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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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  |