**常州扬子餐饮管理有限公司小学生午餐营养分析**

（1-3年级：8元餐标；4-6年级：8.5元餐标）

**一、学生午餐营养摄入量情况介绍**

根据学生的年龄、性别及体重，以中国营养学会发布的《中国居民膳食营养素参考摄入量》为标准来确定其能力和营养素需要量。

中小学生的营养需要有一个显著的特点，他们所获得的营养不仅仅要维持生命活动和生活与劳动的需要，更重要的还要满足其迅速生长发育的需要。在整个发育期间，由于机体的物质代谢是合成代谢大于分解代谢，因此，其所需的能量和各种营养素的数量（每千克体重）相对比成人高，尤其是能量和蛋白质、脂肪、锌、铁等几种营养素。

小学生不同年龄段对营养素的需求不同。根据《中国居民膳食营养素参考摄入量》，不同年龄段对能量和各种营养素的需求如下：

表1 学生每天午餐能量和营养素参考摄入量（按午餐40%的占比）

单位：g

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 能量及营养素（单位） | 6 岁～8 岁 | | 9 岁～11 岁 | | 12 岁～14 岁 | | |
| 能量（kcal） | 男 | 女 | 男 | 女 | 男 | 女 | |
| 680 | 620 | 840 | 760 | 980 | 840 | |
| 蛋白质（g） | 16.8 | 15.5 | 21 | 19 | 24.5 | 21 | |
| 脂肪（g） | 22.68 | 20.68 | 28 | 25.32 | 32.68 | 28 |
| 碳水化合物（g） | 102 | 93 | 126 | 114 | 147 | 126 |
| 钙（mg） | 300 | | 340 | | 380 | | |
| 铁（mg） | 4.8 | | 5.6 | | 7.2 | | |
| 锌（mg） | 2.6 | | 3.2 | | 4.2 | | |
| 维生素 A（μgRAE） | 180 | | 220 | | 288 | | |
| 维生素 B1（mg） | 0.36 | | 0.44 | | 0.56 | | |
| 维生素 B2（mg） | 0.36 | | 0.44 | | 0.56 | | |
| 维生素 C（mg） | 24 | | 30 | | 38 | | |
| 备注：早餐、午餐、晚餐提供的能量和营养素应分别占全天总量的25%～30%、35%～40%、30%～35%。 | | | | | | | |

**二、学生午餐营养成分分析**

（一）一周菜单

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **日期** | **大 荤** | **小 荤** | | **素 菜** | **主食** |
| **星期一** | **红烧鸡腿** | **宫爆鸡丁** | **生瓜炒蛋** | **面筋毛白菜** | **米饭** |
| **星期二** | **萝卜红烧肉** | **鸡汁肉片百叶** | **莴苣炒虾糕** | **油面筋大白菜** | **米饭** |
| **星期三** | **清蒸鸭脯肉** | **三色玉米鸡丁** | **杏鲍菇炒蛋** | **香菇青菜** | **米饭** |
| **星期四** | **咖喱大鱼丸** | **干锅花菜肉片** | **青椒土豆肉丝** | **清炒包菜** | **米饭** |
| **星期五** | **板栗烧鸡块** | **茄汁藕夹肉** | **韭菜炒蛋** | **清炒白菜** | **米饭** |

