОГО ЗА ДЕНЬ:** | | **690** | **40,6** | **33,9** | **142,62** | **1122,57** | **0,43** | **0,32** | **4,95** | **4,56** | **73,39** | **0,04** | **116,97** | **0,01** | **598,68** | **474,8** | **0,06** | **0,07** | **0,78** |
| **День 5** | | | | | | | | | | | | | | | | | | | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 96 | \*Рассольник  ленинградский | 250 | 2.68 | 5.48 | 21.42 | 146.50 | 0.125 | 0.075 | 21.85 | 1.175 | 22.1 | 0 | 26.55 | 0 | 583.6 | 69.725 | 0 | 0 | 0.025 |
| 342 | \*Компот из свежих  плодов (яблоки) | 200 | 0.16 | 0.16 | 23.88 | 94.60 | 0.02 | 0 | 4 | 0.94 | 7 | 0 | 3.6 | 0 | 111.8 | 4.4 | 0 | 0 | 0 |
| Н | \*Хлеб пшеничный | 50 | 3.95 | 0.50 | 1.05 | 116.90 | 0.05 | 0 | 0 | 0.55 | 11.5 | 0 | 16.5 | 0 | 0 | 43.5 | 0 | 0 | 0 |
| 3 | \*Бутерброд с сыром | 50 | 5.80 | 8.37 | 15.51 | 161.50 | 0.04 | 0.06 | 0.105 | 0.525 | 139.15 | 0.045 | 9.15 | 0.145 | 40.8 | 94.5 | 0 | 0 | 0 |
| 458ж | \*Фрукты свежие  (яблоко) | 100 | 0.40 | 0.40 | 9.80 | 47.00 | 0.03 | 0.02 | 10 | 2.2 | 16 | 0 | 9 | 0 | 278 | 11 | 0 | 0 | 0.01 |
| б/н | \*Булочка | 100 | 8.80 | 2.20 | 50.30 | 257.00 | 0.12 | 0.08 | 0 | 1.1 | 67 | 0.01 | 18 | 0 | 157 | 105 | 0.01 | 0.02 | 0 |
| Н | \*Зефир | 50 | 0.32 | 0.00 | 0.15 | 161.27 | 0 | 0 | 0 | 0.6 | 13.4 | 0 | 3.4 | 0 | 0 | 6.6 | 0 | 0 | 0 |
| б/н | \*Конфета шоколадная | 40 | 1.56 | 5.84 | 28.00 | 163.80 | 0.008 | 0.02 | 0 | 0.48 | 36 | 0 | 7.2 | 0 | 135.6 | 51.6 | 0 | 0 | 0 |
| **ИТОГО ПО ПРИЕМУ ПИЩИ:** | | **840** | **23,67** | **22,95** | **150,11** | **1148,57** | **0,393** | **0,255** | **35,955** | **7,57** | **312,15** | **0,055** | **93,4** | **0,145** | **1306,8** | **386,325** | **0,01** | **0,02** | **0,035** |
| **ИТОГО ЗА ДЕНЬ:** | | **840** | **23,67** | **22,95** | **150,11** | **1148,57** | **0,393** | **0,255** | **35,955** | **7,57** | **312,15** | **0,055** | **93,4** | **0,145** | **1306,8** | **386,325** | **0,01** | **0,02** | **0,035** |
| **День 6** | | | | | | | | | | | | | | | | | | | |
| 41 | \*Суп рыбный | 250 | 12.73 | 3.75 | 17.75 | 155.95 | 0.225 | 0.15 | 16.45 | 1.35 | 31.025 | 0.025 | 32.475 | 5.45 | 593.6 | 144.25 | 0.025 | 0.025 | 0.225 |
| 185 | \*Компот из кураги | 200 | 1.04 | 0.06 | 18.18 | 76.72 | 0.02 | 0.04 | 0.8 | 0.66 | 32.24 | 0 | 0 | 0 | 0.24 | 0 | 0 | 0 | 0 |
| Н | \*Хлеб пшеничный | 50 | 3.95 | 0.50 | 1.05 | 116.90 | 0.05 | 0 | 0 | 0.55 | 11.5 | 0 | 16.5 | 0 | 0 | 43.5 | 0 | 0 | 0 |
