**«УТВЕРЖДЕНО»**

 Директор ОУ\_\_\_\_\_\_\_\_\_\_Евсеенкова Л.В.

**Примерное меню на 2-ве недели**

**горячие завтраки**

**для питания школьников**

**(7-11 лет)**

**1 неделя**

1день **Понедельник**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
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| **№\рец** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
| **679** | **Каша гречневая рассыпчат** | **150** | **4,58** | **5,01**  | **20,52** | **145,5** | **8,45** | **72,03** | **2,42** | **0**  |
| **268** | **Котлета из птицы** | **80** | **9,35** | **20,68** | **9,56** | **263,76** | **13,32** | **18,89** | **1,1** | **2,54** |
| **868** | **Компот из сухофруктов** | **200** | **1,77** | **0,33** | **14,04** | **132,8** | **32,48** | **17,46** | **0,7** | **0,73** |
|  | **Хлеб**  | **30** | **1,77** | **1,32** | **28,53** | **147,9** | **22** | **12,01** | **0,85** | **0,12** |
| **15** | **Бутерброд с сыром и мас** | **30\16\5** | **7,93** | **5,32** | **0** | **68,66** | **264** | **10,5** | **0,3** | **0,21** |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **Итого за день** | **511** | **25,4** | **32,66** | **72,65** | **758,62** |  |  |  |  |

**1 неделя**

2день **вторник**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
| **469** | **Запеканка из творога** | **150** | **20,46** | **15,48** | **39,2** | **378** | **273,82** | **37,18** | **0,9** | **0,66** |
| **382** | **Какао с молоком** | **200** | **4,07** | **3,54** | **17,58** | **118,36** | **152,22** | **21,34** | **0,48** | **1,59** |
| **1** | **Бутерброд с маслом** | **30\10** | **2,84** | **14,74** | **15,02** | **202** | **10,8** | **4,2** | **0,37** | **0** |
|  | **Яблоко** | **100** | **0,4** | **0** | **10,7** | **42** | **6** | **5** | **0,12** | **4,6** |
|  | **Итого за день** | **490** | **27,77** | **33,76** | **82,5** | **740,36** |  |  |  |  |

**1 неделя**

3день **Среда**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
| **43** | **Салат из бел. капусты**  | **100** | **1,31** | **3,25** | **6,47** | **60,4** | **24,97** | **15,09** | **0,47** | **17,1** |
| **259** | **Жаркое по-домашнему** | **150** | **12,3** | **29,5** | **16,58** | **383** | **28,69** | **42,84** | **3,02** | **6,76** |
| **943** | **Чай с сахаром** | **200\15** | **0,07** | **0,02** | **15** | **60** | **11,1** | **1,4** | **0,28** | **0,03** |
|  | **Хлеб**  | **30** | **1,77** | **0,33** | **14,4** | **68,1** | **21,9** | **12** | **0,85** | **0,12** |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **Итого за день** | **495** | **15,45** | **33,10** | **52,45** | **571,5** |  |  |  |  |

**1 неделя**

4день **Четверг**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
| **688** | **Макароны отварные**  | **150** | **5,46** | **5,78** | **30,16** | **195,72** | **9,72** | **42,24** | **2,21** | **0** |
| **255** | **Печень по-строгановски** | **100** | **9,95** | **8,42** | **2,64** | **138,35** | **24,93** | **140,85** | **3,75** | **6,33** |
| **948** | **Кисель плодово-ягодный** | **200** | **0** | **0** | **9,98** | **119** | **0,2** | **0** | **0,03** | **0** |
|  | **Хлеб**  | **30** | **1,77** | **0,33**  | **14,4** | **68,1** | **21,9** | **12** | **0,85** | **0,12** |
| **гост** | **Йогурт** | **95** | **4,6** | **3,3** | **6,4** | **71** | **122** | **15** | **0,1** | **06** |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **Итого за день** | **575** | **21,78** | **17,83** | **63,58** | **592,17** |  |  |  |  |

**1 неделя**

5день **Пятница**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
| **14** | **Салат из св. помидоров** | **60** | **0,57** | **3,09** | **2,36** | **39,55** | **8,79** | **8,89** | **0,42** | **10,21** |
| **255** | **Каша мол. пшённо-рис** | **180** | **5,21** | **9,58** | **28,70** | **222,86** | **114,33** | **31,90** | **0,69** | **0,83** |
| **397** | **Какао со сгущ.молоком** | **200** | **4,68** |  **3,88** | **21,69** | **136,58** |  **0,16** |  **0,17** | **0,01** |  **0** |
| **15** | **Бутерброд с маслом и сыром** | **30\16\5** | **8,10** | **20,06** | **15,02** | **270,66** | **274,8** | **14,7** | **0,67** | **0,21** |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  **Итого за день** |  **491** | **18,56** | **36,61** | **76,69** | **669,65** |  |  |  |  |