（二）每日午餐营养分析

1、根据不同年龄段对营养需求量的不同，以1-3年级每日带量食谱如下：

（1）星期一午餐带量食谱及营养计算如下：

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 周一 午餐 | **菜肴名称** | **配料** | **用量(g)** | **能量(Kcal)** | **蛋白质(g)** | **脂肪(g)** | **碳水化合物(g)** | **VA (μgRE)** | **VB1 (mg)** | **VB2 (mg)** | **VC (mg)** | **钙(mg)** | **铁(mg)** | **锌(mg)** |
| 米饭 | 大米 | 100 | 347 | 7.4 | 0.8 | 77.2 | 0 | 0.11 | 0.05 | 0 | 13 | 2.3 | 1.7 |
| 红烧鸡腿 | 鸡腿 | 100 | 131 | 18.6 | 4.4 | 4.2 | 0 | 0.02 | 0.07 | 0 | 84 | 2 | 1.23 |
| 宫爆鸡丁 | 鸡丁 | 20 | 108 | 6.3 | 5.3 | 8.5 | 74 | 0.05 | 0.05 | 10.75 | 22 | 0.8 | 0.43 |
| 土豆 | 35 |
| 胡萝卜 | 10 |
| 花生米 | 5 |
| 木耳炒蛋 | 鸡蛋 | 20 | 61 | 3.7 | 3.9 | 2.3 | 48 | 0.02 | 0.07 | 0.4 | 26 | 2.6 | 0.47 |
| 木耳 | 40 |
| 油面筋毛白菜 | 油面筋 | 15 | 113 | 6 | 6.1 | 7.9 | 294 | 0.02 | 0.1 | 29.4 | 99 | 2.4 | 0.92 |
| 毛白菜 | 105 |
|
|
| 合计 | | | 797 | 43.8 | 23.4 | 101.1 | 448 | 0.23 | 0.37 | 42.45 | 252 | 10.3 | 4.91 |

（2）星期二午餐带量食谱及营养计算如下：

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 周二 午餐 | **菜肴名称** | **配料** | | **用量(g)** | | **能量(Kcal)** | | **蛋白质(g)** | | **脂肪(g)** | **碳水化合物(g)** | | **VA (μgRE)** | | | **VB1 (mg)** | | **VB2 (mg)** | | **VC (mg)** | | **钙(mg)** | | **铁(mg)** | | **锌(mg)** |
| 米饭 | 0 | | 10 | | 318 | | 6.8 | | 0.7 | 70.8 | | 0 | | | 0.1 | | 0.05 | | 1.3 | | 14 | | 2.2 | | 1.55 |
| 大米 | | 90 | |
| 萝卜红烧肉 | 猪肉 | | 70 | | 344 | | 14.9 | | 26.7 | 7 | | 13 | | | 0.15 | | 0.17 | | 0 | | 12 | | 2.1 | | 2.12 |
| 笋干 | | 20 | |
| 鸡汁肉片百叶 | 肉片 | | 20 | | 134 | | 11.9 | | 8.4 | 2.3 | | 37 | | | 0.1 | | 0.04 | | 0.7 | | 100 | | 2.6 | | 1.3 |
| 千张 | | 30 | |
| 木耳 | | 5 | |
| 胡萝卜 | | 5 | |
| 莴苣炒虾糕 | 虾糕 | | 20 | | 51 | | 3.1 | | 3.6 | 1.4 | | 25 | | | 0.02 | | 0.04 | | 2 | | 75 | | 2.8 | | 0.51 |
| 莴苣 | | 50 | |
| 油面筋大白菜 | 白菜 | | 110 | | 83 | | 3.1 | | 4.5 | 6.9 | | 22 | | | 0.04 | | 0.11 | | 34.1 | | 116 | | 1.1 | | 0.54 |
| 油渣 | | 10 | |
|  | 5 | 37 | | 2 | | 2.9 | | 0.8 | | | 23 | | 0.01 | 0.04 | | 0.21 | | 7 | | 0.3 | | 0.21 | |
| 5 |
| 10 |
| 合计 | | | | | 967 | | 41.8 | | 46.8 | 89.2 | | 120 | | | 0.42 | | 0.45 | | 38.31 | | 324 | | 11.1 | | 6.23 |

