|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 | | | | | | | | | | | | | | | | | |  |
| |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |