Утверждаю директор МКОУ «Тлохская СОШ» Согласовано ТО Управления Роспотребнадзора по РД в Ботлихском районе

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Гайдаров С.Г \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Таймасханов М.Р.

От 01.09.2020 год. От\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2020 год.

**Примерное 12- дневное меню для бесплатного питания учащихся 1-4 –х классов МКОУ «Тлохская СОШ»**

**Суточная калорийность - 2350 ккал. Возрастная категория 7-11 лет.**

**Завтрак в школе - 470-587 ккал.**

**Один день - 545 ккал.**

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| **№ рецепта** | | **Наименование блюд** | | **Масса** | | **Пищевая ценность** | | | | | | **Энерг. ценность** | **Витамины ,мг.** | | | | | | | **Минеральные вещества ,мг.** | | | | | |
| **Завтрак** | |  | | **Б** | | **Ж** | | **У** | |  | **В1** | **А** | | **С** | **Е** | | | **Са** | **Р** | | | **Мg** | **Fe** |
| **1 день** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **424** | **Яйцо отварная** | | **40** | | **5,10** | | **4,60** | | **0,30** | | **63,00** | | **0,03** | **0,10** | **0,00** | | | **0** | **22,00** | | | **76,8** | **4,80** | | **1,00** |
| **43** | **Салат из белокочанной капусты с морковью** | | **60** | | **0,85** | | **3,05** | | **5.41** | | **52,44** | | **0,02** | **0,00** | **19,47** | | | **0** | **22,42** | | | **16,57** | **9,10** | | **0,31** |
| **619** | **Банан** | | **100** | | **0.1** | | **0.1** | | **2.1** | | **89** | | **0.03** | **8.7** | **0** | | | **0** | **5** | | | **0** | **37** | | **0.82** |
| **79 2005** | **Каша гречневая** | | **150** | | **9.41** | | **6.96** | | **46.32** | | **245.1** | | **4** | **3** | **7** | | | **2** | **2.2** | | | **198** | **16.6** | | **1** |
| **637 2005** | **Птица отварная** | | **80** | | **16.18** | | **10,88** | | **0,00** | | **165** | | **0,03** | **16** | **0** | | | **0** | **31,2** | | | **114,4** | **16** | | **1,44** |
| **4** | **Хлеб ржаной** | | **60** | | **3.96** | | **0.72** | | **1.38** | | **108.6** | | **0.1** | **0** | **0** | | | **0.50** | **21** | | | **75.4** | **12** | | **0.63** |
| **41** | **Масло сливочное** | | **5** | | **0,9** | | **5.20** | | **0,10** | | **44,50** | | **0** | **54** | **0** | | | **0** | **1** | | | **0** | **0** | | **2** |
| **2348** | **Чай с сахаром** | | **200** | | **0** | | **0** | | **11.55** | | **48** | | **0,00** | **0,00** | **0** | | | **0** | **0** | | | **0** | **0** | | **02** |
|  | **ИТОГО** | | **595** | | **36.5** | | **31,51** | | **67.16** | | **815.64** | | **4.21** | **81.8** | **26.47** | | | **2.50** | **104.82** | | | **481.17** | **95.5** | | **7.4** |

