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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***