

**COMPOSIÇÃO QUÍMICA/NUTRICIONAL ENSINO REGULAR FUNDAMENTAL DOM AQUINO-MT
2019**

Arroz Doce

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)
Açúcar	15	58.1	0.0	15.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0
Arroz	25	91.3	1.8	20.0	0.2	7.0	1.1	0.0	0.0	0.0	0.3	1.3	0.0	0.1	0.0	2.0	6.3	0.3	28.8	3.8
Coco ralado	5	25.1	0.1	2.4	1.8	0.8	0.1	0.0	0.0	0.0	0.2	13.1	0.0	0.1	2.6	0.4	2.5	0.1	16.9	0.8
Leite integral	110	66.7	3.7	5.1	3.3	130.9	0.2	12.8	1.0	15.0	0.0	53.7	0.0	0.0	0.0	5.5	14.7	0.4	166.1	1.4
		241.0	5.6	42.5	5.2	138.8	1.3	12.8	1.1	15.0	0.6	68.2	0.1	0.1	2.6	7.9	23.5	0.8	212.0	6.0

Canjica

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)
Açúcar	15	58.1	0.0	15.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0
Coco ralado	2		0.1	1.0	0.7	0.3	0.0	0.0	0.0	0.0	0.1	5.2	0.0	0.0	1.0	0.2	1.0	0.0	6.7	0.3
Leite integral	110	66.7	3.7	5.1	3.3	130.9	0.2	12.8	1.0	15.0	0.0	53.7	0.0	0.0	0.0	5.5	14.7	0.4	166.1	1.4
Milho canjica	20	74.2	1.8	15.9	0.2	0.4	0.8	8.8	0.0	0.0	2.3	0.2	0.1	0.1	0.0	1.0	5.4	0.1	27.4	3.4
		198.9	5.5	37.0	4.3	131.8	1.0	21.6	1.0	15.0	2.4	59.3	0.1	0.1	1.1	6.7	21.1	0.5	200.5	5.1

Bolacha, leite e achocolatado

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)
Cream cracker	30	141.9	2.8	20.2	5.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Leite integral	120	72.7	4.0	5.6	3.6	142.8	0.2	14.0	1.1	16.3	0.0	58.6	0.0	0.0	0.0	6.0	16.1	0.5	181.2	1.5
Açúcar	10	38.7	0.0	10.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0
Achocolatado	10	30.6	1.1	6.9	0.8	0.0	0.0	0.0	0.0	0.0	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
		283.9	7.9	42.6	9.9	142.9	0.2	14.0	1.1	16.3	1.2	58.7	0.0	0.0	0.0	6.0	16.1	0.5	181.4	1.5

Macarrão com carne moída

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)
Carne moída	30	87.8	8.2	0.0	5.9	3.6	0.8	0.0	0.0	30.4	0.0	27.9	0.2	0.2	2.3	3.0	6.6	1.7	98.3	0.0
Alho	1	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Cebola	2	0.8	0.0	0.2	0.0	0.4	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.4	0.2	0.0	3.1	0.0
Mol. tomate	3	2.2	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	19.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Macarrão	35	53.3	1.2	10.7	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Óleo de soja	4	35.4	0.0	0.0	4.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.3	0.9	0.6	0.0	0.0	0.0	0.0	0.0
Sal	1	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
		180.8	9.5	11.7	10.5	6.1	0.8	0.0	0.4	30.4	0.1	435.0	2.5	1.1	2.9	3.4	7.1	1.8	105.5	0.3