| 3 | \*Бутерброд с сыром | 50 | 5.80 | 8.37 | 15.51 | 161.50 | 0.04 | 0.06 | 0.105 | 0.525 | 139.15 | 0.045 | 9.15 | 0.145 | 40.8 | 94.5 | 0 | 0 | 0 |
| б/н | \*Булочка | 100 | 8.80 | 2.20 | 50.30 | 257.00 | 0.12 | 0.08 | 0 | 1.1 | 67 | 0.01 | 18 | 0 | 157 | 105 | 0.01 | 0.02 | 0 |
| б/н | \*Печенье | 40 | 2.84 | 4.18 | 27.11 | 156.98 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| **ИТОГО ПО ПРИЕМУ ПИЩИ:** | | **690** | **35,16** | **19,06** | **129,9** | **925,05** | **0,455** | **0,33** | **17,355** | **4,185** | **280,915** | **0,08** | **76,125** | **5,595** | **791,64** | **387,25** | **0,035** | **0,045** | **0,225** |
| **ИТОГО ЗА ДЕНЬ:** | | **690** | **35,16** | **19,06** | **129,9** | **925,05** | **0,455** | **0,33** | **17,355** | **4,185** | **280,915** | **0,08** | **76,125** | **5,595** | **791,64** | **387,25** | **0,035** | **0,045** | **0,225** |
| **День 7** | | | | | | | | | | | | | | | | | | | |
| 271 | \*Котлеты домашние | 100 | 17.63 | 13.88 | 6.42 | 221.46 | 0.09 | 0.2 | 1.41 | 2.51 | 49.54 | 0 | 2.05 | 0 | 21.44 | 8.73 | 0 | 0 | 0 |
| 165 | \*Каша гречневая  рассыпчатая | 200 | 12.60 | 9.42 | 56.40 | 361.52 | 0.42 | 0.22 | 0 | 6.68 | 24.54 | 0 | 0.1 | 0 | 0.04 | 0.38 | 0 | 0 | 0 |
| 227 | \*Соус белый основной | 50 | 0.27 | 1.26 | 1.60 | 18.82 | 0.005 | 0.005 | 0.2 | 0.045 | 1.56 | 0 | 0.6 | 0 | 5.94 | 2.88 | 0 | 0 | 0 |
| 283 | \*Чай с сахаром | 200 | 0.40 | 0.00 | 10.06 | 41.72 | 0 | 0.02 | 0.2 | 1.66 | 10.2 | 0 | 0 | 0 | 0.3 | 0 | 0 | 0 | 0 |
| Н | \*Хлеб пшеничный | 50 | 3.95 | 0.50 | 1.05 | 116.90 | 0.05 | 0 | 0 | 0.55 | 11.5 | 0 | 16.5 | 0 | 0 | 43.5 | 0 | 0 | 0 |
| 2 | \*Бутерброд с повидлом | 50 | 2.32 | 3.94 | 15.51 | 106.90 | 0.035 | 0.015 | 0 | 0.375 | 7.15 | 0 | 3.9 | 0 | 27.6 | 19.5 | 0 | 0 | 0 |
| 458ж | \*Фрукты свежие  (яблоко) | 100 | 0.40 | 0.40 | 9.80 | 47.00 | 0.03 | 0.02 | 10 | 2.2 | 16 | 0 | 9 | 0 | 278 | 11 | 0 | 0 | 0.01 |
| 5 | \*Вафли | 40 | 1.28 | 1.12 | 32.44 | 136.84 | 0 | 0 | 0.24 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| **ИТОГО ПО ПРИЕМУ ПИЩИ:** | | **790** | **38,85** | **30,52** | **133,28** | **1051,16** | **0,63** | **0,48** | **12,05** | **14,02** | **120,49** | **0** | **32,15** | **0** | **333,32** | **85,99** | **0** | **0** | **0,01** |
| **ИТОГО ЗА ДЕНЬ:** | | **790** | **38,85** | **30,52** | **133,28** | **1051,16** | **0,63** | **0,48** | **12,05** | **14,02** | **120,49** | **0** | **32,15** | **0** | **333,32** | **85,99** | **0** | **0** | **0,01** |