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| **№ рецепта** | | **Наименование блюд** | | **Масса** | | **Пищевая ценность** | | | | | | **Энерг. ценность** | **Витамины ,мг.** | | | | | **Минеральные вещества ,мг.** | | | | | |
| **Завтрак** | |  | | **Б** | | **Ж** | | **У** | |  | **В1** | **А** | | **С** | | **Са** | **Р** | | | **Мg** | **Fe** |
| **2 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **378** | **Овощной салат** | | **60** | | **1,268** | | **1,232** | | **4,965** | | **45,516** | | **0,036** | **0** | **15** | | **8,4** | | | **0** | **15,6** | | **12** |
| **619 2-2002** | **Сыр твердый, порц.** | | **15** | | **4,7** | | **4,45** | | **0,75** | | **54,6** | | **0,00** | **39** | **0,12** | | **13,2** | | | **0,15** | **87** | | **5,4** |
| **4** | **Каша пшенная** | | **150** | | **5,63** | | **6,8** | | **42,4** | | **234,28** | | **0,13** | **0,12** | **0,4** | | **113,6** | | | **97** | **19,3** | | **0,52** |
| **413** | **Сосиска отварная** | | **80** | | **3.45** | | **4.2** | | **7.85** | | **90.9** | | **0,67** | **0** | **0** | | **12,44** | | | **10.0** | **0.93** | | **0,07** |
| **424** | **Яйцо отварная** | | **40** | | **5.10** | | **4.6** | | **0.30** | | **63.0** | | **0,03** | **0,10** | **0,00** | | **22.0** | | | **76.8** | **4.80** | | **1.0** |
| **4** | **Хлеб пшеничный** | | **40** | | **3.07** | | **1.07** | | **20.9** | | **107.2** | | **0.07** | **0** | **0** | | **14** | | | **69.2** | **1.1** | | **1,05** |
| **399** | **Сок натур.** | | **200** | | **0,05** | | **0.1** | | **8.1** | | **36** | | **0.01** | **0** | **2** | | **7** | | | **9** | **0.4** | | **0.8** |
| **41** | **Масло сливочное (порциями)** | | **5** | | **0.9** | | **5.20** | | **0.10** | | **44.50** | | **0** | **54** | **0** | | **1** | | | **0** | **0** | | **2** |
| **368** | **Яблоко** | | **100** | | **0.9** | | **0.2** | | **6.1** | | **23.76** | | **0.04** | **0** | **25** | | **34** | | | **35** | **13** | | **0.3** |
|  | **ИТОГО** | | **690** | | **25.06** | | **27,85** | | **94,01** | | **699,75** | | **0.956** | **93.22** | **42.52** | | **225.64** | | | **297.15** | **142.13** | | **23.14** |

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| **№ рецепта** | | **Наименование блюд** | | **Масса** | | **Пищевая ценность** | | | | | | **Энерг. ценность** | **Витамины ,мг.** | | | | | **Минеральные вещества ,мг.** | | | | | |
| **Завтрак** | |  | | **Б** | | **Ж** | | **У** | |  | **В1** | **А** | | **С** | | **Са** | **Р** | | | **Мg** | **Fe** |
| **3 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **4** | **Каша рисовая** | | **150** | | **2.27** | | **1.23** | | **16.65** | | **177.11** | | **0.04** | **0.03** | **0.16** | | **57.8** | | | **27** | **23.8** | | **0.24** |
| **4** | **Хлеб пшеничная** | | **40** | | **3.07** | | **1.07** | | **20.9** | | **107.2** | | **0.07** | **0.5** | **0** | | **14** | | | **69.2** | **1.1** | | **1.05** |
| **41** | **Масло сливочное** | | **5** | | **0.9** | | **5.20** | | **0.10** | | **44.50** | | **0** | **54** | **0** | | **1** | | | **0** | **0** | | **2** |
| **424** | **Яйцо варенное** | | **40** | | **5.10** | | **4.60** | | **0.30** | | **63.0** | | **0.03** | **0.10** | **0** | | **22.0** | | | **76.8** | **4,80** | | **1.0** |
| **413** | **Сосиски отварные** | | **80** | | **3.45** | | **4.2** | | **7.85** | | **90.9** | | **0.67** | **0** | **0** | | **12.44** | | | **10.0** | **0.93** | | **0.07** |
| **378** | **Салат овощной** | | **60** | | **1.268** | | **1.232** | | **4.965** | | **45.516** | | **0.036** | **0** | **15** | | **8.4** | | | **0** | **15.6** | | **12** |
| **2348** | **Чай с сахаром** | | **200** | | **0** | | **0** | | **11.55** | | **48** | | **0** | **0** | **0** | | **0** | | | **0** | **0** | | **2** |
| **6192-2002** | **Сыр твердый порц.** | | **15** | | **4.7** | | **4.45** | | **0.75** | | **54.6** | | **0** | **39** | **0.12** | | **13.2** | | | **0.15** | **87** | | **5.4** |
| **368** | **Апельсин** | | **100** | | **0.4** | | **0.4** | | **10.3** | | **44** | | **0.03** | **0** | **10** | | **16** | | | **11** | **9** | | **0.3** |
| **96436727-010** | **Несквик** | | **150** | | **3.6** | | **3.7** | | **15.4** | | **108.4** | | **78** | **7** | **0** | | **0** | | | **12** | **24** | | **0** |
|  | **ИТОГО** | | **840** | | **24.75** | | **26.08** | | **88.76** | | **783.22** | | **78.876** | **100.63** | **25.28** | | **132.84** | | | **206.15** | **166.23** | | **24.06** |

