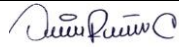
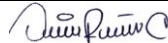


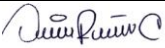
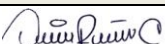
| MENÚ No. 1                                              |                                                                                     |                                              |                                                                   |                      |                          |                                                                                  |                 |              |            |                |                |               |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------|-------------------------------------------------------------------|----------------------|--------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| COMPONENTE                                              | PREPARACIÓN                                                                         | NOMBRE DEL ALIMENTO<br>(Ingredientes)        | Código del<br>Alimento Tabla<br>de<br>Composición<br>de Alimentos | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)         | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel 1 A 5     |                 |              |            |                |                |               |
|                                                         |                                                                                     |                                              |                                                                   |                      |                          | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                   | CREMA DE VERDURAS 200<br>cm3                                                        | Ahuyama, cocida, sin sal                     | B005                                                              | 40.0                 | 30                       | 14.4                                                                             | 0.21            | 0.2          | 2.5        | 4.2            | 0.1            | 0.3           |
|                                                         |                                                                                     | Cebolla cabezona, cruda                      | B027                                                              | 20.0                 | 15                       | 6.0                                                                              | 0.21            | 0.0          | 1.2        | 3.6            | 0.0            | 0.6           |
|                                                         |                                                                                     | Cilantro, crudo                              | B035                                                              | 5.0                  | 4.8                      | 2.1                                                                              | 0.1104          | 0.0          | 0.3        | 3.9            | 0.1            | 2.2           |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda                | B110                                                              | 30.0                 | 20                       | 9.4                                                                              | 0.14            | 0.0          | 1.9        | 5.4            | 0.1            | 7.0           |
|                                                         |                                                                                     | Habichuela, cruda                            | B052                                                              | 30.0                 | 20                       | 8.6                                                                              | 0.42            | 0.0          | 1.4        | 8.0            | 0.2            | 1.2           |
|                                                         |                                                                                     | Sal                                          | L015                                                              | 0.2                  | 0.2                      | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 77.6          |
|                                                         |                                                                                     | Leche de vaca, entera, en polvo              | G008                                                              | 13.0                 | 13                       | 64.9                                                                             | 3.419           | 3.5          | 5.0        | 122.2          | 0.1            | 48.0          |
| ALIMENTO<br>PROTEÍCO                                    | RES SUDADA 50 gr                                                                    | Res, carne magra, cruda                      | F099                                                              | 100.0                | 100                      | 139.0                                                                            | 21.8            | 5.7          | 0.0        | 6.0            | 2.7            | 51.0          |
|                                                         |                                                                                     | Cebolla cabezona, cruda                      | B027                                                              | 15.0                 | 10                       | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                         |                                                                                     | Sal                                          | L015                                                              | 0.2                  | 0.2                      | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 77.6          |
|                                                         |                                                                                     | Tomate, crudo                                | B103                                                              | 15.0                 | 10                       | 2.3                                                                              | 0.09            | 0.0          | 0.4        | 0.9            | 0.1            | 0.6           |
| CEREAL                                                  | ARROZ AMARILLO 70 gr                                                                | Arroz blanco, pulido, crudo                  | A010                                                              | 35.0                 | 35                       | 123.6                                                                            | 2.345           | 0.1          | 28.0       | 3.2            | 0.3            | 0.7           |
|                                                         |                                                                                     | Aceite de soya                               | D012                                                              | 5.0                  | 5                        | 45.0                                                                             | 0               | 5.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                     | Sal                                          | L015                                                              | 0.2                  | 0.2                      | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 77.6          |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda                | B110                                                              | 20.0                 | 15                       | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |
| TUBERCULOS -<br>RAÍCES -<br>PLÁTANOS -                  | CASCOS DE PAPA CRIOLLA<br>50 gr                                                     | Papa variedad harinosa, criolla, con cáscara | B071                                                              | 90.0                 | 90                       | 86.4                                                                             | 1.98            | 0.1          | 19.0       | 9.9            | 0.9            | 16.2          |
|                                                         |                                                                                     | Aceite de soya                               | D012                                                              | 2.0                  | 2                        | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| VERDURA FRÍA<br>O CALIENTE                              | ENSALADA (TOMATE,<br>ZANAHORIA Y MANGO,<br>VINAGRETA DE MANGO)65 gr                 | Mango común, crudo                           | C051                                                              | 50.0                 | 30                       | 23.7                                                                             | 0.18            | 0.0          | 5.1        | 4.5            | 0.2            | 1.2           |
|                                                         |                                                                                     | Tomate, crudo                                | B103                                                              | 40.0                 | 30                       | 6.9                                                                              | 0.27            | 0.0          | 1.2        | 2.7            | 0.2            | 1.8           |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda                | B110                                                              | 40.0                 | 30                       | 14.1                                                                             | 0.21            | 0.0          | 2.9        | 8.1            | 0.1            | 10.5          |
|                                                         |                                                                                     | Azúcar blanco, granulado                     | K003                                                              | 1.0                  | 1                        | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                     | Cilantro, crudo                              | B035                                                              | 5.0                  | 5                        | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                                         |                                                                                     | Vinagre                                      | L018                                                              | 10.0                 | 10                       | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
| FRUTA                                                   | JUGO DE MARACUYA 200 cm3                                                            | Maracuyá, cruda                              | C056                                                              | 120.0                | 60                       | 36.0                                                                             | 0.9             | 0.3          | 7.4        | 5.4            | 1.0            | 3.6           |
|                                                         |                                                                                     | Azúcar blanco, granulado                     | K003                                                              | 6.0                  | 6                        | 23.8                                                                             | 0               | 0.0          | 6.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                              |                                                                                     |                                              |                                                                   |                      |                          | 644                                                                              | 32.6            | 17.1         | 86.4       | 199            | 6.2            | 386.0         |
| RECOMENDACIÓN 1-2-3                                     |                                                                                     |                                              |                                                                   |                      |                          | 1629                                                                             | 57              | 54.3         | 228.1      | 800            | 6.2            | 1200          |
| % ADECUACIÓN                                            |                                                                                     |                                              |                                                                   |                      |                          | 40%                                                                              | 57%             | 31%          | 38%        | 25%            | 100%           | 32%           |
| % ADECUACIÓN TOTAL                                      |                                                                                     |                                              |                                                                   |                      |                          | 46%                                                                              |                 |              |            |                |                |               |
| RECOMENDACIÓN 4-5                                       |                                                                                     |                                              |                                                                   |                      |                          | 1994                                                                             | 69.8            | 66.5         | 279.2      | 1100           | 8.7            | 1500          |
| % ADECUACIÓN                                            |                                                                                     |                                              |                                                                   |                      |                          | 32%                                                                              | 47%             | 26%          | 31%        | 18%            | 71%            | 26%           |
| % ADECUACIÓN TOTAL                                      |                                                                                     |                                              |                                                                   |                      |                          | 36%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     |                                              |                                                                   |                      | DANIELA ROSERO CBALLOS   |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                   |  |                                              |                                                                   |                      | MATRÍCULA<br>PROFESIONAL | 1085346983                                                                       |                 |              |            |                |                |               |
| MENÚ No. 2                                              |                                                                                     |                                              |                                                                   |                      |                          |                                                                                  |                 |              |            |                |                |               |
| COMPONENTE                                              | PREPARACIÓN                                                                         | NOMBRE DEL ALIMENTO<br>(Ingredientes)        | CÓDIGO                                                            | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)         | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                         |                                                                                     |                                              |                                                                   |                      |                          | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |

|                                                         |                                                                                     |                                         |        |                      |                            |                                                                                  |                 |              |            |                |                |               |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------|--------|----------------------|----------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| SOPAS                                                   | FRIJOLES 200 cm3                                                                    | Ahuyama, cruda                          | B006   | 5.9                  | 5                          | 1.5                                                                              | 0.04            | 0.0          | 0.3        | 1.0            | 0.0            | 0.1           |
|                                                         |                                                                                     | Frijol radical, crudo                   | T016   | 30.0                 | 30                         | 117.6                                                                            | 6.87            | 0.4          | 17.9       | 36.0           | 1.6            | 1.8           |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda           | B110   | 23.5                 | 20                         | 9.4                                                                              | 0.14            | 0.0          | 1.9        | 5.4            | 0.1            | 7.0           |
|                                                         |                                                                                     | Plátano hartón, verde, crudo            | B092   | 29.4                 | 20                         | 33.2                                                                             | 0.24            | 0.0          | 7.9        | 1.6            | 0.1            | 5.2           |
|                                                         |                                                                                     | Cebolla cabezona, cruda                 | B027   | 2.1                  | 2                          | 0.8                                                                              | 0.028           | 0.0          | 0.2        | 0.5            | 0.0            | 0.1           |
|                                                         |                                                                                     | Ajo, crudo                              | B009   | 1.1                  | 1                          | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |
|                                                         |                                                                                     | Sal                                     | L015   | 0.5                  | 0.5                        | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                     | Aceite de soya                          | D012   | 3.0                  | 3                          | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                     | Cilantro, crudo                         | B035   | 1.1                  | 1                          | 0.4                                                                              | 0.023           | 0.0          | 0.1        | 0.8            | 0.0            | 0.5           |
| ALIMENTO<br>PROTEÍCO                                    | TORTILLA DE HUEVO 50 gr                                                             | Huevo de gallina, entero, crudo         | J004   | 58.9                 | 53                         | 79.0                                                                             | 6.678           | 5.7          | 0.2        | 28.1           | 0.9            | 73.7          |
|                                                         |                                                                                     | Aceite de soya                          | D012   | 4.0                  | 4                          | 36.0                                                                             | 0               | 4.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                     | Almidón de maíz, crudo                  | A001   | 3.0                  | 3                          | 11.1                                                                             | 0.009           | 0.0          | 2.7        | 0.1            | 0.0            | 0.3           |
|                                                         |                                                                                     | Sal                                     | L015   | 0.5                  | 0.5                        | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
| CEREAL                                                  | ARROZ BLANCO 70 gr                                                                  | Arroz blanco, pulido, crudo             | A010   | 35.0                 | 35                         | 123.6                                                                            | 2.345           | 0.1          | 28.0       | 3.2            | 0.3            | 0.7           |
|                                                         |                                                                                     | Sal                                     | L015   | 0.5                  | 0.5                        | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                     | Aceite de soya                          | D012   | 3.0                  | 3                          | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBERCULOS -<br>RAÍCES -                                | PAPA GUISADA 50 gr                                                                  | Papa, variedad cerosa, sabanera, sin cá | B068   | 75.0                 | 60                         | 44.4                                                                             | 1.14            | 0.1          | 9.2        | 8.4            | 0.2            | 6.6           |
|                                                         |                                                                                     | Paprika                                 |        | 2.0                  | 2                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                     | Cebolla cabezona, cruda                 | B027   | 10.5                 | 10                         | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                         |                                                                                     | Aceite de soya                          | D012   | 3.0                  | 3                          | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda           | B110   | 11.8                 | 10                         | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
| ENSALADA                                                | ENSALADA (REPOLLO,<br>MANGO Y PIÑA, VINAGRETA<br>DE MANGO) 65 gr                    | Repollo blanco, crudo                   | B099   | 57.1                 | 40                         | 16.0                                                                             | 0.72            | 0.1          | 2.6        | 17.6           | 0.2            | 7.2           |
|                                                         |                                                                                     | Piña, cruda                             | C072   | 54.5                 | 30                         | 16.8                                                                             | 0.18            | 0.0          | 3.7        | 4.8            | 0.2            | 0.9           |
|                                                         |                                                                                     | Vinagre                                 | L018   | 10.0                 | 10                         | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                                         |                                                                                     | Mango común, crudo                      | C051   | 60.0                 | 30                         | 23.7                                                                             | 0.18            | 0.0          | 5.1        | 4.5            | 0.2            | 1.2           |
| FRUTA                                                   | JUGO DE TOMATE DE ARBOL<br>200 cm3                                                  | Tomate de árbol rojo, crudo             | C082   | 69.8                 | 60                         | 33.0                                                                             | 1.2             | 0.1          | 6.1        | 6.0            | 0.5            | 0.0           |
|                                                         |                                                                                     | Azúcar blanco, granulado                | K003   | 6.0                  | 6                          | 23.8                                                                             | 0               | 0.0          | 6.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                              |                                                                                     |                                         |        |                      |                            | 640                                                                              | 20.1            | 19.7         | 94.4       | 124            | 4.4            | 691.4         |
| RECOMENDACIÓN 1-2-3                                     |                                                                                     |                                         |        |                      |                            | 1629                                                                             | 57              | 54.3         | 228.1      | 800            | 6.2            | 1200          |
| % ADECUACIÓN                                            |                                                                                     |                                         |        |                      |                            | 39%                                                                              | 35%             | 36%          | 41%        | 16%            | 71%            | 58%           |
| % ADECUACIÓN TOTAL                                      |                                                                                     |                                         |        |                      |                            | 42%                                                                              |                 |              |            |                |                |               |
| RECOMENDACIÓN 4-5                                       |                                                                                     |                                         |        |                      |                            | 1994                                                                             | 69.8            | 66.5         | 279.2      | 1100           | 8.7            | 1500          |
| % ADECUACIÓN                                            |                                                                                     |                                         |        |                      |                            | 32%                                                                              | 29%             | 30%          | 34%        | 11%            | 50%            | 46%           |
| % ADECUACIÓN TOTAL                                      |                                                                                     |                                         |        |                      |                            | 33%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     |                                         |        |                      | DANIELA ROSERO CBALLOS     |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                   |  |                                         |        |                      | MATRICUL<br>A<br>PROFESION | 1085346983                                                                       |                 |              |            |                |                |               |
| MENÚ No. 3                                              |                                                                                     |                                         |        |                      |                            |                                                                                  |                 |              |            |                |                |               |
| COMPONENTE                                              | PREPARACIÓN                                                                         | NOMBRE DEL ALIMENTO<br>(Ingredientes)   | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)           | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                         |                                                                                     |                                         |        |                      |                            | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
|                                                         |                                                                                     | Papa, variedad cerosa, sabanera, con cá | B065   | 35.0                 | 30                         | 24.0                                                                             | 0.66            | 0.0          | 5.1        | 3.6            | 0.2            | 1.8           |
|                                                         |                                                                                     | Plátano hartón, verde, crudo            | B092   | 29.4                 | 20                         | 33.2                                                                             | 0.24            | 0.0          | 7.9        | 1.6            | 0.1            | 5.2           |
|                                                         |                                                                                     | Yuca blanca, sin cáscara, cruda         | B107   | 37.5                 | 30                         | 47.7                                                                             | 0.27            | 0.1          | 11.2       | 4.8            | 0.1            | 4.2           |
|                                                         |                                                                                     | Tomate, crudo                           | B103   | 12.5                 | 10                         | 2.3                                                                              | 0.09            | 0.0          | 0.4        | 0.9            | 0.1            | 0.6           |

|                                                         |                                                                                    |                                          |        |                      |                               |                                                                                  |                 |              |            |                |                |               |
|---------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------|--------|----------------------|-------------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| SOPAS                                                   | SANCOCHO 200 cm3                                                                   | Zanahoria, sin cáscara, cruda            | B110   | 11.8                 | 10                            | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
|                                                         |                                                                                    | Ahuyama, cruda                           | B006   | 15.0                 | 10                            | 3.0                                                                              | 0.08            | 0.0          | 0.6        | 2.0            | 0.1            | 0.1           |
|                                                         |                                                                                    | Cilantro, crudo                          | B035   | 1.1                  | 1                             | 0.4                                                                              | 0.023           | 0.0          | 0.1        | 0.8            | 0.0            | 0.5           |
|                                                         |                                                                                    | Sal                                      | L015   | 0.5                  | 0.5                           | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                    | Aceite de soya                           | D012   | 3.0                  | 3                             | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                    | Cebolla cabezona, cruda                  | B027   | 10.5                 | 10                            | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
| ALIMENTO<br>PROTEÍCO                                    | PECHUGA ASADA 50 gr                                                                | Pollo, pechuga sin piel, cocida, sin sal | F087   | 120.0                | 100                           | 141.0                                                                            | 28.4            | 3.0          | 0.3        | 13.0           | 0.9            | 63.0          |
|                                                         |                                                                                    | Aceite de soya                           | D012   | 5.0                  | 5                             | 45.0                                                                             | 0               | 5.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| CEREAL                                                  | ARROZ BLANCO 70 gr                                                                 | Arroz blanco, pulido, crudo              | A010   | 35.0                 | 35                            | 123.6                                                                            | 2.345           | 0.1          | 28.0       | 3.2            | 0.3            | 0.7           |
|                                                         |                                                                                    | Aceite de soya                           | D012   | 3.0                  | 3                             | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBÉRCULOS -<br>RAÍCES -                                | INCLUIDA EN LA SOPA                                                                |                                          |        |                      |                               | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| VERDURA FRÍA<br>O CALIENTE                              | ENSALADA (REPOLLO,<br>FRESA, ZANAHORIA) 65 gr                                      | Repollo blanco, crudo                    | B099   | 64.3                 | 45                            | 18.0                                                                             | 0.81            | 0.1          | 2.9        | 19.8           | 0.2            | 8.1           |
|                                                         |                                                                                    | Fresa, madura, cruda                     | C025   | 31.6                 | 30                            | 13.5                                                                             | 0.24            | 0.2          | 2.5        | 6.3            | 0.2            | 0.6           |
|                                                         |                                                                                    | Vinagre                                  | L018   | 10.0                 | 10                            | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                                         |                                                                                    | Azúcar blanco, granulado                 | K003   | 1.0                  | 1                             | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                    | Zanahoria, sin cáscara, cruda            | B110   | 47.1                 | 40                            | 18.8                                                                             | 0.28            | 0.0          | 3.8        | 10.8           | 0.2            | 14.0          |
| FRUTA                                                   | JUGO DE GUAYABA CON<br>LECHE 200 cm3                                               | Guayaba, madura, cruda                   | C031   | 80.0                 | 60                            | 42.6                                                                             | 0.54            | 0.2          | 8.0        | 7.8            | 0.2            | 1.8           |
|                                                         |                                                                                    | Leche de vaca, entera, en polvo          | G008   | 13.0                 | 13                            | 64.9                                                                             | 3.419           | 3.5          | 5.0        | 122.2          | 0.1            | 48.0          |
|                                                         |                                                                                    | Azúcar blanco, granulado                 | K003   | 5.0                  | 5                             | 19.9                                                                             | 0               | 0.0          | 5.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                              |                                                                                    |                                          |        |                      |                               | 1085347630                                                                       | 37.6            | 18.3         | 84.0       | 203            | 2.6            | 540.7         |
| RECOMENDACIÓN 1-2-3                                     |                                                                                    |                                          |        |                      |                               | 1629                                                                             | 57              | 54.3         | 228.1      | 800            | 6.2            | 1200          |
| % ADECUACIÓN                                            |                                                                                    |                                          |        |                      |                               | 66626619%                                                                        | 66%             | 34%          | 37%        | 25%            | 43%            | 45%           |
| % ADECUACIÓN TOTAL                                      |                                                                                    |                                          |        |                      |                               | 9518124%                                                                         |                 |              |            |                |                |               |
| RECOMENDACIÓN 4-5                                       |                                                                                    |                                          |        |                      |                               | 1994                                                                             | 69.8            | 66.5         | 279.2      | 1100           | 8.7            | 1500          |
| % ADECUACIÓN                                            |                                                                                    |                                          |        |                      |                               | 54430674%                                                                        | 54%             | 28%          | 30%        | 18%            | 30%            | 36%           |
| % ADECUACIÓN TOTAL                                      |                                                                                    |                                          |        |                      |                               | 7775839%                                                                         |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                    |                                          |        |                      | DANIELA ROSERO CBALLOS        |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                   |  |                                          |        |                      | MATRÍCULA<br>A<br>PROFESIONAL | 1085346983                                                                       |                 |              |            |                |                |               |
| MENÚ No. 4                                              |                                                                                    |                                          |        |                      |                               |                                                                                  |                 |              |            |                |                |               |
| COMPONENTE                                              | PREPARACIÓN                                                                        | NOMBRE DEL ALIMENTO<br>(Ingredientes)    | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)              | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                         |                                                                                    |                                          |        |                      |                               | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| ALIMENTO<br>PROTEÍCO                                    | CERDO A LA PLANCHA 50 gr                                                           | Cerdo, carne magra, cruda                | F011   | 100.0                | 100                           | 140.0                                                                            | 21.4            | 6.0          | 0.2        | 17.0           | 0.8            | 52.0          |
|                                                         |                                                                                    | Ajo, crudo                               | B009   | 1.1                  | 1                             | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |
|                                                         |                                                                                    | Aceite de soya                           | D012   | 4.0                  | 4                             | 36.0                                                                             | 0               | 4.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| CEREAL                                                  | ARROZ VERDE 70 gr                                                                  | Arroz blanco, pulido, crudo              | A010   | 35.0                 | 35                            | 123.6                                                                            | 2.345           | 0.1          | 28.0       | 3.2            | 0.3            | 0.7           |
|                                                         |                                                                                    | Aceite de soya                           | D012   | 3.0                  | 3                             | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                    | Sal                                      | L015   | 0.5                  | 0.5                           | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                    | Cilantro, crudo                          | B035   | 3.3                  | 3                             | 1.3                                                                              | 0.069           | 0.0          | 0.2        | 2.5            | 0.1            | 1.4           |
| TUBERCULOS -<br>RAÍCES -<br>PLÁTANOS -<br>DERIVADOS DE  | PURE DE PAPA CON<br>CILANTRO Y MAYONESA 50 gr                                      | Papa, variedad cerosa, sabanera, sin cá  | B068   | 81.3                 | 65                            | 48.1                                                                             | 1.235           | 0.1          | 9.9        | 9.1            | 0.2            | 7.2           |
|                                                         |                                                                                    | Mayonesa, con sal                        | D020   | 5.0                  | 10                            | 32.6                                                                             | 0.09            | 3.3          | 0.5        | 1.4            | 0.0            | 71.1          |
|                                                         |                                                                                    | Cilantro, crudo                          | B035   | 3.3                  | 3                             | 1.3                                                                              | 0.069           | 0.0          | 0.2        | 2.5            | 0.1            | 1.4           |
| VERDURA FRÍA<br>O CALIENTE                              | ENSALADA (TOMATE,<br>REPOLLO Y MAIZ TIERNO) 65                                     | Tomate, crudo                            | B103   | 50.0                 | 40                            | 9.2                                                                              | 0.36            | 0.0          | 1.6        | 3.6            | 0.2            | 2.4           |
|                                                         |                                                                                    | Repollo blanco, crudo                    | B099   | 64.3                 | 45                            | 18.0                                                                             | 0.81            | 0.1          | 2.9        | 19.8           | 0.2            | 8.1           |

|                                                         |                                                                                   |                                              |        |                      |                            |                                                                                  |                 |              |            |                |                |               |
|---------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------|--------|----------------------|----------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| 0 CALIENTE                                              | gr                                                                                | Maíz tierno, crudo                           | A053   | 15.0                 | 15                         | 22.8                                                                             | 0.51            | 0.2          | 4.6        | 0.8            | 0.1            | 0.5           |
| FRUTA                                                   | JUGO DE MANGO CON LECHE<br>200 cm3                                                | Mango común, crudo                           | C051   | 120.0                | 60                         | 47.4                                                                             | 0.36            | 0.0          | 10.3       | 9.0            | 0.3            | 2.4           |
|                                                         |                                                                                   | Leche de vaca, entera, en polvo              | G008   | 13.0                 | 13                         | 64.9                                                                             | 3.419           | 3.5          | 5.0        | 122.2          | 0.1            | 48.0          |
|                                                         |                                                                                   | Azúcar blanco, granulado                     | K003   | 7.0                  | 7                          | 27.8                                                                             | 0               | 0.0          | 7.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                              |                                                                                   |                                              |        |                      |                            | 601                                                                              | 30.7            | 20.4         | 70.7       | 191            | 2.3            | 389.1         |
| RECOMENDACIÓN 1-2-3                                     |                                                                                   |                                              |        |                      |                            | 1629                                                                             | 57              | 54.3         | 228.1      | 800            | 6.2            | 1200          |
| % ADECUACIÓN                                            |                                                                                   |                                              |        |                      |                            | 37%                                                                              | 54%             | 38%          | 31%        | 24%            | 38%            | 32%           |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                              |        |                      |                            | 36%                                                                              |                 |              |            |                |                |               |
| RECOMENDACIÓN 4-5                                       |                                                                                   |                                              |        |                      |                            | 1994                                                                             | 69.8            | 66.5         | 279.2      | 1100           | 8.7            | 1500          |
| % ADECUACIÓN                                            |                                                                                   |                                              |        |                      |                            | 30%                                                                              | 44%             | 31%          | 25%        | 17%            | 27%            | 26%           |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                              |        |                      |                            | 29%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                   |                                              |        |                      | DANIELA ROSERO CBALLOS     |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                   |  |                                              |        |                      | MATRICUL<br>A<br>PROFESION | 1085346983                                                                       |                 |              |            |                |                |               |
| MENÚ No. 5                                              |                                                                                   |                                              |        |                      |                            |                                                                                  |                 |              |            |                |                |               |
| COMPONENTE                                              | PREPARACIÓN                                                                       | NOMBRE DEL ALIMENTO<br>(Ingredientes)        | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)           | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                         |                                                                                   |                                              |        |                      |                            | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                   | PRINCIPIO DE LENTEJAS 50<br>GR                                                    | Lenteja común, cruda                         | T026   | 25.0                 | 25                         | 96.8                                                                             | 5.775           | 0.2          | 15.3       | 12.8           | 1.8            | 6.8           |
|                                                         |                                                                                   | Papa, variedad cerosa, sabanera, sin cáscara | B068   | 25.0                 | 20                         | 14.8                                                                             | 0.38            | 0.0          | 3.1        | 2.8            | 0.1            | 2.2           |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                | B110   | 11.8                 | 10                         | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
|                                                         |                                                                                   | Cebolla cabezona, cruda                      | B027   | 10.5                 | 10                         | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                         |                                                                                   | Sal                                          | L015   | 0.5                  | 0.5                        | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                   | Cilantro, crudo                              | B035   | 3.3                  | 3                          | 1.3                                                                              | 0.069           | 0.0          | 0.2        | 2.5            | 0.1            | 1.4           |
| ALIMENTO<br>PROTEÍCO                                    | POLLO (50 gr) CON<br>VERDURAS(60 gr)                                              | Pollo, pechuga con piel, cruda               | F085   | 125.0                | 100                        | 166.0                                                                            | 20.7            | 9.2          | 0.1        | 11.0           | 0.7            | 63.0          |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                | B110   | 35.3                 | 30                         | 14.1                                                                             | 0.21            | 0.0          | 2.9        | 8.1            | 0.1            | 10.5          |
|                                                         |                                                                                   | Maíz tierno, crudo                           | A053   | 15.0                 | 15                         | 22.8                                                                             | 0.51            | 0.2          | 4.6        | 0.8            | 0.1            | 0.5           |
|                                                         |                                                                                   | Arveja verde, cruda                          | B019   | 30.0                 | 30                         | 29.7                                                                             | 1.77            | 0.1          | 4.7        | 10.8           | 0.5            | 1.5           |
|                                                         |                                                                                   | Laurel                                       |        | 1.0                  | 1                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Salsa Soya                                   |        | 1.0                  | 1                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Sal                                          | L015   | 0.2                  | 0.5                        | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                   | Ajo, crudo                                   | B009   | 1.1                  | 1                          | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |
| CEREAL                                                  | ARROZ BLANCO 70 gr                                                                | Arroz blanco, pulido, crudo                  | A010   | 35.0                 | 35                         | 123.6                                                                            | 2.345           | 0.1          | 28.0       | 3.2            | 0.3            | 0.7           |
|                                                         |                                                                                   | Sal                                          | L015   | 0.2                  | 0.5                        | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                   | Aceite de soya                               | D012   | 4.0                  | 4                          | 36.0                                                                             | 0               | 4.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBERCULOS -<br>RAÍCES -<br>PLÁTANOS                    | TAJADA DE PLATANO<br>MADURO 50 gr                                                 | plátano hartón, maduro, crudo                | B089   | 111.1                | 80                         | 105.6                                                                            | 0.88            | 0.2          | 24.2       | 2.4            | 0.4            | 3.2           |
| Aceite de soya                                          |                                                                                   | D012                                         | 5.0    | 5                    | 45.0                       | 0                                                                                | 5.0             | 0.0          | 0.0        | 0.0            | 0.0            |               |
| VERDURA FRÍA<br>O CALIENTE                              | INCLUIDA EN LA PROTEINA                                                           | 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            | 0.0           |
|                                                         |                                                                                   | 0                                            |        | 0.0                  |                            | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| FRUTA                                                   | JUGO DE LULO 200 cm3                                                              | Lulo, crudo                                  | C045   | 100.0                | 60                         | 28.8                                                                             | 0.54            | 0.1          | 5.3        | 6.0            | 0.4            | 0.0           |
|                                                         |                                                                                   | Azúcar blanco, granulado                     | K003   | 6.0                  | 6                          | 23.8                                                                             | 0               | 0.0          | 6.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                              |                                                                                   |                                              |        |                      |                            | 718                                                                              | 33.4            | 19.1         | 96.2       | 66             | 4.4            | 675.5         |
| RECOMENDACIÓN 1-2-3                                     |                                                                                   |                                              |        |                      |                            | 1629                                                                             | 57              | 54.3         | 228.1      | 800            | 6.2            | 1200          |
| % ADECUACIÓN                                            |                                                                                   |                                              |        |                      |                            | 44%                                                                              | 59%             | 35%          | 42%        | 8%             | 72%            | 56%           |

