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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5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 |
| 5/1 | 三 | 慶生蛋糕+麥茶 | 1.5  | 0.0  | 0.0  | 0.0  | 0.0  | 1.0  | 20.0  | 230.0  | 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 | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 運動會補假 | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  |
| 5/6 | 一 | 芝麻包+豆漿 | 2.3  | 1.0  | 0.0  | 0.0  | 0.0  | 1.0  | 0.0  | 283.5  | 豬肉餡餅+水果 | 0.9  | 0.5  | 0.0  | 0.0  | 0.5  | 0.6  | 0.0  | 159.0  |
| 5/7 | 二 | 番茄燴麵 | 1.1  | 0.4  | 0.0  | 0.2  | 0.0  | 0.0  | 0.0  | 106.4  | 銀蘿排骨湯 | 0.0  | 0.9  | 0.0  | 0.4  | 0.0  | 0.0  | 0.0  | 75.2  |
| 5/8 | 三 | 蘿蔔糕湯 | 1.7  | 0.5  | 0.0  | 0.2  | 0.0  | 0.0  | 0.0  | 160.3  | 冰烤地瓜+鮮奶 | 2.5  | 0.0  | 0.6  | 0.0  | 0.0  | 0.0  | 0.0  | 245.3  |
| 5/9 | 四 | 校外教學 | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 校外教學 | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  |
| 5/10 | 五 | 麻油雞麵線 | 0.0  | 0.8  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 57.3  | 綜合圓綠豆湯+水果 | 2.2  | 0.0  | 0.0  | 0.0  | 0.5  | 0.0  | 24.0  | 277.2  |
| 5/13 | 一 | 銀絲卷+冬瓜茶 | 3.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 12.0  | 260.5  | 馬鈴薯濃湯+水果 | 0.8  | 0.0  | 0.0  | 0.2  | 0.5  | 0.0  | 0.0  | 91.2  |
| 5/14 | 二 | 蔬菜肉絲麵 | 0.8  | 0.3  | 0.0  | 0.2  | 0.0  | 0.0  | 0.0  | 89.8  | 結頭菜雞湯 | 0.0  | 0.9  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 68.4  |
| 5/15 | 三 | 肉片米粉湯 | 1.2  | 0.5  | 0.0  | 0.3  | 0.0  | 0.0  | 0.0  | 129.6  | 水煮玉米 | 1.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 70.0  |
| 5/16 | 四 | 雞肉五穀粥 | 1.8  | 0.4  | 0.0  | 0.2  | 0.0  | 0.0  | 0.0  | 162.0  | 水果拼盤 | 0.0  | 0.0  | 0.0  | 0.0  | 1.0  | 0.0  | 0.0  | 60.0  |
| 5/17 | 五 | 蛋餅+薏仁漿 | 1.7  | 1.5  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 228.6  | 檸檬愛玉湯+水果 | 0.0  | 0.0  | 0.0  | 0.0  | 0.5  | 0.0  | 24.0  | 126.0  |
| 5/20 | 一 | 鮮肉包+米漿 | 2.7  | 0.5  | 0.0  | 0.0  | 0.0  | 0.8  | 0.0  | 265.9  | 綜合滷味+水果 | 0.4  | 0.7  | 0.0  | 0.4  | 0.5  | 0.0  | 0.0  | 118.4  |
| 5/21 | 二 | 日式炒烏龍 | 0.0  | 0.6  | 0.0  | 0.4  | 0.0  | 0.0  | 0.0  | 53.9  | 味噌貢丸蛋花湯 | 0.0  | 0.7  | 0.0  | 0.1  | 0.0  | 0.0  | 0.0  | 52.3  |
| 5/22 | 三 | 大滷湯餃 | 0.7  | 0.9  | 0.0  | 0.3  | 0.0  | 0.0  | 0.0  | 125.6  | 玉米脆片+鮮奶 | 1.9  | 0.0  | 0.6  | 0.0  | 0.0  | 0.0  | 8.3  | 241.2  |
| 5/23 | 四 | 金銀蛋粥 | 1.8  | 0.7  | 0.0  | 0.3  | 0.0  | 0.0  | 0.0  | 189.2  | 水果拼盤 | 0.0  | 0.0  | 0.0  | 0.0  | 1.0  | 0.0  | 0.0  | 60.0  |
| 5/24 | 五 | 火腿吐司+麥茶 | 2.0  | 0.7  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 194.8  | 仙草米苔目湯+水果 | 0.5  | 0.0  | 0.0  | 0.0  | 0.5  | 0.0  | 24.0  | 159.6  |
| 5/27 | 一 | 鮮奶小饅頭+豆漿 | 3.0  | 1.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 287.5  | 雞絲麵+水果 | 0.9  | 0.4  | 0.0  | 0.3  | 0.5  | 0.0  | 0.0  | 127.7  |
| 5/28 | 二 | 乾拌麵 | 1.4  | 0.5  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 140.3  | 麻油高麗菜肉片湯 | 0.0  | 0.5  | 0.0  | 0.3  | 0.0  | 0.0  | 0.0  | 45.6  |
| 5/29 | 三 | 關東煮 | 0.0  | 0.9  | 0.0  | 0.2  | 0.0  | 0.0  | 0.0  | 71.3  | 水餃+紫菜蛋花湯 | 0.7  | 0.4  | 0.0  | 0.1  | 0.0  | 0.0  | 0.0  | 84.8  |
| 5/30 | 四 | 南瓜瘦肉粥 | 2.6  | 0.5  | 0.0  | 0.1  | 0.0  | 0.0  | 0.0  | 221.7  | 水果拼盤 | 0.0  | 0.0  | 0.0  | 0.0  | 1.0  | 0.0  | 0.0  | 60.0  |
| 5/31 | 五 | 燒賣+鮮奶 | 0.4  | 0.4  | 0.6  | 0.0  | 0.0  | 0.4  | 0.0  | 148.9  | QQ圓地瓜湯+水果 | 2.5  | 0.0  | 0.0  | 0.0  | 0.5  | 0.0  | 31.0  | 327.1  |
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