**2 неделя**

1день **Понедельник**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
| **52** | **Салат из свеклы отв.**  | **100** | **0,75** | **3,00** | **4,13** | **46,4** | **17,73** | **10,34**  | **0,65**  | **3,33** |
| **694** | **Картофельное пюре** | **150** | **3,00** | **4, 75** | **20,42** | **137,25**  | **41,33** | **370,83** | **1,13** | **20,18** |
| **226** | **Рыба отварная** | **100\5** | **16,1** | **5,2** | **0**  | **162,11** | **6,40** | **17,18**  |  **0,34** | **0,20** |
| **868** | **Компот из сухофрукт.** | **200** | **1,77** | **0,33** | **14,04** | **132,8** | **32,48** | **17,46** | **0,7** | **0,73** |
|  | **Хлеб**  |  **30** | **1,77** | **0,33**  | **14,4** | **68,1** | **21,9** | **12** | **0,85** | **0,12** |
|  | **Банан**  | **100** | **1,8** | **0** | **22,4** | **91** | **8** | **42** | **0,6** | **6,6** |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **Итого за день** | **685** | **25,19** | **13,61** | **75,39** | **637.66** |  |  |  |  |

**2 неделя**

2день **Вторник**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
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| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
| **13** | **Салат из св. огурцов** | **60** | **0,35** | **0,05**  | **0,95** | **60**  | **8,5** | **7** | **0,25** | **2,45** |
| **679** | **Каша гречневая рас.** | **150** | **4,58** | **5,01**  | **20,52** | **145,5** | **8,45** | **72,03** | **2,42** | **0**  |
| **608** | **Шницель**  |  **80\5** | **12.88** | **14,7**  | **13,76** | **241,6** | **21,31** | **30,22** | **1,76**  | **4,06**  |
|  | **Хлеб**  | **30** | **1,77** | **0,33**  | **14,4** | **68,1** | **21,9** | **12** | **0,85** | **0,12** |
| **943** | **Чай с сахаром** | **200\15** | **0,07** | **0,02** | **15** | **60** | **11,1** | **1,4** | **0,28** | **0,03** |
|  | **Яблоко**  | **100** | **0,4** | **0** | **10,7** | **42** | **6** | **5** | **0,12** | **4,6** |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **Итого за день** | **640** | **20,05** | **20,11** | **75,33** | **617,2** |  |  |  |  |

**2 неделя**

3день **Среда**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
| **336** | **Капуста тушёная**  | **180** | **3,38** | **3,47** | **10,62** | **83,36** | **83,93** | **27,63**  | **1,06** | **72,58** |
| **288** | **Птица отварная**  | **100** | **21,10** | **13,60** | **0** | **206,25**  | **39** | **20** | **1,8** | **0** |
|  | **Хлеб**  |  **30** | **1,77** | **0,33**  | **14,4** | **68,1** | **21,9** | **12** | **0,85** | **0,12** |
| **гост** | **Сок фруктовый** | **200** | **1** | **0,2** | **20,2** | **92** | **14** | **8** | **2,8** | **4** |
| **гост** | **Йогурт** | **95** | **4,6** | **3,3** | **6,4** | **71** | **122** | **15** | **0,1** | **06** |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **Итого за день** | **605** | **31,85** | **20,9** | **51,62** | **520,71** |  |  |  |  |

**2 неделя**

4день **Четверг**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
| **14** | **Салат из св. помидоров** | **60** | **0,57** | **3,09** | **2,36** | **39,55** | **8,79** | **8,89** | **0,42** | **10,21** |
| **688** | **Макароны отварные**  | **150** | **5,46** | **5,79** | **30,46** | **195,72**  | **9,72** | **42,24** | **2,21** | **0** |
| **234** | **Котлета рыбная**  | **100\10** | **10,46** | **12,27** | **12,78** | **203,2** | **59,42** | **33,2** | **1,18** | **0,53**  |
| **868** | **Компот из сухофруктов** | **200** | **1,77** | **0,33** | **14,04** | **132,8** | **32,48** | **17,46** | **0,7** | **0,73** |
|  | **Хлеб**  | **30** | **1,77** | **0,33**  | **14,4** | **68,1** | **21,9** | **12** | **0,85** | **0,12** |
| **гост** | **Йогурт**  | **95** | **4,37** | **3,14** | **6,08** | **67,45** | **115,9** | **14,25** | **0,1** | **0,57** |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **Итого за день** | **645** | **15,4** | **24,95** | **80,12** | **706,82** |  |  |  |  |

**2 неделя**

5день **Пятница**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
| **43** | **Салат из бел. капусты** | **100** | **0,66** | **1,63** | **3,24** | **30,2** | **12,49** | **7,55** | **0,24** | **8,55** |
| **142** | **Картофель тушён. с овощ.**  | **175** | **4,08** | **15,74** | **28,32** | **270** | **40,7** | **39,33** | **1,5** | **24,96** |
| **268** | **Котлета из птицы**  | **80** | **9,35** | **20,68**  | **9,56** | **263,76** | **13,32** | **18,89** | **1,1** | **2,54** |
| **377** | **Чай с лимоном**  | **200\7** | **0,13** | **0,02** | **15,2** | **62** | **14,2** | **2,4** | **0,36** | **2,83** |
|  | **Хлеб**  | **30** | **1,77** | **0,33** | **14,04** | **68,1** | **21,9** | **12** | **0,85** | **0,12** |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **Итого за день** | **592** | **15,99** | **38,4** | **70,72** | **694,06** |  |  |  |  |

 **«УТВЕРЖДЕНО»**

 Директор ОУ\_\_\_\_\_\_\_\_\_\_Евсеенкова Л.В.

**Примерное меню на 2-ве недели**

**горячие завтраки**

**для питания школьников**

**(12-17 лет)**

**1 неделя**

1день **Понедельник**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№\рец** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
|  | **Каша гречневая рас.** | **150** | **4,58** | **5,01**  | **20,52** | **145,5** | **8,45** | **72,03** | **2,42** | **0**  |
|  | **Котлета из птицы** | **80** | **9,35** | **20,68** | **9,56** | **263,76** | **13,32** | **18,89** | **1,1** | **2,54** |
|  | **Компот из сухофруктов** | **200** | **1,77** | **0,33** | **14,04** | **132,8** | **32,48** | **17,46** | **0,7** | **0,73** |
|  | **Хлеб**  | **30** | **1,77** | **1,32** | **28,53** | **147,9** | **22** | **12,01** | **0,85** | **0,12** |
|  | **Итого за день** | **460** |  |  |  |  |  |  |  |  |

**1 неделя**

2день **вторник**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
|  | **Запеканка из творога** | **150** | **20,46** | **15,48** | **39,2** | **378** | **273,82** | **37,18** | **0,9** | **0,66** |
|  | **Какао с молоком** | **200** | **4,07** | **3,54** | **17,58** | **118,36** | **152,22** | **21,34** | **0,48** | **1,59** |
|  | **Бутерброд с маслом** | **30\10** | **2,84** | **14,74** | **15,02** | **202** | **10,8** | **4,2** | **0,37** | **0** |
|  | **Итого за день** | **390** |  |  |  |  |  |  |  |  |

**1 неделя**

3день **Среда**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
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| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
|  | **Жаркое по-домашнему** | **150** | **12,3** | **29,5** | **16,58** | **383** | **28,69** | **42,84** | **3,02** | **6,76** |
|  | **Чай с сахаром** | **200\15** | **0,07** | **0,02** | **15** | **60** | **11,1** | **1,4** | **0,28** | **0,03** |
|  | **Хлеб**  | **30** | **1,77** | **0,33** | **14,4** | **68,1** | **21,9** | **12** | **0,85** | **0,12** |
|  | **Итого за день** | **365** |  |  |  |  |  |  |  |  |

**1 неделя**

4день **Четверг**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
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| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
|  | **Макароны отварные**  | **150** | **5,46** | **5,78** | **30,16** | **195,72** | **9,72** | **42,24** | **2,21** | **0** |
|  | **Печень по-строгановски** | **100** | **9,95** | **8,42** | **2,64** | **138,35** | **24,93** | **140,85** | **3,75** | **6,33** |
|  | **Кисель плодово-ягодный** | **200** | **0** | **0** | **9,98** | **119** | **0,2** | **0** | **0,03** | **0** |
|  | **Хлеб**  | **30** | **1,77** | **0,33**  | **14,4** | **68,1** | **21,9** | **12** | **0,85** | **0,12** |
|  | **Итого за день** | **480** |  |  |  |  |  |  |  |  |

**1 неделя**

5день **Пятница**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
|  | **Салат из св. помидоров** | **60** | **0,57** | **3,09** | **2,36** | **39,55** | **8,79** | **8,89** | **0,42** | **10,21** |
|  | **Каша мол. пшённо-рис** | **180** | **5,21** | **9,58** | **28,70** | **222,86** | **114,33** | **31,90** | **0,69** | **0,83** |
|  | **Какао со сгущ.молоком** | **200** | **4,68** |  **3,88** | **21,69** | **136,58** |  **0,16** |  **0,17** | **0,01** |  **0** |
|  | **Итого за день** | **440** |  |  |  |  |  |  |  |  |