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| **№ рецепта** | | **Наименование блюд** | | **Масса** | | **Пищевая ценность** | | | | | | **Энерг. ценность** | **Витамины ,мг.** | | | | | | | **Минеральные вещества ,мг.** | | | | | |
| **Завтрак** | |  | | **Б** | | **Ж** | | **У** | |  | **В1** | **А** | | **С** | **Е** | | | **Са** | **Р** | | | **Мg** | **Fe** |
| **4 день** | | | | | | | | | | | | | | | | | | | | | | | | | |
| **424** | **Яйцо отварная** | | **40** | | **5,10** | | **4,60** | | **0,30** | | **63,00** | | **0,03** | **0,10** | **0,00** | | | **0** | **22,00** | | | **76,8** | **4,80** | | **1,00** |
| **43** | **Салат из белокочанной капусты с морковью** | | **60** | | **0,85** | | **3,05** | | **5.41** | | **52,44** | | **0,02** | **0,00** | **19,47** | | | **0** | **22,42** | | | **16,57** | **9,10** | | **0,31** |
| **619** | **Банан** | | **100** | | **0.1** | | **0.1** | | **2.1** | | **89** | | **0.03** | **8.7** | **0** | | | **0** | **5** | | | **0** | **37** | | **0.82** |
| **79 2005** | **Каша гречневая** | | **150** | | **9.41** | | **6.96** | | **46.32** | | **245.1** | | **4** | **3** | **7** | | | **2** | **2.2** | | | **198** | **16.6** | | **1** |
| **637 2005** | **Птица отварная** | | **80** | | **16.18** | | **10,88** | | **0,00** | | **165** | | **0,03** | **16** | **0** | | | **0** | **31,2** | | | **114,4** | **16** | | **1,44** |
| **4** | **Хлеб ржаной** | | **60** | | **3.96** | | **0.72** | | **1.38** | | **108.6** | | **0.1** | **0** | **0** | | | **0.50** | **21** | | | **75.4** | **12** | | **0.63** |
| **41** | **Масло сливочное** | | **5** | | **0,9** | | **5.20** | | **0,10** | | **44,50** | | **0** | **54** | **0** | | | **0** | **1** | | | **0** | **0** | | **2** |
| **2348** | **Чай с сахаром** | | **200** | | **0** | | **0** | | **11.55** | | **48** | | **0,00** | **0,00** | **0** | | | **0** | **0** | | | **0** | **0** | | **02** |
|  | **ИТОГО** | | **595** | | **36.5** | | **31,51** | | **67.16** | | **815.64** | | **4.21** | **81.8** | **26.47** | | | **2.50** | **104.82** | | | **481.17** | **95.5** | | **7.4** |

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| **№ рецепта** | | **Наименование блюд** | | **Масса** | | **Пищевая ценность** | | | | | | **Энерг. ценность** | **Витамины ,мг.** | | | | | **Минеральные вещества ,мг.** | | | | | |
| **Завтрак** | |  | | **Б** | | **Ж** | | **У** | |  | **В1** | **А** | | **С** | | **Са** | **Р** | | | **Мg** | **Fe** |
| **5 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **792005** | **Каша гречневая** | | **150** | | **9.41** | | **6.96** | | **46.32** | | **245.1** | | **4** | **3** | **7** | | **2.2** | | | **198** | **16.6** | | **1** |
| **4** | **Хлеб пшеничный** | | **40** | | **3.07** | | **1.07** | | **20.9** | | **107.2** | | **0.07** | **0** | **0** | | **14** | | | **69.2** | **1.1** | | **1.05** |
| 2348 | Чай с сахаром | | 200 | | 0 | | 0 | | 11.55 | | 48 | | 0 | 0 | 0 | | 0 | | | 0 | 0 | | **2** |
| **41** | **Масло сливочное** | | **5** | | **0.9** | | **5.20** | | **0.10** | | **44.50** | | **0** | **54** | **0** | | **1** | | | **0** | **0** | | **2** |
| **424** | **Яйцо отварная** | | **40** | | **5.10** | | **4.60** | | **0.30** | | **63.0** | | **0.03** | **0.10** | **0** | | **22.0** | | | **76.8** | **4.80** | | **1.0** |
| **637 2005** | **Птица отварная** | | **80** | | **16.18** | | **10.88** | | **0.0** | | **165** | | **0.03** | **16** | **0** | | **31.2** | | | **114.3** | **16** | | **1.44** |
| **619** | **Банан** | | **100** | | **0.1** | | **0.1** | | **2.1** | | **89** | | **0.03** | **8.7** | **0** | | **5** | | | **0** | **37** | | **0.82** |
| **43** | **Салат из белокочанной капусты с морковью** | | **60** | | **0.85** | | **3.05** | | **5.41** | | **52.44** | | **0.02** | **0** | **19.47** | | **22.42** | | | **16.57** | **9.10** | | **0.31** |
| **96436727-010** | **Несквик** | | **150** | | **3.6** | | **3.7** | | **15.4** | | **108.4** | | **78** | **7** | **0** | | **0** | | | **12** | **24** | | **0** |
|  | **ИТОГО** | | **825** | | **39.21** | | **32.51** | | **102.08** | | **922.64** | | **82.18** | **88.8** | **26.47** | | **97.82** | | | **486.87** | **84.60** | | **10.07** |