（3）星期三午餐带量食谱及营养计算如下：

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 周三 午餐 | **菜肴名称** | **配料** | **用量(g)** | **能量(Kcal)** | **蛋白质(g)** | **脂肪(g)** | **碳水化合物(g)** | **VA (μgRE)** | **VB1 (mg)** | **VB2 (mg)** | **VC (mg)** | **钙(mg)** | **铁(mg)** | **锌(mg)** |
| 米饭 | 大米 | 100 | 347 | 7.4 | 0.8 | 77.2 | 0 | 0.11 | 0.05 | 0 | 13 | 2.3 | 1.7 |
| 鸭脯肉 | 鸭脯肉 | 80 | 252 | 13.9 | 20.5 | 3.1 | 4 | 0.24 | 0.13 | 0 | 13 | 1.3 | 2.75 |
| 三色玉米鸡丁 | 鸡丁 | 20 | 108 | 7.3 | 4.2 | 9.1 | 113 | 0.09 | 0.07 | 6.75 | 17 | 0.9 | 0.6 |
| 玉米 | 30 |
| 胡萝卜 | 15 |
| 青豆 | 5 |
| 杏鲍菇炒蛋 | 鸡蛋 | 20 | 62 | 3.6 | 3.8 | 4.2 | 47 | 0.03 | 0.11 | 0 | 17 | 0.6 | 0.42 |
| 杏鲍菇 | 40 |
| 香菇青菜 | 青菜 | 105 | 43 | 2.3 | 2.3 | 2.3 | 294 | 0.02 | 0.1 | 29.55 | 95 | 2 | 0.68 |
| 香菇 | 15 |
| 文思豆腐羹 | 豆腐 | 15 | 81 | 1.9 | 2.4 | 12.9 | 6 | 0 | 0 | 0 | 27 | 0.5 | 0.15 |
| 合计 | | | 893 | 36.4 | 34 | 108.8 | 464 | 0.49 | 0.46 | 36.3 | 182 | 7.6 | 6.3 |

（4）星期四午餐带量食谱及营养计算如下：

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 周四 午餐 | **菜肴名称** | **配料** | **用量(g)** | **能量(Kcal)** | **蛋白质(g)** | **脂肪(g)** | **碳水化合物(g)** | **VA (μgRE)** | **VB1 (mg)** | **VB2 (mg)** | **VC (mg)** | **钙(mg)** | **铁(mg)** | **锌(mg)** |
| 红豆杂粮饭 | 大米 | 90 | 344 | 8.7 | 0.8 | 75.1 | 1 | 0.12 | 0.06 | 0 | 19 | 2.8 | 1.75 |
| 红豆 | 10 |
| 咖喱大鱼丸 | 鱼丸 | 80 | 107 | 9.3 | 3 | 10.5 | 4 | 0.02 | 0.03 | 0 | 79 | 1 | 1.31 |
| 干锅花菜肉片 | 花菜 | 40 | 112 | 4 | 9.5 | 2.6 | 9 | 0.05 | 0.06 | 28.05 | 14 | 1 | 0.64 |
| 肉片 | 20 |
| 青椒 | 5 |
| 木耳 | 5 |
| 青椒土豆肉丝 | 肉丝 | 20 | 80 | 5.2 | 3.7 | 6.4 | 6 | 0.12 | 0.03 | 13.05 | 6 | 0.6 | 0.64 |
| 土豆 | 35 |
| 青椒 | 5 |
| 清炒包菜 | 包菜 | 15 | 39 | 2.6 | 2.2 | 2.2 | 37 | 0.02 | 0.03 | 7.8 | 22 | 0.5 | 0.31 |
|  | 105 |
| 酸辣鸭血汤 | 鸭血 | 15 | 38 | 2.4 | 2.1 | 2.3 | 0 | 0.01 | 0.01 | 0 | 2 | 4.6 | 0.19 |
| 合计 | | | 720 | 32.2 | 21.3 | 99.1 | 57 | 0.34 | 0.22 | 48.9 | 142 | 10.5 | 4.84 |

