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| ***Группа №*** *\_\_\_\_\_\_\_* | ***УТВЕРЖДАЮ:***  ***Заведующий МАДОУ «Детский сад № 12»***  ***комбинированного вида***  *\_\_\_\_\_\_\_\_\_\_****Тункина О. Н.*** | | |
| ***Дата «\_\_\_\_»\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2025 г. День недели\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*** | | | |
| ***Завтрак*** | | | |
| ***1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***  ***2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***  ***3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***  ***4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*** | | ***\_\_\_\_\_\_\_ккал***  ***\_\_\_\_\_\_\_ккал***  ***\_\_\_\_\_\_\_ккал***  ***\_\_\_\_\_\_\_ккал*** | ***\_\_\_\_\_\_\_\_гр.***  ***\_\_\_\_\_\_\_\_гр.***  ***\_\_\_\_\_\_\_\_гр.***  ***\_\_\_\_\_\_\_\_гр.*** |
| ***Второй завтрак*** | | | |
| ***1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*** | | ***\_\_\_\_\_\_\_ккал*** | ***\_\_\_\_\_\_\_\_гр.*** |
| ***Обед*** | | | |
| ***1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***  ***2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***  ***3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***  ***4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***  ***5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***  ***6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*** | | ***\_\_\_\_\_\_\_ккал***  ***\_\_\_\_\_\_\_ккал***  ***\_\_\_\_\_\_\_ккал***  ***\_\_\_\_\_\_\_ккал***  ***\_\_\_\_\_\_\_ккал***  ***\_\_\_\_\_\_\_ккал*** | ***\_\_\_\_\_\_\_\_гр.***  ***\_\_\_\_\_\_\_\_гр.***  ***\_\_\_\_\_\_\_\_гр.***  ***\_\_\_\_\_\_\_\_гр.***  ***\_\_\_\_\_\_\_\_гр.***  ***\_\_\_\_\_\_\_\_гр.*** |
| ***Полдник*** | | | |
| ***1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***  ***2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*** | | ***\_\_\_\_\_\_\_ккал***  ***\_\_\_\_\_\_\_ккал*** | ***\_\_\_\_\_\_\_\_гр.***  ***\_\_\_\_\_\_\_\_гр.*** |
| ***Ужин*** | | | |
| ***1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***  ***2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***  ***3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***  ***4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***  ***5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*** | | ***\_\_\_\_\_\_\_ккал***  ***\_\_\_\_\_\_\_ккал***  ***\_\_\_\_\_\_\_ккал***  ***\_\_\_\_\_\_\_ккал***  ***\_\_\_\_\_\_\_ккал*** | ***\_\_\_\_\_\_\_\_гр.***  ***\_\_\_\_\_\_\_\_гр.***  ***\_\_\_\_\_\_\_\_гр.***  ***\_\_\_\_\_\_\_\_гр.***  ***\_\_\_\_\_\_\_\_гр.*** |

***Итого за день:***

***Выход*** *\_\_\_\_\_\_\_\_\_* ***гр.***

***Энергетическая ценность*** *\_\_\_\_\_\_\_\_\_* ***ккал***