**2 неделя**

1день **Понедельник**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
|  | **Картофельное пюре** | **150** | **3,00** | **4, 75** | **20,42** | **137,25**  | **41,33** | **370,83** | **1,13** | **20,18** |
|  | **Рыба отварная** | **100\5** | **16,1** | **5,2** | **0**  | **162,11** | **6,40** | **17,18**  |  **0,34** | **0,20** |
|  | **Компот из сухофрукт.** | **200** | **1,77** | **0,33** | **14,04** | **132,8** | **32,48** | **17,46** | **0,7** | **0,73** |
|  | **Хлеб**  |  **30** | **1,77** | **0,33**  | **14,4** | **68,1** | **21,9** | **12** | **0,85** | **0,12** |
|  | **Итого за день** | **485** |  |  |  |  |  |  |  |  |

**2 неделя**

2день **Вторник**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
|  | **Каша гречневая рас.** | **150** | **4,58** | **5,01**  | **20,52** | **145,5** | **8,45** | **72,03** | **2,42** | **0**  |
|  | **Шницель**  |  **80\5** | **12.88** | **14,7**  | **13,76** | **241,6** | **21,31** | **30,22** | **1,76**  | **4,06**  |
|  | **Хлеб**  |  **30** | **1,77** | **0,33**  | **14,4** | **68,1** | **21,9** | **12** | **0,85** | **0,12** |
|  | **Чай с сахаром** | **200\15** | **0,07** | **0,02** | **15** | **60** | **11,1** | **1,4** | **0,28** | **0,03** |
|  | **Итого за день** | **480** |  |  |  |  |  |  |  |  |

**2 неделя**

3день **Среда**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
|  | **Капуста тушёная**  | **180** | **3,38** | **3,47** | **10,62** | **83,36** | **83,93** | **27,63**  | **1,06** | **72,58** |
|  | **Птица отварная**  | **100** | **21,10** | **13,60** | **0** | **206,25**  | **39** | **20** | **1,8** | **0** |
|  | **Хлеб**  |  **30** | **1,77** | **0,33**  | **14,4** | **68,1** | **21,9** | **12** | **0,85** | **0,12** |
|  | **Сок фруктовый** | **200** | **1** | **0,2** | **20,2** | **92** | **14** | **8** | **2,8** | **4** |
|  |  **Итого за день** | **510** |  |  |  |  |  |  |  |  |

**2 неделя**

4день **Четверг**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
|  | **Салат из св. помидоров** | **60** | **0,57** | **3,09** | **2,36** | **39,55** | **8,79** | **8,89** | **0,42** | **10,21** |
|  | **Макароны отварные**  | **150** | **5,46** | **5,79** | **30,46** | **195,72**  | **9,72** | **42,24** | **2,21** | **0** |
|  | **Котлета рыбная**  | **100\10** | **10,46** | **12,27** | **12,78** | **203,2** | **59,42** | **33,2** | **1,18** | **0,53**  |
|  | **Компот из сухофруктов** | **200** | **1,77** | **0,33** | **14,04** | **132,8** | **32,48** | **17,46** | **0,7** | **0,73** |
|  | **Хлеб**  | **30** | **1,77** | **0,33**  | **14,4** | **68,1** | **21,9** | **12** | **0,85** | **0,12** |
|  | **Итого за день** | **550** |  |  |  |  |  |  |  |  |

**2 неделя**

5день **Пятница**

Сезон **Осенне-зимний**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№\п** | **Наименование блюда** | **выход** | **Б** | **Ж** | **У** | **Э\ц** | **Са** | **Мg** | **Fe** | **C** |
|  | **Картофель тушён. с овощ.**  | **175** | **4,08** | **15,74** | **28,32** | **270** | **40,7** | **39,33** | **1,5** | **24,96** |
|  | **Котлета из птицы**  | **80** | **9,35** | **20,68**  | **9,56** | **263,76** | **13,32** | **18,89** | **1,1** | **2,54** |
|  | **Чай с лимоном**  | **200\7** | **0,13** | **0,02** | **15,2** | **62** | **14,2** | **2,4** | **0,36** | **2,83** |
|  | **Хлеб**  | **30** | **1,77** | **0,33** | **14,04** | **68,1** | **21,9** | **12** | **0,85** | **0,12** |
|  |  **Итого за день** |  **492** |  |  |  |  |  |  |  |  |