（5）星期五午餐带量食谱及营养计算如下：

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 周五 午餐 | **菜肴名称** | **配料** | **用量(g)** | **能量(Kcal)** | **蛋白质(g)** | **脂肪(g)** | **碳水化合物(g)** | **VA (μgRE)** | **VB1 (mg)** | **VB2 (mg)** | **VC (mg)** | **钙(mg)** | **铁(mg)** | **锌(mg)** |
| 米饭 | 大米 | 100 | 347 | 7.4 | 0.8 | 77.2 | 0 | 0.11 | 0.05 | 0 | 13 | 2.3 | 1.7 |
| 土豆烧鸡块 | 鸡块 | 100 | 197 | 20.2 | 9.5 | 7.9 | 51 | 0.06 | 0.11 | 2.4 | 13 | 1.7 | 1.17 |
| 土豆 | 10 |
| 茄子肉丝 | 茄子 | 40 | 111 | 3.8 | 7.5 | 6.9 | 5 | 0.08 | 0.04 | 17.6 | 18 | 0.9 | 0.5 |
| 猪肉 | 20 |
| 肉糜炖蛋 | 肉糜 | 40 | 62 | 4.1 | 4 | 2.2 | 141 | 0.03 | 0.09 | 9.6 | 29 | 1 | 0.43 |
| 鸡蛋 | 20 |
| 清炒白菜 | 白菜 | 100 | 53 | 1.4 | 2.1 | 6.5 | 3 | 0.02 | 0.03 | 21 | 38 | 0.7 | 0.36 |
| 紫菜蛋汤 | 紫菜 | 10 | 60 | 4.4 | 3 | 2.8 | 46 | 0.04 | 0.13 | 0.2 | 33 | 5.7 | 0.4 |
| 鸡蛋 | 10 |
| 合计 | | | 830 | 41.3 | 26.9 | 103.5 | 246 | 0.34 | 0.45 | 50.8 | 144 | 12.3 | 4.56 |

（6）1-3年级一周午餐各类营养摄入量汇总：

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **能量(Kcal)** | **蛋白质(g)** | **脂肪(g)** | **碳水化合物(g)** | **VA (μgRE)** | **VB1**  **(mg)** | **VB2**  **(mg)** | **VC (mg)** | **钙(mg)** | **铁(mg)** | **锌(mg)** |
| 星期一 | 797 | 43.8 | 23.4 | 101.1 | 448 | 0.23 | 0.37 | 42.45 | 252 | 10.3 | 4.91 |
| 星期二 | 967 | 41.8 | 46.8 | 89.2 | 120 | 0.42 | 0.45 | 38.31 | 324 | 11.1 | 6.23 |
| 星期三 | 893 | 36.4 | 34 | 108.8 | 464 | 0.49 | 0.46 | 36.3 | 182 | 7.6 | 6.3 |
| 星期四 | 720 | 32.2 | 21.3 | 99.1 | 57 | 0.34 | 0.22 | 48.9 | 142 | 10.5 | 4.84 |
| 星期五 | 830 | 41.3 | 26.9 | 103.5 | 246 | 0.34 | 0.45 | 50.8 | 144 | 12.3 | 4.56 |
| 平均摄入量 | 841.4 | 39.1 | 30.48 | 100.34 | 267 | 0.364 | 0.39 | 43.352 | 208.8 | 10.36 | 5.368 |
| 参考摄入量 | 680 | 16.8 | 22.68 | 102 | 180 | 0.36 | 0.36 | 24 | 300 | 4.8 | 2.6 |
| RNI% | 123.74% | 232.74% | 134.39% | 98.37% | 148.33% | 101.11% | 108.33% | 180.63% | 69.60% | 215.83% | 206.46% |