| % ADECUACIÓN TOTAL                                      |                                                                                   |                                              |        |                |                        | 45%                                                                              |              |           |         |             |             |            |
|---------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------|--------|----------------|------------------------|----------------------------------------------------------------------------------|--------------|-----------|---------|-------------|-------------|------------|
| RECOMENDACIÓN 4-5                                       |                                                                                   |                                              |        |                |                        | 1994                                                                             | 69.8         | 66.5      | 279.2   | 1100        | 8.7         | 1500       |
| % ADECUACIÓN                                            |                                                                                   |                                              |        |                |                        | 36%                                                                              | 48%          | 29%       | 34%     | 6%          | 51%         | 45%        |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                              |        |                |                        | 36%                                                                              |              |           |         |             |             |            |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                   |                                              |        |                | DANIELA ROSERO CBALLOS |                                                                                  |              |           |         |             |             |            |
| FIRMA                                                   |  |                                              |        |                | MATRÍCULA PROFESIONAL  | 1085346983                                                                       |              |           |         |             |             |            |
| MENÚ No. 6                                              |                                                                                   |                                              |        |                |                        |                                                                                  |              |           |         |             |             |            |
| COMPONENTE                                              | PREPARACIÓN                                                                       | NOMBRE DEL ALIMENTO (Ingredientes)           | CÓDIGO | PESO BRUTO (g) | PESO NETO (g)          | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |              |           |         |             |             |            |
|                                                         |                                                                                   |                                              |        |                |                        | CALORÍAS (Kcal)                                                                  | PROTEÍNA (g) | GRASA (g) | CHO (g) | CALCIO (mg) | HIERRO (mg) | SODIO (mg) |
| SOPAS                                                   | SOPA DE AJIACO (200 cm3)                                                          | Papa, variedad cerosa, sabanera, sin cáscara | B068   | 31.3           | 25                     | 18.5                                                                             | 0.475        | 0.0       | 3.8     | 3.5         | 0.1         | 2.8        |
|                                                         |                                                                                   | Papa variedad harinosa, criolla, con cáscara | B071   | 25.0           | 25                     | 24.0                                                                             | 0.55         | 0.0       | 5.3     | 2.8         | 0.3         | 4.5        |
|                                                         |                                                                                   | Cebolla cabezona, cruda                      | B027   | 1.6            | 1.5                    | 0.6                                                                              | 0.021        | 0.0       | 0.1     | 0.4         | 0.0         | 0.1        |
|                                                         |                                                                                   | Guasca seca                                  |        | 0.5            | 0.5                    | 0                                                                                | 0            | 0.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                   | Maíz amarillo, crudo                         | A043   | 15.0           | 15                     | 59.0                                                                             | 1.41         | 0.7       | 11.2    | 1.1         | 0.4         | 5.3        |
|                                                         |                                                                                   | Crema de leche                               | G001   | 10.0           | 10                     | 33.0                                                                             | 0.21         | 3.5       | 0.2     | 6.8         | 0.0         | 4.6        |
|                                                         |                                                                                   | Cilantro, crudo                              | B035   | 3.3            | 3                      | 1.3                                                                              | 0.069        | 0.0       | 0.2     | 2.5         | 0.1         | 1.4        |
|                                                         |                                                                                   | Sal                                          | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
| ALIMENTO PROTEÍCO                                       | PECHUGA AL HORNO (50 gr)                                                          | Zanahoria, sin cáscara, cruda                | B110   | 11.8           | 10                     | 4.7                                                                              | 0.07         | 0.0       | 1.0     | 2.7         | 0.0         | 3.5        |
|                                                         |                                                                                   | Pollo, pechuga sin piel, cocida, sin sal     | f087   | 110.0          | 100                    | 141.0                                                                            | 28.4         | 3.0       | 0.3     | 13.0        | 0.9         | 63.0       |
|                                                         |                                                                                   | Aceite de soya                               | D012   | 2.0            | 2                      | 18.0                                                                             | 0            | 2.0       | 0.0     | 0.0         | 0.0         | 0.0        |
| CEREAL                                                  | ARROZ AMARILLO (70 gr)                                                            | Finas hierbas                                |        | 1.0            | 1                      | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                   | Aceite de soya                               | D012   | 2.0            | 3                      | 27.0                                                                             | 0            | 3.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                   | Sal                                          | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                | B110   | 8.2            | 7                      | 3.3                                                                              | 0.049        | 0.0       | 0.7     | 1.9         | 0.0         | 2.5        |
|                                                         |                                                                                   | Arroz blanco, pulido, crudo                  | A010   | 35.0           | 35                     | 123.6                                                                            | 2.345        | 0.1       | 28.0    | 3.2         | 0.3         | 0.7        |
| TUBERCULOS - RAÍCES - PLÁTANOS -                        | PAPA FRITA (50 gr)                                                                | Aceite de soya                               | D012   | 5.0            | 7                      | 63.0                                                                             | 0            | 7.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                   | Papa, variedad cerosa, sabanera, sin cáscara | B068   | 110.0          | 80                     | 59.2                                                                             | 0.52         | 0.1       | 12.2    | 11.2        | 0.2         | 8.8        |
| VERDURA FRÍA O CALIENTE                                 | ENSALADA (REPOLLO, TOMATE Y PIÑA) (65 gr)                                         | Tomate, crudo                                | B103   | 43.8           | 35                     | 8.1                                                                              | 0.315        | 0.0       | 1.4     | 3.2         | 0.2         | 2.1        |
|                                                         |                                                                                   | Repollo blanco, crudo                        | B099   | 50.0           | 35                     | 14.0                                                                             | 0.63         | 0.1       | 2.2     | 15.4        | 0.2         | 6.3        |
|                                                         |                                                                                   | Piña, cruda                                  | C072   | 27.3           | 15                     | 8.4                                                                              | 0.09         | 0.0       | 1.9     | 2.4         | 0.1         | 0.5        |
|                                                         |                                                                                   | Vinagre                                      | L018   | 10.0           | 10                     | 2.4                                                                              | 0            | 0.0       | 0.6     | 0.7         | 0.1         | 0.5        |
|                                                         |                                                                                   | Azúcar blanco, granulado                     | K003   | 1.0            | 1                      | 4.0                                                                              | 0            | 0.0       | 1.0     | 0.0         | 0.0         | 0.0        |
| FRUTA                                                   | JUGO DE MANGO (200 cm3)                                                           | Mango común, crudo                           | C051   | 120.0          | 60                     | 47.4                                                                             | 0.36         | 0.0       | 10.3    | 9.0         | 0.3         | 2.4        |
|                                                         |                                                                                   | Azúcar blanco, granulado                     | K003   | 5.0            | 5                      | 19.9                                                                             | 0            | 0.0       | 5.0     | 0.0         | 0.0         | 0.0        |
| TOTAL MENÚ                                              |                                                                                   |                                              |        |                |                        | 662                                                                              | 35.0         | 19.6      | 81.5    | 76          | 3.0         | 493.8      |
| RECOMENDACIÓN 1-2-3                                     |                                                                                   |                                              |        |                |                        | 1629                                                                             | 57           | 54.3      | 228.1   | 800         | 6.2         | 1200       |
| % ADECUACIÓN                                            |                                                                                   |                                              |        |                |                        | 41%                                                                              | 61%          | 36%       | 36%     | 10%         | 48%         | 41%        |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                              |        |                |                        | 39%                                                                              |              |           |         |             |             |            |
| RECOMENDACIÓN 4-5                                       |                                                                                   |                                              |        |                |                        | 1994                                                                             | 69.8         | 66.5      | 279.2   | 1100        | 8.7         | 1500       |
| % ADECUACIÓN                                            |                                                                                   |                                              |        |                |                        | 33%                                                                              | 50%          | 30%       | 29%     | 7%          | 34%         | 33%        |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                              |        |                |                        | 31%                                                                              |              |           |         |             |             |            |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                   |                                              |        |                | DANIELA ROSERO CBALLOS |                                                                                  |              |           |         |             |             |            |

| FIRMA                                                   |    |                                              |        |                      | MATRÍCULA PROFESION    | 1085346983                                                                       |                 |              |            |                |                |               |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------|--------|----------------------|------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| MENÚ No. 7                                              |                                                                                     |                                              |        |                      |                        |                                                                                  |                 |              |            |                |                |               |
| COMPONENTE                                              | PREPARACIÓN                                                                         | NOMBRE DEL ALIMENTO<br>(Ingredientes)        | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)       | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                         |                                                                                     |                                              |        |                      |                        | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                   | PRINCIPIO DE BLANQUILLOS<br>50 gr                                                   | Frijol blanco, crudo                         | T005   | 25.0                 | 25                     | 93.3                                                                             | 5.325           | 0.3          | 15.5       | 33.3           | 0.2            | 3.8           |
|                                                         |                                                                                     | Tomate, crudo                                | B103   | 18.8                 | 15                     | 3.5                                                                              | 0.135           | 0.0          | 0.6        | 1.4            | 0.1            | 0.9           |
|                                                         |                                                                                     | Cebolla cabezona, cruda                      | B027   | 15.8                 | 15                     | 6.0                                                                              | 0.21            | 0.0          | 1.2        | 3.6            | 0.0            | 0.6           |
|                                                         |                                                                                     | Cilantro, crudo                              | B035   | 5.6                  | 5                      | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.0            | 2.3           |
|                                                         |                                                                                     | Ajo, crudo                                   | B009   | 1.1                  | 1                      | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |
|                                                         |                                                                                     | Sal                                          | L015   | 0.5                  | 0.5                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                     | Aceite de soya                               | D012   | 3.0                  | 3                      | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda                | B110   | 17.6                 | 15                     | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.0            | 5.3           |
| ALIMENTO<br>PROTEÍCO                                    | GOULASH DE CARNE (50 gr)<br>CON PAPA (50 gr)                                        | Zanahoria, sin cáscara, cruda                | B110   | 17.6                 | 15                     | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.0            | 5.3           |
|                                                         |                                                                                     | Res, carne magra, cruda                      | F099   | 100.0                | 100                    | 139.0                                                                            | 21.8            | 5.7          | 0.0        | 6.0            | 2.1            | 51.0          |
|                                                         |                                                                                     | Cebolla cabezona, cruda                      | B027   | 10.5                 | 10                     | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                         |                                                                                     | Cilantro, crudo                              | B035   | 5.6                  | 5                      | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                                         |                                                                                     | Laurel                                       |        | 0.5                  | 0.5                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                     | Papa, variedad cerosa, sabanera, sin cáscara | B068   | 93.8                 | 75                     | 55.5                                                                             | 1.425           | 0.1          | 11.5       | 10.5           | 0.2            | 8.3           |
|                                                         |                                                                                     | Arveja verde, cruda                          | B019   | 37.5                 | 15                     | 14.9                                                                             | 0.885           | 0.0          | 2.3        | 5.4            | 0.0            | 0.8           |
|                                                         |                                                                                     | Sal                                          | L015   | 0.5                  | 0.5                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                     | Aceite de soya                               | D012   | 3.0                  | 3                      | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| CEREAL                                                  | ARROZ BLANCO 70 gr                                                                  | Ajo, crudo                                   | B009   | 1.1                  | 1                      | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |
|                                                         |                                                                                     | Sal                                          | L015   | 0.5                  | 0.5                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                     | Arroz blanco, pulido, crudo                  | A010   | 35.0                 | 35                     | 123.6                                                                            | 2.345           | 0.1          | 28.0       | 3.2            | 0.3            | 0.7           |
| TUBERCULOS -<br>RAÍCES                                  | INCLUIDA EN LA PROTEÍNA                                                             | Aceite de soya                               | D012   | 3.0                  | 3                      | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| VERDURA FRÍA<br>O CALIENTE                              | ENSALADA (ZANAHORIA,<br>PIÑA, TOMATE) 65 gr                                         |                                              |        | 0.0                  | 0                      | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda                | B110   | 35.3                 | 30                     | 14.1                                                                             | 0.21            | 0.0          | 2.9        | 8.1            | 0.1            | 10.5          |
|                                                         |                                                                                     | Tomate, crudo                                | B103   | 40.0                 | 25                     | 5.8                                                                              | 0.225           | 0.0          | 1.0        | 2.3            | 0.1            | 1.5           |
|                                                         |                                                                                     | Piña, cruda                                  | C072   | 40.0                 | 25                     | 14.0                                                                             | 0.15            | 0.0          | 3.1        | 4.0            | 0.1            | 0.8           |
|                                                         |                                                                                     | Azúcar blanco, granulado                     | K003   | 1.0                  | 1                      | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |
| FRUTA                                                   | JUGO DE GUAYABA CON<br>LECHE 200 cm3                                                | Vinagre                                      | L018   | 10.0                 | 10                     | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                                         |                                                                                     | Guayaba, madura, cruda                       | C031   | 80.0                 | 60                     | 42.6                                                                             | 0.54            | 0.2          | 8.0        | 7.8            | 0.2            | 1.8           |
|                                                         |                                                                                     | Leche de vaca, entera, en polvo              | G008   | 13.0                 | 13                     | 64.9                                                                             | 3.419           | 3.5          | 5.0        | 122.2          | 0.1            | 48.0          |
|                                                         |                                                                                     | Azúcar blanco, granulado                     | K003   | 6.0                  | 6                      | 23.8                                                                             | 0               | 0.0          | 6.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                              |                                                                                     |                                              |        |                      |                        | 713                                                                              | 37.3            | 19.1         | 91.4       | 228            | 3.7            | 726.6         |
| RECOMENDACIÓN 1-2-3                                     |                                                                                     |                                              |        |                      |                        | 1629                                                                             | 57              | 54.3         | 228.1      | 800            | 6.2            | 1200          |
| % ADECUACIÓN                                            |                                                                                     |                                              |        |                      |                        | 44%                                                                              | 66%             | 35%          | 40%        | 29%            | 60%            | 61%           |
| % ADECUACIÓN TOTAL                                      |                                                                                     |                                              |        |                      |                        | 48%                                                                              |                 |              |            |                |                |               |
| RECOMENDACIÓN 4-5                                       |                                                                                     |                                              |        |                      |                        | 1994                                                                             | 69.8            | 66.5         | 279.2      | 1100           | 8.7            | 1500          |
| % ADECUACIÓN                                            |                                                                                     |                                              |        |                      |                        | 36%                                                                              | 54%             | 29%          | 33%        | 21%            | 43%            | 48%           |
| % ADECUACIÓN TOTAL                                      |                                                                                     |                                              |        |                      |                        | 38%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     |                                              |        |                      | DANIELA ROSERO CBALLOS |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                   |  |                                              |        |                      | MATRÍCULA PROFESION    | 1085346983                                                                       |                 |              |            |                |                |               |

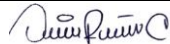
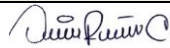
| MENÚ No. 8                                              |                                                                                     |                                         |        |                      |                        |                                                                                  |                 |              |            |                |                |               |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------|--------|----------------------|------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| COMPONENTE                                              | PREPARACIÓN                                                                         | NOMBRE DEL ALIMENTO<br>(Ingredientes)   | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)       | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                         |                                                                                     |                                         |        |                      |                        | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                   | SOPA DE ARROZ 200 cm3                                                               | Arroz blanco, pulido, crudo             | A010   | 15.0                 | 15                     | 53.0                                                                             | 1.005           | 0.1          | 12.0       | 1.4            | 0.1            | 0.3           |
|                                                         |                                                                                     | Cebolla cabezona, cruda                 | B027   | 10.5                 | 10                     | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                         |                                                                                     | Ajo, crudo                              | B009   | 1.1                  | 1                      | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |
|                                                         |                                                                                     | Cilantro, crudo                         | B035   | 5.6                  | 5                      | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda           | B110   | 17.6                 | 15                     | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |
|                                                         |                                                                                     | Papa, variedad cerosa, sabanera, sin cá | B068   | 20.0                 | 25                     | 18.5                                                                             | 0.475           | 0.0          | 3.8        | 3.5            | 0.1            | 2.8           |
|                                                         |                                                                                     | Sal                                     | L015   | 0.5                  | 0.5                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
| ALIMENTO<br>PROTEICO                                    | CERDO AGRIDULCE 50 gr                                                               | Cerdo, carne magra, cruda               | F011   | 115.0                | 100                    | 140.0                                                                            | 21.4            | 6.0          | 0.2        | 17.0           | 0.8            | 52.0          |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda           | B110   | 29.4                 | 25                     | 11.8                                                                             | 0.175           | 0.0          | 2.4        | 6.8            | 0.1            | 8.8           |
|                                                         |                                                                                     | Aceite de soya                          | D012   | 4.0                  | 4                      | 36.0                                                                             | 0               | 4.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                     | Cebolla cabezona, cruda                 | B027   | 15.8                 | 15                     | 6.0                                                                              | 0.21            | 0.0          | 1.2        | 3.6            | 0.0            | 0.6           |
|                                                         |                                                                                     | Pimentón rojo, crudo                    | B080   | 17.6                 | 15                     | 5.3                                                                              | 0.15            | 0.0          | 0.9        | 1.1            | 0.1            | 0.3           |
|                                                         |                                                                                     | Aceite de soya                          | D012   | 2.0                  | 2                      | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                     | Salsa Soya                              |        | 10.0                 | 10                     | 0.0                                                                              | 0               | 1.2          | 0.0        | 0.0            | 0.0            | 0.0           |
| CEREAL                                                  | AREPA FRITA 70 gr                                                                   | Arepa de maíz precocido, sin sal        | A005   | 80.0                 | 80                     | 124.8                                                                            | 2.72            | 0.4          | 27.6       | 15.2           | 0.4            | 0.0           |
|                                                         |                                                                                     | Aceite de soya                          | D012   | 5.0                  | 5                      | 45.0                                                                             | 0               | 5.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBERCULOS -<br>RAÍCES -<br>PLÁTANOS .                  | PAPA SALADA 50 gr                                                                   | Papa, variedad cerosa, sabanera, sin cá | B068   | 87.5                 | 70                     | 51.8                                                                             | 1.33            | 0.1          | 10.7       | 9.8            | 0.2            | 7.7           |
|                                                         |                                                                                     | Sal                                     | L015   | 0.5                  | 0.5                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
| VERDURA FRÍA<br>O CALIENTE                              | ENSALADA (ZANAHORIA,<br>TOMATE Y FRESA) 65 gr                                       | Zanahoria, sin cáscara, cruda           | B110   | 40.0                 | 30                     | 14.1                                                                             | 0.21            | 0.0          | 2.9        | 8.1            | 0.1            | 10.5          |
|                                                         |                                                                                     | Tomate, crudo                           | B103   | 40.0                 | 30                     | 6.9                                                                              | 0.27            | 0.0          | 1.2        | 2.7            | 0.2            | 1.8           |
|                                                         |                                                                                     | Fresa, madura, cruda                    | C025   | 35.0                 | 20                     | 9.0                                                                              | 0.16            | 0.1          | 1.7        | 4.2            | 0.1            | 0.4           |
|                                                         |                                                                                     | Vinagre                                 | L018   | 10.0                 | 10                     | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                                         |                                                                                     | Azúcar blanco, granulado                | K003   | 1.0                  | 1                      | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |
| FRUTA                                                   | JUGO DE TOMATE DE ARBOL<br>200 cm3                                                  | Tomate de árbol rojo, crudo             | C082   | 69.8                 | 60                     | 33.0                                                                             | 1.2             | 0.1          | 6.1        | 6.0            | 0.5            | 0.0           |
|                                                         |                                                                                     | Azúcar blanco, granulado                | K003   | 6.0                  | 6                      | 23.8                                                                             | 0               | 0.0          | 6.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                              |                                                                                     |                                         |        |                      |                        | 618                                                                              | 29.7            | 19.2         | 81.0       | 91             | 3.0            | 481.6         |
| RECOMENDACIÓN 1-2-3                                     |                                                                                     |                                         |        |                      |                        | 1629                                                                             | 57              | 54.3         | 228.1      | 800            | 6.2            | 1200          |
| % ADECUACIÓN                                            |                                                                                     |                                         |        |                      |                        | 38%                                                                              | 52%             | 35%          | 36%        | 11%            | 48%            | 40%           |
| % ADECUACIÓN TOTAL                                      |                                                                                     |                                         |        |                      |                        | 37%                                                                              |                 |              |            |                |                |               |
| RECOMENDACIÓN 4-5                                       |                                                                                     |                                         |        |                      |                        | 1994                                                                             | 69.8            | 66.5         | 279.2      | 1100           | 8.7            | 1500          |
| % ADECUACIÓN                                            |                                                                                     |                                         |        |                      |                        | 31%                                                                              | 43%             | 29%          | 29%        | 8%             | 34%            | 32%           |
| % ADECUACIÓN TOTAL                                      |                                                                                     |                                         |        |                      |                        | 29%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     |                                         |        |                      | DANIELA ROSERO CBALLOS |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                   |  |                                         |        |                      | MATRÍCULA PROFESION    | 1085346983                                                                       |                 |              |            |                |                |               |
| MENÚ No. 9                                              |                                                                                     |                                         |        |                      |                        |                                                                                  |                 |              |            |                |                |               |
| COMPONENTE                                              | PREPARACIÓN                                                                         | NOMBRE DEL ALIMENTO<br>(Ingredientes)   | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)       | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                         |                                                                                     |                                         |        |                      |                        | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
|                                                         |                                                                                     | Pollo, pechuga con piel, cruda          | F085   | 100.0                | 100.0                  | 166.0                                                                            | 20.7            | 9.2          | 0.1        | 11.0           | 0.7            | 63.0          |
|                                                         |                                                                                     | Laurel                                  |        | 0.2                  | 0.2                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                     | Ajo, crudo                              | B009   | 1.1                  | 1.0                    | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |

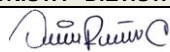
|                                                         |                                                                                   |                                       |        |                      |                            |                                                                                  |                 |              |            |                |                |               |      |
|---------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------|--------|----------------------|----------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|------|
| ALIMENTO<br>PROTEÍCO                                    | POLLO EN SALSA DE<br>NARANJA 50 gr                                                | Aceite de soya                        | D012   | 3.0                  | 3                          | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |      |
|                                                         |                                                                                   | Sal                                   | L015   | 0.5                  | 0.5                        | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |      |
|                                                         |                                                                                   | Azúcar blanco, granulado              | K003   | 1.0                  | 1                          | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |      |
|                                                         |                                                                                   | Almidón de maíz, crudo                | A001   | 3.0                  | 3                          | 11.1                                                                             | 0.009           | 0.0          | 2.7        | 0.1            | 0.0            | 0.3           |      |
|                                                         |                                                                                   | Curcuma                               |        | 1.0                  | 1                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |      |
|                                                         |                                                                                   | Naranja, cruda                        | C062   | 25.0                 | 15                         | 6.2                                                                              | 0.105           | 0.0          | 1.3        | 5.0            | 0.2            | 0.3           |      |
| CEREAL                                                  | ARROZ BLANCO 70 gr                                                                | Arroz blanco, pulido, crudo           | A010   | 35.0                 | 35                         | 123.6                                                                            | 2.345           | 0.1          | 28.0       | 3.2            | 0.3            | 0.7           |      |
|                                                         |                                                                                   | Sal                                   | L015   | 0.5                  | 0.5                        | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |      |
|                                                         |                                                                                   | Aceite de soya                        | D012   | 3.0                  | 3                          | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |      |
| TUBERCULOS -<br>RAÍCES -<br>PLÁTANOS -<br>DERIVADOS DE  | YUCA FRITA 50 gr                                                                  | Aceite de soya                        | D012   | 1.0                  | 1                          | 9.0                                                                              | 0               | 1.0          | 0.0        | 0.0            | 0.0            | 0.0           |      |
|                                                         |                                                                                   | Yuca blanca, sin cáscara, cruda       | B107   | 110.0                | 75                         | 119.3                                                                            | 0.675           | 0.2          | 28.1       | 12.0           | 0.2            | 10.5          |      |
| VERDURA FRÍA<br>O CALIENTE                              | RODAJAS DE TOMATE CON<br>VINAGRETA DE CILANTRO 65<br>gr                           | Tomate, crudo                         | B103   | 87.5                 | 70                         | 16.1                                                                             | 0.63            | 0.1          | 2.9        | 6.3            | 0.4            | 4.2           |      |
|                                                         |                                                                                   | Cilantro, crudo                       | B035   | 5.6                  | 5                          | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |      |
|                                                         |                                                                                   | Vinagre                               | L018   | 10.0                 | 10                         | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |      |
| FRUTA                                                   | JUGO DE MANGO CON LECHE<br>200 cm3                                                | Mango común, crudo                    | C051   | 120.0                | 60                         | 47.4                                                                             | 0.36            | 0.0          | 10.3       | 9.0            | 0.3            | 2.4           |      |
|                                                         |                                                                                   | Leche de vaca, entera, en polvo       | G008   | 13.0                 | 13                         | 64.9                                                                             | 3.419           | 3.5          | 5.0        | 122.2          | 0.1            | 48.0          |      |
|                                                         |                                                                                   | Azúcar blanco, granulado              | K003   | 5.0                  | 5                          | 19.9                                                                             | 0               | 0.0          | 5.0        | 0.0            | 0.0            | 0.0           |      |
| TOTAL MENÚ                                              |                                                                                   |                                       |        |                      |                            |                                                                                  | 647             | 28           | 20         | 86             | 174            | 2             | 520  |
| RECOMENDACIÓN 1-2-3                                     |                                                                                   |                                       |        |                      |                            |                                                                                  | 1629            | 57           | 54.3       | 228.1          | 800            | 6.2           | 1200 |
| % ADECUACIÓN                                            |                                                                                   |                                       |        |                      |                            |                                                                                  | 40%             | 50%          | 37%        | 37%            | 22%            | 37%           | 43%  |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                       |        |                      |                            |                                                                                  | 38%             |              |            |                |                |               |      |
| RECOMENDACIÓN 4-5                                       |                                                                                   |                                       |        |                      |                            |                                                                                  | 1994            | 69.8         | 66.5       | 279.2          | 1100           | 8.7           | 1500 |
| % ADECUACIÓN                                            |                                                                                   |                                       |        |                      |                            |                                                                                  | 32%             | 41%          | 30%        | 31%            | 16%            | 26%           | 35%  |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                       |        |                      |                            |                                                                                  | 30%             |              |            |                |                |               |      |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                   |                                       |        |                      | DANIELA ROSERO CBALLOS     |                                                                                  |                 |              |            |                |                |               |      |
| FIRMA                                                   |  |                                       |        |                      | MATRICUL<br>A<br>PROFESION | 1085346983                                                                       |                 |              |            |                |                |               |      |
| MENÚ No. 10                                             |                                                                                   |                                       |        |                      |                            |                                                                                  |                 |              |            |                |                |               |      |
| COMPONENTE                                              | PREPARACIÓN                                                                       | NOMBRE DEL ALIMENTO<br>(Ingredientes) | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)           | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |      |
|                                                         |                                                                                   |                                       |        |                      |                            | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |      |
| SOPAS                                                   | FRIJOLES 200 cm3                                                                  | Frijol radical, crudo                 | T016   | 30.0                 | 30                         | 117.6                                                                            | 4.65            | 0.4          | 17.9       | 36.0           | 1.6            | 1.8           |      |
|                                                         |                                                                                   | Plátano hartón, verde, crudo          | B092   | 51.5                 | 35                         | 58.1                                                                             | 0.42            | 0.1          | 13.8       | 2.8            | 0.1            | 9.1           |      |
|                                                         |                                                                                   | Cebolla cabezona, cruda               | B027   | 15.8                 | 15                         | 6.0                                                                              | 0.21            | 0.0          | 1.2        | 3.6            | 0.0            | 0.6           |      |
|                                                         |                                                                                   | Tomate, crudo                         | B103   | 18.8                 | 15                         | 3.5                                                                              | 0.135           | 0.0          | 0.6        | 1.4            | 0.1            | 0.9           |      |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda         | B110   | 17.6                 | 15                         | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |      |
|                                                         |                                                                                   | Aceite de soya                        | D012   | 4.0                  | 4                          | 36.0                                                                             | 0               | 4.0          | 0.0        | 0.0            | 0.0            | 0.0           |      |
|                                                         |                                                                                   | Sal                                   | L015   | 0.5                  | 0.5                        | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |      |
|                                                         |                                                                                   | Ahuyama, cocida, sin sal              | B005   | 15.0                 | 10                         | 4.8                                                                              | 0.07            | 0.1          | 0.8        | 1.4            | 0.0            | 0.1           |      |
| ALIMENTO<br>PROTEÍCO                                    | HUEVO COCIDO 50 gr                                                                | Huevo de gallina, entero, crudo       | J004   | 58.9                 | 53                         | 79.0                                                                             | 6.85            | 5.7          | 0.2        | 28.1           | 0.9            | 73.7          |      |
| CEREAL                                                  | ARROZ PAJARITO 90 gr                                                              | Arroz blanco, pulido, crudo           | A010   | 35.0                 | 35                         | 123.6                                                                            | 2.79            | 0.1          | 28.0       | 3.2            | 0.3            | 0.7           |      |
|                                                         |                                                                                   | Aceite de soya                        | D012   | 4.0                  | 4                          | 36.0                                                                             | 0               | 4.0          | 0.0        | 0.0            | 0.0            | 0.0           |      |
|                                                         |                                                                                   | plátano hartón, maduro, crudo         | B089   | 55.6                 | 40                         | 52.8                                                                             | 0.44            | 0.1          | 12.1       | 1.2            | 0.2            | 1.6           |      |
|                                                         |                                                                                   | Sal                                   | L015   | 0.5                  | 0.5                        | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |      |