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| **№ рецепта** | | **Наименование блюд** | | **Масса** | | **Пищевая ценность** | | | | | **Энерг. ценность** | **Витамины ,мг.** | | | | | **Минеральные вещества ,мг.** | | | | | |
| **Завтрак** | |  | | **Б** | | **Ж** | | **У** |  | **В1** | **А** | | **С** | | **Са** | **Р** | | | **Мg** | **Fe** |
| **6 день** | | | | | | | | | | | | | | | | | | | | | | |
| **4** | **Хлеб пшеничная** | | **40** | | **3.07** | | **1.07** | | **20.9** | | **107.2** | **0.07** | **0** | **0** | | **14** | | | **69.2** | **1.1** | | **1.05** |
| **399** | **Сок натуральный** | | **200** | | **0.05** | | **0.1** | | **8.1** | | **36** | **0.01** | **0** | **2** | | **7** | | | **9** | **0.4** | | **0.8** |
| **41** | **Масло сливочное** | | **5** | | **0.9** | | **5.20** | | **0.10** | | **44.50** | **0** | **54** | **0** | | **1** | | | **0** | **0** | | **2** |
| 4 | **Каша пшенная** | | **150** | | **5.63** | | **6.8** | | **42.4** | | **234.28** | 0.13 | 0.12 | 0.4 | | 113.6 | | | 97 | 19.3 | | 0.52 |
| **424** | **Яйцо отварная** | | **40** | | **5.10** | | **4.6** | | **0.30** | | **63.0** | **0.03** | **0.10** | **0** | | **22.0** | | | **76.8** | **4.80** | | **1.0** |
| **413** | **Сосиски отварные** | | **80** | | **3.45** | | **4.2** | | **7.85** | | **90.9** | **0.67** | **0** | **0** | | **12.44** | | | **10.0** | **0.93** | | **0.07** |
| **368** | **Мандарин** | | **100** | | **0.9** | | **0.12** | | **8.43** | | **0.04** | **0** | **0** | **13** | | **60** | | | **35** | **34** | | **0.3** |
| **378** | **Овощной салат** | | **60** | | **1.268** | | **1.232** | | **4.965** | | **45.516** | **0.036** | **0** | **15** | | **8.4** | | | **0** | **15.6** | | **12** |
| **619 2-2002** | **Сыр твердый с порц.** | | **15** | | **4.7** | | **4.45** | | **0.75** | | **54.6** | **0** | **39** | **0.12** | | **13.2** | | | **0.15** | **87** | | **5.4** |
| **96436727-010** | **Несквик** | | **150** | | **3.6** | | **3.7** | | **15.4** | | **108.4** | **78** | **7** | **0** | | **0** | | | **12** | **24** | | **0** |
|  | **ИТОГО** | | **840** | | **28.66** | | **31.47** | | **109.19** | | **784.43** | **78.94** | **100.22** | **30.52** | | **251.64** | | | **309.15** | **187.13** | | **23.14** |

