

文化/保西/深坑/文和/崇和國小 第109學年度 第1學期 第01週 菜單內容

日期	08月31日 星期一	09月01日 星期二	09月02日 星期三	09月03日 星期四	09月04日 星期五	備註
主食	糙米飯	小米白飯	什錦炒麵	什錦米飯	地瓜飯	
主菜	香菇肉燥	宮保雞丁-2	空白	咖哩-3	蒙古烤肉-2	
副食一	紅蘿蔔炒蛋-1	開陽白菜-2	空白	沙茶百頁	蠔油雞丁02	
副食二	在地有機蔬菜	在地有機蔬菜	空白	在地有機蔬菜	在地有機蔬菜	
湯	蘿蔔排骨湯-1	味噌小魚干湯-2	餛飩湯	紫菜豆腐蛋花湯	鮮筍排骨湯	
水果	空白	當季水果	豆花	優酪乳	當季水果	
其他	空白	空白	空白	空白	空白	

學齡兒童每日午餐
建議攝取量

每日午餐營養分析

各類營養素	佔建議攝取量(%)	佔建議攝取量(%)	佔建議攝取量(%)	佔建議攝取量(%)	佔建議攝取量(%)
總熱量	552.61	801.18	712.03	440.11	628.63
全穀根莖類	3.90	4.69	7.18	3.14	3.70
豆魚肉蛋類	2.04	2.32	0.69	1.03	2.64
蔬菜類	0.77	0.91	0.35	0.49	0.93
油脂堅果類	0.66	1.09	0.26	0.38	0.55
乳品/水果類	1.00	1.54	0.89	0.48	1.54
	100%	100%	100%	100%	100%
	78.9%	114.5%	101.7%	62.9%	89.8%
	78.0%	93.8%	143.6%	62.9%	73.9%
	102.1%	116.1%	34.5%	51.3%	131.8%
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