|                                                         |                                                                                   |                                            |        |                      |                  |                                                                                  |                 |              |            |                |                |               |      |
|---------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------|--------|----------------------|------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|------|
| TUBÉRCULOS -<br>RAÍCES -<br>PLÁTANOS -                  |                                                                                   | NCLUIDO EN LA SOPA Y ARROZ                 |        |                      |                  | 0.0                                                                              | 0               | 0.0          | 0          | 0.0            | 0.0            | 0.0           | 0.0  |
| VERDURA FRÍA<br>O CALIENTE                              | ENSALADA (REPOLLO,<br>TOMATE, ZANAHORIA Y<br>CILANTRO) 65 gr                      | Tomate, crudo                              | B103   | 43.8                 | 35               | 8.1                                                                              | 0.315           | 0.0          | 1.4        | 3.2            | 0.2            | 2.1           |      |
|                                                         |                                                                                   | Repollo blanco, crudo                      | B099   | 35.7                 | 25               | 10.0                                                                             | 0.45            | 0.1          | 1.6        | 11.0           | 0.1            | 4.5           |      |
|                                                         |                                                                                   | Cilantro, crudo                            | B035   | 5.6                  | 5                | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |      |
|                                                         |                                                                                   | Azúcar blanco, granulado                   | K003   | 1.0                  | 1                | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |      |
|                                                         |                                                                                   | Aceite de soya                             | D012   | 2.0                  | 2                | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |      |
|                                                         |                                                                                   | Vinagre                                    | L018   | 10.0                 | 10               | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |      |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda              | B110   | 29.4                 | 25               | 11.8                                                                             | 0.175           | 0.0          | 2.4        | 6.8            | 0.1            | 8.8           |      |
| FRUTA                                                   | JUGO DE MARACUYA                                                                  | Maracuyá, cruda                            | C056   | 187.5                | 60               | 36.0                                                                             | 0.9             | 0.3          | 7.4        | 5.4            | 1.0            | 3.6           |      |
|                                                         |                                                                                   | Azúcar blanco, granulado                   | K003   | 5.0                  | 5                | 19.9                                                                             | 0               | 0.0          | 5.0        | 0.0            | 0.0            | 0.0           |      |
| TOTAL MENÚ                                              |                                                                                   |                                            |        |                      |                  |                                                                                  | 637             | 18           | 17         | 96             | 113            | 5             | 503  |
| RECOMENDACIÓN 1-2-3                                     |                                                                                   |                                            |        |                      |                  |                                                                                  | 1629            | 57           | 54.3       | 228.1          | 800            | 6.2           | 1200 |
| % ADECUACIÓN                                            |                                                                                   |                                            |        |                      |                  |                                                                                  | 39%             | 31%          | 31%        | 42%            | 14%            | 79%           | 42%  |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                            |        |                      |                  |                                                                                  | 40%             |              |            |                |                |               |      |
| RECOMENDACIÓN 4-5                                       |                                                                                   |                                            |        |                      |                  |                                                                                  | 1994            | 69.8         | 66.5       | 279.2          | 1100           | 8.7           | 1500 |
| % ADECUACIÓN                                            |                                                                                   |                                            |        |                      |                  |                                                                                  | 32%             | 25%          | 26%        | 34%            | 10%            | 56%           | 34%  |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                            |        |                      |                  |                                                                                  | 31%             |              |            |                |                |               |      |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                   |                                            |        |                      |                  | DANIELA ROSERO CBALLOS                                                           |                 |              |            |                |                |               |      |
| FIRMA                                                   |  |                                            |        |                      |                  | MATRICUL<br>A<br>PROFESION                                                       | 1085346983      |              |            |                |                |               |      |
| MENÚ No. 11                                             |                                                                                   |                                            |        |                      |                  |                                                                                  |                 |              |            |                |                |               |      |
| COMPONENTE                                              | PREPARACIÓN                                                                       | NOMBRE DEL ALIMENTO<br>(Ingredientes)      | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |      |
|                                                         |                                                                                   |                                            |        |                      |                  | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |      |
| SOPAS                                                   | CREMA DE AHUYAMA                                                                  | Ahuyama, cruda                             | B006   | 41.2                 | 35               | 10.5                                                                             | 0.28            | 0.1          | 2.0        | 7.0            | 0.3            | 0.4           |      |
|                                                         |                                                                                   | Papa, variedad cerosa, sabanera, sin cá    | B068   | 37.5                 | 30               | 22.2                                                                             | 0.57            | 0.0          | 4.6        | 4.2            | 0.1            | 3.3           |      |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda              | B110   | 17.6                 | 15               | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |      |
|                                                         |                                                                                   | Cebolla cabezona, cruda                    | B027   | 10.5                 | 10               | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |      |
|                                                         |                                                                                   | Cilantro, crudo                            | B035   | 2.2                  | 2                | 0.9                                                                              | 0.046           | 0.0          | 0.1        | 1.6            | 0.0            | 0.9           |      |
|                                                         |                                                                                   | Almidón de maíz, crudo                     | A001   | 5.0                  | 5                | 18.5                                                                             | 0.015           | 0.0          | 4.6        | 0.1            | 0.0            | 0.5           |      |
|                                                         |                                                                                   | Leche de vaca, entera, en polvo            | G008   | 13.0                 | 13               | 64.9                                                                             | 3.419           | 3.5          | 5.0        | 122.2          | 0.1            | 48.0          |      |
|                                                         |                                                                                   | Sal                                        | L015   | 0.5                  | 0.5              | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |      |
| ALIMENTO<br>PROTEÍCO                                    | PECHUGA DE POLLO<br>APANADA 50 GR                                                 | Pollo, pechuga con piel, cruda             | F085   | 120.0                | 100              | 166.0                                                                            | 20.7            | 9.2          | 0.1        | 11.0           | 0.7            | 63.0          |      |
|                                                         |                                                                                   | Huevo de gallina, entero, crudo            | J004   | 16.7                 | 15               | 22.4                                                                             | 6.85            | 1.6          | 0.0        | 8.0            | 0.3            | 20.9          |      |
|                                                         |                                                                                   | Harina de trigo, fortificada, todo propósi | A040   | 8.0                  | 8                | 28.8                                                                             | 1               | 0.1          | 5.8        | 1.2            | 0.3            | 0.2           |      |
|                                                         |                                                                                   | Ajo, crudo                                 | B009   | 1.1                  | 1                | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |      |
|                                                         |                                                                                   | Aceite de soya                             | D012   | 3.0                  | 3                | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |      |
|                                                         |                                                                                   | Finas hierbas                              |        | 0.5                  | 0.5              | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |      |
|                                                         |                                                                                   | Sal                                        | L015   | 0.5                  | 0.5              | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |      |
|                                                         |                                                                                   | Arroz blanco, pulido, crudo                | A010   | 35.0                 | 35               | 123.6                                                                            | 2.345           | 0.1          | 28.0       | 3.2            | 0.3            | 0.7           |      |
| CEREAL                                                  | ARROZ BLANCO 70 GR                                                                | Sal                                        | L015   | 0.5                  | 0.5              | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |      |
|                                                         |                                                                                   | Aceite de soya                             | D012   | 3.0                  | 3                | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |      |

|                                                                  |                                                                                   |                                              |        |                      |                        |                                                                                  |                 |              |            |                |                |               |
|------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------|--------|----------------------|------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| TUBÉRCULOS -<br>RAÍCES -<br>PLÁTANOS -<br>DERIVADOS DE<br>CEREAL | INCLUIDA EN LA ENSALADA                                                           |                                              |        | 0.0                  | 0                      | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| VERDURA FRÍA<br>O CALIENTE                                       | ENSALADA RUSA (PAPA,<br>ZANAHORIA, ARVEJA,<br>CILANTRO Y MAYONESA) 115<br>GR      | Zanahoria, sin cáscara, cruda                | B110   | 41.2                 | 35                     | 16.5                                                                             | 0.245           | 0.0          | 3.3        | 9.5            | 0.1            | 12.3          |
|                                                                  |                                                                                   | Papa, variedad cerosa, sabanera, sin cáscara | B068   | 81.3                 | 65                     | 48.1                                                                             | 1.235           | 0.1          | 9.9        | 9.1            | 0.2            | 7.2           |
|                                                                  |                                                                                   | Arveja verde, cruda                          | B019   | 30.0                 | 35                     | 34.7                                                                             | 2.065           | 0.1          | 5.4        | 12.6           | 0.5            | 1.8           |
|                                                                  |                                                                                   | Cilantro, crudo                              | B035   | 5.6                  | 5                      | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                                                  |                                                                                   | Mayonesa, con sal                            | D020   | 5.0                  | 15                     | 48.9                                                                             | 0.135           | 5.0          | 0.8        | 2.1            | 0.0            | 106.7         |
| FRUTA                                                            | JUGO DE TOMATE DE ARBOL<br>200 CM3                                                | Tomate de árbol rojo, crudo                  | C082   | 69.8                 | 60                     | 33.0                                                                             | 1.2             | 0.1          | 6.1        | 6.0            | 0.5            | 0.0           |
|                                                                  |                                                                                   | Azúcar blanco, granulado                     | K003   | 7.0                  | 7                      | 27.8                                                                             | 0               | 0.0          | 7.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                                       |                                                                                   |                                              |        |                      |                        | 607                                                                              | 36              | 22           | 86         | 209            | 3              | 603           |
| RECOMENDACIÓN 1-2-3                                              |                                                                                   |                                              |        |                      |                        | 1629                                                                             | 57              | 54.3         | 228.1      | 800            | 6.2            | 1200          |
| % ADECUACIÓN                                                     |                                                                                   |                                              |        |                      |                        | 37%                                                                              | 63%             | 41%          | 38%        | 26%            | 50%            | 50%           |
| % ADECUACIÓN TOTAL                                               |                                                                                   |                                              |        |                      |                        | 44%                                                                              |                 |              |            |                |                |               |
| RECOMENDACIÓN 4-5                                                |                                                                                   |                                              |        |                      |                        | 1994                                                                             | 69.8            | 66.5         | 279.2      | 1100           | 8.7            | 1500          |
| % ADECUACIÓN                                                     |                                                                                   |                                              |        |                      |                        | 30%                                                                              | 51%             | 34%          | 31%        | 19%            | 36%            | 40%           |
| % ADECUACIÓN TOTAL                                               |                                                                                   |                                              |        |                      |                        | 34%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS          |                                                                                   |                                              |        |                      | DANIELA ROSERO CBALLOS |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                            |  |                                              |        |                      | MATRÍCULA PROFESIONAL  | 1085346983                                                                       |                 |              |            |                |                |               |
| MENÚ No. 12                                                      |                                                                                   |                                              |        |                      |                        |                                                                                  |                 |              |            |                |                |               |
| COMPONENTE                                                       | PREPARACIÓN                                                                       | NOMBRE DEL ALIMENTO<br>(Ingredientes)        | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)       | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                                  |                                                                                   |                                              |        |                      |                        | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| ALIMENTO<br>PROTEÍCO                                             | PECHUGA ASADA 50 GR                                                               | Pollo, pechuga con piel, cruda               | F085   | 100.0                | 100                    | 166.0                                                                            | 20.7            | 9.2          | 0.1        | 11.0           | 0.7            | 63.0          |
|                                                                  |                                                                                   | Aceite de soya                               | D012   | 2.0                  | 2                      | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                                  |                                                                                   | Sal                                          | L015   | 0.5                  | 0.5                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                                  |                                                                                   | Ajo, crudo                                   | B009   | 0.5                  | 0.5                    | 0.7                                                                              | 0.0235          | 0.0          | 0.1        | 0.2            | 0.0            | 0.1           |
| CEREAL                                                           | PASTA A LA CARBONARA 70<br>GR                                                     | Pasta alimenticia, enriquecida, cruda        | A072   | 38.0                 | 38                     | 141.0                                                                            | 4.94            | 0.6          | 28.4       | 9.5            | 1.5            | 2.3           |
|                                                                  |                                                                                   | Crema de leche                               | G001   | 15.0                 | 15                     | 49.5                                                                             | 0.315           | 5.3          | 0.3        | 10.2           | 0.0            | 6.9           |
|                                                                  |                                                                                   | Finas hierbas                                |        | 0.2                  | 0.2                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                                  |                                                                                   | Sal                                          | L015   | 0.5                  | 0.5                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                                  |                                                                                   | Aceite de soya                               | D012   | 3.0                  | 3                      | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| VERDURA FRÍA<br>O CALIENTE                                       | ENSALADA (REPOLLO<br>MORADO, MANGO, FRESA Y<br>UVAS PASAS) 65 GR                  | Repollo morado, crudo                        | B101   | 41.2                 | 35                     | 13.7                                                                             | 0.49            | 0.1          | 2.3        | 15.8           | 0.2            | 9.5           |
|                                                                  |                                                                                   | Mango común, crudo                           | C051   | 50.0                 | 25                     | 19.8                                                                             | 0.15            | 0.0          | 4.3        | 3.8            | 0.1            | 1.0           |
|                                                                  |                                                                                   | Fresa, madura, cruda                         | C025   | 21.1                 | 20                     | 9.0                                                                              | 0.16            | 0.1          | 1.7        | 4.2            | 0.1            | 0.4           |
|                                                                  |                                                                                   | Uva, deshidratada                            | C087   | 15.0                 | 15                     | 49.1                                                                             | 0.375           | 0.0          | 11.3       | 5.7            | 0.4            | 3.8           |
| TUBÉRCULOS -<br>RAÍCES -<br>PLÁTANOS -<br>DERIVADOS DE<br>CEREAL | CASCOS DE PAPA CRIOLLA<br>50 GR                                                   | Papa variedad harinosa, criolla, con cáscara | B071   | 100.0                | 85                     | 81.6                                                                             | 1.87            | 0.1          | 17.9       | 9.4            | 0.9            | 15.3          |
|                                                                  |                                                                                   | Aceite de soya                               | D012   | 3.0                  | 3                      | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| FRUTA                                                            | JUGO DE MARACUYA 200 CM3                                                          | Maracuyá, cruda                              | C056   | 187.5                | 60                     | 36.0                                                                             | 0.9             | 0.3          | 7.4        | 5.4            | 1.0            | 3.6           |
|                                                                  |                                                                                   | Azúcar blanco, granulado                     | K003   | 6.0                  | 6                      | 23.8                                                                             | 0               | 0.0          | 6.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                                       |                                                                                   |                                              |        |                      |                        | 662                                                                              | 30              | 24           | 80         | 75             | 5              | 494           |
| RECOMENDACIÓN 1-2-3                                              |                                                                                   |                                              |        |                      |                        | 1629                                                                             | 57              | 54.3         | 228.1      | 800            | 6.2            | 1200          |
| % ADECUACIÓN                                                     |                                                                                   |                                              |        |                      |                        | 41%                                                                              | 52%             | 44%          | 35%        | 9%             | 78%            | 41%           |

| % ADECUACIÓN TOTAL                                      |                                                                                   |                                       |        |                      |                        | 43%                                                                              |                 |              |            |                |                |               |
|---------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------|--------|----------------------|------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| RECOMENDACIÓN 4-5                                       |                                                                                   |                                       |        |                      |                        | 1994                                                                             | 69.8            | 66.5         | 279.2      | 1100           | 8.7            | 1500          |
| % ADECUACIÓN                                            |                                                                                   |                                       |        |                      |                        | 33%                                                                              | 43%             | 36%          | 29%        | 7%             | 56%            | 33%           |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                       |        |                      |                        | 34%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                   |                                       |        |                      | DANIELA ROSERO CBALLOS |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                   |  |                                       |        |                      | MATRÍCULA PROFESION    | 1085346983                                                                       |                 |              |            |                |                |               |
| MENÚ No. 13                                             |                                                                                   |                                       |        |                      |                        |                                                                                  |                 |              |            |                |                |               |
| COMPONENTE                                              | PREPARACIÓN                                                                       | NOMBRE DEL ALIMENTO<br>(Ingredientes) | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)       | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                         |                                                                                   |                                       |        |                      |                        | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                   | FRIJOLES 200 CM3                                                                  | Frijol radical, crudo                 | T016   | 25.0                 | 25                     | 98.0                                                                             | 4.65            | 0.3          | 14.9       | 30.0           | 1.3            | 1.5           |
|                                                         |                                                                                   | Plátano hartón, verde, crudo          | B092   | 29.4                 | 20                     | 33.2                                                                             | 0.24            | 0.0          | 7.9        | 1.6            | 0.1            | 5.2           |
|                                                         |                                                                                   | Cebolla cabezona, cruda               | B027   | 10.5                 | 10                     | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                         |                                                                                   | Tomate, crudo                         | B103   | 18.8                 | 15                     | 3.5                                                                              | 0.135           | 0.0          | 0.6        | 1.4            | 0.1            | 0.9           |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda         | B110   | 17.6                 | 15                     | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |
|                                                         |                                                                                   | Aceite de soya                        | D012   | 3.5                  | 3.5                    | 31.5                                                                             | 0               | 3.5          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Sal                                   | L015   | 0.5                  | 0.5                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
| ALIMENTO<br>PROTEÍCO                                    | CARNE SUDADA 50 GR                                                                | Ahuyama, cocida, sin sal              | B005   | 15.0                 | 10                     | 4.8                                                                              | 0.07            | 0.1          | 0.8        | 1.4            | 0.0            | 0.1           |
|                                                         |                                                                                   | Res, carne magra, cruda               | F099   | 100.0                | 100                    | 139.0                                                                            | 21.8            | 5.7          | 0.0        | 6.0            | 2.7            | 51.0          |
|                                                         |                                                                                   | Cebolla cabezona, cruda               | B027   | 15.0                 | 15                     | 6.0                                                                              | 0.21            | 0.0          | 1.2        | 3.6            | 0.0            | 0.6           |
|                                                         |                                                                                   | Sal                                   | L015   | 0.5                  | 0.5                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
| CEREAL                                                  | ARROZ BLANCO 70 GR                                                                | Tomate, crudo                         | B103   | 15.0                 | 15                     | 3.5                                                                              | 0.135           | 0.0          | 0.6        | 1.4            | 0.1            | 0.9           |
|                                                         |                                                                                   | Arroz blanco, pulido, crudo           | A010   | 35.0                 | 35                     | 123.6                                                                            | 2.345           | 0.1          | 28.0       | 3.2            | 0.3            | 0.7           |
|                                                         |                                                                                   | Sal                                   | L015   | 0.5                  | 0.5                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                   | Aceite de soya                        | D012   | 3.0                  | 3                      | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBERCULOS -<br>RAÍCES -<br>PLÁTANOS -                  | AREPA FRITA 50 GR                                                                 | Aceite de soya                        | D012   | 4.0                  | 4                      | 36.0                                                                             | 0               | 4.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Arepa de maíz precocido, sin sal      | A005   | 80.0                 | 80                     | 124.8                                                                            | 2.72            | 0.4          | 27.6       | 15.2           | 0.4            | 0.0           |
| VERDURA FRÍA<br>O CALIENTE                              | ENSALADA (ZANAHORIA,<br>PIÑA, MANGO Y CILANTRO)<br>65 GR                          | Mango común, crudo                    | C051   | 60.0                 | 25                     | 19.8                                                                             | 0.15            | 0.0          | 4.3        | 3.8            | 0.1            | 1.0           |
|                                                         |                                                                                   | Piña, cruda                           | C072   | 54.5                 | 30                     | 16.8                                                                             | 0.18            | 0.0          | 3.7        | 4.8            | 0.2            | 0.9           |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda         | B110   | 30.0                 | 20                     | 9.4                                                                              | 0.14            | 0.0          | 1.9        | 5.4            | 0.1            | 7.0           |
|                                                         |                                                                                   | Cilantro, crudo                       | B035   | 2.2                  | 2                      | 0.9                                                                              | 0.046           | 0.0          | 0.1        | 1.6            | 0.0            | 0.9           |
|                                                         |                                                                                   | Vinagre                               | L018   | 10.0                 | 10                     | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                                         |                                                                                   | Azúcar blanco, granulado              | K003   | 2.0                  | 2                      | 7.9                                                                              | 0               | 0.0          | 2.0        | 0.0            | 0.0            | 0.0           |
| FRUTA                                                   | JUGO DE LULO 200 CM3                                                              | Lulo, crudo                           | C045   | 100.0                | 60                     | 28.8                                                                             | 0.54            | 0.1          | 5.3        | 6.0            | 0.4            | 0.0           |
|                                                         |                                                                                   | Azúcar blanco, granulado              | K003   | 6.0                  | 6                      | 23.8                                                                             | 0               | 0.0          | 6.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                              |                                                                                   |                                       |        |                      |                        | 752                                                                              | 34              | 17           | 108        | 93             | 6              | 659           |
| RECOMENDACIÓN 1-2-3                                     |                                                                                   |                                       |        |                      |                        | 1629                                                                             | 57              | 54.3         | 228.1      | 800            | 6.2            | 1200          |
| % ADECUACIÓN                                            |                                                                                   |                                       |        |                      |                        | 46%                                                                              | 59%             | 32%          | 47%        | 12%            | 95%            | 55%           |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                       |        |                      |                        | 49%                                                                              |                 |              |            |                |                |               |
| RECOMENDACIÓN 4-5                                       |                                                                                   |                                       |        |                      |                        | 1994                                                                             | 69.8            | 66.5         | 279.2      | 1100           | 8.7            | 1500          |
| % ADECUACIÓN                                            |                                                                                   |                                       |        |                      |                        | 38%                                                                              | 48%             | 26%          | 39%        | 8%             | 68%            | 44%           |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                       |        |                      |                        | 39%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                   |                                       |        |                      | DANIELA ROSERO CBALLOS |                                                                                  |                 |              |            |                |                |               |