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| **№ рецепта** | | **Наименование блюд** | | **Масса** | | **Пищевая ценность** | | | | | | **Энерг. ценность** | **Витамины ,мг.** | | | | | **Минеральные вещества ,мг.** | | | | | |
| **Завтрак** | |  | | **Б** | | **Ж** | | **У** | |  | **В1** | **А** | | **С** | | **Са** | **Р** | | | **Мg** | **Fe** |
| **7 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **378** | **Овощной салат** | | **60** | | **1,268** | | **1,232** | | **4,965** | | **45,516** | | **0,036** | **0** | **15** | | **8,4** | | | **0** | **15,6** | | **12** |
| **619 2-2002** | **Сыр твердый, порц.** | | **15** | | **4,7** | | **4,45** | | **0,75** | | **54,6** | | **0,00** | **39** | **0,12** | | **13,2** | | | **0,15** | **87** | | **5,4** |
| **694** | **Пюре картофельное** | | **150** | | **3.06** | | **4.80** | | **20.45** | | **137.25** | | **0.14** | **25.50** | **18.17** | | **36.98** | | | **86.60** | **27.75** | | **1.01** |
| **413** | **Сосиска отварная** | | **80** | | **3.45** | | **4.2** | | **7.85** | | **90.9** | | **0,67** | **0** | **0** | | **12,44** | | | **10.0** | **0.93** | | **0,07** |
| **424** | **Яйцо отварная** | | **40** | | **5.10** | | **4.6** | | **0.30** | | **63.0** | | **0,03** | **0,10** | **0,00** | | **22.0** | | | **76.8** | **4.80** | | **1.0** |
| **4** | **Хлеб пшеничный** | | **40** | | **3.07** | | **1.07** | | **20.9** | | **107.2** | | **0.07** | **0** | **0** | | **14** | | | **69.2** | **1.1** | | **1,05** |
| **399** | **Сок натур.** | | **200** | | **0,05** | | **0.1** | | **8.1** | | **36** | | **0.01** | **0** | **2** | | **7** | | | **9** | **0.4** | | **0.8** |
| **41** | **Масло сливочное (порциями)** | | **5** | | **0.9** | | **5.20** | | **0.10** | | **44.50** | | **0** | **54** | **0** | | **1** | | | **0** | **0** | | **2** |
| **368** | **Яблоко** | | **100** | | **0.9** | | **0.2** | | **6.1** | | **23.76** | | **0.04** | **0** | **25** | | **34** | | | **35** | **13** | | **0.3** |
|  | **ИТОГО** | | **690** | | **22.49** | | **25,85** | | **69.51** | | **602,72** | | **0.966** | **118.6** | **60.29** | | **149.02** | | | **286.75** | **150.58** | | **23.63** |

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| **№ рецепта** | | **Наименование блюд** | | **Масса** | | **Пищевая ценность** | | | | | | **Энерг. ценность** | **Витамины ,мг.** | | | | | **Минеральные вещества ,мг.** | | | | | |
| **Завтрак** | |  | | **Б** | | **Ж** | | **У** | |  | **В1** | **А** | | **С** | | **Са** | **Р** | | | **Мg** | **Fe** |
| **8 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **378** | **Овощной салат** | | **60** | | **1,268** | | **1,232** | | **4,965** | | **45,516** | | **0,036** | **0** | **15** | | **8,4** | | | **0** | **15,6** | | **12** |
| **619 2-2002** | **Сыр твердый, порц.** | | **15** | | **4,7** | | **4,45** | | **0,75** | | **54,6** | | **0,00** | **39** | **0,12** | | **13,2** | | | **0,15** | **87** | | **5,4** |
| **4** | **Каша пшенная** | | **150** | | **5,63** | | **6,8** | | **42,4** | | **234,28** | | **0,13** | **0,12** | **0,4** | | **113,6** | | | **97** | **19,3** | | **0,52** |
| **413** | **Сосиска отварная** | | **80** | | **3.45** | | **4.2** | | **7.85** | | **90.9** | | **0,67** | **0** | **0** | | **12,44** | | | **10.0** | **0.93** | | **0,07** |
| **424** | **Яйцо отварная** | | **40** | | **5.10** | | **4.6** | | **0.30** | | **63.0** | | **0,03** | **0,10** | **0,00** | | **22.0** | | | **76.8** | **4.80** | | **1.0** |
| **4** | **Хлеб пшеничный** | | **40** | | **3.07** | | **1.07** | | **20.9** | | **107.2** | | **0.07** | **0** | **0** | | **14** | | | **69.2** | **1.1** | | **1,05** |
| **399** | **Сок натур.** | | **200** | | **0,05** | | **0.1** | | **8.1** | | **36** | | **0.01** | **0** | **2** | | **7** | | | **9** | **0.4** | | **0.8** |
| **41** | **Масло сливочное (порциями)** | | **5** | | **0.9** | | **5.20** | | **0.10** | | **44.50** | | **0** | **54** | **0** | | **1** | | | **0** | **0** | | **2** |
| **368** | **Яблоко** | | **100** | | **0.9** | | **0.2** | | **6.1** | | **23.76** | | **0.04** | **0** | **25** | | **34** | | | **35** | **13** | | **0.3** |
|  | **ИТОГО** | | **690** | | **25.06** | | **27,85** | | **94,01** | | **699,75** | | **0.956** | **93.22** | **42.52** | | **225.64** | | | **297.15** | **142.13** | | **23.14** |