1. 根据不同年龄段对营养需求量的不同，以4-6年级每日带量食谱如下：

（1）星期一午餐带量食谱及营养计算如下：

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 周一 午餐 | **菜肴名称** | **配料** | **用量(g)** | **能量(Kcal)** | **蛋白质(g)** | **脂肪(g)** | **碳水化合物(g)** | **VA (μgRE)** | **VB1 (mg)** | **VB2 (mg)** | **VC (mg)** | **钙(mg)** | **铁(mg)** | **锌(mg)** |
| 米饭 | 大米 | 125 | 434 | 9.2 | 1 | 96.5 | 0 | 0.14 | 0.06 | 0 | 16 | 2.9 | 2.12 |
| 红烧鸡腿 | 鸡腿 | 100 | 131 | 18.6 | 4.4 | 4.2 | 0 | 0.02 | 0.07 | 0 | 84 | 2 | 1.23 |
| 宫爆鸡丁 | 鸡丁 | 25 | 114 | 7.2 | 5.5 | 8.6 | 75 | 0.06 | 0.05 | 10.75 | 22 | 0.8 | 0.46 |
| 土豆 | 35 |
| 胡萝卜 | 10 |
| 花生米 | 5 |
| 生瓜炒蛋 | 鸡蛋 | 25 | 71 | 4.5 | 4.3 | 2.7 | 60 | 0.04 | 0.1 | 0.5 | 32 | 3.3 | 0.59 |
| 木耳 | 50 |
| 油面筋毛白菜 | 油面筋 | 15 | 113 | 6 | 6.1 | 7.9 | 294 | 0.02 | 0.1 | 29.4 | 99 | 2.4 | 0.92 |
| 毛白菜 | 105 |
| 番茄蛋花汤 | 番茄 | 10 | 37 | 1.8 | 2.9 | 1 | 32 | 0.01 | 0.03 | 1.9 | 8 | 0.2 | 0.16 |
| 鸡蛋 | 10 |
| 合计 | | | 900 | 47.3 | 24.2 | 120.9 | 461 | 0.29 | 0.41 | 42.55 | 261 | 11.6 | 5.48 |

（2）星期二午餐带量食谱及营养计算如下：

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 周二 午餐 | **菜肴名称** | **配料** | **用量(g)** | **能量(Kcal)** | **蛋白质(g)** | **脂肪(g)** | **碳水化合物(g)** | **VA (μgRE)** | **VB1 (mg)** | **VB2 (mg)** | **VC (mg)** | **钙(mg)** | **铁(mg)** | **锌(mg)** |
| 米饭 |  | 15 | 391 | 8.2 | 0.9 | 86.8 | 0 | 0.12 | 0.06 | 1.95 | 17 | 2.6 | 1.9 |
| 大米 | 110 |
| 萝卜红烧肉 | 猪肉 | 70 | 344 | 14.9 | 26.7 | 7 | 13 | 0.15 | 0.17 | 0 | 12 | 2.1 | 2.12 |
| 笋干 | 20 |
| 鸡汁肉片百叶 | 肉片 | 25 | 168 | 15.4 | 10.4 | 2.9 | 37 | 0.14 | 0.05 | 0.7 | 132 | 3.4 | 1.66 |
| 千张 | 40 |
| 木耳 | 5 |
| 胡萝卜 | 5 |
| 莴苣炒虾糕 | 虾糕 | 25 | 57 | 3.6 | 4 | 1.4 | 28 | 0.02 | 0.05 | 2 | 90 | 3.4 | 0.59 |
| 莴苣 | 50 |
| 油渣大白菜 | 白菜 | 110 | 83 | 3.1 | 4.5 | 6.9 | 22 | 0.04 | 0.11 | 34.1 | 116 | 1.1 | 0.54 |
| 油渣 | 10 |
| 菌菇蛋汤 | 秀珍菇 | 5 | 37 | 2 | 2.9 | 0.8 | 23 | 0.01 | 0.04 | 0.21 | 7 | 0.3 | 0.21 |
| 蘑菇 | 5 |
| 鸡蛋 | 10 |
| 合计 | | | 1080 | 47.2 | 49.4 | 105.8 | 123 | 0.48 | 0.48 | 38.96 | 374 | 12.9 | 7.02 |