| FIRMA                                                   |    |                                              |        |                |                        | MATRICULA PROFESIONAL                                                            | 1085346983   |           |         |             |             |            |  |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------|--------|----------------|------------------------|----------------------------------------------------------------------------------|--------------|-----------|---------|-------------|-------------|------------|--|
| MENÚ No. 14                                             |                                                                                     |                                              |        |                |                        |                                                                                  |              |           |         |             |             |            |  |
| COMPONENTE                                              | PREPARACIÓN                                                                         | NOMBRE DEL ALIMENTO (Ingredientes)           | CÓDIGO | PESO BRUTO (g) | PESO NETO (g)          | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |              |           |         |             |             |            |  |
|                                                         |                                                                                     |                                              |        |                |                        | CALORÍAS (Kcal)                                                                  | PROTEÍNA (g) | GRASA (g) | CHO (g) | CALCIO (mg) | HIERRO (mg) | SODIO (mg) |  |
| ALIMENTO PROTEÍCO                                       | CERDO EN SALSA DE PIÑA 50 GR                                                        | Cerdo, carne magra, cruda                    | F011   | 100.0          | 100                    | 140.0                                                                            | 21.4         | 6.0       | 0.2     | 17.0        | 0.8         | 52.0       |  |
|                                                         |                                                                                     | Piña, cruda                                  | C072   | 54.5           | 30                     | 16.8                                                                             | 0.18         | 0.0       | 3.7     | 5.3         | 0.2         | 0.9        |  |
|                                                         |                                                                                     | Cebolla cabezona, cruda                      | B027   | 15.8           | 15                     | 6.0                                                                              | 0.21         | 0.0       | 1.2     | 3.6         | 0.0         | 0.6        |  |
|                                                         |                                                                                     | Sal                                          | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |  |
|                                                         |                                                                                     | Aceite de soya                               | D012   | 3.0            | 3                      | 27.0                                                                             | 0            | 3.0       | 0.0     | 0.0         | 0.0         | 0.0        |  |
|                                                         |                                                                                     | Almidón de maíz, crudo                       | A001   | 15.0           | 15                     | 55.5                                                                             | 0.045        | 0.0       | 13.7    | 0.3         | 0.1         | 1.4        |  |
| CEREAL                                                  | ARROZ VERDE 70 GR                                                                   | Arroz blanco, pulido, crudo                  | A010   | 35.0           | 35                     | 123.6                                                                            | 2.345        | 0.1       | 28.0    | 3.2         | 0.3         | 0.7        |  |
|                                                         |                                                                                     | Sal                                          | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |  |
|                                                         |                                                                                     | Cilantro, crudo                              | B035   | 8.9            | 8                      | 3.5                                                                              | 0.184        | 0.0       | 0.5     | 6.6         | 0.1         | 3.7        |  |
|                                                         |                                                                                     | Aceite de soya                               | D012   | 3.0            | 3                      | 27.0                                                                             | 0            | 3.0       | 0.0     | 0.0         | 0.0         | 0.0        |  |
| TUBERCULOS - RAÍCES - PLÁTANOS -                        | PAPA SALADA 50 GR                                                                   | Papa, variedad cerosa, sabanera, con cáscara | B065   | 60.0           | 60                     | 48.0                                                                             | 1.32         | 0.1       | 10.1    | 7.2         | 0.5         | 3.6        |  |
|                                                         |                                                                                     | Sal                                          | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |  |
| VERDURA FRÍA O CALIENTE                                 | RODAJAS DE TOMATE CON VINAGRETA DE CILANTRO 65 GR                                   | Tomate, crudo                                | B103   | 87.5           | 70                     | 16.1                                                                             | 0.63         | 0.1       | 2.9     | 6.4         | 0.4         | 4.2        |  |
|                                                         |                                                                                     | Cilantro, crudo                              | B035   | 8.9            | 8                      | 3.5                                                                              | 0.184        | 0.0       | 0.5     | 6.6         | 0.1         | 3.7        |  |
|                                                         |                                                                                     | Vinagre                                      | L018   | 10.0           | 10                     | 2.4                                                                              | 0            | 0.0       | 0.6     | 0.7         | 0.1         | 0.5        |  |
|                                                         |                                                                                     | Mayonesa, con sal                            | D020   | 5.0            | 13                     | 42.4                                                                             | 0.117        | 4.3       | 0.7     | 1.8         | 0.0         | 92.4       |  |
| FRUTA                                                   | JUGO DE MANGO CON LECHE 200 CM3                                                     | Mango común, crudo                           | C051   | 120.0          | 60                     | 47.4                                                                             | 0.36         | 0.0       | 10.3    | 9.0         | 0.3         | 2.4        |  |
|                                                         |                                                                                     | Leche de vaca, entera, en polvo              | G008   | 13.0           | 13                     | 64.9                                                                             | 3.419        | 3.5       | 5.0     | 133.0       | 0.1         | 48.0       |  |
|                                                         |                                                                                     | Azúcar blanco, granulado                     | K003   | 6.0            | 6                      | 23.8                                                                             | 0            | 0.0       | 6.0     | 0.0         | 0.0         | 0.0        |  |
| TOTAL MENÚ                                              |                                                                                     |                                              |        |                |                        | 648                                                                              | 30           | 20        | 83      | 201         | 3           | 796        |  |
| RECOMENDACIÓN 1-2-3                                     |                                                                                     |                                              |        |                |                        | 1629                                                                             | 57           | 54.3      | 228.1   | 800         | 6.2         | 1200       |  |
| % ADECUACIÓN                                            |                                                                                     |                                              |        |                |                        | 40%                                                                              | 53%          | 37%       | 37%     | 25%         | 47%         | 66%        |  |
| % ADECUACIÓN TOTAL                                      |                                                                                     |                                              |        |                |                        | 44%                                                                              |              |           |         |             |             |            |  |
| RECOMENDACIÓN 4-5                                       |                                                                                     |                                              |        |                |                        | 1994                                                                             | 69.8         | 66.5      | 279.2   | 1100        | 8.7         | 1500       |  |
| % ADECUACIÓN                                            |                                                                                     |                                              |        |                |                        | 32%                                                                              | 44%          | 30%       | 30%     | 18%         | 34%         | 53%        |  |
| % ADECUACIÓN TOTAL                                      |                                                                                     |                                              |        |                |                        | 34%                                                                              |              |           |         |             |             |            |  |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     |                                              |        |                | DANIELA ROSERO CBALLOS |                                                                                  |              |           |         |             |             |            |  |
| FIRMA                                                   |  |                                              |        |                |                        | MATRICULA PROFESIONAL                                                            | 1085346983   |           |         |             |             |            |  |
| MENÚ No. 15                                             |                                                                                     |                                              |        |                |                        |                                                                                  |              |           |         |             |             |            |  |
| COMPONENTE                                              | PREPARACIÓN                                                                         | NOMBRE DEL ALIMENTO (Ingredientes)           | CÓDIGO | PESO BRUTO (g) | PESO NETO (g)          | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |              |           |         |             |             |            |  |
|                                                         |                                                                                     |                                              |        |                |                        | CALORÍAS (Kcal)                                                                  | PROTEÍNA (g) | GRASA (g) | CHO (g) | CALCIO (mg) | HIERRO (mg) | SODIO (mg) |  |
| SOPAS                                                   | LENTEJAS 200 CM3                                                                    | Lenteja común, cruda                         | T026   | 20.0           | 20                     | 77.4                                                                             | 4.62         | 0.2       | 12.2    | 10.2        | 1.4         | 5.4        |  |
|                                                         |                                                                                     | Papa, variedad cerosa, sabanera, sin cáscara | B068   | 31.3           | 25                     | 18.5                                                                             | 0.475        | 0.0       | 3.8     | 3.5         | 0.1         | 2.8        |  |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda                | B110   | 17.6           | 15                     | 7.1                                                                              | 0.105        | 0.0       | 1.4     | 4.1         | 0.1         | 5.3        |  |
|                                                         |                                                                                     | Cebolla cabezona, cruda                      | B027   | 10.5           | 10                     | 4.0                                                                              | 0.14         | 0.0       | 0.8     | 2.4         | 0.0         | 0.4        |  |
|                                                         |                                                                                     | Sal                                          | L015   | 0.3            | 0.3                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 116.3      |  |
|                                                         |                                                                                     | Cilantro, crudo                              | B035   | 5.6            | 5                      | 2.2                                                                              | 0.115        | 0.0       | 0.3     | 4.1         | 0.1         | 2.3        |  |
|                                                         |                                                                                     | Ajo, crudo                                   | B009   | 0.5            | 0.5                    | 0.7                                                                              | 0.0235       | 0.0       | 0.1     | 0.2         | 0.0         | 0.1        |  |

|                                                         |                                                                                   |                                              |        |                      |                             |                                                                                  |                 |              |            |                |                |               |
|---------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------|--------|----------------------|-----------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| ALIMENTO<br>PROTEÍCO                                    | HUEVOS CON MAZORCA 55 GR                                                          | Huevo de gallina, entero, crudo              | J004   | 58.9                 | 53                          | 79.0                                                                             | 6.85            | 5.7          | 0.2        | 28.1           | 0.9            | 73.7          |
|                                                         |                                                                                   | Almidón de maíz, crudo                       | A001   | 3.0                  | 3                           | 11.1                                                                             | 0.009           | 0.0          | 2.7        | 0.1            | 0.0            | 0.3           |
|                                                         |                                                                                   | Maíz tierno, crudo                           | A053   | 15.0                 | 15                          | 22.8                                                                             | 0.51            | 0.2          | 4.6        | 0.8            | 0.1            | 0.5           |
|                                                         |                                                                                   | Finas hierbas                                |        | 0.5                  | 0.5                         | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Aceite de soya                               | D012   | 2.5                  | 2.5                         | 22.5                                                                             | 0               | 2.5          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Sal                                          | L015   | 0.3                  | 0.3                         | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
| CEREAL                                                  | ARROZ BLANCO 70 GR                                                                | Arroz blanco, pulido, crudo                  | A010   | 35.0                 | 35                          | 123.6                                                                            | 2.345           | 0.1          | 28.0       | 3.2            | 0.3            | 0.7           |
|                                                         |                                                                                   | Sal                                          | L015   | 0.5                  | 0.5                         | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                   | Aceite de soya                               | D012   | 3.0                  | 3                           | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBERCULOS -<br>RAÍCES -<br>PLÁTANOS -                  | MONEDAS DE PLATANO<br>MADURO FRITO 50 GR                                          | plátano hartón, maduro, crudo                | B089   | 90.3                 | 65                          | 85.8                                                                             | 0.715           | 0.1          | 19.7       | 2.0            | 0.3            | 2.6           |
|                                                         |                                                                                   | Sal                                          | L015   | 0.5                  | 0.5                         | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
| VERDURA FRÍA<br>O CALIENTE                              | PASTELES DE ZANAHORIA 65<br>GR                                                    | Zanahoria, sin cáscara, cruda                | B110   | 82.4                 | 70                          | 32.9                                                                             | 0.49            | 0.1          | 6.7        | 18.9           | 0.3            | 24.5          |
|                                                         |                                                                                   | Huevo de gallina, entero, crudo              | J004   | 11.1                 | 10                          | 14.9                                                                             | 6.85            | 1.1          | 0.0        | 5.3            | 0.2            | 13.9          |
|                                                         |                                                                                   | Sal                                          | L015   | 0.3                  | 0.3                         | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                         |                                                                                   | Aceite de soya                               | D012   | 4.0                  | 4                           | 36.0                                                                             | 0               | 4.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Almidón de maíz, crudo                       | A001   | 5.0                  | 5                           | 18.5                                                                             | 0.015           | 0.0          | 4.6        | 0.1            | 0.0            | 0.5           |
| FRUTA                                                   | JUGO DE GUAYABA CON<br>LECHE 200 CM3                                              | Guayaba, madura, cruda                       | C031   | 80.0                 | 60                          | 42.6                                                                             | 0.54            | 0.2          | 8.0        | 7.8            | 0.2            | 1.8           |
|                                                         |                                                                                   | Leche de vaca, entera, en polvo              | G008   | 13.0                 | 13                          | 64.9                                                                             | 3.419           | 3.5          | 5.0        | 122.2          | 0.1            | 48.0          |
|                                                         |                                                                                   | Azúcar blanco, granulado                     | K003   | 6.0                  | 6                           | 19.9                                                                             | 0               | 0.0          | 5.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                              |                                                                                   |                                              |        |                      |                             | 711                                                                              | 27              | 21           | 103        | 213            | 4              | 919           |
| RECOMENDACIÓN 1-2-3                                     |                                                                                   |                                              |        |                      |                             | 1629                                                                             | 57              | 54.3         | 228.1      | 800            | 6.2            | 1200          |
| % ADECUACIÓN                                            |                                                                                   |                                              |        |                      |                             | 44%                                                                              | 48%             | 38%          | 45%        | 27%            | 66%            | 77%           |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                              |        |                      |                             | 49%                                                                              |                 |              |            |                |                |               |
| RECOMENDACIÓN 4-5                                       |                                                                                   |                                              |        |                      |                             | 1994                                                                             | 69.8            | 66.5         | 279.2      | 1100           | 8.7            | 1500          |
| % ADECUACIÓN                                            |                                                                                   |                                              |        |                      |                             | 36%                                                                              | 39%             | 31%          | 37%        | 19%            | 47%            | 61%           |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                              |        |                      |                             | 39%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                   |                                              |        |                      | DANIELA ROSERO CBALLOS      |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                   |  |                                              |        |                      | MATRÍCULA<br>A<br>PROFESION | 1085346983                                                                       |                 |              |            |                |                |               |
| MENÚ No. 16                                             |                                                                                   |                                              |        |                      |                             |                                                                                  |                 |              |            |                |                |               |
| COMPONENTE                                              | PREPARACIÓN                                                                       | NOMBRE DEL ALIMENTO<br>(Ingredientes)        | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)            | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                         |                                                                                   |                                              |        |                      |                             | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                   | SANCOCHO 200 CM3                                                                  | Papa, variedad cerosa, sabanera, con cáscara | B065   | 35.0                 | 35                          | 28.0                                                                             | 0.77            | 0.0          | 5.9        | 4.2            | 0.3            | 2.1           |
|                                                         |                                                                                   | Plátano hartón, verde, crudo                 | B092   | 29.4                 | 20                          | 33.2                                                                             | 0.24            | 0.0          | 7.9        | 1.6            | 0.1            | 5.2           |
|                                                         |                                                                                   | Yuca blanca, sin cáscara, cruda              | B107   | 37.5                 | 30                          | 47.7                                                                             | 0.27            | 0.1          | 11.2       | 4.8            | 0.1            | 4.2           |
|                                                         |                                                                                   | Tomate, crudo                                | B103   | 12.5                 | 10                          | 2.3                                                                              | 0.09            | 0.0          | 0.4        | 0.9            | 0.1            | 0.6           |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                | B110   | 11.8                 | 10                          | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
|                                                         |                                                                                   | Ahuyama, cruda                               | B006   | 15.0                 | 10                          | 3.0                                                                              | 0.08            | 0.0          | 0.6        | 2.0            | 0.1            | 0.1           |
|                                                         |                                                                                   | Cilantro, crudo                              | B035   | 3.3                  | 3                           | 1.3                                                                              | 0.069           | 0.0          | 0.2        | 2.5            | 0.1            | 1.4           |
|                                                         |                                                                                   | Sal                                          | L015   | 0.3                  | 0.3                         | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                         |                                                                                   | Aceite de soya                               | D012   | 3.5                  | 3.5                         | 31.5                                                                             | 0               | 3.5          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Cebolla cabezona, cruda                      | B027   | 10.5                 | 10                          | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
| ALIMENTO<br>PROTEÍCO                                    | CERDO AL HORNO 50 GR                                                              | Cerdo, carne magra, cruda                    | F011   | 100.0                | 100                         | 140.0                                                                            | 21.4            | 6.0          | 0.2        | 17.0           | 0.8            | 52.0          |
|                                                         |                                                                                   | Ajo, crudo                                   | B009   | 0.5                  | 0.5                         | 0.7                                                                              | 0.0235          | 0.0          | 0.1        | 0.2            | 0.0            | 0.1           |
|                                                         |                                                                                   | Aceite de soya                               | D012   | 4.0                  | 4                           | 36.0                                                                             | 0               | 4.0          | 0.0        | 0.0            | 0.0            | 0.0           |

|                                                         |                                                                                   |                                                        |                      |                               |                            |                                                                                  |                 |              |            |                |                |               |       |
|---------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------|----------------------|-------------------------------|----------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|-------|
| CEREAL                                                  | ARROZ AMARILLO 70 GR                                                              | Arroz blanco, pulido, crudo                            | A010                 | 35.0                          |                            | 35                                                                               | 123.6           | 2.345        | 0.1        | 28.0           | 3.2            | 0.3           | 0.7   |
|                                                         |                                                                                   | Aceite de soya                                         | D012                 | 3.5                           |                            | 3.5                                                                              | 31.5            | 0            | 3.5        | 0.0            | 0.0            | 0.0           | 0.0   |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                          | B110                 | 17.6                          |                            | 15                                                                               | 7.1             | 0.105        | 0.0        | 1.4            | 4.1            | 0.1           | 5.3   |
|                                                         |                                                                                   | Sal                                                    | L015                 | 0.5                           |                            | 0.5                                                                              | 0.0             | 0            | 0.0        | 0.0            | 0.1            | 0.0           | 193.9 |
| TUBERCULOS -<br>RAÍCES -<br>PLÁTANOS -                  | BANANO 50 GR                                                                      | Banano común, crudo                                    | C010                 | 71.4                          |                            | 50                                                                               | 50.5            | 0.75         | 0.1        | 11.2           | 4.0            | 0.5           | 1.5   |
| VERDURA FRÍA<br>O CALIENTE                              | ENSALADA (REPOLLO<br>MORADO, ZANAHORIA Y<br>FRESA) 65 GR                          | Repollo morado, crudo                                  | B101                 | 35.3                          |                            | 30                                                                               | 11.7            | 0.42         | 0.1        | 2.0            | 13.5           | 0.2           | 8.1   |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                          | B110                 | 35.3                          |                            | 30                                                                               | 14.1            | 0.21         | 0.0        | 2.9            | 8.1            | 0.1           | 10.5  |
|                                                         |                                                                                   | Vinagre                                                | L018                 | 10.0                          |                            | 10                                                                               | 2.4             | 0            | 0.0        | 0.6            | 0.7            | 0.1           | 0.5   |
|                                                         |                                                                                   | Azúcar blanco, granulado                               | K003                 | 1.0                           |                            | 1                                                                                | 4.0             | 0            | 0.0        | 1.0            | 0.0            | 0.0           | 0.0   |
|                                                         |                                                                                   | Fresa, madura, cruda                                   | C025                 | 25.0                          |                            | 15                                                                               | 6.8             | 0.12         | 0.1        | 1.2            | 3.2            | 0.1           | 0.3   |
| FRUTA                                                   | JUGO DE MARACUYA 200 CM3                                                          | Maracuyá, cruda                                        | C056                 | 187.5                         |                            | 60                                                                               | 36.0            | 0.9          | 0.3        | 7.4            | 5.4            | 1.0           | 3.6   |
|                                                         |                                                                                   | Azúcar blanco, granulado                               | K003                 | 6.0                           |                            | 6                                                                                | 23.8            | 0            | 0.0        | 6.0            | 0.0            | 0.0           | 0.0   |
| TOTAL MENÚ                                              |                                                                                   |                                                        |                      |                               |                            |                                                                                  | 644             | 28           | 18         | 90             | 81             | 4             | 410   |
| RECOMENDACIÓN 1-2-3                                     |                                                                                   |                                                        |                      |                               |                            |                                                                                  | 1629            | 57           | 54.3       | 228.1          | 800            | 6.2           | 1200  |
| % ADECUACIÓN                                            |                                                                                   |                                                        |                      |                               |                            |                                                                                  | 40%             | 49%          | 33%        | 39%            | 10%            | 61%           | 34%   |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                                        |                      |                               |                            |                                                                                  | 38%             |              |            |                |                |               |       |
| RECOMENDACIÓN 4-5                                       |                                                                                   |                                                        |                      |                               |                            |                                                                                  | 1994            | 69.8         | 66.5       | 279.2          | 1100           | 8.7           | 1500  |
| % ADECUACIÓN                                            |                                                                                   |                                                        |                      |                               |                            |                                                                                  | 32%             | 40%          | 27%        | 32%            | 7%             | 43%           | 27%   |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                                        |                      |                               |                            |                                                                                  | 30%             |              |            |                |                |               |       |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                   |                                                        |                      |                               | DANIELA ROSERO CBALLOS     |                                                                                  |                 |              |            |                |                |               |       |
| FIRMA                                                   |  |                                                        |                      |                               | MATRICUL<br>A<br>PROFESION | 1085346983                                                                       |                 |              |            |                |                |               |       |
| MENÚ No. 17                                             |                                                                                   |                                                        |                      |                               |                            |                                                                                  |                 |              |            |                |                |               |       |
| COMPONENTE                                              | PREPARACIÓN                                                                       | NOMBRE DEL ALIMENTO<br>(Ingredientes)                  | CÓDIGO               | PESO<br>BRUTO<br>(g)          | PESO NETO<br>(g)           | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |       |
|                                                         |                                                                                   |                                                        |                      |                               |                            | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |       |
| SOPAS                                                   | CONSOME DE POLLO 200 cm3                                                          | Pollo, pechuga con piel, cruda                         | F085                 | 32.3                          | 30                         | 49.8                                                                             | 6.21            | 2.8          | 0.0        | 3.3            | 0.2            | 18.9          |       |
|                                                         |                                                                                   | Papa, variedad cerosa, sabanera, sin cá                | B068                 | 31.3                          | 25                         | 18.5                                                                             | 0.475           | 0.0          | 3.8        | 3.5            | 0.1            | 2.8           |       |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                          | B110                 | 17.6                          | 15                         | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |       |
|                                                         |                                                                                   | Cebolla cabezona, cruda                                | B027                 | 10.5                          | 10                         | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |       |
|                                                         |                                                                                   | Cilantro, crudo                                        | B035                 | 5.6                           | 5                          | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |       |
|                                                         |                                                                                   | Sal                                                    | L015                 | 0.5                           | 0.5                        | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |       |
| ALIMENTO<br>PROTEÍCO                                    | POLLO ORIENTAL 50 gr                                                              | Pollo, pechuga con piel, cruda                         | F085                 | 100.0                         | 100                        | 166.0                                                                            | 20.7            | 9.2          | 0.1        | 11.0           | 0.7            | 63.0          |       |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                          | B110                 | 17.6                          | 15                         | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |       |
|                                                         |                                                                                   | Aceite de soya                                         | D012                 | 2.0                           | 2                          | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |       |
|                                                         |                                                                                   | Cebolla cabezona, cruda                                | B027                 | 15.8                          | 15                         | 6.0                                                                              | 0.21            | 0.0          | 1.2        | 3.6            | 0.0            | 0.6           |       |
|                                                         |                                                                                   | Pimentón rojo, crudo                                   | B080                 | 17.6                          | 15                         | 5.3                                                                              | 0.15            | 0.0          | 0.9        | 1.1            | 0.1            | 0.3           |       |
|                                                         |                                                                                   | Salsa Soya                                             |                      | 10.0                          | 10                         | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |       |
| CEREAL                                                  | ARROZ VERDE 70 gr                                                                 | Arroz blanco, pulido, crudo                            | A010                 | 35.0                          | 35                         | 123.6                                                                            | 2.345           | 0.1          | 28.0       | 3.2            | 0.3            | 0.7           |       |
|                                                         |                                                                                   | Sal                                                    | L015                 | 0.5                           | 0.5                        | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |       |
|                                                         |                                                                                   | Cilantro, crudo                                        | B035                 | 5.6                           | 5                          | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |       |
|                                                         |                                                                                   | Aceite de soya                                         | D012                 | 2.0                           | 2                          | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |       |
|                                                         |                                                                                   | TUBERCULOS -<br>RAÍCES -<br>PLÁTANOS -<br>DERIVADOS DE | PLATANO COCIDO 50 gr | plátano hartón, maduro, crudo | B089                       | 97.2                                                                             | 70              | 92.4         | 0.77       | 0.1            | 21.2           | 2.1           | 0.4   |
| Sal                                                     | L015                                                                              | 0.5                                                    |                      | 0.5                           | 0.0                        | 0                                                                                | 0.0             | 0.0          | 0.1        | 0.0            | 193.9          |               |       |
| Aceite de soya                                          | D012                                                                              | 3.0                                                    |                      | 3                             | 27.0                       | 0                                                                                | 3.0             | 0.0          | 0.0        | 0.0            | 0.0            |               |       |

|                                                         |                                                                                   |                                       |        |                      |                            |                                                                                  |                 |              |            |                |                |               |
|---------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------|--------|----------------------|----------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| VERDURA FRÍA<br>O CALIENTE                              | ENSALADA (PEPINO, MANGO<br>Y FRESA) 65 gr                                         | Pepino Cohombro, crudo                | B077   | 50.0                 | 35                         | 4.9                                                                              | 0.175           | 0.0          | 0.8        | 6.3            | 0.1            | 0.7           |
|                                                         |                                                                                   | Fresa, madura, cruda                  | C025   | 20.0                 | 15                         | 6.8                                                                              | 0.12            | 0.1          | 1.2        | 3.2            | 0.1            | 0.3           |
|                                                         |                                                                                   | Vinagre                               | L018   | 10.0                 | 10                         | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                                         |                                                                                   | Azúcar blanco, granulado              | K003   | 1.0                  | 1                          | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Mango común, crudo                    | C051   | 50.0                 | 25                         | 19.8                                                                             | 0.15            | 0.0          | 4.3        | 3.8            | 0.1            | 1.0           |
| FRUTA                                                   | JUGO DE GUAYABA CON<br>LECHE 200 cm3                                              | Guayaba, madura, cruda                | c031   | 80.0                 | 60                         | 42.6                                                                             | 0.54            | 0.2          | 8.0        | 7.8            | 0.2            | 1.8           |
|                                                         |                                                                                   | Leche de vaca, entera, en polvo       | G008   | 13.0                 | 13                         | 64.9                                                                             | 3.419           | 3.5          | 6.0        | 122.2          | 0.1            | 48.0          |
|                                                         |                                                                                   | Azúcar blanco, granulado              | K003   | 5.0                  | 5                          | 19.9                                                                             | 0               | 0.0          | 5.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                              |                                                                                   |                                       |        |                      |                            | 644                                                                              | 29              | 20           | 83         | 184            | 2              | 717           |
| RECOMENDACIÓN 1-2-3                                     |                                                                                   |                                       |        |                      |                            | 1629                                                                             | 57              | 54.3         | 228.1      | 800            | 6.2            | 1200          |
| % ADECUACIÓN                                            |                                                                                   |                                       |        |                      |                            | 40%                                                                              | 51%             | 38%          | 36%        | 23%            | 38%            | 60%           |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                       |        |                      |                            | 41%                                                                              |                 |              |            |                |                |               |
| RECOMENDACIÓN 4-5                                       |                                                                                   |                                       |        |                      |                            | 1994                                                                             | 69.8            | 66.5         | 279.2      | 1100           | 8.7            | 1500          |
| % ADECUACIÓN                                            |                                                                                   |                                       |        |                      |                            | 32%                                                                              | 42%             | 31%          | 30%        | 17%            | 27%            | 48%           |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                       |        |                      |                            | 32%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                   |                                       |        |                      | DANIELA ROSERO CBALLOS     |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                   |  |                                       |        |                      | MATRICUL<br>A<br>PROFESION | 1085346983                                                                       |                 |              |            |                |                |               |
| MENÚ No. 18                                             |                                                                                   |                                       |        |                      |                            |                                                                                  |                 |              |            |                |                |               |
| COMPONENTE                                              | PREPARACIÓN                                                                       | NOMBRE DEL ALIMENTO<br>(Ingredientes) | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)           | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                         |                                                                                   |                                       |        |                      |                            | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                   | GARBANZOS 200 cm3                                                                 | Garbanzo, crudo                       | T019   | 20.0                 | 20                         | 78.6                                                                             | 3.98            | 1.1          | 7.6        | 24.0           | 1.3            | 6.0           |
|                                                         |                                                                                   | Cebolla cabezona, cruda               | B027   | 10.5                 | 10                         | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda         | B110   | 17.6                 | 15                         | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |
|                                                         |                                                                                   | Cilantro, crudo                       | B035   | 5.6                  | 5                          | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                                         |                                                                                   | Aceite de soya                        | D012   | 3.0                  | 3                          | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Sal                                   | L015   | 0.5                  | 0.5                        | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
| ALIMENTO<br>PROTEÍCO                                    | RES CON VERDURAS 50 gr                                                            | Res, carne magra, cruda               | F099   | 100.0                | 100                        | 139.0                                                                            | 21.8            | 5.7          | 0.0        | 6.0            | 2.7            | 51.0          |
|                                                         |                                                                                   | Cebolla cabezona, cruda               | B027   | 10.5                 | 10                         | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                         |                                                                                   | Aceite de soya                        | D012   | 3.0                  | 3                          | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda         | B110   | 17.6                 | 15                         | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |
|                                                         |                                                                                   | Tomate, crudo                         | B103   | 18.8                 | 15                         | 3.5                                                                              | 0.135           | 0.0          | 0.6        | 1.4            | 0.1            | 0.9           |
|                                                         |                                                                                   | Arveja verde, cruda                   | B019   | 37.5                 | 15                         | 14.9                                                                             | 0.885           | 0.0          | 2.3        | 5.4            | 0.2            | 0.8           |
|                                                         |                                                                                   | Sal                                   | L015   | 0.5                  | 0.5                        | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
| CEREAL                                                  | ARROZ BLANCO 70 gr                                                                | Arroz blanco, pulido, crudo           | A010   | 35.0                 | 35                         | 123.6                                                                            | 2.345           | 0.1          | 28.0       | 3.2            | 0.3            | 0.7           |
|                                                         |                                                                                   | Sal                                   | L015   | 0.5                  | 0.5                        | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                   | Aceite de soya                        | D012   | 3.0                  | 3                          | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBÉRCULOS -<br>RAÍCES -<br>PLÁTANOS -                  | MADURO AL HORNO 50 gr                                                             | plátano hartón, maduro, crudo         | B089   | 90.3                 | 65                         | 85.8                                                                             | 0.715           | 0.1          | 9.7        | 2.0            | 0.3            | 2.6           |
| VERDURA FRÍA<br>O CALIENTE                              | ENSALADA (REPOLLO,<br>ZANAHORIA Y PIÑA) 65 gr                                     | Repollo blanco, crudo                 | B099   | 50.0                 | 35                         | 14.0                                                                             | 0.63            | 0.1          | 2.2        | 15.4           | 0.2            | 6.3           |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda         | B110   | 41.2                 | 35                         | 16.5                                                                             | 0.245           | 0.0          | 3.3        | 9.5            | 0.1            | 12.3          |
|                                                         |                                                                                   | Piña, cruda                           | C072   | 35.0                 | 15                         | 8.4                                                                              | 0.09            | 0.0          | 1.9        | 2.4            | 0.1            | 0.5           |
|                                                         |                                                                                   | Cilantro, crudo                       | B035   | 5.6                  | 5                          | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                                         |                                                                                   | Vinagre                               | L018   | 10.0                 | 10                         | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |

|                                                         |                                                                                   |                                              |        |                      |                        |                                                                                  |                 |              |            |                |                |               |
|---------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------|--------|----------------------|------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| FRUTA                                                   | JUGO DE MANGO CON LECHE<br>200 cm3                                                | Mango común, crudo                           | C051   | 120.0                | 60                     | 47.4                                                                             | 0.36            | 0.0          | 10.3       | 9.0            | 0.3            | 2.4           |
|                                                         |                                                                                   | Leche de vaca, entera, en polvo              | G008   | 13.0                 | 13                     | 64.9                                                                             | 3.419           | 3.5          | 5.0        | 122.2          | 0.1            | 48.0          |
|                                                         |                                                                                   | Azúcar blanco, granulado                     | K003   | 6.0                  | 6                      | 23.8                                                                             | 0               | 0.0          | 6.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                              |                                                                                   |                                              |        |                      |                        | 730                                                                              | 35              | 20           | 82         | 222            | 6              | 729           |
| RECOMENDACIÓN 1-2-3                                     |                                                                                   |                                              |        |                      |                        | 1629                                                                             | 57              | 54.3         | 228.1      | 800            | 6.2            | 1200          |
| % ADECUACIÓN                                            |                                                                                   |                                              |        |                      |                        | 45%                                                                              | 62%             | 37%          | 36%        | 28%            | 98%            | 61%           |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                              |        |                      |                        | 52%                                                                              |                 |              |            |                |                |               |
| RECOMENDACIÓN 4-5                                       |                                                                                   |                                              |        |                      |                        | 1994                                                                             | 69.8            | 66.5         | 279.2      | 1100           | 8.7            | 1500          |
| % ADECUACIÓN                                            |                                                                                   |                                              |        |                      |                        | 37%                                                                              | 51%             | 30%          | 30%        | 20%            | 70%            | 49%           |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                              |        |                      |                        | 41%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                   |                                              |        |                      | DANIELA ROSERO CBALLOS |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                   |  |                                              |        |                      | MATRÍCULA PROFESIONAL  | 1085346983                                                                       |                 |              |            |                |                |               |
| MENÚ No. 19                                             |                                                                                   |                                              |        |                      |                        |                                                                                  |                 |              |            |                |                |               |
| COMPONENTE                                              | PREPARACIÓN                                                                       | NOMBRE DEL ALIMENTO<br>(Ingredientes)        | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)       | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                         |                                                                                   |                                              |        |                      |                        | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                   | SOPA DE AJIACO 200 CM3                                                            | Papa, variedad cerosa, sabanera, sin cáscara | B068   | 50.0                 | 40.0                   | 29.6                                                                             | 0.76            | 0.0          | 6.1        | 5.6            | 0.1            | 4.4           |
|                                                         |                                                                                   | Papa variedad harinosa, criolla, con cáscara | B071   | 35.0                 | 35.0                   | 33.6                                                                             | 0.77            | 0.0          | 7.4        | 3.9            | 0.4            | 6.3           |
|                                                         |                                                                                   | Cebolla cabezona, cruda                      | B027   | 10.5                 | 10.0                   | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                         |                                                                                   | Guasca seca                                  |        | 0.5                  | 0.5                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Maíz amarillo, crudo                         | A043   | 26.0                 | 26.0                   | 102.2                                                                            | 2.444           | 1.2          | 19.4       | 1.8            | 0.7            | 9.1           |
|                                                         |                                                                                   | Crema de leche                               | G001   | 15.0                 | 15.0                   | 49.5                                                                             | 0.315           | 5.3          | 0.3        | 10.2           | 0.0            | 6.9           |
|                                                         |                                                                                   | Cilantro, crudo                              | B035   | 5.6                  | 5.0                    | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                                         |                                                                                   | Sal                                          | L015   | 0.3                  | 0.3                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
| ALIMENTO<br>PROTEÍCO                                    | POLLO A LA NARANJA 50 GR                                                          | Zanahoria, sin cáscara, cruda                | B110   | 11.8                 | 10.0                   | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
|                                                         |                                                                                   | Pollo, pechuga con piel, cruda               | F085   | 120.0                | 100.0                  | 166.0                                                                            | 20.7            | 9.2          | 0.1        | 11.0           | 0.7            | 63.0          |
|                                                         |                                                                                   | Laurel                                       |        | 0.2                  | 0.2                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Ajo, crudo                                   | B009   | 0.5                  | 0.5                    | 0.7                                                                              | 0.0235          | 0.0          | 0.1        | 0.2            | 0.0            | 0.1           |
|                                                         |                                                                                   | Aceite de soya                               | D012   | 2.5                  | 2.5                    | 22.5                                                                             | 0               | 2.5          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Sal                                          | L015   | 0.5                  | 0.5                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                   | Azúcar blanco, granulado                     | K003   | 1.0                  | 1                      | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Almidón de maíz, crudo                       | A001   | 7.0                  | 7                      | 25.9                                                                             | 0.021           | 0.0          | 6.4        | 0.1            | 0.0            | 0.6           |
| CEREAL                                                  | ARROZ BLANCO 70 GR                                                                | Curcuma                                      |        | 1.0                  | 1                      |                                                                                  |                 |              |            |                |                |               |
|                                                         |                                                                                   | Naranja, cruda                               | C062   | 25.0                 | 15                     | 6.2                                                                              | 0.105           | 0.0          | 1.3        | 5.0            | 0.2            | 0.3           |
|                                                         |                                                                                   | Arroz blanco, pulido, crudo                  | A010   | 35.0                 | 35                     | 123.6                                                                            | 2.345           | 0.1          | 28.0       | 3.2            | 0.3            | 0.7           |
|                                                         |                                                                                   | Aceite de soya                               | D012   | 1.0                  | 1                      | 9.0                                                                              | 0               | 1.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBERCULOS -<br>RAÍCES -<br>PLÁTANOS -                  | PAPA FRITA 50 GR                                                                  | SAL                                          |        | 0.5                  | 0.5                    | 0.0                                                                              | 0               | 0.0          | 13.8       | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Papa, variedad cerosa, sabanera, sin cáscara | B068   | 112.5                | 90                     | 66.6                                                                             | 1.71            | 0.1          | 13.8       | 12.6           | 0.3            | 9.9           |
|                                                         |                                                                                   | Aceite de soya                               | D012   | 5.0                  | 5                      | 45.0                                                                             | 0               | 5.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| VERDURA FRÍA<br>O CALIENTE                              | ENSALADA (REPOLLO<br>MORADO, ZANAHORIA Y MAIZ<br>DULCE) 65 GR                     | Repollo morado, crudo                        | B101   | 41.2                 | 35                     | 13.7                                                                             | 0.49            | 0.1          | 1.1        | 15.8           | 0.2            | 9.5           |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                | B110   | 45.0                 | 35                     | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
|                                                         |                                                                                   | Maíz tierno, crudo                           | A053   | 25.0                 | 15                     | 22.8                                                                             | 0.51            | 0.2          | 4.6        | 0.8            | 0.1            | 0.5           |
| FRUTA                                                   | JUGO DE LULO 200 CM3                                                              | Lulo, crudo                                  | C045   | 100.0                | 60                     | 28.8                                                                             | 0.54            | 0.1          | 5.3        | 6.0            | 0.4            | 0.0           |
|                                                         |                                                                                   | Azúcar blanco, granulado                     | K003   | 6.0                  | 6                      | 23.8                                                                             | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |

| TOTAL MENÚ                                              |                                                                                   |                                              |        |                |                        | 789                                                                              | 31           | 25        | 112     | 88          | 4           | 431        |
|---------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------|--------|----------------|------------------------|----------------------------------------------------------------------------------|--------------|-----------|---------|-------------|-------------|------------|
| RECOMENDACIÓN 1-2-3                                     |                                                                                   |                                              |        |                |                        | 1629                                                                             | 57           | 54.3      | 228.1   | 800         | 6.2         | 1200       |
| % ADECUACIÓN                                            |                                                                                   |                                              |        |                |                        | 48%                                                                              | 55%          | 46%       | 49%     | 11%         | 57%         | 36%        |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                              |        |                |                        | 43%                                                                              |              |           |         |             |             |            |
| RECOMENDACIÓN 4-5                                       |                                                                                   |                                              |        |                |                        | 1994                                                                             | 69.8         | 66.5      | 279.2   | 1100        | 8.7         | 1500       |
| % ADECUACIÓN                                            |                                                                                   |                                              |        |                |                        | 40%                                                                              | 45%          | 37%       | 40%     | 8%          | 40%         | 29%        |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                              |        |                |                        | 34%                                                                              |              |           |         |             |             |            |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                   |                                              |        |                | DANIELA ROSERO CBALLOS |                                                                                  |              |           |         |             |             |            |
| FIRMA                                                   |  |                                              |        |                | MATRÍCULA PROFESIONAL  | 1085346983                                                                       |              |           |         |             |             |            |
| MENÚ No. 20                                             |                                                                                   |                                              |        |                |                        |                                                                                  |              |           |         |             |             |            |
| COMPONENTE                                              | PREPARACIÓN                                                                       | NOMBRE DEL ALIMENTO (Ingredientes)           | CÓDIGO | PESO BRUTO (g) | PESO NETO (g)          | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |              |           |         |             |             |            |
|                                                         |                                                                                   |                                              |        |                |                        | CALORÍAS (Kcal)                                                                  | PROTEÍNA (g) | GRASA (g) | CHO (g) | CALCIO (mg) | HIERRO (mg) | SODIO (mg) |
| SOPAS                                                   | PRINCIPIO DE BLANQUILLOS 50 GR                                                    | Frijol blanco, crudo                         | T005   | 30.0           | 30                     | 111.9                                                                            | 6.39         | 0.3       | 18.5    | 39.9        | 0.2         | 4.5        |
|                                                         |                                                                                   | Tomate, crudo                                | B103   | 25.0           | 20                     | 4.6                                                                              | 0.18         | 0.0       | 0.8     | 1.8         | 0.1         | 1.2        |
|                                                         |                                                                                   | Cebolla cabezona, cruda                      | B027   | 18.9           | 18                     | 7.2                                                                              | 0.252        | 0.0       | 1.4     | 4.3         | 0.1         | 0.7        |
|                                                         |                                                                                   | Cilantro, crudo                              | B035   | 5.6            | 5                      | 2.2                                                                              | 0.115        | 0.0       | 0.3     | 4.1         | 0.0         | 2.3        |
|                                                         |                                                                                   | Ajo, crudo                                   | B009   | 1.1            | 1                      | 1.4                                                                              | 0.047        | 0.0       | 0.3     | 0.4         | 0.0         | 0.2        |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                | B110   | 17.6           | 15                     | 7.1                                                                              | 0.105        | 0.0       | 1.4     | 4.1         | 0.0         | 5.3        |
|                                                         |                                                                                   | Aceite de soya                               | D012   | 3.0            | 3                      | 27.0                                                                             | 0            | 3.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                   | Sal                                          | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
| ALIMENTO PROTEÍCO                                       | HUEVO COCIDO 50 GR                                                                | Huevo de gallina, entero, crudo              | J004   | 58.9           | 53                     | 79.0                                                                             | 6.85         | 5.7       | 0.2     | 28.1        | 0.9         | 73.7       |
| CEREAL                                                  | ARROZ BLANCO 70 GR                                                                | Arroz blanco, pulido, crudo                  | A010   | 35.0           | 35                     | 123.6                                                                            | 2.345        | 0.1       | 28.0    | 3.2         | 0.3         | 0.7        |
|                                                         |                                                                                   | Sal                                          | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
|                                                         |                                                                                   | Aceite de soya                               | D012   | 3.0            | 3                      | 27.0                                                                             | 0            | 3.0       | 0.0     | 0.0         | 0.0         | 0.0        |
| TUBERCULOS - RAÍCES - PLÁTANOS -                        | CASCOS DE PAPA CRIOLLA 50 GR                                                      | Papa variedad harinosa, criolla, con cáscara | B071   | 100.0          | 100                    | 96.0                                                                             | 2.2          | 0.1       | 0.0     | 11.0        | 1.0         | 18.0       |
|                                                         |                                                                                   | Aceite de soya                               | D012   | 5.0            | 5                      | 45.0                                                                             | 0            | 5.0       | 1.4     | 0.0         | 0.0         | 0.0        |
| VERDURA FRÍA O CALIENTE                                 | ENSALADA (TOMATE, ZANAHORIA Y CILANTRO) 65 GR                                     | Tomate, crudo                                | B103   | 43.8           | 35                     | 8.1                                                                              | 0.315        | 0.0       | 1.4     | 3.2         | 0.2         | 2.1        |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                | B110   | 43.5           | 37                     | 17.4                                                                             | 0.259        | 0.0       | 3.5     | 10.0        | 0.0         | 13.0       |
|                                                         |                                                                                   | Vinagre                                      | L018   | 10.0           | 10                     | 2.4                                                                              | 0            | 0.0       | 0.6     | 0.7         | 0.1         | 0.5        |
|                                                         |                                                                                   | Cilantro, crudo                              | B035   | 11.1           | 10                     | 4.4                                                                              | 0.23         | 0.1       | 0.6     | 8.2         | 0.0         | 4.6        |
| FRUTA                                                   | JUGO DE GUAYABA CON LECHE 200 CM3                                                 | Guayaba, madura, cruda                       | C031   | 80.0           | 60                     | 42.6                                                                             | 0.54         | 0.2       | 8.0     | 7.8         | 0.0         | 1.8        |
|                                                         |                                                                                   | Leche de vaca, entera, en polvo              | G008   | 13.0           | 13                     | 64.9                                                                             | 3.419        | 3.5       | 5.0     | 122.2       | 0.0         | 48.0       |
|                                                         |                                                                                   | Azúcar blanco, granulado                     | K003   | 7.0            | 7                      | 27.8                                                                             | 0            | 0.0       | 7.0     | 0.0         | 0.0         | 0.0        |
| TOTAL MENÚ                                              |                                                                                   |                                              |        |                |                        | 699                                                                              | 23           | 21        | 79      | 249         | 3           | 564        |
| RECOMENDACIÓN 1-2-3                                     |                                                                                   |                                              |        |                |                        | 1629                                                                             | 57           | 54.3      | 228.1   | 800         | 6.2         | 1200       |
| % ADECUACIÓN                                            |                                                                                   |                                              |        |                |                        | 43%                                                                              | 41%          | 39%       | 34%     | 31%         | 45%         | 47%        |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                              |        |                |                        | 40%                                                                              |              |           |         |             |             |            |
| RECOMENDACIÓN 4-5                                       |                                                                                   |                                              |        |                |                        | 1994                                                                             | 69.8         | 66.5      | 279.2   | 1100        | 8.7         | 1500       |
| % ADECUACIÓN                                            |                                                                                   |                                              |        |                |                        | 35%                                                                              | 33%          | 32%       | 28%     | 23%         | 32%         | 38%        |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                              |        |                |                        | 31%                                                                              |              |           |         |             |             |            |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                   |                                              |        |                | DANIELA ROSERO CBALLOS |                                                                                  |              |           |         |             |             |            |

|       |                                                                                   |                            |            |
|-------|-----------------------------------------------------------------------------------|----------------------------|------------|
| FIRMA |  | MATRICUL<br>A<br>PROFESION | 1085346983 |
|-------|-----------------------------------------------------------------------------------|----------------------------|------------|



**PROGRAMA DE ALIMENTACIÓN ESCOLAR  
ANÁLISIS QUÍMICO MINUTA PATRÓN  
ALMUERZO JM/JT NIVEL PRESCOLAR**



| COMPONENTE                                                 | PREPARACIÓN                                                    | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | Código del Alimento<br>Tabla de Composición<br>de Alimentos<br>Colombianos - ICBF -<br>2018 | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|------------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------|---------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
|                                                            |                                                                |                                                     |                                                                                             |                      |                     | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                      | CREMA DE VERDURAS 200 cm3                                      | Ahuyama, cruda                                      | b006                                                                                        | 40.0                 | 30                  | 9.0                                                                              | 0.24            | 0.1          | 1.7        | 6.0            | 0.2            | 0.3           |
|                                                            |                                                                | Cebolla cabezona, cruda                             | B027                                                                                        | 20.0                 | 15                  | 6.0                                                                              | 0.21            | 0.0          | 1.2        | 3.6            | 0.0            | 0.6           |
|                                                            |                                                                | Cilantro, crudo                                     | B035                                                                                        | 5.0                  | 4.8                 | 2.1                                                                              | 0.1104          | 0.0          | 0.3        | 3.9            | 0.1            | 2.2           |
|                                                            |                                                                | Zanahoria, sin cáscara, cruda                       | B110                                                                                        | 30.0                 | 20                  | 9.4                                                                              | 0.14            | 0.0          | 1.9        | 5.4            | 0.1            | 7.0           |
|                                                            |                                                                | Habichuela, cruda                                   | B052                                                                                        | 30.0                 | 20                  | 8.6                                                                              | 0.42            | 0.0          | 1.4        | 8.0            | 0.2            | 1.2           |
|                                                            |                                                                | Sal                                                 | L015                                                                                        | 0.2                  | 0.2                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 77.6          |
|                                                            |                                                                | Leche de vaca, entera, en polvo                     | G008                                                                                        | 30.0                 | 20                  | 99.8                                                                             | 5.26            | 5.3          | 7.7        | 188.0          | 0.1            | 73.8          |
| ALIMENTO PROTEÍCO                                          | RES SUDADA 40 gr                                               | Res, carne magra, cruda                             | F099                                                                                        | 80.0                 | 80                  | 111.2                                                                            | 17.44           | 4.6          | 0.0        | 4.8            | 2.2            | 40.8          |
|                                                            |                                                                | Cebolla cabezona, cruda                             | B027                                                                                        | 15.0                 | 10                  | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                            |                                                                | Sal                                                 | L015                                                                                        | 0.2                  | 0.2                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 77.6          |
|                                                            |                                                                | Tomate, crudo                                       | B103                                                                                        | 15.0                 | 10                  | 2.3                                                                              | 0.09            | 0.0          | 0.4        | 0.9            | 0.1            | 0.6           |
| CEREAL                                                     | ARROZ AMARILLO 55 gr                                           | Arroz blanco, pulido, crudo                         | A010                                                                                        | 26.0                 | 26                  | 91.8                                                                             | 1.742           | 0.1          | 20.8       | 2.3            | 0.2            | 0.5           |
|                                                            |                                                                | Aceite de soya                                      | D012                                                                                        | 5.0                  | 5                   | 45.0                                                                             | 0               | 5.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                                                | Sal                                                 | L015                                                                                        | 0.3                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                            |                                                                | Zanahoria, sin cáscara, cruda                       | B110                                                                                        | 20.0                 | 10                  | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
| TUBERCULOS - RAÍCES -<br>PLÁTANOS - DERIVADOS<br>DE CEREAL | CASCOS DE PAPA CRIOLLA 40 gr                                   | Papa variedad harinosa, criolla, con cáscara, cruda | B071                                                                                        | 80.0                 | 80                  | 76.8                                                                             | 1.76            | 0.1          | 16.9       | 8.8            | 0.8            | 14.4          |
|                                                            |                                                                | Aceite de soya                                      | D012                                                                                        | 1.0                  | 1                   | 9.0                                                                              | 0               | 1.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| VERDURA FRÍA O CALIENTE                                    | ENSALADA (TOMATE, ZANAHORIA Y MANGO, VINAGRETA DE MANGO) 50 gr | Mango común, crudo                                  | C051                                                                                        | 40.0                 | 30                  | 23.7                                                                             | 0.18            | 0.0          | 5.1        | 4.5            | 0.2            | 1.2           |
|                                                            |                                                                | Tomate, crudo                                       | B103                                                                                        | 40.0                 | 20                  | 4.6                                                                              | 0.18            | 0.0          | 0.8        | 1.8            | 0.1            | 1.2           |
|                                                            |                                                                | Zanahoria, sin cáscara, cruda                       | B110                                                                                        | 40.0                 | 15                  | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |
|                                                            |                                                                | Azúcar blanco, granulado                            | K003                                                                                        | 1.0                  | 1                   | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                                                | Cilantro, crudo                                     | B035                                                                                        | 5.0                  | 5                   | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                                            |                                                                | Vinagre                                             | L018                                                                                        | 10.0                 | 10                  | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                                            |                                                                | Maracuyá, cruda                                     | C056                                                                                        | 120.0                | 60                  | 36.0                                                                             | 0.9             | 0.3          | 7.4        | 5.4            | 1.0            | 3.6           |
| FRUTA                                                      | JUGO DE MARACUYA 200 cm3                                       | Azúcar blanco, granulado                            | K003                                                                                        | 6.0                  | 6                   | 23.8                                                                             | 0               | 0.0          | 6.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                                 |                                                                |                                                     |                                                                                             |                      |                     | 583                                                                              | 29.1            | 16.6         | 76.7       | 258            | 5.5            | 430.8         |
| RECOMENDACIÓN                                              |                                                                |                                                     |                                                                                             |                      |                     | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                                               |                                                                |                                                     |                                                                                             |                      |                     | 45%                                                                              | 50%             | 38%          | 42%        | 37%            | 99%            | 38%           |
| ADECUACION TOTAL                                           |                                                                |                                                     |                                                                                             |                      |                     | 50%                                                                              |                 |              |            |                |                |               |

|                                                         |                                                                                     |                         |            |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------|------------|
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     | DANIELA ROSETO CEBALLOS |            |
| FIRMA                                                   |  | MATRÍCULA PROFESIONAL   | 1085346983 |



**PROGRAMA DE ALIMENTACIÓN ESCOLAR  
ANÁLISIS QUÍMICO MINUTA PATRÓN  
ALMUERZO JM/JT NIVEL PRESCOLAR**



|                                                         |                        |
|---------------------------------------------------------|------------------------|
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS | DANIELA ROSERO CBALLOS |
|---------------------------------------------------------|------------------------|



PAE

PROGRAMA DE ALIMENTACIÓN ESCOLAR  
ANÁLISIS QUÍMICO MINUTA PATRÓN  
ALMUERZO JM/JT NIVEL PRESCOLAR



FIRMA

*Quirino C*

MATRICULA  
A PROFESIONAL

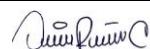
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| MENÚ No. 3                                    |                                               |                                                     |        |                      |                     |                                                                                  |                 |              |            |                |                |               |
|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------------|--------|----------------------|---------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| COMPONENTE                                    | PREPARACIÓN                                   | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                               |                                               |                                                     |        |                      |                     | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                         | SANCOCHO 200 cm3                              | Papa, variedad cerosa, sabanera, con cáscara, cruda | B065   | 35.0                 | 30                  | 24.0                                                                             | 0.66            | 0.0          | 5.1        | 3.6            | 0.2            | 1.8           |
|                                               |                                               | Plátano hartón, verde, crudo                        | B092   | 29.4                 | 20                  | 33.2                                                                             | 0.24            | 0.0          | 7.9        | 1.6            | 0.1            | 5.2           |
|                                               |                                               | Yuca blanca, sin cáscara, cruda                     | B107   | 37.5                 | 30                  | 47.7                                                                             | 0.27            | 0.1          | 11.2       | 4.8            | 0.1            | 4.2           |
|                                               |                                               | Tomate, crudo                                       | B103   | 12.5                 | 10                  | 2.3                                                                              | 0.09            | 0.0          | 0.4        | 0.9            | 0.1            | 0.6           |
|                                               |                                               | Zanahoria, sin cáscara, cruda                       | B110   | 11.8                 | 10                  | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
|                                               |                                               | Ahuyama, cruda                                      | B006   | 15.0                 | 10                  | 3.0                                                                              | 0.08            | 0.0          | 0.6        | 2.0            | 0.1            | 0.1           |
|                                               |                                               | Cilantro, crudo                                     | B035   | 1.1                  | 1                   | 0.4                                                                              | 0.023           | 0.0          | 0.1        | 0.8            | 0.0            | 0.5           |
|                                               |                                               | Sal                                                 | L015   | 0.5                  | 0.5                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
| ALIMENTO PROTEÍCO                             | PECHUGA ASADA 40 gr                           | Pollo, pechuga sin piel, cocida, sin sal            | F087   | 85.0                 | 80                  | 112.8                                                                            | 22.72           | 2.4          | 0.2        | 10.4           | 0.7            | 50.4          |
|                                               |                                               | Aceite de soya                                      | D012   | 3.0                  | 3                   | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| CEREAL                                        | ARROZ BLANCO 50 gr                            | Arroz blanco, pulido, crudo                         | A010   | 35.0                 | 35                  | 123.6                                                                            | 2.345           | 0.1          | 28.0       | 3.2            | 0.3            | 0.7           |
|                                               |                                               | Aceite de soya                                      | D012   | 3.0                  | 3                   | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                               |                                               | Sal                                                 | L015   | 0.5                  | 0.5                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
| TUBÉRCULOS - RAÍCES -<br>PLÁTANOS - DERIVADOS | INCLUIDA EN LA SOPA                           |                                                     |        |                      |                     | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| VERDURA FRÍA O<br>CALIENTE                    | ENSALADA (REPOLLO, FRESA,<br>ZANAHORIA) 50 gr | Repollo blanco, crudo                               | B099   | 57.1                 | 40                  | 16.0                                                                             | 0.72            | 0.1          | 2.6        | 17.6           | 0.2            | 7.2           |
|                                               |                                               | Fresa, madura, cruda                                | C025   | 21.1                 | 20                  | 9.0                                                                              | 0.16            | 0.1          | 1.7        | 4.2            | 0.1            | 0.4           |
|                                               |                                               | Vinagre                                             | L018   | 10.0                 | 10                  | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                               |                                               | Azúcar blanco, granulado                            | K003   | 1.0                  | 1                   | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |
|                                               |                                               | Zanahoria, sin cáscara, cruda                       | B110   | 35.3                 | 30                  | 14.1                                                                             | 0.21            | 0.0          | 2.9        | 8.1            | 0.1            | 10.5          |
| FRUTA                                         | JUGO DE GUAYABA CON LECHE<br>200 cm3          | Guayaba, madura, cruda                              | C031   | 80.0                 | 60                  | 42.6                                                                             | 0.54            | 0.2          | 8.0        | 7.8            | 0.2            | 1.8           |
|                                               |                                               | Leche de vaca, entera, en polvo                     | G008   | 13.0                 | 13                  | 64.9                                                                             | 3.419           | 3.5          | 5.0        | 122.2          | 0.1            | 48.0          |
|                                               |                                               | Azúcar blanco, granulado                            | K003   | 5.0                  | 5                   | 19.9                                                                             | 0               | 0.0          | 5.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                    |                                               |                                                     |        |                      |                     | 582                                                                              | 32              | 13           | 82         | 193            | 2              | 524           |
| RECOMENDACIÓN                                 |                                               |                                                     |        |                      |                     | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                                  |                                               |                                                     |        |                      |                     | 45%                                                                              | 54%             | 29%          | 45%        | 28%            | 42%            | 46%           |
| ADECUACION TOTAL                              |                                               |                                                     |        |                      |                     | 41%                                                                              |                 |              |            |                |                |               |

NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS

DANIELA ROSERO CBALLOS

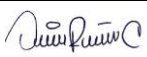
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MATRICULA  
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PROFESIONAL