| **День 8** | | | | | | | | | | | | | | | | | | | |
| 81 | \*Борщ | 250 | 1.92 | 5.12 | 9.25 | 91.35 | 0.025 | 0.05 | 29 | 1.175 | 52 | 0 | 20.625 | 0 | 311.625 | 43.55 | 0 | 0 | 0.025 |
| 388 | \*Напиток из плодов  шиповника | 200 | 0.80 | 0.00 | 31.96 | 127.00 | 0.02 | 0.06 | 200 | 5.06 | 12.6 | 0 | 0 | 0 | 0.6 | 0 | 0 | 0 | 0 |
| Н | \*Хлеб пшеничный | 50 | 3.95 | 0.50 | 1.05 | 116.90 | 0.05 | 0 | 0 | 0.55 | 11.5 | 0 | 16.5 | 0 | 0 | 43.5 | 0 | 0 | 0 |
| 3 | \*Бутерброд с сыром | 50 | 5.80 | 8.37 | 15.51 | 161.50 | 0.04 | 0.06 | 0.105 | 0.525 | 139.15 | 0.045 | 9.15 | 0.145 | 40.8 | 94.5 | 0 | 0 | 0 |
| 389 | \*Сок фруктовый | 200 | 0.82 | 0.16 | 26.20 | 110.00 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| б/н | \*Сухари | 40 | 6.40 | 0.40 | 28.00 | 134.20 | 0.08 | 0.2 | 0 | 0.8 | 100 | 0.004 | 20 | 0 | 120 | 100 | 0.004 | 0.008 | 0 |
| **ИТОГО ПО ПРИЕМУ ПИЩИ:** | | **790** | **19,69** | **14,55** | **111,97** | **740,95** | **0,215** | **0,37** | **229,105** | **8,11** | **315,25** | **0,049** | **66,275** | **0,145** | **473,025** | **281,55** | **0,004** | **0,008** | **0,025** |
| **ИТОГО ЗА ДЕНЬ:** | | **790** | **19,69** | **14,55** | **111,97** | **740,95** | **0,215** | **0,37** | **229,105** | **8,11** | **315,25** | **0,049** | **66,275** | **0,145** | **473,025** | **281,55** | **0,004** | **0,008** | **0,025** |
| **День 9** | | | | | | | | | | | | | | | | | | | |
| 244 | \*Плов из отварной  говядины | 200 | 21.42 | 18.16 | 75.16 | 549.72 | 0.08 | 0.06 | 1 | 1.14 | 14.96 | 0 | 50.82 | 0 | 108.8 | 153.28 | 0 | 0.02 | 0.06 |
| 377 | \*Чай с лимоном | 200 | 0.48 | 0.00 | 14.30 | 59.60 | 0 | 0.02 | 3.4 | 1.74 | 13.52 | 0 | 9.76 | 0 | 63.06 | 18.24 | 0 | 0 | 0.2 |
| Н | \*Хлеб пшеничный | 50 | 3.95 | 0.50 | 1.05 | 116.90 | 0.05 | 0 | 0 | 0.55 | 11.5 | 0 | 16.5 | 0 | 0 | 43.5 | 0 | 0 | 0 |
| 2 | \*Бутерброд с повидлом | 50 | 2.32 | 3.94 | 15.51 | 106.90 | 0.035 | 0.015 | 0 | 0.375 | 7.15 | 0 | 3.9 | 0 | 27.6 | 19.5 | 0 | 0 | 0 |
| Н | \*Зефир | 50 | 0.32 | 0.00 | 0.15 | 161.27 | 0 | 0 | 0 | 0.6 | 13.4 | 0 | 3.4 | 0 | 0 | 6.6 | 0 | 0 | 0 |
| б/н | \*Булочка | 100 | 8.80 | 2.20 | 50.30 | 257.00 | 0.12 | 0.08 | 0 | 1.1 | 67 | 0.01 | 18 | 0 | 157 | 105 | 0.01 | 0.02 | 0 |