Arroz com frango e salada de repolho

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)
Alho	2.0	3.0	0.1	0.7	0.0	3.6	0.0	0.0	0.6	0.0	0.0	0.3	0.0	0.0	0.0	0.1	0.5	0.0	8.0	0.5
Arroz	40.0	146.0	2.9	32.0	0.3	11.2	1.7	0.0	0.0	0.0	0.5	2.0	0.1	0.1	0.1	3.2	10.0	0.4	46.0	6.0
Cebola	1.0	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha	1.0	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0
Mol. tomate	1.0	0.7	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Frango	30.0	75.0	9.3	0.2	3.6	5.6	0.5	5.2	0.2	32.1	0.0	108.3	2.3	0.0	0.0	3.3	8.6	1.0	87.0	4.7
Óleo de soja	4.0	35.4	0.0	0.0	4.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.3	0.9	0.6	0.0	0.0	0.0	0.0	0.0
Repolho	25.0	6.3	0.4	1.4	0.1	11.8	0.1	3.3	8.1	0.0	0.5	4.5	0.0	0.0	0.0	10.8	3.8	0.0	61.5	0.3
Sal	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
		267.0	12.7	34.5	8.0	33.5	2.4	12.9	9.5	32.1	1.2	509.2	4.8	1.0	0.7	18.6	23.4	1.5	207.1	11.6

Arroz com carne moída e tutu de feijão

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)
Alho	1.0	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Arroz branco	35.0	127.8	2.5	28.0	0.2	9.8	1.5	0.0	0.0	0.0	0.5	1.8	0.1	0.1	0.1	2.8	8.8	0.4	40.3	5.3
Cebola	1.0	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha	1.0	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0
Carne moída	23.0	67.3	6.3	0.0	4.5	2.8	0.6	0.0	0.0	23.3	0.0	21.4	0.2	0.1	1.8	2.3	5.1	1.3	75.3	0.0
Óleo de soja	1.0	8.8	0.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.2	0.1	0.0	0.0	0.0	0.0	0.0
Alface	10.0	1.8	0.1	0.4	0.0	6.8	0.1	0.0	1.8	0.0	0.1	0.9	0.0	0.0	0.0	5.0	1.1	0.0	26.4	0.0
Feijão	10.0	33.7	2.3	6.1	0.1	8.3	0.7	0.1	0.5	0.0	1.9	1.2	0.1	0.0	0.0	39.4	13.8	0.3	135.9	0.7
Far. Mandioca	8.0	28.3	0.1	6.9	0.0	4.9	0.2	0.0	1.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mol. tomate	1.0	0.7	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sal	1.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
		270.6	11.4	42.0	5.9	35.7	3.2	4.4	4.3	23.3	2.7	419.5	0.9	0.4	2.0	50.8	29.5	2.1	286.5	6.3

Arroz com carne picadinha com batata e cenoura

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)
Alho	1	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Arroz	35	127.8	2.5	28.0	0.2	9.8	1.5	0.0	0.0	0.0	0.5	1.8	0.1	0.1	0.1	2.8	8.8	0.4	40.3	5.3
Cebola	1	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha	1	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0
Óleo de soja	2	17.7	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.5	0.3	0.0	0.0	0.0	0.0	0.0
Carne	30	85.0	8.2	0.0	5.5	3.3	0.9	0.0	0.0	27.0	0.0	18.6	0.2	2.5	2.3	2.7	8.4	1.7	107.8	6.5
Batata	15	11.9	0.3	2.7	0.0	1.1	0.1	0.0	3.0	0.0	0.2	0.9	0.0	0.0	0.0	1.9	3.2	0.1	81.5	0.0
Cenoura	10	4.3	0.1	1.0	0.0	2.7	0.1	281.3	0.9	0.0	0.3	3.5	0.0	0.0	0.0	1.4	1.5	0.0	32.3	0.1
Sal	1	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
		248.7	11.2	32.2	7.8	20.0	2.6	285.7	4.8	27.0	1.0	412.6	1.5	3.0	2.7	10.1	22.6	2.2	270.4	12.3