1085346983

| MENÚ No. 4                                                 |                                                   |                                                     |        |                      |                     |                                                                                  |                 |              |            |                |                |               |
|------------------------------------------------------------|---------------------------------------------------|-----------------------------------------------------|--------|----------------------|---------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| COMPONENTE                                                 | PREPARACIÓN                                       | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                            |                                                   |                                                     |        |                      |                     | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| ALIMENTO PROTEÍCO                                          | CERDO A LA PLANCHA 40 gr                          | Cerdo, carne magra, cruda                           | F011   | 80.0                 | 80                  | 112.0                                                                            | 17.12           | 4.8          | 0.2        | 13.6           | 0.6            | 41.6          |
|                                                            |                                                   | Ajo, crudo                                          | B009   | 1.1                  | 1                   | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |
|                                                            |                                                   | Aceite de soya                                      | D012   | 1.0                  | 1                   | 9.0                                                                              | 0               | 1.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| CEREAL                                                     | ARROZ VERDE 55 gr                                 | Arroz blanco, pulido, crudo                         | A010   | 26.0                 | 26                  | 91.8                                                                             | 1.742           | 0.1          | 20.8       | 2.3            | 0.2            | 0.5           |
|                                                            |                                                   | Aceite de soya                                      | D012   | 2.0                  | 2                   | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                                   | Sal                                                 | L015   | 0.3                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                            |                                                   | Cilantro, crudo                                     | B035   | 3.3                  | 3                   | 1.3                                                                              | 0.069           | 0.0          | 0.2        | 2.5            | 0.1            | 1.4           |
| TUBÉRCULOS - RAÍCES -<br>PLÁTANOS - DERIVADOS<br>DE CEREAL | PURE DE PAPA CON CILANTRO<br>Y MAYONESA 40 gr     | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 62.5                 | 50                  | 37.0                                                                             | 0.95            | 0.1          | 7.7        | 7.0            | 0.2            | 5.5           |
|                                                            |                                                   | Mayonesa, con sal                                   | D020   | 5.0                  | 5                   | 16.3                                                                             | 0.045           | 1.7          | 0.3        | 0.7            | 0.0            | 35.6          |
|                                                            |                                                   | Cilantro, crudo                                     | B035   | 3.3                  | 3                   | 1.3                                                                              | 0.069           | 0.0          | 0.2        | 2.5            | 0.1            | 1.4           |
| VERDURA FRÍA O<br>CALIENTE                                 | ENSALADA (TOMATE, REPOLLO<br>Y MAIZ TIERNO) 50 gr | Tomate, crudo                                       | B103   | 43.8                 | 35                  | 8.1                                                                              | 0.315           | 0.0          | 1.4        | 3.2            | 0.2            | 2.1           |
|                                                            |                                                   | Repollo blanco, crudo                               | B099   | 57.1                 | 40                  | 16.0                                                                             | 0.72            | 0.1          | 2.6        | 17.6           | 0.2            | 7.2           |
|                                                            |                                                   | Maíz tierno, crudo                                  | A053   | 10.0                 | 10                  | 15.2                                                                             | 0.34            | 0.1          | 3.1        | 0.5            | 0.1            | 0.3           |
| FRUTA                                                      | JUGO DE MANGO CON LECHE<br>200 cm3                | Mango común, crudo                                  | C051   | 120.0                | 60                  | 47.4                                                                             | 0.36            | 0.0          | 10.3       | 9.0            | 0.3            | 2.4           |
|                                                            |                                                   | Leche de vaca, entera, en polvo                     | G008   | 13.0                 | 13                  | 64.9                                                                             | 3.419           | 3.5          | 5.0        | 122.2          | 0.1            | 48.0          |
|                                                            |                                                   | Azúcar blanco, granulado                            | K003   | 5.0                  | 5                   | 19.9                                                                             | 0               | 0.0          | 5.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                                 |                                                   |                                                     |        |                      |                     | 460                                                                              | 25              | 13           | 57         | 181            | 2              | 262           |
| RECOMENDACIÓN                                              |                                                   |                                                     |        |                      |                     | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                                               |                                                   |                                                     |        |                      |                     | 35%                                                                              | 43%             | 31%          | 31%        | 26%            | 35%            | 23%           |
| ADECUACION TOTAL                                           |                                                   |                                                     |        |                      |                     | 32%                                                                              |                 |              |            |                |                |               |
|                                                            |                                                   |                                                     |        |                      |                     |                                                                                  |                 |              |            |                |                |               |

|                                                         |                                                                                     |  |  |  |                        |            |  |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|--|--|--|------------------------|------------|--|
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     |  |  |  | DANIELA ROSERO CBALLOS |            |  |
| FIRMA                                                   |  |  |  |  | MATRICULA PROFESIONAL  | 1085346983 |  |



**PROGRAMA DE ALIMENTACIÓN ESCOLAR  
ANÁLISIS QUÍMICO MINUTA PATRÓN  
ALMUERZO JM/JT NIVEL PRESCOLAR**

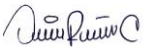


| MENÚ No. 5                                                 |                                       |                                                     |        |                      |                     |                                                                                  |                 |              |            |                |                |               |
|------------------------------------------------------------|---------------------------------------|-----------------------------------------------------|--------|----------------------|---------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| COMPONENTE                                                 | PREPARACIÓN                           | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                            |                                       |                                                     |        |                      |                     | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                      | PRINCIPIO DE LENTEJAS 30 GR           | Lenteja común, cruda                                | T026   | 15.0                 | 15                  | 58.1                                                                             | 3.465           | 0.1          | 9.2        | 7.7            | 1.1            | 4.1           |
|                                                            |                                       | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 18.8                 | 15                  | 11.1                                                                             | 0.285           | 0.0          | 2.3        | 2.1            | 0.0            | 1.7           |
|                                                            |                                       | Zanahoria, sin cáscara, cruda                       | B110   | 11.8                 | 10                  | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
|                                                            |                                       | Cebolla cabezona, cruda                             | B027   | 10.5                 | 10                  | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                            |                                       | Sal                                                 | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                            |                                       | Cilantro, crudo                                     | B035   | 2.2                  | 2                   | 0.9                                                                              | 0.046           | 0.0          | 0.1        | 1.6            | 0.0            | 0.9           |
| ALIMENTO PROTEÍCO                                          | POLLO (40 gr) CON VERDURAS<br>(40 gr) | Pollo, pechuga con piel, cruda                      | F085   | 120.0                | 80                  | 132.8                                                                            | 16.56           | 7.4          | 0.1        | 8.8            | 0.6            | 50.4          |
|                                                            |                                       | Zanahoria, sin cáscara, cruda                       | B110   | 35.3                 | 30                  | 14.1                                                                             | 0.21            | 0.0          | 2.9        | 8.1            | 0.1            | 10.5          |
|                                                            |                                       | Maíz tierno, crudo                                  | A053   | 15.0                 | 15                  | 22.8                                                                             | 0.51            | 0.2          | 4.6        | 0.8            | 0.1            | 0.5           |
|                                                            |                                       | Arveja verde, cruda                                 | B019   | 30.0                 | 25                  | 24.8                                                                             | 1.475           | 0.1          | 3.9        | 9.0            | 0.4            | 1.3           |
|                                                            |                                       | Laurel                                              |        | 0.2                  | 0.2                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                       | Salsa Soya                                          |        | 1.0                  | 1                   | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                       | Sal                                                 | L015   | 0.2                  | 0.2                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 77.6          |
|                                                            |                                       | Ajo, crudo                                          | B009   | 1.1                  | 1                   | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |
| CEREAL                                                     | ARROZ BLANCO 55 GR                    | Arroz blanco, pulido, crudo                         | A010   | 26.0                 | 26                  | 91.8                                                                             | 1.742           | 0.1          | 20.8       | 2.3            | 0.2            | 0.5           |
|                                                            |                                       | Sal                                                 | L015   | 0.2                  | 0.2                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 77.6          |
|                                                            |                                       | Aceite de soya                                      | D012   | 3.0                  | 3                   | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBERCULOS - RAICES -<br>PLÁTANOS - DERIVADOS<br>DE CEREAL | TAJADA DE PLATANO MADURO<br>40 GR     | plátano hartón, maduro, crudo                       | B089   | 83.3                 | 60                  | 79.2                                                                             | 0.66            | 0.1          | 18.2       | 1.8            | 0.3            | 2.4           |
|                                                            |                                       | Aceite de soya                                      | D012   | 3.0                  | 3                   | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| VERDURA FRÍA O<br>CALIENTE                                 | Incluida en la proteína               | 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            | 0.0           |
|                                                            |                                       | 0                                                   |        | 0.0                  |                     | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| FRUTA                                                      | JUGO DE LULO 200 CM3                  | Lulo, crudo                                         | C045   | 100.0                | 60                  | 28.8                                                                             | 0.54            | 0.1          | 5.3        | 6.0            | 0.4            | 0.0           |
|                                                            |                                       | Azúcar blanco, granulado                            | K003   | 6.0                  | 6                   | 23.8                                                                             | 0               | 0.0          | 6.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                                 |                                       |                                                     |        |                      |                     | 552                                                                              | 26              | 14           | 75         | 54             | 3              | 348           |
| RECOMENDACIÓN                                              |                                       |                                                     |        |                      |                     | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                                               |                                       |                                                     |        |                      |                     | 42%                                                                              | 44%             | 33%          | 41%        | 8%             | 59%            | 31%           |
| ADECUACION TOTAL                                           |                                       |                                                     |        |                      |                     | 37%                                                                              |                 |              |            |                |                |               |



**PROGRAMA DE ALIMENTACIÓN ESCOLAR  
ANÁLISIS QUÍMICO MINUTA PATRÓN  
ALMUERZO JM/JT NIVEL PRESCOLAR**



| MENÚ No. 6                                                 |                                                                                     |                                                     |        |                      |                               |                                                                                  |                 |              |            |                |                |               |
|------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------|--------|----------------------|-------------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| COMPONENTE                                                 | PREPARACIÓN                                                                         | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g)           | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                            |                                                                                     |                                                     |        |                      |                               | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                      | SOPA DE AJIACO 200 cm3                                                              | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 31.3                 | 25                            | 18.5                                                                             | 0.475           | 0.0          | 3.8        | 3.5            | 0.1            | 2.8           |
|                                                            |                                                                                     | Papa variedad harinosa, criolla, con cáscara, cruda | B071   | 25.0                 | 25                            | 24.0                                                                             | 0.55            | 0.0          | 5.3        | 2.8            | 0.3            | 4.5           |
|                                                            |                                                                                     | Cebolla cabezona, cruda                             | B027   | 1.6                  | 1.5                           | 0.6                                                                              | 0.021           | 0.0          | 0.1        | 0.4            | 0.0            | 0.1           |
|                                                            |                                                                                     | Guasca seca                                         |        | 0.5                  | 0.5                           | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                                                                     | Maíz amarillo, crudo                                | A043   | 15.0                 | 15                            | 59.0                                                                             | 1.41            | 0.7          | 11.2       | 1.1            | 0.4            | 5.3           |
|                                                            |                                                                                     | Crema de leche                                      | G001   | 10.0                 | 10                            | 33.0                                                                             | 0.21            | 3.5          | 0.2        | 6.8            | 0.0            | 4.6           |
|                                                            |                                                                                     | Cilantro, crudo                                     | B035   | 3.3                  | 3                             | 1.3                                                                              | 0.069           | 0.0          | 0.2        | 2.5            | 0.1            | 1.4           |
|                                                            |                                                                                     | Sal                                                 | L015   | 0.5                  | 0.5                           | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                            |                                                                                     | Zanahoria, sin cáscara, cruda                       | B110   | 11.8                 | 10                            | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
| ALIMENTO PROTEÍCO                                          | PECHUGA AL HORNO 40 gr                                                              | Pollo, pechuga sin piel, cocida, sin sal            | f087   | 90.0                 | 80                            | 112.8                                                                            | 22.72           | 2.4          | 0.2        | 10.4           | 0.7            | 50.4          |
|                                                            |                                                                                     | Aceite de soya                                      | D012   | 2.0                  | 2                             | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                                                                     | Finas hierbas                                       |        | 1.0                  | 1                             | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| CEREAL                                                     | ARROZ AMARILLO 55 gr                                                                | Aceite de soya                                      | D012   | 2.0                  | 2                             | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                                                                     | Sal                                                 | L015   | 0.5                  | 0.5                           | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                            |                                                                                     | Zanahoria, sin cáscara, cruda                       | B110   | 5.9                  | 5                             | 2.4                                                                              | 0.035           | 0.0          | 0.5        | 1.4            | 0.0            | 1.8           |
|                                                            |                                                                                     | Arroz blanco, pulido, crudo                         | A010   | 26.0                 | 26                            | 91.8                                                                             | 1.742           | 0.1          | 20.8       | 2.3            | 0.2            | 0.5           |
| TUBERCULOS - RAICES -<br>PLÁTANOS - DERIVADOS<br>DE CEREAL | PAPA FRITA 40 gr                                                                    | Aceite de soya                                      | D012   | 5.0                  | 7                             | 63.0                                                                             | 0               | 7.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                                                                     | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 87.5                 | 70                            | 51.8                                                                             | 1.33            | 0.1          | 10.7       | 9.8            | 0.2            | 7.7           |
| VERDURA FRÍA O<br>CALIENTE                                 | ENSALADA (REPOLLO, TOMATE<br>Y PIÑA) 50 gr                                          | Tomate, crudo                                       | B103   | 31.3                 | 25                            | 5.8                                                                              | 0.225           | 0.0          | 1.0        | 2.3            | 0.1            | 1.5           |
|                                                            |                                                                                     | Repollo blanco, crudo                               | B099   | 42.9                 | 30                            | 12.0                                                                             | 0.54            | 0.1          | 1.9        | 13.2           | 0.2            | 5.4           |
|                                                            |                                                                                     | Piña, cruda                                         | C072   | 36.4                 | 20                            | 11.2                                                                             | 0.12            | 0.0          | 2.5        | 3.2            | 0.1            | 0.6           |
|                                                            |                                                                                     | Vinagre                                             | L018   | 10.0                 | 10                            | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                                            |                                                                                     | Azúcar blanco, granulado                            | K003   | 1.0                  | 1                             | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |
| FRUTA                                                      | JUGO DE MANGO 200 cm3                                                               | Mango común, crudo                                  | C051   | 120.0                | 60                            | 47.4                                                                             | 0.36            | 0.0          | 10.3       | 9.0            | 0.3            | 2.4           |
|                                                            |                                                                                     | Azúcar blanco, granulado                            | K003   | 5.0                  | 5                             | 19.9                                                                             | 0               | 0.0          | 5.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                                 |                                                                                     |                                                     |        |                      |                               | 601                                                                              | 30              | 18           | 76         | 72             | 3              | 481           |
| RECOMENDACIÓN                                              |                                                                                     |                                                     |        |                      |                               | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                                               |                                                                                     |                                                     |        |                      |                               | 46%                                                                              | 51%             | 42%          | 42%        | 10%            | 49%            | 42%           |
| ADECUACION TOTAL                                           |                                                                                     |                                                     |        |                      |                               | 40%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS    |                                                                                     |                                                     |        |                      | DANIELA ROSERO CBALLOS        |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                      |  |                                                     |        |                      | MATRÍCULA<br>A<br>PROFESIONAL | 1085346983                                                                       |                 |              |            |                |                |               |

| MENÚ No. 7                                                 |                                              |                                                     |        |                      |                     |                                                                                  |                 |              |            |                |                |               |
|------------------------------------------------------------|----------------------------------------------|-----------------------------------------------------|--------|----------------------|---------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| COMPONENTE                                                 | PREPARACIÓN                                  | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                            |                                              |                                                     |        |                      |                     | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                      | PRINCIPIO DE BLANQUILLOS 30 gr               | Frijol blanco, crudo                                | T005   | 15.0                 | 15                  | 56.0                                                                             | 3.195           | 0.2          | 9.3        | 20.0           | 0.2            | 2.3           |
|                                                            |                                              | Tomate, crudo                                       | B103   | 12.5                 | 10                  | 2.3                                                                              | 0.09            | 0.0          | 0.4        | 0.9            | 0.1            | 0.6           |
|                                                            |                                              | Cebolla cabezona, cruda                             | B027   | 10.5                 | 10                  | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                            |                                              | Cilantro, crudo                                     | B035   | 5.6                  | 5                   | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.0            | 2.3           |
|                                                            |                                              | Ajo, crudo                                          | B009   | 1.1                  | 1                   | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |
|                                                            |                                              | Sal                                                 | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                            |                                              | Zanahoria, sin cáscara, cruda                       | B110   | 17.6                 | 15                  | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.0            | 5.3           |
| ALIMENTO PROTEÍCO                                          | GOULASH DE CARNE (40 gr)<br>CON PAPA (40 gr) | Zanahoria, sin cáscara, cruda                       | B110   | 17.6                 | 15                  | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.0            | 5.3           |
|                                                            |                                              | Res, carne magra, cruda                             | F099   | 80.0                 | 80                  | 111.2                                                                            | 17.44           | 4.6          | 0.0        | 4.8            | 2.1            | 40.8          |
|                                                            |                                              | Cebolla cabezona, cruda                             | B027   | 10.5                 | 10                  | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                            |                                              | Cilantro, crudo                                     | B035   | 5.6                  | 5                   | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                                            |                                              | Laurel                                              |        | 0.5                  | 0.2                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                              | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 81.3                 | 65                  | 48.1                                                                             | 1.235           | 0.1          | 9.9        | 9.1            | 0.2            | 7.2           |
|                                                            |                                              | Arveja verde, cruda                                 | B019   | 37.5                 | 15                  | 14.9                                                                             | 0.885           | 0.0          | 2.3        | 5.4            | 0.0            | 0.8           |
|                                                            |                                              | Sal                                                 | L015   | 0.3                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                            |                                              | Ajo, crudo                                          | B009   | 1.1                  | 1                   | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |
| CEREAL                                                     | ARROZ BLANCO 55 gr                           | Sal                                                 | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                            |                                              | Arroz blanco, pulido, crudo                         | A010   | 26.0                 | 26                  | 91.8                                                                             | 1.742           | 0.1          | 20.8       | 2.3            | 0.2            | 0.5           |
|                                                            |                                              | Aceite de soya                                      | D012   | 4.0                  | 4                   | 36.0                                                                             | 0               | 4.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBÉRCULOS - RAÍCES -<br>PLÁTANOS - DERIVADOS<br>DE CEREAL | INCLUIDA EN LA PROTEINA                      |                                                     |        | 0.0                  | 0                   | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            |               |
| VERDURA FRÍA O<br>CALIENTE                                 | ENSALADA (ZANAHORIA, PIÑA,<br>TOMATE) 50 gr  | Zanahoria, sin cáscara, cruda                       | B110   | 23.5                 | 20                  | 9.4                                                                              | 0.14            | 0.0          | 1.9        | 5.4            | 0.1            | 7.0           |
|                                                            |                                              | Tomate, crudo                                       | B103   | 31.3                 | 25                  | 5.8                                                                              | 0.225           | 0.0          | 1.0        | 2.3            | 0.1            | 1.5           |
|                                                            |                                              | Piña, cruda                                         | C072   | 36.4                 | 20                  | 11.2                                                                             | 0.12            | 0.0          | 2.5        | 3.2            | 0.1            | 0.6           |
|                                                            |                                              | Azúcar blanco, granulado                            | K003   | 1.0                  | 1                   | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                              | Vinagre                                             | L018   | 10.0                 | 10                  | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
| FRUTA                                                      | JUGO DE GUAYABA CON LECHE<br>200 cm3         | Guayaba, madura, cruda                              | C031   | 80.0                 | 60                  | 42.6                                                                             | 0.54            | 0.2          | 8.0        | 7.8            | 0.2            | 1.8           |
|                                                            |                                              | Leche de vaca, entera, en polvo                     | G008   | 13.0                 | 13                  | 64.9                                                                             | 3.419           | 3.5          | 5.0        | 122.2          | 0.1            | 48.0          |
|                                                            |                                              | Azúcar blanco, granulado                            | K003   | 5.0                  | 5                   | 19.9                                                                             | 0               | 0.0          | 5.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                                 |                                              |                                                     |        |                      |                     | 550                                                                              | 30              | 13           | 73         | 206            | 4              | 477           |
| RECOMENDACIÓN                                              |                                              |                                                     |        |                      |                     | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                                               |                                              |                                                     |        |                      |                     | 42%                                                                              | 51%             | 29%          | 40%        | 29%            | 63%            | 42%           |
| ADECUACION TOTAL                                           |                                              |                                                     |        |                      |                     | 43%                                                                              |                 |              |            |                |                |               |

|                                                         |                        |
|---------------------------------------------------------|------------------------|
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS | DANIELA ROSERO CBALLOS |
|---------------------------------------------------------|------------------------|



PAE

PROGRAMA DE ALIMENTACIÓN ESCOLAR  
ANÁLISIS QUÍMICO MINUTA PATRÓN  
ALMUERZO JM/JT NIVEL PRESCOLAR



FIRMA

*[Firma manuscrita]*

MATRÍCULA  
A PROFESIONAL

1085346983



**PROGRAMA DE ALIMENTACIÓN ESCOLAR  
ANÁLISIS QUÍMICO MINUTA PATRÓN  
ALMUERZO JM/JT NIVEL PRESCOLAR**



| COMPONENTE                                    | PREPARACIÓN                                | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|-----------------------------------------------|--------------------------------------------|-----------------------------------------------------|--------|----------------------|---------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
|                                               |                                            |                                                     |        |                      |                     | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                         | SOPA DE ARROZ 200 cm3                      | Arroz blanco, pulido, crudo                         | A010   | 15.0                 | 15                  | 53.0                                                                             | 1.005           | 0.1          | 12.0       | 1.4            | 0.1            | 0.3           |
|                                               |                                            | Cebolla cabezona, cruda                             | B027   | 10.5                 | 10                  | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                               |                                            | Ajo, crudo                                          | B009   | 1.1                  | 1                   | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |
|                                               |                                            | Cilantro, crudo                                     | B035   | 5.6                  | 5                   | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                               |                                            | Zanahoria, sin cáscara, cruda                       | B110   | 17.6                 | 15                  | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |
|                                               |                                            | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 20.0                 | 20                  | 14.8                                                                             | 0.38            | 0.0          | 3.1        | 2.8            | 0.1            | 2.2           |
|                                               |                                            | Sal                                                 | L015   | 0.5                  | 0.5                 | 0.0                                                                              | 0               | 0.0          | 0.1        | 0.0            | 193.9          |               |
| ALIMENTO PROTEICO                             | CERDO AGRIDULCE 40 gr                      | Cerdo, carne magra, cruda                           | F011   | 80.0                 | 80                  | 112.0                                                                            | 17.12           | 4.8          | 0.2        | 13.6           | 0.6            | 41.6          |
|                                               |                                            | Zanahoria, sin cáscara, cruda                       | B110   | 17.6                 | 15                  | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |
|                                               |                                            | Aceite de soya                                      | D012   | 2.0                  | 2                   | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                               |                                            | Cebolla cabezona, cruda                             | B027   | 10.5                 | 10                  | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                               |                                            | Pimentón rojo, crudo                                | B080   | 11.8                 | 10                  | 3.5                                                                              | 0.1             | 0.0          | 0.6        | 0.7            | 0.0            | 0.2           |
|                                               |                                            | Salsa Soya                                          |        | 10.0                 | 10                  | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| CEREAL                                        | AREPA FRITA 55 gr                          | Arepa de maíz precocido, sin sal                    | A005   | 70.0                 | 70                  | 109.2                                                                            | 2.38            | 0.4          | 24.2       | 13.3           | 0.4            | 0.0           |
| Aceite de soya                                |                                            | D012                                                | 5.0    | 5                    | 45.0                | 0                                                                                | 5.0             | 0.0          | 0.0        | 0.0            | 0.0            |               |
| TUBERCULOS - RAICES - PLÁTANOS - DERIVADOS DE | PAPA SALADA 40 gr                          | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 75.0                 | 60                  | 44.4                                                                             | 1.14            | 0.1          | 9.2        | 8.4            | 0.2            | 6.6           |
|                                               |                                            | Sal                                                 | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
| VERDURA FRÍA O CALIENTE                       | ENSALADA (ZANAHORIA, TOMATE Y FRESA) 50 gr | Zanahoria, sin cáscara, cruda                       | B110   | 35.3                 | 30                  | 14.1                                                                             | 0.21            | 0.0          | 2.9        | 8.1            | 0.1            | 10.5          |
|                                               |                                            | Tomate, crudo                                       | B103   | 37.5                 | 30                  | 6.9                                                                              | 0.27            | 0.0          | 1.2        | 2.7            | 0.2            | 1.8           |
|                                               |                                            | Fresa, madura, cruda                                | C025   | 21.1                 | 20                  | 9.0                                                                              | 0.16            | 0.1          | 1.7        | 4.2            | 0.1            | 0.4           |
|                                               |                                            | Vinagre                                             | L018   | 10.0                 | 10                  | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                               |                                            | Azúcar blanco, granulado                            | K003   | 1.0                  | 1                   | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |
|                                               |                                            |                                                     |        |                      |                     |                                                                                  |                 |              |            |                |                |               |
| FRUTA                                         | JUGO DE TOMATE DE ARBOL 200 cm3            | Tomate de árbol rojo, crudo                         | C082   | 69.8                 | 60                  | 33.0                                                                             | 1.2             | 0.1          | 6.1        | 6.0            | 0.5            | 0.0           |
|                                               |                                            | Azúcar blanco, granulado                            | K003   | 5.0                  | 5                   | 19.9                                                                             | 0               | 0.0          | 5.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                    |                                            |                                                     |        |                      |                     | 515                                                                              | 25              | 13           | 73         | 79             | 3              | 388           |
| RECOMENDACIÓN                                 |                                            |                                                     |        |                      |                     | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                                  |                                            |                                                     |        |                      |                     | 40%                                                                              | 42%             | 29%          | 40%        | 11%            | 47%            | 34%           |
| ADECUACION TOTAL                              |                                            |                                                     |        |                      |                     | 35%                                                                              |                 |              |            |                |                |               |