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| **Наименование блюд** | | **Масса** | | **Пищевая ценность** | | | | **Энерг. ценность** | **Витамины ,мг.** | | | | | | **Минеральные вещества ,мг.** | | | | | | |
| **Завтрак** | |  | | **Б** | **Ж** | | **У** |  | **В1** | | **А** | | | **С** | **Са** | **Р** | | | **Мg** | **Fe** | |
| **9 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **Каша гречневая** | **150** | | **9.41** | | **6.96** | **46.32** | | **245.1** | | **4** | | **3** | **7** | | **2.2** | | **198** | **16.6** | | | **1** | |
| **Хлеб пшеничный** | **40** | | **3.07** | | **1.07** | **20.9** | | **107.2** | | **0.07** | | **0** | **0** | | **14** | | **69.2** | **1.1** | | | **1.05** | |
| Чай с сахаром | 200 | | 0 | | 0 | 11.55 | | 48 | | 0 | | 0 | 0 | | 0 | | 0 | 0 | | | **2** | |
| **Масло сливочное** | **5** | | **0.9** | | **5.20** | **0.10** | | **44.50** | | **0** | | **54** | **0** | | **1** | | **0** | **0** | | | **2** | |
| **Яйцо отварная** | **40** | | **5.10** | | **4.60** | **0.30** | | **63.0** | | **0.03** | | **0.10** | **0** | | **22.0** | | **76.8** | **4.80** | | | **1.0** | |
| **Птица отварная** | **80** | | **16.18** | | **10.88** | **0.0** | | **165** | | **0.03** | | **16** | **0** | | **31.2** | | **114.3** | **16** | | | **1.44** | |
| **Банан** | **100** | | **0.1** | | **0.1** | **2.1** | | **89** | | **0.03** | | **8.7** | **0** | | **5** | | **0** | **37** | | | **0.82** | |
| **Салат из белокочанной капусты с морковью** | **60** | | **0.85** | | **3.05** | **5.41** | | **52.44** | | **0.02** | | **0** | **19.47** | | **22.42** | | **16.57** | **9.10** | | | **0.31** | |
| **Несквик** | **150** | | **3.6** | | **3.7** | **15.4** | | **108.4** | | **78** | | **7** | **0** | | **0** | | **12** | **24** | | | **0** | |
| **ИТОГО** | **825** | | **39.21** | | **32.51** | **102.08** | | **922.64** | | **82.18** | | **88.8** | **26.47** | | **97.82** | | **486.87** | **84.60** | | | **10.07** | |