（3）星期三午餐带量食谱及营养计算如下：

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 周三 午餐 | **菜肴名称** | **配料** | **用量(g)** | **能量(Kcal)** | **蛋白质(g)** | **脂肪(g)** | **碳水化合物(g)** | **VA (μgRE)** | **VB1 (mg)** | **VB2 (mg)** | **VC (mg)** | **钙(mg)** | **铁(mg)** | **锌(mg)** |
| 米饭 | 大米 | 125 | 434 | 9.2 | 1 | 96.5 | 0 | 0.14 | 0.06 | 0 | 16 | 2.9 | 2.12 |
| 清蒸鸭脯肉 | 鸭脯肉 | 80 | 252 | 13.9 | 20.5 | 3.1 | 4 | 0.24 | 0.13 | 0 | 13 | 1.3 | 2.75 |
| 三色玉米鸡丁 | 鸡丁 | 25 | 114 | 8.2 | 4.4 | 9.2 | 114 | 0.1 | 0.07 | 6.75 | 17 | 0.9 | 0.63 |
| 玉米 | 30 |
| 胡萝卜 | 15 |
| 青豆 | 5 |
| 杏鲍菇炒蛋 | 鸡蛋 | 25 | 73 | 4.4 | 4.3 | 5.2 | 58 | 0.04 | 0.14 | 0 | 21 | 0.7 | 0.52 |
| 杏鲍菇 | 50 |
| 香菇青菜 | 青菜 | 105 | 43 | 2.3 | 2.3 | 2.3 | 294 | 0.02 | 0.1 | 29.55 | 95 | 2 | 0.68 |
| 香菇 | 15 |
| 文思豆腐羹 | 豆腐 | 15 | 81 | 1.9 | 2.4 | 12.9 | 6 | 0 | 0 | 0 | 27 | 0.5 | 0.15 |
| 合计 | | | 997 | 39.9 | 34.9 | 129.2 | 476 | 0.54 | 0.5 | 36.3 | 189 | 8.3 | 6.85 |

（4）星期四午餐带量食谱及营养计算如下：

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 周四 午餐 | **菜肴名称** | **配料** | **用量(g)** | **能量(Kcal)** | **蛋白质(g)** | **脂肪(g)** | **碳水化合物(g)** | **VA (μgRE)** | **VB1 (mg)** | **VB2 (mg)** | **VC (mg)** | **钙(mg)** | **铁(mg)** | **锌(mg)** |
| 米饭 | 大米 | 110 | 431 | 11.1 | 1 | 93.3 | 2 | 0.14 | 0.08 | 0 | 25 | 3.6 | 2.2 |
|  | 15 |
| 咖喱大鱼丸 | 鱼丸 | 80 | 107 | 9.3 | 3 | 10.5 | 4 | 0.02 | 0.03 | 0 | 79 | 1 | 1.31 |
| 干锅花菜肉片 | 花菜 | 40 | 132 | 4.7 | 11.3 | 2.7 | 9 | 0.07 | 0.07 | 28.05 | 15 | 1.1 | 0.75 |
| 肉片 | 25 |
| 青椒 | 5 |
| 木耳 | 5 |
| 青椒土豆肉丝 | 肉丝 | 25 | 93 | 6.3 | 4.1 | 7.5 | 9 | 0.15 | 0.05 | 18 | 7 | 0.8 | 0.78 |
| 土豆 | 40 |
| 青椒 | 10 |
| 韭菜绿豆芽 | 韭菜 | 15 | 39 | 2.6 | 2.2 | 2.2 | 37 | 0.02 | 0.03 | 7.8 | 22 | 0.5 | 0.31 |
| 绿豆芽 | 105 |
| 酸辣鸭血汤 | 鸭血 | 15 | 38 | 2.4 | 2.1 | 2.3 | 0 | 0.01 | 0.01 | 0 | 2 | 4.6 | 0.19 |
| 合计 | | | 840 | 36.4 | 23.7 | 118.5 | 61 | 0.41 | 0.27 | 53.85 | 150 | 11.6 | 5.54 |

（5）星期五午餐带量食谱及营养计算如下：

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 周五 午餐 | **菜肴名称** | **配料** | **用量(g)** | **能量(Kcal)** | **蛋白质(g)** | **脂肪(g)** | **碳水化合物(g)** | **VA (μgRE)** | **VB1 (mg)** | **VB2 (mg)** | **VC (mg)** | **钙(mg)** | **铁(mg)** | **锌(mg)** |
| 米饭 | 大米 | 125 | 434 | 9.2 | 1 | 96.5 | 0 | 0.14 | 0.06 | 0 | 16 | 2.9 | 2.12 |
| 土豆烧鸡块 | 鸡块 | 100 | 197 | 20.2 | 9.5 | 7.9 | 51 | 0.06 | 0.11 | 2.4 | 13 | 1.7 | 1.17 |
| 土豆 | 10 |
| 茄子肉丝 | 茄子 | 40 | 111 | 3.8 | 7.5 | 6.9 | 5 | 0.08 | 0.04 | 17.6 | 18 | 0.9 | 0.5 |
| 猪肉 | 20 |
| 肉糜炖蛋 | 肉糜 | 50 | 71 | 4.9 | 4.4 | 2.6 | 176 | 0.04 | 0.11 | 12 | 36 | 1.3 | 0.53 |
| 鸡蛋 | 25 |
| 清炒白菜 | 白菜 | 100 | 53 | 1.4 | 2.1 | 6.5 | 3 | 0.02 | 0.03 | 21 | 38 | 0.7 | 0.36 |
| 紫菜蛋汤 | 紫菜 | 10 | 60 | 4.4 | 3 | 2.8 | 46 | 0.04 | 0.13 | 0.2 | 33 | 5.7 | 0.4 |
| 鸡蛋 | 10 |
| 合计 | | | 926 | 43.9 | 27.5 | 123.2 | 281 | 0.38 | 0.48 | 53.2 | 154 | 13.2 | 5.08 |

（6）4-6年级一周午餐各类营养摄入量汇总：

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **能量(Kcal)** | **蛋白质(g)** | **脂肪(g)** | **碳水化合物(g)** | **VA (μgRE)** | **VB1**  **(mg)** | **VB2**  **(mg)** | **VC (mg)** | **钙(mg)** | **铁(mg)** | **锌(mg)** |
| 星期一 | 900 | 47.3 | 24.2 | 120.9 | 461 | 0.29 | 0.41 | 42.55 | 261 | 11.6 | 5.48 |
| 星期二 | 1080 | 47.2 | 49.4 | 105.8 | 123 | 0.48 | 0.48 | 38.96 | 374 | 12.9 | 7.02 |
| 星期三 | 997 | 39.9 | 34.9 | 129.2 | 476 | 0.54 | 0.5 | 36.3 | 189 | 8.3 | 6.85 |
| 星期四 | 840 | 36.4 | 23.7 | 118.5 | 61 | 0.41 | 0.27 | 53.85 | 150 | 11.6 | 5.54 |
| 星期五 | 926 | 43.9 | 27.5 | 123.2 | 281 | 0.38 | 0.48 | 53.2 | 154 | 13.2 | 5.08 |
| 平均摄入量 | 948.6 | 42.94 | 31.94 | 119.52 | 280.4 | 0.42 | 0.428 | 44.972 | 225.6 | 11.52 | 5.994 |
| 参考摄入量 | 840 | 21 | 28 | 126 | 220 | 0.44 | 0.44 | 30 | 340 | 5.6 | 3.2 |
| RNI% | 112.93% | 204.48% | 114.07% | 94.86% | 127.45% | 95.45% | 97.27% | 149.91% | 66.35% | 205.71% | 187.31% |