**DANIELA ROSERO CBALLOS**

1085346983



**PROGRAMA DE ALIMENTACIÓN ESCOLAR  
ANÁLISIS QUÍMICO MINUTA PATRÓN  
ALMUERZO JM/JT NIVEL PRESCOLAR**



| COMPONENTE                          | PREPARACIÓN                                       | NOMBRE DEL ALIMENTO<br>(Ingredientes) | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|-------------------------------------|---------------------------------------------------|---------------------------------------|--------|----------------------|---------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
|                                     |                                                   |                                       |        |                      |                     | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| ALIMENTO PROTEÍCO                   | POLLO EN SALSA DE NARANJA<br>40 gr                | Pollo, pechuga con piel, cruda        | F085   | 80.0                 | 80.0                | 132.8                                                                            | 16.56           | 7.4          | 0.1        | 8.8            | 0.6            | 50.4          |
|                                     |                                                   | Laurel                                |        | 0.2                  | 0.2                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                     |                                                   | Ajo, crudo                            | B009   | 1.1                  | 1.0                 | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |
|                                     |                                                   | Aceite de soya                        | D012   | 1.5                  | 1.5                 | 13.5                                                                             | 0               | 1.5          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                     |                                                   | Sal                                   | L015   | 0.3                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                     |                                                   | Azúcar blanco, granulado              | K003   | 1.0                  | 1                   | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |
|                                     |                                                   | Almidón de maíz, crudo                | A001   | 3.0                  | 3                   | 11.1                                                                             | 0.009           | 0.0          | 2.7        | 0.1            | 0.0            | 0.3           |
|                                     |                                                   | Curcuma                               |        | 1.0                  | 1                   | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| CEREAL                              | ARROZ BLANCO 55 gr                                | Naranja, cruda                        | C062   | 16.7                 | 10                  | 4.1                                                                              | 0.07            | 0.0          | 0.9        | 3.3            | 0.1            | 0.2           |
|                                     |                                                   | Arroz blanco, pulido, crudo           | A010   | 26.0                 | 26                  | 91.8                                                                             | 1.742           | 0.1          | 20.8       | 2.3            | 0.2            | 0.5           |
|                                     |                                                   | Sal                                   | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                     |                                                   | Aceite de soya                        | D012   | 1.0                  | 1                   | 9.0                                                                              | 0               | 1.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                     |                                                   | Aceite de soya                        | D012   | 1.0                  | 1                   | 9.0                                                                              | 0               | 1.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBERCULOS - RAICES<br>- PLÁTANOS - | YUCA FRITA 40 gr                                  | Yuca blanca, sin cáscara, cruda       | B107   | 100.0                | 80                  | 127.2                                                                            | 0.72            | 0.2          | 29.9       | 12.8           | 0.2            | 11.2          |
|                                     |                                                   | Tomate, crudo                         | B103   | 68.8                 | 55                  | 12.7                                                                             | 0.495           | 0.1          | 2.3        | 5.0            | 0.3            | 3.3           |
| VERDURA FRÍA O CALIENTE             | RODAJAS DE TOMATE CON VINAGRETA DE CILANTRO 50 gr | Cilantro, crudo                       | B035   | 5.6                  | 5                   | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                     |                                                   | Vinagre                               | L018   | 10.0                 | 10                  | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                     |                                                   | Mango común, crudo                    | C051   | 120.0                | 60                  | 47.4                                                                             | 0.36            | 0.0          | 10.3       | 9.0            | 0.3            | 2.4           |
| FRUTA                               | JUGO DE MANGO CON LECHE 200 cm3                   | Leche de vaca, entera, en polvo       | G008   | 13.0                 | 13                  | 64.9                                                                             | 3.419           | 3.5          | 5.0        | 122.2          | 0.1            | 48.0          |
|                                     |                                                   | Azúcar blanco, granulado              | K003   | 5.0                  | 5                   | 19.9                                                                             | 0               | 0.0          | 5.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                          |                                                   |                                       |        |                      |                     | 553                                                                              | 24              | 15           | 79         | 169            | 2              | 352           |
| RECOMENDACIÓN                       |                                                   |                                       |        |                      |                     | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                        |                                                   |                                       |        |                      |                     | 43%                                                                              | 40%             | 34%          | 43%        | 24%            | 35%            | 31%           |
| ADECUACION TOTAL                    |                                                   |                                       |        |                      |                     | 36%                                                                              |                 |              |            |                |                |               |

|                                                         |  |
|---------------------------------------------------------|--|
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |  |
|---------------------------------------------------------|--|

DANIELA ROSERO CBALLOS

FIRMA

Amir Khan

|          |  |
|----------|--|
| MATRICUL |  |
| A        |  |
| PROFESIO |  |
| NAI      |  |

1085346983

| MENÚ No. 10                                   |                                                           |                                       |        |                      |                     |                                                                                  |                 |              |            |                |                |               |
|-----------------------------------------------|-----------------------------------------------------------|---------------------------------------|--------|----------------------|---------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| COMPONENTE                                    | PREPARACIÓN                                               | NOMBRE DEL ALIMENTO<br>(Ingredientes) | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                               |                                                           |                                       |        |                      |                     | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                         | FRIJOLES 200 cm3                                          | Frijol radical, crudo                 | T016   | 30.0                 | 30                  | 117.6                                                                            | 4.65            | 0.4          | 17.9       | 36.0           | 1.6            | 1.8           |
|                                               |                                                           | Plátano hartón, verde, crudo          | B092   | 51.5                 | 35                  | 58.1                                                                             | 0.42            | 0.1          | 13.8       | 2.8            | 0.1            | 9.1           |
|                                               |                                                           | Cebolla cabezona, cruda               | B027   | 15.8                 | 15                  | 6.0                                                                              | 0.21            | 0.0          | 1.2        | 3.6            | 0.0            | 0.6           |
|                                               |                                                           | Tomate, crudo                         | B103   | 18.8                 | 15                  | 3.5                                                                              | 0.135           | 0.0          | 0.6        | 1.4            | 0.1            | 0.9           |
|                                               |                                                           | Zanahoria, sin cáscara, cruda         | B110   | 17.6                 | 15                  | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |
|                                               |                                                           | Aceite de soya                        | D012   | 3.0                  | 3                   | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                               |                                                           | Sal                                   | L015   | 0.5                  | 0.3                 | 0                                                                                | 0               | 0.0          | 0.1        | 0.0            | 116.3          |               |
|                                               |                                                           | Ahuyama, cocida, sin sal              | B005   | 15.0                 | 10                  | 4.8                                                                              | 0.07            | 0.1          | 0.8        | 1.4            | 0.0            | 0.1           |
| ALIMENTO PROTEÍCO                             | HUEVO COCIDO 50 gr                                        | Huevo de gallina, entero, crudo       | J004   | 58.9                 | 53                  | 79.0                                                                             | 6.85            | 5.7          | 0.2        | 28.1           | 0.9            | 73.7          |
| CEREAL                                        | ARROZ PAJARITO 70 gr                                      | Arroz blanco, pulido, crudo           | A010   | 26.0                 | 26                  | 91.8                                                                             | 2.79            | 0.1          | 20.8       | 2.3            | 0.2            | 0.5           |
|                                               |                                                           | Aceite de soya                        | D012   | 2.0                  | 2                   | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                               |                                                           | plátano hartón, maduro, crudo         | B089   | 34.7                 | 25                  | 33.0                                                                             | 0.275           | 0.1          | 7.6        | 0.8            | 0.1            | 1.0           |
|                                               |                                                           | Sal                                   | L015   | 0.5                  | 0.3                 | 0                                                                                | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
| TUBÉRCULOS - RAICES -<br>PLÁTANOS - DERIVADOS | INCLUIDO EN LA SOPA Y ARROZ                               |                                       |        | 0.0                  | 0                   | 0                                                                                | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| VERDURA FRÍA O<br>CALIENTE                    | ENSALADA (REPOLLO, TOMATE,<br>ZANAHORIA Y CILANTRO) 50 gr | Tomate, crudo                         | B103   | 31.3                 | 25                  | 5.8                                                                              | 0.225           | 0.0          | 1.0        | 2.3            | 0.1            | 1.5           |
|                                               |                                                           | Repollo blanco, crudo                 | B099   | 28.6                 | 20                  | 8.0                                                                              | 0.36            | 0.1          | 1.3        | 8.8            | 0.1            | 3.6           |
|                                               |                                                           | Cilantro, crudo                       | B035   | 5.6                  | 5                   | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                               |                                                           | Azúcar blanco, granulado              | K003   | 1.0                  | 1                   | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |
|                                               |                                                           | Aceite de soya                        | D012   | 1.0                  | 1                   | 9.0                                                                              | 0               | 1.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                               |                                                           | Vinagre                               | L018   | 10.0                 | 10                  | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                               |                                                           | Zanahoria, sin cáscara, cruda         | B110   | 29.4                 | 25                  | 11.8                                                                             | 0.175           | 0.0          | 2.4        | 6.8            | 0.1            | 8.8           |
| FRUTA                                         | JUGO DE MARACUYA 200 cm3                                  | Maracuyá, cruda                       | C056   | 187.5                | 60                  | 36.0                                                                             | 0.9             | 0.3          | 7.4        | 5.4            | 1.0            | 3.6           |
|                                               |                                                           | Azúcar blanco, granulado              | K003   | 6.0                  | 6                   | 23.8                                                                             | 0               | 0.0          | 6.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                    |                                                           |                                       |        |                      |                     | 549                                                                              | 17              | 13           | 84         | 109            | 5              | 346           |
| RECOMENDACIÓN                                 |                                                           |                                       |        |                      |                     | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                                  |                                                           |                                       |        |                      |                     | 42%                                                                              | 30%             | 30%          | 46%        | 16%            | 83%            | 31%           |
| ADECUACION TOTAL                              |                                                           |                                       |        |                      |                     | 40%                                                                              |                 |              |            |                |                |               |

|                                                         |                                                                                     |  |  |  |                        |            |  |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|--|--|--|------------------------|------------|--|
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     |  |  |  | DANIELA ROSERO CBALLOS |            |  |
| FIRMA                                                   |  |  |  |  | MATRÍCULA PROFESIONAL  | 1085346983 |  |

PROGRAMA DE ALIMENTACIÓN ESCOLAR  
ANÁLISIS QUÍMICO MINUTA PATRÓN  
ALMUERZO JM/JT NIVEL PRESCOLAR

| °MENU No. 11                                            |                                                                    |                                                     |        |                      |                        |                                                                                  |                 |              |            |                |                |               |
|---------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------|--------|----------------------|------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| COMPONENTE                                              | PREPARACIÓN                                                        | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g)    | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                         |                                                                    |                                                     |        |                      |                        | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                   | CREMA DE AHUYAMA                                                   | Ahuyama, cruda                                      | B006   | 41.2                 | 35                     | 10.5                                                                             | 0.28            | 0.1          | 2.0        | 7.0            | 0.3            | 0.4           |
|                                                         |                                                                    | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 37.5                 | 30                     | 22.2                                                                             | 0.57            | 0.0          | 4.6        | 4.2            | 0.1            | 3.3           |
|                                                         |                                                                    | Zanahoria, sin cáscara, cruda                       | B110   | 17.6                 | 15                     | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |
|                                                         |                                                                    | Cebolla cabezona, cruda                             | B027   | 10.5                 | 10                     | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                         |                                                                    | Cilantro, crudo                                     | B035   | 2.2                  | 2                      | 0.9                                                                              | 0.046           | 0.0          | 0.1        | 1.6            | 0.0            | 0.9           |
|                                                         |                                                                    | Almidón de maíz, crudo                              | A001   | 5.0                  | 5                      | 18.5                                                                             | 0.015           | 0.0          | 4.6        | 0.1            | 0.0            | 0.5           |
|                                                         |                                                                    | Leche de vaca, entera, en polvo                     | G008   | 13.0                 | 13                     | 64.9                                                                             | 3.419           | 3.5          | 5.0        | 122.2          | 0.1            | 48.0          |
|                                                         |                                                                    | Sal                                                 | L015   | 0.5                  | 0.5                    | 0.0                                                                              | 0               | 0.0          | 0.1        | 0.0            | 193.9          |               |
| ALIMENTO PROTEÍCO                                       | PECHUGA DE POLLO APANADA<br>40 gr                                  | Pollo, pechuga con piel, cruda                      | F085   | 110.0                | 80                     | 132.8                                                                            | 16.56           | 7.4          | 0.1        | 8.8            | 0.6            | 50.4          |
|                                                         |                                                                    | Huevo de gallina, entero, crudo                     | J004   | 11.1                 | 10                     | 14.9                                                                             | 6.85            | 1.1          | 0.0        | 5.3            | 0.2            | 13.9          |
|                                                         |                                                                    | Harina de trigo, fortificada, todo propósito, cruda | A040   | 5.0                  | 5                      | 18.0                                                                             | 0.625           | 0.1          | 3.6        | 0.8            | 0.2            | 0.1           |
|                                                         |                                                                    | Ajo, crudo                                          | B009   | 0.5                  | 0.5                    | 0.7                                                                              | 0.0235          | 0.0          | 0.1        | 0.2            | 0.0            | 0.1           |
|                                                         |                                                                    | Aceite de soya                                      | D012   | 3.0                  | 3                      | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                    | Finas hierbas                                       |        | 0.5                  | 0.2                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                    | Sal                                                 | L015   | 0.3                  | 0.3                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
| CEREAL                                                  | ARROZ BLANCO 55 GR                                                 | Arroz blanco, pulido, crudo                         | A010   | 26.0                 | 26                     | 91.8                                                                             | 1.742           | 0.1          | 20.8       | 2.3            | 0.2            | 0.5           |
|                                                         |                                                                    | Sal                                                 | L015   | 0.5                  | 0.3                    | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                         |                                                                    | Aceite de soya                                      | D012   | 1.0                  | 1                      | 9.0                                                                              | 0               | 1.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBERCULOS - RAICES - PLÁTANOS - DERIVADOS              | INCLUIDA EN LA ENSALADA                                            |                                                     |        | 0.0                  | 0                      | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            |               |
| VERDURA FRÍA O CALIENTE                                 | ENSALADA RUSA (PAPA, ZANAHORIA, ARVEJA, CILANTRO Y MAYONESA) 90 GR | Zanahoria, sin cáscara, cruda                       | B110   | 35.3                 | 30                     | 14.1                                                                             | 0.21            | 0.0          | 2.9        | 8.1            | 0.1            | 10.5          |
|                                                         |                                                                    | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 62.5                 | 50                     | 37.0                                                                             | 0.95            | 0.1          | 7.7        | 7.0            | 0.2            | 5.5           |
|                                                         |                                                                    | Arveja verde, cruda                                 | B019   | 30.0                 | 30                     | 29.7                                                                             | 1.77            | 0.1          | 4.7        | 10.8           | 0.5            | 1.5           |
|                                                         |                                                                    | Cilantro, crudo                                     | B035   | 2.2                  | 2                      | 0.9                                                                              | 0.046           | 0.0          | 0.1        | 1.6            | 0.0            | 0.9           |
|                                                         |                                                                    | Mayonesa, con sal                                   | D020   | 5.0                  | 10                     | 32.6                                                                             | 0.09            | 3.3          | 0.5        | 1.4            | 0.0            | 71.1          |
| FRUTA                                                   | JUGO DE TOMATE DE ARBOL<br>200 CM3                                 | Tomate de árbol rojo, crudo                         | C082   | 69.8                 | 60                     | 33.0                                                                             | 1.2             | 0.1          | 6.1        | 6.0            | 0.5            | 0.0           |
|                                                         |                                                                    | Azúcar blanco, granulado                            | K003   | 6.0                  | 6                      | 23.8                                                                             | 0               | 0.0          | 6.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                              |                                                                    |                                                     |        |                      |                        | 593                                                                              | 30              | 16           | 53         | 52             | 2              | 387           |
| RECOMENDACIÓN                                           |                                                                    |                                                     |        |                      |                        | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                                            |                                                                    |                                                     |        |                      |                        | 46%                                                                              | 51%             | 38%          | 29%        | 7%             | 44%            | 34%           |
| ADECUACION TOTAL                                        |                                                                    |                                                     |        |                      |                        | 36%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                    |                                                     |        |                      | DANIELA ROSERO CBALLOS |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                   |                                                                    |                                                     |        |                      | MATRÍCULA PROFESIONAL  | 1085346983                                                                       |                 |              |            |                |                |               |



**PROGRAMA DE ALIMENTACIÓN ESCOLAR  
ANÁLISIS QUÍMICO MINUTA PATRÓN  
ALMUERZO JM/JT NIVEL PRESCOLAR**



| COMPONENTE                                           | PREPARACIÓN                                                  | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------|--------|----------------------|---------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
|                                                      |                                                              |                                                     |        |                      |                     | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| ALIMENTO PROTEÍCO                                    | PECHUGA ASADA (40 gr)                                        | Pollo, pechuga con piel, cruda                      | F085   | 80.0                 | 80                  | 132.8                                                                            | 16.56           | 7.4          | 0.1        | 8.8            | 0.6            | 50.4          |
|                                                      |                                                              | Aceite de soya                                      | D012   | 2.0                  | 2                   | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                      |                                                              | Sal                                                 | L015   | 0.5                  | 0.5                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                      |                                                              | Ajo, crudo                                          | B009   | 0.5                  | 0.5                 | 0.7                                                                              | 0.0235          | 0.0          | 0.1        | 0.2            | 0.0            | 0.1           |
| CEREAL                                               | PASTA A LA CARBONARA (55 gr)                                 | Pasta alimenticia, enriquecida, cruda               | A072   | 25.0                 | 25                  | 92.8                                                                             | 3.25            | 0.4          | 18.7       | 6.3            | 1.0            | 1.5           |
|                                                      |                                                              | Crema de leche                                      | G001   | 10.0                 | 10                  | 33.0                                                                             | 0.21            | 3.5          | 0.2        | 6.8            | 0.0            | 4.6           |
|                                                      |                                                              | Finas hierbas                                       |        | 0.2                  | 0.2                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                      |                                                              | Sal                                                 | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                      |                                                              | Aceite de soya                                      | D012   | 2.0                  | 2                   | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| VERDURA FRIA O CALIENTE                              | ENSALADA (REPOLLO MORADO, MANGO, FRESA Y UVAS PASAS) (50 gr) | Repollo morado, crudo                               | B101   | 35.3                 | 30                  | 11.7                                                                             | 0.42            | 0.1          | 2.0        | 13.5           | 0.2            | 8.1           |
|                                                      |                                                              | Mango común, crudo                                  | C051   | 50.0                 | 25                  | 19.8                                                                             | 0.15            | 0.0          | 4.3        | 3.8            | 0.1            | 1.0           |
|                                                      |                                                              | Fresa, madura, cruda                                | C025   | 15.8                 | 15                  | 6.8                                                                              | 0.12            | 0.1          | 1.2        | 3.2            | 0.1            | 0.3           |
|                                                      |                                                              | Uva, deshidratada                                   | C087   | 10.0                 | 10                  | 32.7                                                                             | 0.25            | 0.0          | 7.5        | 3.8            | 0.2            | 2.5           |
| TUBÉRCULOS - RAÍCES - PLÁTANOS - DERIVADOS DE CEREAL | CASCOS DE PAPA CRIOLLA (40 gr)                               | Papa variedad harinosa, criolla, con cáscara, cruda | B071   | 80.0                 | 80                  | 76.8                                                                             | 1.76            | 0.1          | 16.9       | 8.8            | 0.8            | 14.4          |
|                                                      |                                                              | Aceite de soya                                      | D012   | 1.0                  | 1                   | 9.0                                                                              | 0               | 1.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| FRUTA                                                | JUGO DE MARACUYA                                             | Maracuyá, cruda                                     | C056   | 187.5                | 60                  | 36.0                                                                             | 0.9             | 0.3          | 7.4        | 5.4            | 1.0            | 3.6           |
|                                                      |                                                              | Azúcar blanco, granulado                            | K003   | 6.0                  | 6                   | 23.8                                                                             | 0               | 0.0          | 6.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                           |                                                              |                                                     |        |                      |                     | 512                                                                              | 24              | 17           | 64         | 61             | 4              | 397           |
| RECOMENDACIÓN                                        |                                                              |                                                     |        |                      |                     | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                                         |                                                              |                                                     |        |                      |                     | 39%                                                                              | 40%             | 39%          | 35%        | 9%             | 71%            | 35%           |
| ADECUACION TOTAL                                     |                                                              |                                                     |        |                      |                     | 38%                                                                              |                 |              |            |                |                |               |

|                                                         |                                                                                     |                        |            |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------|------------|
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     | DANIELA ROSERO CBALLOS |            |
| FIRMA                                                   |  | MATRICULA PROFESIONAL  | 1085346983 |



**PROGRAMA DE ALIMENTACIÓN ESCOLAR  
ANÁLISIS QUÍMICO MINUTA PATRÓN  
ALMUERZO JM/JT NIVEL PRESCOLAR**



| COMPONENTE                                                 | PREPARACIÓN                                           | NOMBRE DEL ALIMENTO<br>(Ingredientes) | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|------------------------------------------------------------|-------------------------------------------------------|---------------------------------------|--------|----------------------|---------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
|                                                            |                                                       |                                       |        |                      |                     | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                      | FRIJOL 200 CM3                                        | Frijol radical, crudo                 | T016   | 25.0                 | 25                  | 98.0                                                                             | 4.65            | 0.3          | 14.9       | 30.0           | 1.3            | 1.5           |
|                                                            |                                                       | Plátano hartón, verde, crudo          | B092   | 29.4                 | 20                  | 33.2                                                                             | 0.24            | 0.0          | 7.9        | 1.6            | 0.1            | 5.2           |
|                                                            |                                                       | Cebolla cabezona, cruda               | B027   | 10.5                 | 10                  | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                            |                                                       | Tomate, crudo                         | B103   | 18.8                 | 15                  | 3.5                                                                              | 0.135           | 0.0          | 0.6        | 1.4            | 0.1            | 0.9           |
|                                                            |                                                       | Zanahoria, sin cáscara, cruda         | B110   | 11.8                 | 10                  | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
|                                                            |                                                       | Aceite de soya                        | D012   | 2.0                  | 2                   | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                                       | Sal                                   | L015   | 0.5                  | 0.5                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                            |                                                       | Ahuyama, cocida, sin sal              | B005   | 15.0                 | 10                  | 4.8                                                                              | 0.07            | 0.1          | 0.8        | 1.4            | 0.0            | 0.1           |
| ALIMENTO PROTEÍCO                                          | CARNE SUDADA 40 GR                                    | Res, carne magra, cruda               | F099   | 80.0                 | 80                  | 111.2                                                                            | 17.44           | 4.6          | 0.0        | 4.8            | 2.2            | 40.8          |
|                                                            |                                                       | Cebolla cabezona, cruda               | B027   | 15.0                 | 15                  | 6.0                                                                              | 0.21            | 0.0          | 1.2        | 3.6            | 0.0            | 0.6           |
|                                                            |                                                       | Sal                                   | L015   | 1.0                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                            |                                                       | Tomate, crudo                         | B103   | 15.0                 | 15                  | 3.5                                                                              | 0.135           | 0.0          | 0.6        | 1.4            | 0.1            | 0.9           |
| CEREAL                                                     | ARROZ BLANCO 55 GR                                    | Arroz blanco, pulido, crudo           | A010   | 26.0                 | 26                  | 91.8                                                                             | 1.742           | 0.1          | 20.8       | 2.3            | 0.2            | 0.5           |
|                                                            |                                                       | Sal                                   | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                            |                                                       | Aceite de soya                        | D012   | 2.0                  | 2                   | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBERCULÓS - RAÍCES -<br>PLÁTANOS - DERIVADOS<br>DE CEREAL | AREPA FRITA 40 GR                                     | Arepa de maíz precocido, sin sal      | A005   | 70.0                 | 70                  | 109.2                                                                            | 2.38            | 0.4          | 24.2       | 13.3           | 0.4            | 0.0           |
|                                                            |                                                       | Aceite de soya                        | D012   | 3.0                  | 3                   | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| VERDURA FRÍA O<br>CALIENTE                                 | ENSALADA (ZANAHORIA, PIÑA,<br>MANGO Y CILANTRO) 50 GR | Mango común, crudo                    | C051   | 50.0                 | 25                  | 19.8                                                                             | 0.15            | 0.0          | 4.3        | 3.8            | 0.1            | 1.0           |
|                                                            |                                                       | Piña, cruda                           | C072   | 45.5                 | 25                  | 14.0                                                                             | 0.15            | 0.0          | 3.1        | 4.0            | 0.1            | 0.8           |
|                                                            |                                                       | Zanahoria, sin cáscara, cruda         | B110   | 29.4                 | 25                  | 11.8                                                                             | 0.175           | 0.0          | 2.4        | 6.8            | 0.1            | 8.8           |
|                                                            |                                                       | Cilantro, crudo                       | B035   | 2.2                  | 2                   | 0.9                                                                              | 0.046           | 0.0          | 0.1        | 1.6            | 0.0            | 0.9           |
|                                                            |                                                       | Vinagre                               | L018   | 10.0                 | 10                  | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                                            |                                                       | Azúcar blanco, granulado              | K003   | 2.0                  | 2                   | 7.9                                                                              | 0               | 0.0          | 2.0        | 0.0            | 0.0            | 0.0           |
| FRUTA                                                      | JUGO DE LULO 200 CM3                                  | Lulo, crudo                           | C045   | 100.0                | 60                  | 28.8                                                                             | 0.54            | 0.1          | 5.3        | 6.0            | 0.4            | 0.0           |
|                                                            |                                                       | Azúcar blanco, granulado              | K003   | 6.0                  | 6                   | 23.8                                                                             | 0               | 0.0          | 6.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                                 |                                                       |                                       |        |                      |                     | 642                                                                              | 28              | 13           | 96         | 88             | 5              | 493           |
| RECOMENDACIÓN                                              |                                                       |                                       |        |                      |                     | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                                               |                                                       |                                       |        |                      |                     | 49%                                                                              | 48%             | 29%          | 53%        | 13%            | 93%            | 44%           |
| ADECUACION TOTAL                                           |                                                       |                                       |        |                      |                     | 47%                                                                              |                 |              |            |                |                |               |

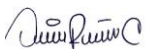
DANIELA ROSERO CBALLOS

|  |                                  |
|--|----------------------------------|
|  | MATRICUL<br>A<br>PROFESIO<br>NAL |
|--|----------------------------------|

1085346983

MENÚ No. 14

| COMPONENTE                                                 | PREPARACIÓN                                             | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------|--------|----------------------|---------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
|                                                            |                                                         |                                                     |        |                      |                     | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| ALIMENTO PROTEÍCO                                          | CERDO EN SALSA DE PIÑA 40 GR                            | Cerdo, carne magra, cruda                           | F011   | 80.0                 | 80                  | 112.0                                                                            | 17.12           | 4.8          | 0.2        | 13.6           | 0.6            | 41.6          |
|                                                            |                                                         | Piña, cruda                                         | C072   | 27.3                 | 15                  | 8.4                                                                              | 0.09            | 0.0          | 1.9        | 5.3            | 0.1            | 0.5           |
|                                                            |                                                         | Cebolla cabezona, cruda                             | B027   | 10.5                 | 10                  | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                            |                                                         | Sal                                                 | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                            |                                                         | Almidón de maíz, crudo                              | A001   | 5.0                  | 5                   | 18.5                                                                             | 0.015           | 0.0          | 4.6        | 0.1            | 0.0            | 0.5           |
| CEREAL                                                     | ARROZ VERDE 55 GR                                       | Arroz blanco, pulido, crudo                         | A010   | 26.0                 | 26                  | 91.8                                                                             | 1.742           | 0.1          | 20.8       | 2.3            | 0.2            | 0.5           |
|                                                            |                                                         | Sal                                                 | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                            |                                                         | Cilantro, crudo                                     | B035   | 5.6                  | 5                   | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                                            |                                                         | Aceite de soya                                      | D012   | 3.0                  | 3                   | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBERCULOS - RAICES -<br>PLÁTANOS - DERIVADOS<br>DE CEREAL | PAPA SALADA 40 GR                                       | Papa, variedad cerosa, sabanera, con cáscara, cruda | B065   | 55.0                 | 55                  | 44.0                                                                             | 1.21            | 0.1          | 9.3        | 6.6            | 0.4            | 3.3           |
|                                                            |                                                         | Sal                                                 | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
| VERDURA FRÍA O<br>CALIENTE                                 | RODAJAS DE TOMATE CON<br>VINAGRETA DE CILANTRO 50<br>GR | Tomate, crudo                                       | B103   | 68.8                 | 55                  | 12.7                                                                             | 0.495           | 0.1          | 2.3        | 6.4            | 0.3            | 3.3           |
|                                                            |                                                         | Cilantro, crudo                                     | B035   | 5.6                  | 5                   | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                                            |                                                         | Vinagre                                             | L018   | 7.0                  | 7                   | 1.7                                                                              | 0               | 0.0          | 0.4        | 0.5            | 0.0            | 0.4           |
|                                                            |                                                         | Mayonesa, con sal                                   | D020   | 5.0                  | 10                  | 32.6                                                                             | 0.09            | 3.3          | 0.5        | 1.4            | 0.0            | 71.1          |
| FRUTA                                                      | JUGO DE MANGO CON LECHE<br>200 CM3                      | Mango común, crudo                                  | C051   | 120.0                | 60                  | 47.4                                                                             | 0.36            | 0.0          | 10.3       | 9.0            | 0.3            | 2.4           |
|                                                            |                                                         | Leche de vaca, entera, en polvo                     | G008   | 13.0                 | 13                  | 64.9                                                                             | 3.419           | 3.5          | 5.0        | 133.0          | 0.1            | 48.0          |
|                                                            |                                                         | Azúcar blanco, granulado                            | K003   | 5.0                  | 5                   | 19.9                                                                             | 0               | 0.0          | 5.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                                 |                                                         |                                                     |        |                      |                     | 489                                                                              | 25              | 15           | 62         | 189            | 2              | 525           |
| RECOMENDACIÓN                                              |                                                         |                                                     |        |                      |                     | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                                               |                                                         |                                                     |        |                      |                     | 38%                                                                              | 43%             | 34%          | 34%        | 27%            | 41%            | 46%           |
| ADECUACION TOTAL                                           |                                                         |                                                     |        |                      |                     | 38%                                                                              |                 |              |            |                |                |               |

|                                                         |                                                                                     |  |  |  |                        |            |  |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|--|--|--|------------------------|------------|--|
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     |  |  |  | DANIELA ROSERO CBALLOS |            |  |
| FIRMA                                                   |  |  |  |  | MATRÍCULA PROFESIONAL  | 1085346983 |  |