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| **№ рецепта** | | **Наименование блюд** | | **Масса** | | **Пищевая ценность** | | | | | | **Энерг. ценность** | **Витамины ,мг.** | | | | | **Минеральные вещества ,мг.** | | | | | |
| **Завтрак** | |  | | **Б** | | **Ж** | | **У** | |  | **В1** | **А** | | **С** | | **Са** | **Р** | | | **Мg** | **Fe** |
| **10 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **4** | **Каша рисовая** | | **150** | | **2.27** | | **1.23** | | **16.65** | | **177.11** | | **0.04** | **0.03** | **0.16** | | **57.8** | | | **27** | **23.8** | | **0.24** |
| **4** | **Хлеб пшеничная** | | **40** | | **3.07** | | **1.07** | | **20.9** | | **107.2** | | **0.07** | **0.5** | **0** | | **14** | | | **69.2** | **1.1** | | **1.05** |
| **41** | **Масло сливочное** | | **5** | | **0.9** | | **5.20** | | **0.10** | | **44.50** | | **0** | **54** | **0** | | **1** | | | **0** | **0** | | **2** |
| **424** | **Яйцо варенное** | | **40** | | **5.10** | | **4.60** | | **0.30** | | **63.0** | | **0.03** | **0.10** | **0** | | **22.0** | | | **76.8** | **4,80** | | **1.0** |
| **413** | **Сосиски отварные** | | **80** | | **3.45** | | **4.2** | | **7.85** | | **90.9** | | **0.67** | **0** | **0** | | **12.44** | | | **10.0** | **0.93** | | **0.07** |
| **378** | **Салат овощной** | | **60** | | **1.268** | | **1.232** | | **4.965** | | **45.516** | | **0.036** | **0** | **15** | | **8.4** | | | **0** | **15.6** | | **12** |
| **2348** | **Чай с сахаром** | | **200** | | **0** | | **0** | | **11.55** | | **48** | | **0** | **0** | **0** | | **0** | | | **0** | **0** | | **2** |
| **6192-2002** | **Сыр твердый порц.** | | **15** | | **4.7** | | **4.45** | | **0.75** | | **54.6** | | **0** | **39** | **0.12** | | **13.2** | | | **0.15** | **87** | | **5.4** |
| **368** | **Апельсин** | | **100** | | **0.4** | | **0.4** | | **10.3** | | **44** | | **0.03** | **0** | **10** | | **16** | | | **11** | **9** | | **0.3** |
| **96436727-010** | **Несквик** | | **150** | | **3.6** | | **3.7** | | **15.4** | | **108.4** | | **78** | **7** | **0** | | **0** | | | **12** | **24** | | **0** |
|  | **ИТОГО** | | **840** | | **24.75** | | **26.08** | | **88.76** | | **783.22** | | **78.876** | **100.63** | **25.28** | | **132.84** | | | **206.15** | **166.23** | | **24.06** |

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| **№ рецепта** | | **Наименование блюд** | | **Масса** | | **Пищевая ценность** | | | | | | **Энерг. ценность** | **Витамины ,мг.** | | | | | **Минеральные вещества ,мг.** | | | | | |
| **Завтрак** | |  | | **Б** | | **Ж** | | **У** | |  | **В1** | **А** | | **С** | | **Са** | **Р** | | | **Мg** | **Fe** |
| **11 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **378** | **Овощной салат** | | **60** | | **1,268** | | **1,232** | | **4,965** | | **45,516** | | **0,036** | **0** | **15** | | **8,4** | | | **0** | **15,6** | | **12** |
| **619 2-2002** | **Сыр твердый, порц.** | | **15** | | **4,7** | | **4,45** | | **0,75** | | **54,6** | | **0,00** | **39** | **0,12** | | **13,2** | | | **0,15** | **87** | | **5,4** |
| **694** | **Пюре картофельное** | | **150** | | **3.06** | | **4.80** | | **20.45** | | **137.25** | | **0.14** | **25.50** | **18.17** | | **36.98** | | | **86.60** | **27.75** | | **1.01** |
| **413** | **Сосиска отварная** | | **80** | | **3.45** | | **4.2** | | **7.85** | | **90.9** | | **0,67** | **0** | **0** | | **12,44** | | | **10.0** | **0.93** | | **0,07** |
| **424** | **Яйцо отварная** | | **40** | | **5.10** | | **4.6** | | **0.30** | | **63.0** | | **0,03** | **0,10** | **0,00** | | **22.0** | | | **76.8** | **4.80** | | **1.0** |
| **4** | **Хлеб пшеничный** | | **40** | | **3.07** | | **1.07** | | **20.9** | | **107.2** | | **0.07** | **0** | **0** | | **14** | | | **69.2** | **1.1** | | **1,05** |
| **399** | **Сок натур.** | | **200** | | **0,05** | | **0.1** | | **8.1** | | **36** | | **0.01** | **0** | **2** | | **7** | | | **9** | **0.4** | | **0.8** |
| **41** | **Масло сливочное (порциями)** | | **5** | | **0.9** | | **5.20** | | **0.10** | | **44.50** | | **0** | **54** | **0** | | **1** | | | **0** | **0** | | **2** |
| **368** | **Яблоко** | | **100** | | **0.9** | | **0.2** | | **6.1** | | **23.76** | | **0.04** | **0** | **25** | | **34** | | | **35** | **13** | | **0.3** |
|  | **ИТОГО** | | **690** | | **22.49** | | **25,85** | | **69.51** | | **602,72** | | **0.966** | **118.6** | **60.29** | | **149.02** | | | **286.75** | **150.58** | | **23.63** |

