**Примерное 12- дневное меню для бесплатного питания учащихся 1-4 –х классов МКОУ «Миарсинская 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** | | **Са** | **Р** | | | **Мg** | **Fe** |
| **1 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **10/2010** | **Салат Из зеленного горошка** | | **100** | | **2,98** | | **5,19** | | **6,25** | | **83,6** | | **0,11** |  | **11** | | **21,45** | | | **59,95** | **20,8** | | **0,68** |
| **79 2005** | **Каша гречневая** | | **150** | | **3,23** | | **4,5** | | **20,78** | | **139,50** | | **0,28** | **0,045** | **12** | | **150,6** | | | **218,6** | **52,7** | | **2,6** |
| **637 2005** | **Птица отварная** | | **80** | | **16.18** | | **10,88** | |  | | **165** | | **0,03** | **16** |  | | **31,2** | | | **114,4** | **16** | | **1,44** |
|  | **Хлеб ржаной** | | **20** | | **1,32** | | **0,24** | | **6,68** | | **34,8** | |  |  |  | |  | | |  |  | |  |
| **41 2005** | **Масло сливочное** | | **10** | | **0,08** | | **7,26** | | **0,14** | | **75,1** | |  | **59** |  | | **1** | | | **2** |  | |  |
| **959 2005** | **Чай с молоком** | | **200** | | **1,4** | | **1,6** | | **16,4** | | **86** | | **0,02** | **0,08** |  | | **33** | | | **67,5** | **10,5** | | **0,4** |
|  | **ИТОГО** | |  | | **16,6** | | **24,57** | | **58,1** | | **553,38** | |  |  |  | |  | | |  |  | |  |

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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** | | | | | | | | | | | | | | | | | | | | | | | |
| **70 /2005** | **Овощи свежие(огрцы)** | | **70** | | **0,56** | | **0,7** | | **1.87** | | **9,8** | | **0,021** |  | **3,5** | | **16,1** | | | **29,4** | **9,8** | | **0,42** |
| **41/22005** | **Сыр рассольный порц.** | | **10** | | **2,32** | | **2,95** | |  | | **36** | | **0,01** | **39** | **0,11** | | **13,2** | | | **79** | **5,25** | | **0,15** |
| **420/12005** | **Макароны отварные запеченные с яйцом** | | **150** | | **7,44** | | **8,39** | | **22,62** | | **232,22** | | **0,08** | **21,01** |  | | **26,81** | | | **111,92** | **24,81** | | **2,01** |
| **536/12010** | **Сосиска отварная** | | **40** | | **5,2** | | **10** | | **10,6** | | **89,6** | | **0,02** |  |  | | **12,8** | | | **84,8** | **10,67** | | **0,96** |
| **959/12005** | **Какао со сгущенным молоком** | | **150** | | **2,64** | | **2,79** | | **19,12** | | **108,9** | | **0,03** | **0,075** | **0,975** | | **91,5** | | | **67,5** | **10,5** | | **0,56** |
| **172/2002** | **Булочка «веснушка»** | | **50** | | **4** | | **2,6** | | **27,1** | | **149** | |  |  |  | | **0,97** | | |  |  | | **11,8** |
|  |  | |  | |  | |  | |  | |  | |  |  |  | |  | | |  |  | |  |
|  | **ИТОГО** | |  | | **22,16** | | **26,8** | | **81,26** | | **625,52** | |  |  |  | |  | | |  |  | |  |

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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** | | | | | | | | | | | | | | | | | | | | | | | |
| **12 2010** | **Салат из кукурузы(конс)** | | **60** | | **1,73** | | **3,71** | | **4,82** | | **59,58** | | **0,06** |  | **5,58** | | **11,2** | | | **3,48** | **11,72** | | **0,4** |
| **438 2005** | **Омлет натуральный с слив маслом** | | **150/5** | | **14,24** | | **21,24** | | **2,63** | | **258,75** | | **0,13** | **452** | **0,33** | | **113,79** | | | **259,87** | **19,48** | | **3,91** |
| **1035 2005** | **Чурек** | | **40** | | **3,84** | | **0,47** | | **23,65** | | **114,17** | | **0,067** |  |  | | **9,69** | | | **34,77** | **6,63** | | **0,56** |
|  |  | |  | |  | |  | |  | |  | |  |  |  | |  | | |  |  | |  |
| **959/12005** | **Какао со сгущенным молоком** | | **150** | | **2,64** | | **2,79** | | **19,12** | | **108,9** | | **0,03** | **0,075** | **0,975** | | **91,5** | | | **67,5** | **10,5** | | **0,56** |
|  |  | |  | |  | |  | |  | |  | |  |  |  | |  | | |  |  | |  |
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|  | **ИТОГО** | |  | | **22,45** | | **28,21** | | **50,22** | | **541,4** | |  |  |  | |  | | |  |  | |  |

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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** |
| **4 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **176 2011** | **Каша рисовая с изюмом и с маслом** | | **200/7** | | **5,92** | | **8,6** | | **41,7** | | **299,36** | | **0,26** | **81** | **1,2** | | **37,7** | | | **135,1** | **46,4** | | **0,9** |
| **424 2005** | **Яйцо отварное** | | **1 шт** | | **5,1** | | **4,6** | | **0,3** | | **63** | | **0,03** | **0,1** |  | | **22,0** | | | **76,8** | **4,8** | | **1** |
| **943 1 2005** | **Чай с сахаром** | | **200** | | **0,2** | |  | | **14** | | **28** | |  |  |  | | **6,0** | | |  |  | | **0,4** |
| **1035 2002** | **Чурек** | | **30** | | **2,88** | | **0,35** | | **17,74** | | **85,63** | | **0,05** |  |  | | **7,27** | | | **26,08** | **4,97** | | **0,38** |
|  | Хлеб ржаной | | 20 | | 1,32 | | 0,24 | | 6,68 | | 34,8 | |  |  |  | |  | | |  |  | |  |
|  |  | |  | |  | |  | |  | |  | |  |  |  | |  | | |  |  | |  |
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|  | **ИТОГО** | | **14,18** | | **13,85** | | **79,44** | | **510,79** | |  | |  |  |  | |  | | |  |  | |  |

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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** | | | | | | | | | | | | | | | | | | | | | | | |
| **469 2005** | **Запеканка из творога со сметаной** | | **150/15** | | **20,7** | | **18,89** | | **24,49** | | **336** | | **0,108** | **0.35** | **0,89** | | **271,68** | | | **413,9** | **58,7** | | **1,01** |
| **959 2005** | **Чай с молоком** | | **200** | | **1,4** | | **1,6** | | **16,4** | | **86** | | **0,02** | **0,08** |  | | **33** | | | **67,5** | **10,5** | | **0,4** |
|  | Хлеб ржаной | | 20 | | 1,32 | | 0,24 | | 6,68 | | 34,8 | |  |  |  | |  | | |  |  | |  |
| **А 45 в 8 2010** | **Винегрет овощной** | | **60** | | **1,35** | | **6,18** | | **5,06** | | **54,96** | | **0,06** |  | **10,25** | |  | | | **44,97** | **20,75** | | **0,85** |
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|  | **ИТОГО** | |  | | **23,53** | | **26,97** | | **138,77** | | **511,76** | |  |  |  | |  | | |  |  | |  |

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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** | | | | | | | | | | | | | | | | | | | | | | | |
| **42 2005** | **Сыр порциями** | | **15** | | **3,48** | | **4,43** | |  | | **54,6** | | **0,01** | **39** | **0,11** | | **132** | | | **75** | **5,25** | | **0,15** |
| **536/12010** | **Сосиска отварная** | | **40** | | **5,2** | | **10** | | **10,6** | | **89,6** | | **0,02** |  |  | | **12,8** | | | **84,8** | **10,67** | | **0,96** |
| **951 2005** | **Кофейный напиток** | | **200** | | **1.4** | | **2.0** | | **22.4** | | **116** | | **0,02** | **0,08** |  | | **34** | | | **45** | **7** | |  |
|  | **Хлеб ржаной** | | **40** | | **2,64** | | **0.48** | | **13,36** | | **69,6** | |  |  |  | |  | | |  |  | |  |
| **390 2005** | **Каша молочная из манной крупы,масло,сахар** | | **150/5** | | **4,68** | | **4,58** | | **14,55** | | **118,98** | | **0,08** | **36,72** | **1,09** | | **144,13** | | | **117,04** | **17,64** | | **0,3** |
|  | **Яблоко** | | **100** | | **0,4** | | **0,4** | | **9,8** | | **44** | | **0,06** | **0,2** |  | | **38** | | | **17** | **11** | | **0,4** |
|  |  | |  | |  | |  | |  | |  | |  |  |  | |  | | |  |  | |  |
|  | **ИТОГО** | |  | | **14,84** | | **23,89** | | **52,83** | | **537,58** | |  |  |  | |  | | |  |  | |  |

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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** | | | | | | | | | | | | | | | | | | | | | | | |
| **463 2005** | **Сырники творожные со сгущ. молоком** | | **130/20** | | **26,85** | | **18,53** | | **16,67** | | **342,23** | | **0,13** | **83,36** | **0,45** | | **227,86** | | | **333,6** | **38,03** | | **1,13** |
| **944 2005** | **Чай с лимоном** | | **200/15/7** | | **0,2** | |  | | **17,2** | | **91** | |  |  | **2,86** | | **15,74** | | | **7,3** | **5,96** | | **0,64** |
|  | **Хлеб ржаной** | | **40** | | **2,64** | | **0.48** | | **13,36** | | **69,6** | |  |  |  | |  | | |  |  | |  |
| **41 2002** | **Масло сливочное порциями** | | **10** | |  | | **8,2** | | **0,1** | | **75** | |  | **59** |  | | **1,5** | | | **2** |  | |  |
|  | Хлеб ржаной | | 20 | | 1,32 | | 0,24 | | 6,68 | | 34,8 | |  |  |  | |  | | |  |  | |  |
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|  | **ИТОГО** | |  | | **29,69** | | **27.21** | | **47,33** | | **577** | |  |  |  | |  | | |  |  | |  |

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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** | | | | | | | | | | | | | | | | | | | | | | | |
| **307 2010** | **Котлеты рубленные с курицы** | | **80** | | **9,8** | | **13,92** | | **7,89** | | **196** | | **0,04** | **64** | **0,26** | | **56** | | | **105,9** | **15,4** | | **1,01** |
| **41/22005** | **Сыр рассольный порц.** | | **10** | | **2,32** | | **2,95** | |  | | **36** | | **0,01** | **39** | **0,11** | | **13,2** | | | **79** | **5,25** | | **0,15** |
| **417 2005** | **Макароны отварные с овощами** | | **170** | | **19,58** | | **1,18** | | **63,12** | | **145,03** | | **0,01** | **0,05** | **3,46** | | **54,39** | | | **0,34** | **12,88** | | **0,03** |
| **959 2005** | **Чай с молоком** | | **200** | | **1,4** | | **1,6** | | **16,4** | | **86** | | **0,02** | **0,08** |  | | **33** | | | **67,5** | **10,5** | | **0,4** |
| **41 2005** | **Масло сливочное порц.** | | **5** | |  | | **4,1** | | **0,05** | | **37,5** | |  | **29,5** |  | | **0,5** | | | **1** |  | |  |
|  | Хлеб ржаной | | 20 | | 1,32 | | 0,24 | | 6,68 | | 34,8 | |  |  |  | |  | | |  |  | |  |
|  |  | |  | |  | |  | |  | |  | |  |  |  | |  | | |  |  | |  |
|  | **ИТОГО** | |  | | **34,52** | | **23,89** | | **117,54** | | **535,73** | |  |  |  | |  | | |  |  | |  |

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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** |
| **9 день** | | | | | | | | | | | | | | | | | | | | | | | |
| **243 2006** | **Картофельное пюре** | | **150** | | **13,6** | | **1,35** | | **19,95** | | **168** | | **0,51** | **0,015** | **2,49** | | **84,45** | | | **49,79** | **76,25** | | **4,97** |
| **637 2006** | **Птица отварная** | | **50** | | **10,55** | | **6,8** | |  | | **103,13** | |  | **10** |  | | **19,5** | | | **71,5** | **10** | | **0,9** |
| **1107 1995** | **Булочки** | | **60** | | **5,01** | | **11,92** | | **33,57** | | **172** | | **0,04** |  | **13,5** | |  | | | **44,97** | **20,75** | | **0,85** |
| **41 2005** | **Масло сливочное порц.** | | **5** | |  | | **4,1** | | **0,05** | | **37,5** | |  | **29,5** |  | | **0,5** | | | **1** |  | |  |
|  | **Хлеб ржаной** | | **40** | | **2,64** | | **0.48** | | **13,36** | | **69,6** | |  |  |  | |  | | |  |  | |  |
| **943 1 2005** | **Чай с сахаром** | | **200** | | **0,2** | |  | | **14** | | **28** | |  |  |  | | **6,0** | | |  |  | | **0,4** |
|  |  | |  | |  | |  | |  | |  | |  |  |  | |  | | |  |  | |  |
|  | **ИТОГО** | |  | | **30,37** | | **24,41** | | **74,25** | | **543,43** | |  |  |  | |  | | |  |  | |  |

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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** | | | | | | | | | | | | | | | | | | | | | | | |
| **637 2006** | **Птица отварная** | | **50** | | **10,55** | | **6,8** | |  | | **103,13** | |  | **10** |  | | **19,5** | | | **71,5** | **10** | | **0,9** |
| **420/12005** | **Макароны отварные запеченные с яйцом** | | **150** | | **7,44** | | **8,39** | | **22,62** | | **232,22** | | **0,08** | **21,01** |  | | **26,81** | | | **111,92** | **24,81** | | **2,01** |
| **959/12005** | **Какао со сгущенным молоком** | | **150** | | **2,64** | | **2,79** | | **19,12** | | **108,9** | | **0,03** | **0,075** | **0,975** | | **91,5** | | | **67,5** | **10,5** | | **0,56** |
|  | Хлеб ржаной | | 20 | | 1,32 | | 0,24 | | 6,68 | | 34,8 | |  |  |  | |  | | |  |  | |  |
| **847 2005** | **Банан** | | **100** | | **1,5** | | **0,5** | | **21** | | **95** | | **0,04** |  | **10** | | **8** | | | **28** | **42** | | **0,02** |
|  |  | |  | |  | |  | |  | |  | |  |  |  | |  | | |  |  | |  |
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|  | **ИТОГО** | |  | | **22,16** | | **26,8** | | **81,26** | | **625,52** | |  |  |  | |  | | |  |  | |  |

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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** | | | | | | | | | | | | | | | | | | | | | | | |
| **463 2005** | **Сырники творожные со сгущ. молоком** | | **130/20** | | **26,85** | | **18,53** | | **16,67** | | **342,23** | | **0,13** | **83,36** | **0,45** | | **227,86** | | | **333,6** | **38,03** | | **1,13** |
| **944 2005** | **Чай с лимоном** | | **200/15/7** | | **0,2** | |  | | **17,2** | | **91** | |  |  | **2,86** | | **15,74** | | | **7,3** | **5,96** | | **0,64** |
|  | **Хлеб ржаной** | | **40** | | **2,64** | | **0.48** | | **13,36** | | **69,6** | |  |  |  | |  | | |  |  | |  |
| **41 2002** | **Масло сливочное порциями** | | **10** | |  | | **8,2** | | **0,1** | | **75** | |  | **59** |  | | **1,5** | | | **2** |  | |  |
|  | Хлеб ржаной | | 20 | | 1,32 | | 0,24 | | 6,68 | | 34,8 | |  |  |  | |  | | |  |  | |  |
|  |  | |  | |  | |  | |  | |  | |  |  |  | |  | | |  |  | |  |
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|  | **ИТОГО** | |  | | **29,69** | | **27.21** | | **47,33** | | **577** | |  |  |  | |  | | |  |  | |  |

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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** | | | | | | | | | | | | | | | | | | | | | | | |
| **176 2011** | **Каша рисовая с изюмом и с маслом** | | **200/7** | | **5,92** | | **8,6** | | **41,7** | | **299,36** | | **0,26** | **81** | **1,2** | | **37,7** | | | **135,1** | **46,4** | | **0,9** |
| **424 2005** | **Яйцо отварное** | | **1 шт** | | **5,1** | | **4,6** | | **0,3** | | **63** | | **0,03** | **0,1** |  | | **22,0** | | | **76,8** | **4,8** | | **1** |
| **943 1 2005** | **Чай с сахаром** | | **200** | | **0,2** | |  | | **14** | | **28** | |  |  |  | | **6,0** | | |  |  | | **0,4** |
| **1035 2002** | **Чурек** | | **30** | | **2,88** | | **0,35** | | **17,74** | | **85,63** | | **0,05** |  |  | | **7,27** | | | **26,08** | **4,97** | | **0,38** |
|  | Хлеб ржаной | | 20 | | 1,32 | | 0,24 | | 6,68 | | 34,8 | |  |  |  | |  | | |  |  | |  |
|  |  | |  | |  | |  | |  | |  | |  |  |  | |  | | |  |  | |  |
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|  | **ИТОГО** | | **14,18** | | **13,85** | | **79,44** | | **510,79** | |  | |  |  |  | |  | | |  |  | |  |

**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 «Миарсинская СОШ»**