Farofa de carne, feijão e cenoura com refresco

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)
Alho	1	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Cebola	1	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha	1	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0
Far. Mandioca	25	88.5	0.4	21.6	0.1	15.3	0.8	0.0	3.5	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Feijão	8	27.0	1.8	4.9	0.1	6.6	0.5	0.1	0.4	0.0	1.5	1.0	0.0	0.0	0.0	31.5	11.0	0.2	108.7	0.6
Carne moída	20	58.5	5.5	0.0	3.9	2.4	0.6	0.0	0.0	20.2	0.0	18.6	0.1	0.1	1.5	2.0	4.4	1.2	65.5	0.0
Óleo de soja	3	26.5	0.0	0.0	3.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7	0.7	0.4	0.0	0.0	0.0	0.0	0.0
Cenoura	10	4.3	0.1	1.0	0.0	2.7	0.1	281.3	0.9	0.0	0.3	3.5	0.0	0.0	0.0	1.4	1.5	0.0	32.3	0.1
Polpa fruta	20	6.1	0.1	1.4	0.0	2.3	0.0	144.0	160.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	16.6	0.0
Açúcar	10	38.7	0.0	10.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0
Sal	1	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
		251.8	8.0	39.4	7.1	32.6	2.0	429.7	165.7	20.2	2.4	411.0	1.9	0.8	2.0	36.2	17.7	1.4	232.0	1.0

Sopa de batata, cenoura, abobrinha, carne e macarrão.

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)
Alho	1	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Cebola	1	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha	1	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0
Carne moída	20	58.5	5.5	0.0	3.9	2.4	0.6	0.0	0.0	20.2	0.0	18.6	0.1	0.1	1.5	2.0	4.4	1.2	65.5	0.0
Óleo de soja	3	26.5	0.0	0.0	3.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7	0.7	0.4	0.0	0.0	0.0	0.0	0.0
Cenoura	15	6.5	0.2	1.5	0.0	4.1	0.1	422.0	1.4	0.0	0.4	5.3	0.0	0.0	0.0	2.1	2.3	0.0	48.5	0.2
Macarrão	30	110.7	3.8	22.6	0.4	8.1	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Batata	15	11.9	0.3	2.7	0.0	1.1	0.1	0.0	3.0	0.0	0.2	0.9	0.0	0.0	0.0	1.9	3.2	0.1	81.5	0.0
Abobrinha	15	3.0	0.2	0.7	0.0	3.0	0.1	2.9	2.2	0.0	0.3	0.3	0.0	0.0	0.0	3.8	3.5	0.0	29.3	0.5
Sal	1	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
		219.2	10.0	27.9	7.4	21.8	1.2	429.2	7.5	20.2	1.0	412.9	1.9	0.8	2.0	11.1	14.0	1.3	233.3	1.0

Arroz com lingüiça e salada verde

ALIMENTO	Per capta	Kcal	PTN (g)	CH (g)	LIP (g)	Ca (mg)	Fe (mg)	A (RE)	C (mg)	Col (mg)	Fibr Tot (g)	Na (mg)	G. Poli (g)	G. Mono (g)	G. Sat (g)	Fol (mcg)	Mg (mg)	Zn (mg)	K (mg)	Se (mcg)
Alho	1	1.5	0.1	0.3	0.0	1.8	0.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.3	0.0	4.0	0.2
Arroz	40	146.0	2.9	32.0	0.3	11.2	1.7	0.0	0.0	0.0	0.5	2.0	0.1	0.1	0.1	3.2	10.0	0.4	46.0	6.0
Cebola	1	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	1.6	0.0
Cebolinha	1	0.3	0.0	0.0	0.0	0.9	0.0	4.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.4	0.0	3.0	0.0
Óleo de soja	2	17.7	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.5	0.3	0.0	0.0	0.0	0.0	0.0
Lingüiça	25	95.9	4.8	0.3	8.3	7.8	0.3	0.0	0.4	20.2	0.0	314.8	1.3	3.5	2.7	0.5	4.1	0.6	87.8	4.4
Alface	10	1.8	0.1	0.4	0.0	6.8	0.1	0.0	1.8	0.0	0.1	0.9	0.0	0.0	0.0	5.0	1.1	0.0	26.4	0.0
Sal	1	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	387.6	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
		263.6	7.9	33.1	10.6	29.0	2.2	4.4	3.2	20.2	0.7	705.5	2.6	4.1	3.1	9.9	16.0	1.1	168.8	10.8