|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 日期 | 星期 | 早點 | 全榖雜糧類 | 豆魚蛋肉類 | 乳品類 | 蔬菜類 | 水果類 | 油脂與堅果種子類 | 糖 | 熱量 | 午點 | 全榖雜糧類 | 豆魚蛋肉類 | 乳品類 | 蔬菜類 | 水果類 | 油脂與堅果種子類 | 糖 | 熱量 |
| 4/1 | 二 | 珊瑚麵疙瘩 | 1.1 | 0.4 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 118.3 | 白玉雞湯 | 0.0 | 0.8 | 0.0 | 0.4 | 0.0 | 0.0 | 0.0 | 70.5 |
| 4/2 | 三 | 慶生蛋糕+麥茶 | 1.5 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 20.0 | 230.0 | 鍋貼+鮮奶 | 0.7 | 0.3 | 0.6 | 0.0 | 0.0 | 1.4 | 0.0 | 218.6 |
| 4/3 | 四 | 清明連假 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 清明連假 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 4/4 | 五 | 清明連假 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 清明連假 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| 4/7 | 一 | 起司饅頭+米漿 | 4.0 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 0.0 | 311.1 | 水煮玉米+水果 | 1.0 | 0.0 | 0.0 | 0.0 | 0.5 | 0.0 | 0.0 | 101.2 |
| 4/8 | 二 | 炒粿仔條 | 2.7 | 0.4 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 227.8 | 茄汁蔬菜湯 | 0.2 | 0.5 | 0.0 | 0.8 | 0.0 | 0.0 | 0.0 | 74.5 |
| 4/9 | 三 | 鍋燒麵 | 0.9 | 0.7 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 119.9 | 玉米煎餅+鮮奶 | 0.2 | 0.1 | 0.6 | 0.4 | 0.0 | 0.0 | 0.0 | 109.1 |
| 4/10 | 四 | 菠菜雞蛋粥 | 2.0 | 0.2 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 165.5 | 水果拼盤 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 0.0 | 0.0 | 60.0 |
| 4/11 | 五 | 鮮肉包+冬瓜茶 | 1.8 | 0.5 | 0.0 | 0.0 | 0.0 | 0.8 | 12.5 | 252.1 | 綠豆芋圓湯+水果 | 2.3 | 0.0 | 0.0 | 0.0 | 0.5 | 0.0 | 25.0 | 289.0 |
| 4/14 | 一 | 銀絲卷+米漿 | 4.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 280.8 | 火腿玉米濃湯+水果 | 0.4 | 0.5 | 0.0 | 0.1 | 0.5 | 0.0 | 0.0 | 96.6 |
| 4/15 | 二 | 雞絲麵 | 1.0 | 0.4 | 0.0 | 0.3 | 0.0 | 0.0 | 0.0 | 104.0 | 蘿蔔糕湯 | 1.8 | 0.5 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 171.1 |
| 4/16 | 三 | 金針排骨湯 | 0.0 | 0.9 | 0.0 | 0.4 | 0.0 | 0.0 | 0.0 | 79.3 | 珍珠丸+鮮奶 | 0.8 | 0.6 | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 | 178.8 |
| 4/17 | 四 | 香菇魚片粥 | 1.9 | 0.5 | 0.0 | 0.5 | 0.0 | 0.0 | 0.0 | 186.5 | 水果拼盤 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 0.0 | 0.0 | 60.0 |
| 4/18 | 五 | 燒賣+黑豆茶 | 0.4 | 0.4 | 0.0 | 0.0 | 0.0 | 0.4 | 0.0 | 77.0 | 紅豆紫米湯+水果 | 2.3 | 0.0 | 0.0 | 0.0 | 0.5 | 0.0 | 25.0 | 287.9 |
| 4/21 | 一 | 黑糖小饅頭+豆漿 | 3.0 | 1.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 287.6 | 酸辣湯餃+水果 | 0.7 | 1.0 | 0.0 | 0.3 | 0.5 | 0.0 | 0.0 | 158.4 |
| 4/22 | 二 | 奶油雞肉通心麵 | 1.1 | 0.4 | 0.1 | 0.2 | 0.0 | 0.0 | 0.0 | 124.8 | 小餐包+果汁 | 1.0 | 0.0 | 0.0 | 0.0 | 1.6 | 0.0 | 0.0 | 168.2 |
| 4/23 | 三 | 肉片米粉湯 | 1.3 | 0.5 | 0.0 | 0.4 | 0.0 | 0.0 | 0.0 | 139.9 | 豆沙包+鮮奶 | 2.0 | 0.0 | 0.6 | 0.0 | 0.0 | 0.0 | 8.1 | 250.8 |
| 4/24 | 四 | 蒲瓜鹹粥 | 1.9 | 0.8 | 0.0 | 0.4 | 0.0 | 0.0 | 0.0 | 202.7 | 水果拼盤 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 0.0 | 0.0 | 60.0 |
| 4/25 | 五 | 玉米蛋餅+鮮奶 | 1.0 | 0.5 | 0.6 | 0.0 | 0.0 | 0.0 | 0.0 | 181.5 | 地瓜甜湯+水果 | 1.6 | 0.0 | 0.0 | 0.0 | 0.5 | 0.0 | 12.5 | 193.9 |
| 4/26 | 六 | 運動會餐盒 | 1.5 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 20.0 | 230.0 | 運動會餐盒 | 1.5 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 20.0 | 230.0 |
| 4/28 | 一 | 高麗菜包+紫米漿 | 2.8 | 0.0 | 0.0 | 0.5 | 0.0 | 0.5 | 0.0 | 231.1 | 蘑菇鐵板麵+水果 | 1.3 | 0.4 | 0.0 | 0.2 | 0.5 | 0.0 | 0.0 | 157.2 |
| 4/29 | 二 | 麵線羹 | 1.5 | 0.3 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 133.9 | 味噌貢丸蛋花湯 | 0.0 | 0.7 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | 55.0 |
| 4/30 | 三 | 榨菜肉絲麵 | 1.2 | 0.7 | 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | 137.9 | 杯子蛋糕+鮮奶 | 0.8 | 0.0 | 0.6 | 0.0 | 0.0 | 0.9 | 10.1 | 214.8 |