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| **№ рецепта** | | **Наименование блюд** | | **Масса** | | **Пищевая ценность** | | | | | **Энерг. ценность** | **Витамины ,мг.** | | | | | **Минеральные вещества ,мг.** | | | | | |
| **Завтрак** | |  | | **Б** | | **Ж** | | **У** |  | **В1** | **А** | | **С** | | **Са** | **Р** | | | **Мg** | **Fe** |
| **12 день** | | | | | | | | | | | | | | | | | | | | | | |
| **4** | **Хлеб пшеничная** | | **40** | | **3.07** | | **1.07** | | **20.9** | | **107.2** | **0.07** | **0** | **0** | | **14** | | | **69.2** | **1.1** | | **1.05** |
| **399** | **Сок натуральный** | | **200** | | **0.05** | | **0.1** | | **8.1** | | **36** | **0.01** | **0** | **2** | | **7** | | | **9** | **0.4** | | **0.8** |
| **41** | **Масло сливочное** | | **5** | | **0.9** | | **5.20** | | **0.10** | | **44.50** | **0** | **54** | **0** | | **1** | | | **0** | **0** | | **2** |
| 4 | **Каша пшенная** | | **150** | | **5.63** | | **6.8** | | **42.4** | | **234.28** | 0.13 | 0.12 | 0.4 | | 113.6 | | | 97 | 19.3 | | 0.52 |
| **424** | **Яйцо отварная** | | **40** | | **5.10** | | **4.6** | | **0.30** | | **63.0** | **0.03** | **0.10** | **0** | | **22.0** | | | **76.8** | **4.80** | | **1.0** |
| **413** | **Сосиски отварные** | | **80** | | **3.45** | | **4.2** | | **7.85** | | **90.9** | **0.67** | **0** | **0** | | **12.44** | | | **10.0** | **0.93** | | **0.07** |
| **368** | **Мандарин** | | **100** | | **0.9** | | **0.12** | | **8.43** | | **0.04** | **0** | **0** | **13** | | **60** | | | **35** | **34** | | **0.3** |
| **378** | **Овощной салат** | | **60** | | **1.268** | | **1.232** | | **4.965** | | **45.516** | **0.036** | **0** | **15** | | **8.4** | | | **0** | **15.6** | | **12** |
| **619 2-2002** | **Сыр твердый с порц.** | | **15** | | **4.7** | | **4.45** | | **0.75** | | **54.6** | **0** | **39** | **0.12** | | **13.2** | | | **0.15** | **87** | | **5.4** |
| **96436727-010** | **Несквик** | | **150** | | **3.6** | | **3.7** | | **15.4** | | **108.4** | **78** | **7** | **0** | | **0** | | | **12** | **24** | | **0** |
|  | **ИТОГО** | | **840** | | **28.66** | | **31.47** | | **109.19** | | **784.43** | **78.94** | **100.22** | **30.52** | | **251.64** | | | **309.15** | **187.13** | | **23.14** |

**Составлено на основании:**

**-сборника рецептур блюд и кулинарных изделий для общественного питания.**

**Авторы : А.И.Здобный. В.А.Циганенко,М.И.Пересичный. 2005 г.**

**-сборник рецептур блюд и кулинарных изделий для питания школьников под редакцией М.П.Могильного , В.А.Тутельяна 2005 г.**

**- справочника «Химический состав пищевых продуктов « под редакцией И.М.Скурихина , М.П.Влгарева 1987 г.**

**Повар МКОУ «Ортаколинская СОШ»**