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| **基隆市武崙國民小學附設幼兒園112學年度第2學期4月份點心單** |  |
| 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 | 一 | 肉片米粉湯 | 1.2  | 0.5  | 0.0  | 0.3  | 0.0  | 0.0  | 0.0  | 129.6  | 肉絲炒麵+水果 | 1.4  | 0.4  | 0.0  | 0.3  | 0.5  | 0.0  | 0.0  | 167.6  |  |
| 4/2 | 二 | 芝麻小饅頭+豆漿 | 3.0  | 1.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 287.5  | 結頭菜雞湯 | 0.0  | 1.1  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 79.0  |  |
| 4/3 | 三 | 慶生蛋糕+麥茶 | 1.5  | 0.0  | 0.0  | 0.0  | 0.0  | 1.0  | 20.0  | 230.0  | 茶葉蛋+鮮奶 | 0.0  | 0.9  | 0.6  | 0.0  | 0.0  | 0.0  | 0.0  | 142.1  |  |
| 4/4 | 四 | 清明節連假 |  |
| 4/5 | 五 | 清明節連假 |  |
| 4/8 | 一 | 鮮肉包+豆漿 | 1.8  | 1.5  | 0.0  | 0.0  | 0.0  | 0.8  | 0.0  | 276.9  | 關東煮+水果 | 0.0  | 0.9  | 0.0  | 0.2  | 0.5  | 0.0  | 0.0  | 101.3  |  |
| 4/9 | 二 | 米苔目湯 | 1.0  | 0.0  | 0.0  | 0.3  | 0.0  | 0.0  | 0.0  | 77.0  | 海結排骨湯 | 0.0  | 0.9  | 0.0  | 0.2  | 0.0  | 0.0  | 0.0  | 69.7  |  |
| 4/10 | 三 | 白菜豆腐羹 | 0.4  | 0.4  | 0.0  | 0.7  | 0.0  | 0.0  | 0.0  | 69.7  | 豆沙包+鮮奶 | 2.0  | 0.0  | 0.6  | 0.0  | 0.0  | 0.0  | 8.1  | 246.1  |  |
| 4/11 | 四 | 高麗菜吻魚粥 | 1.8  | 0.5  | 0.0  | 0.2  | 0.0  | 0.0  | 0.0  | 169.1  | 水果拼盤 | 0.0  | 0.0  | 0.0  | 0.0  | 1.0  | 0.0  | 0.0  | 60.0  |  |
| 4/12 | 五 | 炒粿仔條 | 2.6  | 0.4  | 0.0  | 0.2  | 0.0  | 0.0  | 0.0  | 214.0  | 紅豆薏仁湯+水果 | 2.2  | 0.0  | 0.0  | 0.0  | 0.5  | 0.0  | 24.0  | 276.5  |  |
| 4/15 | 一 | 紅燒豬肉麵 | 1.7  | 0.5  | 0.0  | 0.6  | 0.0  | 0.0  | 0.0  | 169.8  | 玉米濃湯+水果 | 0.4  | 0.5  | 0.0  | 0.1  | 0.5  | 0.0  | 0.0  | 95.3  |  |
| 4/16 | 二 | 芋泥包+紅棗枸杞茶 | 2.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 8.1  | 174.1  | 蘿蔔糕湯 | 1.7  | 0.5  | 0.0  | 0.2  | 0.0  | 0.0  | 0.0  | 160.3  |  |
| 4/17 | 三 | 福州魚丸湯 | 0.0  | 1.0  | 0.0  | 0.3  | 0.0  | 0.0  | 0.0  | 83.2  | 冰烤地瓜+鮮奶 | 2.0  | 0.0  | 0.6  | 0.0  | 0.0  | 0.0  | 0.0  | 213.7  |  |
| 4/18 | 四 | 廣東粥 | 1.8  | 0.5  | 0.0  | 0.3  | 0.0  | 0.0  | 0.0  | 169.4  | 水果拼盤 | 0.0  | 0.0  | 0.0  | 0.0  | 1.0  | 0.0  | 0.0  | 60.0  |  |
| 4/19 | 五 | 香煎蘿蔔糕+鮮奶 | 0.2  | 0.0  | 0.6  | 0.0  | 0.0  | 0.0  | 0.0  | 86.2  | 綠豆西谷米+水果 | 2.6  | 0.0  | 0.0  | 0.0  | 0.5  | 0.0  | 24.0  | 305.2  |  |
| 4/22 | 一 | 鮮奶小饅頭+豆漿 | 3.0  | 1.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 287.5  | 綜合滷味+水果 | 0.4  | 0.7  | 0.0  | 0.4  | 0.5  | 0.0  | 0.0  | 118.4  |  |
| 4/23 | 二 | 貢丸冬粉湯 | 1.4  | 0.6  | 0.0  | 0.2  | 0.0  | 0.0  | 0.0  | 147.8  | 味噌豆腐蛋花湯 | 0.0  | 0.5  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 41.0  |  |
| 4/24 | 三 | 蔬菜湯餃 | 0.7  | 0.3  | 0.0  | 0.3  | 0.0  | 0.0  | 0.0  | 82.1  | 珍珠丸+鮮奶 | 0.8  | 0.6  | 0.6  | 0.0  | 0.0  | 0.0  | 0.0  | 174.2  |  |
| 4/25 | 四 | 糙米排骨粥 | 1.8  | 0.6  | 0.0  | 0.2  | 0.0  | 0.0  | 0.0  | 175.4  | 水果拼盤 | 0.0  | 0.0  | 0.0  | 0.0  | 1.0  | 0.0  | 0.0  | 60.0  |  |
| 4/26 | 五 | 燒賣+麥茶 | 0.4  | 0.4  | 0.0  | 0.0  | 0.0  | 0.4  | 0.0  | 76.9  | 珍珠豆花+水果 | 1.6  | 0.6  | 0.0  | 0.0  | 0.5  | 0.0  | 24.0  | 282.6  |  |
| 4/27 | 六 | 運動會餐盒 |  |
| 4/29 | 一 | 高麗菜包+黑豆茶 | 1.8  | 0.0  | 0.0  | 0.5  | 0.0  | 0.5  | 0.0  | 162.9  | 水煮玉米+水果 | 1.0  | 0.0  | 0.0  | 0.0  | 0.5  | 0.0  | 0.0  | 100.0  |  |
| 4/30 | 二 | 乾拌麵 | 1.4  | 0.5  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 140.3  | 白菜豬肉湯 | 0.0  | 0.5  | 0.0  | 0.3  | 0.0  | 0.0  | 0.0  | 44.8  |  |
| 5/1 | 三 | 粿仔條湯 | 2.0  | 0.4  | 0.0  | 0.3  | 0.0  | 0.0  | 0.0  | 177.8  | 黑糖小饅頭+鮮奶 | 3.0  | 0.0  | 0.6  | 0.0  | 0.0  | 0.0  | 0.0  | 284.5  |  |
| 5/2 | 四 | 鮮菇白菜粥 | 1.8  | 0.4  | 0.0  | 0.4  | 0.0  | 0.0  | 0.0  | 165.8  | 水果拼盤 | 0.0  | 0.0  | 0.0  | 0.0  | 1.0  | 0.0  | 0.0  | 60.0  |  |
| 5/3 | 五 | 運動會補假 |  |
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