| **ИТОГО ПО ПРИЕМУ ПИЩИ:** | | **650** | **37,29** | **24,8** | **156,47** | **1251,39** | **0,285** | **0,175** | **4,4** | **5,505** | **127,53** | **0,01** | **102,38** | **0** | **356,46** | **346,12** | **0,01** | **0,04** | **0,26** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ИТОГО ЗА ДЕНЬ:** | | **650** | **37,29** | **24,8** | **156,47** | **1251,39** | **0,285** | **0,175** | **4,4** | **5,505** | **127,53** | **0,01** | **102,38** | **0** | **356,46** | **346,12** | **0,01** | **0,04** | **0,26** |
| **День 10** | | | | | | | | | | | | | | | | | | | |
| 43 | \*Суп с клецками | 250 | 10.45 | 9.78 | 43.18 | 305.42 | 0.275 | 0.25 | 22.45 | 1.625 | 26.425 | 0 | 24.625 | 0 | 585.6 | 64.55 | 0 | 0 | 0.025 |
| 342 | \*Компот из свежих  плодов (яблоки) | 200 | 0.16 | 0.16 | 23.88 | 94.60 | 0.02 | 0 | 4 | 0.94 | 7 | 0 | 3.6 | 0 | 111.8 | 4.4 | 0 | 0 | 0 |
| Н | \*Хлеб пшеничный | 50 | 3.95 | 0.50 | 1.05 | 116.90 | 0.05 | 0 | 0 | 0.55 | 11.5 | 0 | 16.5 | 0 | 0 | 43.5 | 0 | 0 | 0 |
| 3 | \*Бутерброд с сыром | 50 | 5.80 | 8.37 | 15.51 | 161.50 | 0.04 | 0.06 | 0.105 | 0.525 | 139.15 | 0.045 | 9.15 | 0.145 | 40.8 | 94.5 | 0 | 0 | 0 |
| 458ж | \*Фрукты свежие  (яблоко) | 100 | 0.40 | 0.40 | 9.80 | 47.00 | 0.03 | 0.02 | 10 | 2.2 | 16 | 0 | 9 | 0 | 278 | 11 | 0 | 0 | 0.01 |
| б/н | \*Конфета шоколадная | 40 | 1.56 | 5.84 | 28.00 | 163.80 | 0.008 | 0.02 | 0 | 0.48 | 36 | 0 | 7.2 | 0 | 135.6 | 51.6 | 0 | 0 | 0 |
| **ИТОГО ПО ПРИЕМУ ПИЩИ:** | | **690** | **22,32** | **25,05** | **121,42** | **889,22** | **0,423** | **0,35** | **36,555** | **6,32** | **236,075** | **0,045** | **70,075** | **0,145** | **1151,8** | **269,55** | **0** | **0** | **0,035** |
| **ИТОГО ЗА ДЕНЬ:** | | **690** | **22,32** | **25,05** | **121,42** | **889,22** | **0,423** | **0,35** | **36,555** | **6,32** | **236,075** | **0,045** | **70,075** | **0,145** | **1151,8** | **269,55** | **0** | **0** | **0,035** |
| **ИТОГО ЗА ВЕСЬ ПЕРИОД:** | | **7330** | **301,47** | **233,11** | **1304,96** | **9738,7** | **3,926** | **3,095** | **613,53** | **70,34** | **2139,35** | **0,383** | **738,375** | **6,33** | **6799,445** | **2943,895** | **0,133** | **0,211** | **1,43** |
| **СРЕДНЕЕ ЗНАЧЕНИЕ ЗА ПЕРИО** | | **733** | **30,15** | **23,31** | **130,5** | **973,87** | **0,39** | **0,31** | **61,35** | **7,03** | **213,94** | **0,04** | **73,84** | **0,63** | **679,94** | **294,39** | **0,01** | **0,02** | **0,14** |
| **углеводов в меню за плановый период в % от** | |  | **12,38** | **21,54** | **53,6** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |