**Сведения о среднесуточной пищевой ценности рациона питания по двухнедельному меню**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Категория**  **питающихся** | **Пищевые** | | **Вещества**  **(г)** | | | **Энергетическая ценность**  **(ккал)** | **Минеральные вещества**  **(мг)** | | | | **Витамины**  **(мг)** | | | | |
| **Б** |  | | **Ж** | **У** |  | **Са** | **Mg** | **P** | **Fe** | **А** | **В1** | **В2** | **РР** | **С** | |
| **С 7 до 11 лет** | **104,6** | **95,4** | | | **397,6** | **2926,7** | **1130,8** | **499,0** | **1577,9** | **22,6** | **0,44** | **1,4** | **2,6** | **17,9** | **369,8** | |
| **С 11 до 18 лет** | **122,1,6** | **103,6** | | | **461,5** | **3324,9** | **1236,0** | **577,4** | **1815,0** | **26,3** | **0,35** | **1,62** | **3,2** | **19,6** | **375,5** | |

**Энергетическая ценность рациона для детей с 7 до 11 лет по двухнедельному меню**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Прием пищи | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **Эн.ц**  **В среднем** |
| **Завтрак** | **588,5** | **662,8** | **617,6** | **533,0** | **700,9** | **588,5** | **588,8** | **626,8** | **646,8** | **613,4** | **588,5** | **662,8** | **588,8** | **626,8** | **8634,0- 616,7-21,0%** |
| **2 завтрак** | **130,0** | **121,0** | **151,0** | **134,0** | **202,5** | **231,0** | **153,5** | **237,6** | **220,0** | **224,5** | **130,0** | **121,0** | **153,5** | **237,6** | **2447,2- 174,8-5,9%** |
| **Обед** | **970,3** | **954,7** | **780,2** | **1043,3** | **1073,2** | **901,1** | **865,4** | **1020,9** | **999,8** | **930,2** | **970,3** | **954,7** | **865,4** | **1020,9** | **13350,4-953,6-32,6%** |
| **Полдник** | **296,0** | **347,6** | **326,7** | **264,7** | **358,0** | **297,0** | **363,5** | **356,0** | **456,3** | **447,6** | **296,0** | **347,6** | **363,5** | **356,0** | **4876,5-348,3-11,9%** |
| **Ужин** | **530,2** | **722,6** | **635,6** | **618,9** | **746,0** | **596,4** | **683,8** | **694,3** | **766,2** | **742,6** | **530,2** | **722,6** | **683,8** | **694,3** | **9367,5-669,1-22,8%** |
| **2 ужин** | **240,6** | **201,5** | **218,0** | **240,6** | **158,0** | **114,0** | **118,0** | **114,0** | **106,0** | **114,0** | **240,6** | **201,5** | **118,0** | **114,0** | **2298,8-164,2-**  **5,6%** |
| **Итого за**  **день** | **2755,6** | **3010,2** | **2729,1** | **2834,5** | **3238,6** | **2728,0** | **2773,0** | **3049,6** | **3195,1** | **3072,3** | **2755,6** | **3010,2** | **2773,0** | **3049,6** | **40974,4-2926,7** |

**Энергетическая ценность рациона для детей с 11 до 18 лет по двухнедельному меню**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Прием пищи | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **Эн.ц**  **В среднем** |
| **Завтрак** | **681,2** | **804,0** | **709,8** | **599,6** | **855,6** | **717,5** | **674,5** | **716,0** | **788,0** | **680,0** | **681,2** | **804,0** | **674,5** | **716,0** | **10101,9-721,5-21,6%** |
| **2 завтрак** | **130,0** | **121,0** | **151,0** | **134,0** | **202,5** | **231,0** | **153,5** | **237,6** | **220,0** | **224,5** | **130,0** | **121,0** | **153,5** | **237,6** | **2447,2-174,8-**  **5,2%** |
| **Обед** | **1131,0** | **1161,2** | **936,2** | **1247,0** | **1214,8** | **1050,1** | **989,0** | **1180,0** | **1173,0** | **1084,3** | **1131,0** | **1161,2** | **989,0** | **1180,0** | **15627,8-1116,2-33,6%** |
| **Полдник** | **296,0** | **347,6** | **326,7** | **264,7** | **358,0** | **337,6** | **363,5** | **356,0** | **456,3** | **447,6** | **296,0** | **347,6** | **363,5** | **356,0** | **4917,1-351,2-10,6%** |
| **Ужин** | **652,8** | **843,0** | **777,3** | **735,3** | **900,0** | **728,2** | **770,0** | **838,1** | **925,4** | **883,0** | **652,8** | **843,0** | **770,0** | **838,1** | **11157,0-796,9-**  **23,9%** |
| **2 ужин** | **240,6** | **201,5** | **218,0** | **240,6** | **158,0** | **114,0** | **118,0** | **114,0** | **106,0** | **114,0** | **240,6** | **201,5** | **118,0** | **114,0** | **2298,8-164,2-**  **5%** |
| **Итого за**  **день** | **3131,6** | **3478,3** | **3119,0** | **3221,2** | **3688,9** | **3178,4** | **3068,5** | **3441,7** | **3668,7** | **3433,4** | **3131,6** | **3478,3** | **3068,5** | **3441,7** | **46549,8-3324,9-** |