**PROGRAMA DE ALIMENTACIÓN ESCOLAR  
ANÁLISIS QUÍMICO MINUTA PATRÓN  
ALMUERZO JM/JT NIVEL PRESCOLAR**



| COMPONENTE                                                 | PREPARACIÓN                              | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|------------------------------------------------------------|------------------------------------------|-----------------------------------------------------|--------|----------------------|---------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
|                                                            |                                          |                                                     |        |                      |                     | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                      | LENTEJAS 200 CM3                         | Lenteja común, cruda                                | T026   | 20.0                 | 20                  | 77.4                                                                             | 4.62            | 0.2          | 12.2       | 10.2           | 1.4            | 5.4           |
|                                                            |                                          | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 31.3                 | 25                  | 18.5                                                                             | 0.475           | 0.0          | 3.8        | 3.5            | 0.1            | 2.8           |
|                                                            |                                          | Zanahoria, sin cáscara, cruda                       | B110   | 17.6                 | 15                  | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |
|                                                            |                                          | Cebolla cabezona, cruda                             | B027   | 10.5                 | 10                  | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                            |                                          | Sal                                                 | L015   | 0.3                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                            |                                          | Cilantro, crudo                                     | B035   | 3.3                  | 3                   | 1.3                                                                              | 0.069           | 0.0          | 0.2        | 2.5            | 0.1            | 1.4           |
|                                                            |                                          | Ajo, crudo                                          | B009   | 0.5                  | 0.5                 | 0.7                                                                              | 0.0235          | 0.0          | 0.1        | 0.2            | 0.0            | 0.1           |
| ALIMENTO PROTEÍCO                                          | HUEVOS CON MAZORCA 55 GR                 | Huevo de gallina, entero, crudo                     | J004   | 58.9                 | 53                  | 79.0                                                                             | 6.85            | 5.7          | 0.2        | 28.1           | 0.9            | 73.7          |
|                                                            |                                          | Almidón de maíz, crudo                              | A001   | 2.0                  | 2                   | 7.4                                                                              | 0.006           | 0.0          | 1.8        | 0.0            | 0.0            | 0.2           |
|                                                            |                                          | Maíz tierno, crudo                                  | A053   | 10.0                 | 10                  | 15.2                                                                             | 0.34            | 0.1          | 3.1        | 0.5            | 0.1            | 0.3           |
|                                                            |                                          | Finas hierbas                                       |        | 0.5                  | 0.5                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                          | Aceite de soya                                      | D012   | 1.0                  | 1                   | 9.0                                                                              | 0               | 1.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                          | Sal                                                 | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
| CEREAL                                                     | ARROZ BLANCO 55 GR                       | Arroz blanco, pulido, crudo                         | A010   | 26.0                 | 26                  | 91.8                                                                             | 1.742           | 0.1          | 20.8       | 2.3            | 0.2            | 0.5           |
|                                                            |                                          | Sal                                                 | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                            |                                          | Aceite de soya                                      | D012   | 1.0                  | 1                   | 9.0                                                                              | 0               | 1.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBÉRCULOS - RAÍCES -<br>PLÁTANOS - DERIVADOS<br>DE CEREAL | MONEDAS DE PLATANO<br>MADURO FRITO 40 GR | plátano hartón, maduro, crudo                       | B089   | 83.3                 | 60                  | 79.2                                                                             | 0.66            | 0.1          | 18.2       | 1.8            | 0.3            | 2.4           |
|                                                            |                                          | Aceite de soya                                      | D012   | 1.0                  | 1                   | 9.0                                                                              | 0               | 1.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                          | Sal                                                 | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
| VERDURA FRÍA O<br>CALIENTE                                 | PASTELES DE ZANAHORIA 50<br>GR           | Zanahoria, sin cáscara, cruda                       | B110   | 70.6                 | 60                  | 28.2                                                                             | 0.42            | 0.1          | 5.7        | 16.2           | 0.2            | 21.0          |
|                                                            |                                          | Huevo de gallina, entero, crudo                     | J004   | 11.1                 | 10                  | 14.9                                                                             | 6.85            | 1.1          | 0.0        | 5.3            | 0.2            | 13.9          |
|                                                            |                                          | Sal                                                 | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                            |                                          | Almidón de maíz, crudo                              | A001   | 5.0                  | 5                   | 18.5                                                                             | 0.015           | 0.0          | 4.6        | 0.1            | 0.0            | 0.5           |
| FRUTA                                                      | JUGO DE GUAYABA CON LECHE<br>200 CM3     | Guayaba, madura, cruda                              | C031   | 53.3                 | 60                  | 28.4                                                                             | 0.36            | 0.1          | 5.4        | 5.2            | 0.1            | 1.2           |
|                                                            |                                          | Leche de vaca, entera, en polvo                     | G008   | 13.0                 | 13                  | 64.9                                                                             | 3.419           | 3.5          | 5.0        | 122.2          | 0.1            | 48.0          |
|                                                            |                                          | Azúcar blanco, granulado                            | K003   | 6.0                  | 5                   | 19.9                                                                             | 0               | 0.0          | 5.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                                 |                                          |                                                     |        |                      |                     | 583                                                                              | 26              | 14           | 88         | 205            | 4              | 759           |
| RECOMENDACIÓN                                              |                                          |                                                     |        |                      |                     | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                                               |                                          |                                                     |        |                      |                     | 45%                                                                              | 45%             | 32%          | 49%        | 29%            | 68%            | 67%           |
| ADECUACION TOTAL                                           |                                          |                                                     |        |                      |                     | 48%                                                                              |                 |              |            |                |                |               |

**DANIELA ROSERO CBALLOS**

1085346983



**PROGRAMA DE ALIMENTACIÓN ESCOLAR  
ANÁLISIS QUÍMICO MINUTA PATRÓN  
ALMUERZO JM/JT NIVEL PRESCOLAR**



| COMPONENTE                                    | PREPARACIÓN                                              | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|-----------------------------------------------|----------------------------------------------------------|-----------------------------------------------------|--------|----------------------|---------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
|                                               |                                                          |                                                     |        |                      |                     | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                         | SANCOCHO 200 CM3                                         | Papa, variedad cerosa, sabanera, con cáscara, cruda | B065   | 35.0                 | 30                  | 24.0                                                                             | 0.66            | 0.0          | 5.1        | 3.6            | 0.2            | 1.8           |
|                                               |                                                          | Plátano hartón, verde, crudo                        | B092   | 29.4                 | 20                  | 33.2                                                                             | 0.24            | 0.0          | 7.9        | 1.6            | 0.1            | 5.2           |
|                                               |                                                          | Yuca blanca, sin cáscara, cruda                     | B107   | 37.5                 | 30                  | 47.7                                                                             | 0.27            | 0.1          | 11.2       | 4.8            | 0.1            | 4.2           |
|                                               |                                                          | Tomate, crudo                                       | B103   | 12.5                 | 10                  | 2.3                                                                              | 0.09            | 0.0          | 0.4        | 0.9            | 0.1            | 0.6           |
|                                               |                                                          | Zanahoria, sin cáscara, cruda                       | B110   | 11.8                 | 10                  | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
|                                               |                                                          | Ahuyama, cruda                                      | B006   | 15.0                 | 10                  | 3.0                                                                              | 0.08            | 0.0          | 0.6        | 2.0            | 0.1            | 0.1           |
|                                               |                                                          | Cilantro, crudo                                     | B035   | 3.3                  | 3                   | 1.3                                                                              | 0.069           | 0.0          | 0.2        | 2.5            | 0.1            | 1.4           |
|                                               |                                                          | Sal                                                 | L015   | 0.3                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                               |                                                          | Aceite de soya                                      | D012   | 2.0                  | 2                   | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| Cebolla cabezona, cruda                       | B027                                                     | 10.5                                                | 10     | 4.0                  | 0.14                | 0.0                                                                              | 0.8             | 2.4          | 0.0        | 0.4            |                |               |
| ALIMENTO PROTEÍCO                             | CERDO AL HORNO 40 GR                                     | Cerdo, carne magra, cruda                           | F011   | 80.0                 | 80                  | 112.0                                                                            | 17.12           | 4.8          | 0.2        | 13.6           | 0.6            | 41.6          |
|                                               |                                                          | Ajo, crudo                                          | B009   | 0.5                  | 0.5                 | 0.7                                                                              | 0.0235          | 0.0          | 0.1        | 0.2            | 0.0            | 0.1           |
|                                               |                                                          | Aceite de soya                                      | D012   | 4.0                  | 4                   | 36.0                                                                             | 0               | 4.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| CEREAL                                        | ARROZ AMARILLO 55 GR                                     | Arroz blanco, pulido, crudo                         | A010   | 26.0                 | 26                  | 91.8                                                                             | 1.742           | 0.1          | 20.8       | 2.3            | 0.2            | 0.5           |
|                                               |                                                          | Aceite de soya                                      | D012   | 2.0                  | 2                   | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                               |                                                          | Zanahoria, sin cáscara, cruda                       | B110   | 11.8                 | 10                  | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
|                                               |                                                          | Sal                                                 | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                               |                                                          |                                                     |        |                      |                     |                                                                                  |                 |              |            |                |                |               |
| TUBÉRCULOS - RAÍCES -<br>PLÁTANOS - DERIVADOS | BANANO 40 GR                                             | Banano común, crudo                                 | C010   | 57.1                 | 40                  | 40.4                                                                             | 0.6             | 0.0          | 8.9        | 3.2            | 0.4            | 1.2           |
| VERDURA FRÍA O<br>CALIENTE                    | ENSALADA (REPOLLO<br>MORADO, ZANAHORIA Y FRESA)<br>50 GR | Repollo morado, crudo                               | B101   | 29.4                 | 25                  | 9.8                                                                              | 0.35            | 0.1          | 1.6        | 11.3           | 0.2            | 6.8           |
|                                               |                                                          | Zanahoria, sin cáscara, cruda                       | B110   | 29.4                 | 25                  | 11.8                                                                             | 0.175           | 0.0          | 2.4        | 6.8            | 0.1            | 8.8           |
|                                               |                                                          | Vinagre                                             | L018   | 10.0                 | 10                  | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                               |                                                          | Azúcar blanco, granulado                            | K003   | 1.0                  | 1                   | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |
|                                               |                                                          | Fresa, madura, cruda                                | C025   | 15.8                 | 15                  | 6.8                                                                              | 0.12            | 0.1          | 1.2        | 3.2            | 0.1            | 0.3           |
| FRUTA                                         | JUGO DE MARACUYA 200 CM3                                 | Maracuyá, cruda                                     | C056   | 187.5                | 60                  | 36.0                                                                             | 0.9             | 0.3          | 7.4        | 5.4            | 1.0            | 3.6           |
|                                               |                                                          | Azúcar blanco, granulado                            | K003   | 5.0                  | 5                   | 19.9                                                                             | 0               | 0.0          | 5.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                    |                                                          |                                                     |        |                      |                     | 532                                                                              | 23              | 14           | 77         | 70             | 3              | 317           |
| RECOMENDACIÓN                                 |                                                          |                                                     |        |                      |                     | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                                  |                                                          |                                                     |        |                      |                     | 41%                                                                              | 39%             | 32%          | 42%        | 10%            | 59%            | 28%           |
| ADECUACION TOTAL                              |                                                          |                                                     |        |                      |                     | 36%                                                                              |                 |              |            |                |                |               |

DANIELA ROSERO CBALLOS

1085346983



**PROGRAMA DE ALIMENTACIÓN ESCOLAR  
ANÁLISIS QUÍMICO MINUTA PATRÓN  
ALMUERZO JM/JT NIVEL PRESCOLAR**



| COMPONENTE                                                 | PREPARACIÓN                               | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|------------------------------------------------------------|-------------------------------------------|-----------------------------------------------------|--------|----------------------|---------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
|                                                            |                                           |                                                     |        |                      |                     | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                      | CONSOME DE POLLO 200 CM3                  | Pollo, pechuga con piel, cruda                      | F085   | 32.3                 | 30                  | 49.8                                                                             | 6.21            | 2.8          | 0.0        | 3.3            | 0.2            | 18.9          |
|                                                            |                                           | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 31.3                 | 25                  | 18.5                                                                             | 0.475           | 0.0          | 3.8        | 3.5            | 0.1            | 2.8           |
|                                                            |                                           | Zanahoria, sin cáscara, cruda                       | B110   | 17.6                 | 15                  | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |
|                                                            |                                           | Cebolla cabezona, cruda                             | B027   | 10.5                 | 10                  | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                            |                                           | Cilantro, crudo                                     | B035   | 5.6                  | 5                   | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                                            |                                           | Sal                                                 | L015   | 0.3                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
| ALIMENTO PROTEÍCO                                          | POLLO ORIENTAL 40 GR                      | Pollo, pechuga con piel, cruda                      | F085   | 80.0                 | 80                  | 132.8                                                                            | 16.56           | 7.4          | 0.1        | 8.8            | 0.6            | 50.4          |
|                                                            |                                           | Zanahoria, sin cáscara, cruda                       | B110   | 17.6                 | 15                  | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |
|                                                            |                                           | Aceite de soya                                      | D012   | 2.0                  | 2                   | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                           | Cebolla cabezona, cruda                             | B027   | 15.8                 | 15                  | 6.0                                                                              | 0.21            | 0.0          | 1.2        | 3.6            | 0.0            | 0.6           |
|                                                            |                                           | Pimentón rojo, crudo                                | B080   | 11.8                 | 10                  | 3.5                                                                              | 0.1             | 0.0          | 0.6        | 0.7            | 0.0            | 0.2           |
|                                                            |                                           | Salsa Soya                                          |        | 10.0                 | 10                  | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| CEREAL                                                     | ARROZ VERDE 55 GR                         | Arroz blanco, pulido, crudo                         | A010   | 26.0                 | 26                  | 91.8                                                                             | 1.742           | 0.1          | 20.8       | 2.3            | 0.2            | 0.5           |
|                                                            |                                           | Sal                                                 | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                            |                                           | Cilantro, crudo                                     | B035   | 5.6                  | 5                   | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                                            |                                           | Aceite de soya                                      | D012   | 1.0                  | 1                   | 9.0                                                                              | 0               | 1.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBÉRCULOS - RAÍCES -<br>PLÁTANOS - DERIVADOS<br>DE CEREAL | PLATANO COCIDO 40 GR                      | plátano hartón, maduro, crudo                       | B089   | 83.3                 | 60                  | 79.2                                                                             | 0.66            | 0.1          | 18.2       | 1.8            | 0.3            | 2.4           |
|                                                            |                                           | Sal                                                 | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                            |                                           | Aceite de soya                                      | D012   | 3.0                  | 3                   | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| VERDURA FRÍA O<br>CALIENTE                                 | ENSALADA (PEPINO, MANGO Y<br>FRESA) 50 GR | Pepino Cohombro, crudo                              | B077   | 40.0                 | 30                  | 4.2                                                                              | 0.15            | 0.0          | 0.7        | 5.4            | 0.1            | 0.6           |
|                                                            |                                           | Fresa, madura, cruda                                | C025   | 15.8                 | 15                  | 6.8                                                                              | 0.12            | 0.1          | 1.2        | 3.2            | 0.1            | 0.3           |
|                                                            |                                           | Vinagre                                             | L018   | 10.0                 | 10                  | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                                            |                                           | Azúcar blanco, granulado                            | K003   | 1.0                  | 1                   | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                           | Mango común, crudo                                  | C051   | 50.0                 | 25                  | 19.8                                                                             | 0.15            | 0.0          | 4.3        | 3.8            | 0.1            | 1.0           |
| FRUTA                                                      | JUGO DE GUAYABA CON LECHE<br>200 CM3      | Guayaba, madura, cruda                              | C031   | 53.3                 | 60                  | 28.4                                                                             | 0.36            | 0.1          | 5.4        | 5.2            | 0.1            | 1.2           |
|                                                            |                                           | Leche de vaca, entera, en polvo                     | G008   | 13.0                 | 13                  | 64.9                                                                             | 3.419           | 3.5          | 5.0        | 122.2          | 0.1            | 48.0          |
|                                                            |                                           | Azúcar blanco, granulado                            | K003   | 5.0                  | 5                   | 19.9                                                                             | 0               | 0.0          | 5.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                                 |                                           |                                                     |        |                      |                     | 608                                                                              | 31              | 20           | 72         | 183            | 2              | 492           |
| RECOMENDACIÓN                                              |                                           |                                                     |        |                      |                     | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                                               |                                           |                                                     |        |                      |                     | 47%                                                                              | 53%             | 47%          | 40%        | 26%            | 41%            | 43%           |
| ADECUACION TOTAL                                           |                                           |                                                     |        |                      |                     | 42%                                                                              |                 |              |            |                |                |               |

**DANIELA ROSERO CBALLOS**

1085346983



**PROGRAMA DE ALIMENTACIÓN ESCOLAR  
ANÁLISIS QUÍMICO MINUTA PATRÓN  
ALMUERZO JM/JT NIVEL PRESCOLAR**



| COMPONENTE                          | PREPARACIÓN                                   | NOMBRE DEL ALIMENTO<br>(Ingredientes) | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|-------------------------------------|-----------------------------------------------|---------------------------------------|--------|----------------------|---------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
|                                     |                                               |                                       |        |                      |                     | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                               | GARBANZOS 200 cm3                             | Garbanzo, crudo                       | T019   | 15.0                 | 15                  | 59.0                                                                             | 2.985           | 0.8          | 7.6        | 18.0           | 1.0            | 4.5           |
|                                     |                                               | Cebolla cabezona, cruda               | B027   | 10.5                 | 10                  | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                     |                                               | Zanahoria, sin cáscara, cruda         | B110   | 11.8                 | 10                  | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
|                                     |                                               | Cilantro, crudo                       | B035   | 1.1                  | 1                   | 0.4                                                                              | 0.023           | 0.0          | 0.1        | 0.8            | 0.0            | 0.5           |
|                                     |                                               | Sal                                   | L015   | 0.3                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
| ALIMENTO PROTEÍCO                   | RES CON VERDURAS 40 gr                        | Res, carne magra, cruda               | F099   | 80.0                 | 80                  | 111.2                                                                            | 17.44           | 4.6          | 0.0        | 4.8            | 2.2            | 40.8          |
|                                     |                                               | Cebolla cabezona, cruda               | B027   | 10.5                 | 10                  | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                     |                                               | Aceite de soya                        | D012   | 2.0                  | 2                   | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                     |                                               | Zanahoria, sin cáscara, cruda         | B110   | 11.8                 | 10                  | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
|                                     |                                               | Tomate, crudo                         | B103   | 18.8                 | 15                  | 3.5                                                                              | 0.135           | 0.0          | 0.6        | 1.4            | 0.1            | 0.9           |
|                                     |                                               | Arveja verde, cruda                   | B019   | 25.0                 | 10                  | 9.9                                                                              | 0.59            | 0.0          | 1.6        | 3.6            | 0.2            | 0.5           |
|                                     |                                               | Sal                                   | L015   | 0.3                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
| CEREAL                              | ARROZ BLANCO 55 gr                            | Arroz blanco, pulido, crudo           | A010   | 26.0                 | 26                  | 91.8                                                                             | 1.742           | 0.1          | 20.8       | 2.3            | 0.2            | 0.5           |
|                                     |                                               | Sal                                   | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                     |                                               | Aceite de soya                        | D012   | 2.0                  | 2                   | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBÉRCULOS - RAÍCES<br>- PLÁTANOS - | MADURO AL HORNO 40 gr                         | plátano hartón, maduro, crudo         | B089   | 62.5                 | 45                  | 59.4                                                                             | 0.495           | 0.1          | 13.6       | 1.4            | 0.2            | 1.8           |
| VERDURA FRÍA O<br>CALIENTE          | ENSALADA (REPOLLO,<br>ZANAHORIA Y PIÑA) 50 gr | Repollo blanco, crudo                 | B099   | 50.0                 | 35                  | 14.0                                                                             | 0.63            | 0.1          | 2.2        | 15.4           | 0.2            | 6.3           |
|                                     |                                               | Zanahoria, sin cáscara, cruda         | B110   | 23.5                 | 20                  | 9.4                                                                              | 0.14            | 0.0          | 1.9        | 5.4            | 0.1            | 7.0           |
|                                     |                                               | Piña, cruda                           | C072   | 27.3                 | 15                  | 8.4                                                                              | 0.09            | 0.0          | 1.9        | 2.4            | 0.1            | 0.5           |
|                                     |                                               | Cilantro, crudo                       | B035   | 2.2                  | 2                   | 0.9                                                                              | 0.046           | 0.0          | 0.1        | 1.6            | 0.0            | 0.9           |
|                                     |                                               | Vinagre                               | L018   | 10.0                 | 10                  | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
| FRUTA                               | JUGO DE MANGO CON LECHE<br>200 cm3            | Mango común, crudo                    | C051   | 120.0                | 60                  | 47.4                                                                             | 0.36            | 0.0          | 10.3       | 9.0            | 0.3            | 2.4           |
|                                     |                                               | Leche de vaca, entera, en polvo       | G008   | 13.0                 | 13                  | 64.9                                                                             | 3.419           | 3.5          | 5.0        | 122.2          | 0.1            | 48.0          |
|                                     |                                               | Azúcar blanco, granulado              | K003   | 4.0                  | 4                   | 15.9                                                                             | 0               | 0.0          | 4.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                          |                                               |                                       |        |                      |                     | 552                                                                              | 29              | 13           | 74         | 199            | 5              | 472           |
| RECOMENDACIÓN                       |                                               |                                       |        |                      |                     | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                        |                                               |                                       |        |                      |                     | 42%                                                                              | 49%             | 31%          | 40%        | 28%            | 84%            | 42%           |
| ADECUACION TOTAL                    |                                               |                                       |        |                      |                     | 45%                                                                              |                 |              |            |                |                |               |

|                                                         |                                                                                     |                        |            |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------|------------|
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     | DANIELA ROSERO CBALLOS |            |
| FIRMA                                                   |  | MATRÍCULA PROFESIONAL  | 1085346983 |



**PROGRAMA DE ALIMENTACIÓN ESCOLAR  
ANÁLISIS QUÍMICO MINUTA PATRÓN  
ALMUERZO JM/JT NIVEL PRESCOLAR**



| COMPONENTE                                                 | PREPARACIÓN                                                   | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO<br>NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------|--------|----------------------|---------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
|                                                            |                                                               |                                                     |        |                      |                     | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                      | SOPA DE AJIACO 200 CM3                                        | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 31.3                 | 25.0                | 18.5                                                                             | 0.475           | 0.0          | 3.8        | 3.5            | 0.1            | 2.8           |
|                                                            |                                                               | Papa variedad harinosa, criolla, con cáscara, cruda | B071   | 25.0                 | 25.0                | 24.0                                                                             | 0.55            | 0.0          | 5.3        | 2.8            | 0.3            | 4.5           |
|                                                            |                                                               | Cebolla cabezona, cruda                             | B027   | 10.5                 | 10.0                | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                            |                                                               | Guasca seca                                         |        | 0.5                  | 0.5                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                                               | Maíz amarillo, crudo                                | A043   | 10.0                 | 10.0                | 39.3                                                                             | 0.94            | 0.5          | 7.5        | 0.7            | 0.3            | 3.5           |
|                                                            |                                                               | Crema de leche                                      | G001   | 10.0                 | 10.0                | 33.0                                                                             | 0.21            | 3.5          | 0.2        | 6.8            | 0.0            | 4.6           |
|                                                            |                                                               | Cilantro, crudo                                     | B035   | 5.6                  | 5.0                 | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                                            |                                                               | Sal                                                 | L015   | 0.3                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                            |                                                               | Zanahoria, sin cáscara, cruda                       | B110   | 11.8                 | 10.0                | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
| ALIMENTO PROTEÍCO                                          | POLLO A LA NARANJA 40 GR                                      | Pollo, pechuga con piel, cruda                      | F085   | 120.0                | 80.0                | 132.8                                                                            | 16.56           | 7.4          | 0.1        | 8.8            | 0.6            | 50.4          |
|                                                            |                                                               | Laurel                                              |        | 0.2                  | 0.2                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                                               | Ajo, crudo                                          | B009   | 0.5                  | 0.5                 | 0.7                                                                              | 0.0235          | 0.0          | 0.1        | 0.2            | 0.0            | 0.1           |
|                                                            |                                                               | Aceite de soya                                      | D012   | 3.0                  | 3                   | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                                               | Sal                                                 | L015   | 0.5                  | 0.3                 | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                            |                                                               | Azúcar blanco, granulado                            | K003   | 1.0                  | 1                   | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                                               | Almidón de maíz, crudo                              | A001   | 5.0                  | 5                   | 18.5                                                                             | 0.015           | 0.0          | 4.6        | 0.1            | 0.0            | 0.5           |
|                                                            |                                                               | Curcuma                                             |        | 1.0                  | 1                   |                                                                                  |                 |              |            |                |                |               |
|                                                            |                                                               | Naranja, cruda                                      | C062   | 16.7                 | 10                  | 4.1                                                                              | 0.07            | 0.0          | 0.9        | 3.3            | 0.1            | 0.2           |
| CEREAL                                                     | ARROZ BLANCO 55 GR                                            | Arroz blanco, pulido, crudo                         | A010   | 26.0                 | 26                  | 91.8                                                                             | 1.742           | 0.1          | 0.0        | 2.3            | 0.2            | 0.5           |
|                                                            |                                                               | Aceite de soya                                      | D012   | 1.0                  | 1                   | 9.0                                                                              | 0               | 1.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                            |                                                               | SAL                                                 |        | 0.5                  | 0.0                 | 0.3                                                                              | 0.0             | 0            | 0.0        | 11.5           | 0.0            | 0.0           |
| TUBERCULOS - RAICES -<br>PLÁTANOS - DERIVADOS<br>DE CEREAL | PAPA FRITA 40 GR                                              | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 93.8                 | 75                  | 55.5                                                                             | 1.425           | 0.1          | 11.5       | 10.5           | 0.2            | 8.3           |
|                                                            |                                                               | Aceite de soya                                      | D012   | 1.0                  | 1                   | 9.0                                                                              | 0               | 1.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| VERDURA FRÍA O<br>CALIENTE                                 | ENSALADA (REPOLLO<br>MORADO, ZANAHORIA Y MAIZ<br>DULCE) 50 GR | Repollo morado, crudo                               | B101   | 35.3                 | 30                  | 11.7                                                                             | 0.42            | 0.1          | 1.1        | 13.5           | 0.2            | 8.1           |
|                                                            |                                                               | Zanahoria, sin cáscara, cruda                       | B110   | 30.0                 | 25                  | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
|                                                            |                                                               | Maíz tierno, crudo                                  | A053   | 15.0                 | 15                  | 22.8                                                                             | 0.51            | 0.2          | 4.6        | 0.8            | 0.1            | 0.5           |
| FRUTA                                                      | JUGO DE LULO 200 CM3                                          | Lulo, crudo                                         | C045   | 100.0                | 60                  | 28.8                                                                             | 0.54            | 0.1          | 5.3        | 6.0            | 0.4            | 0.0           |
|                                                            |                                                               | Azúcar blanco, granulado                            | K003   | 6.0                  | 6                   | 23.8                                                                             | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                                 |                                                               |                                                     |        |                      |                     | 570                                                                              | 24              | 17           | 60         | 71             | 3              | 326           |
| RECOMENDACIÓN                                              |                                                               |                                                     |        |                      |                     | 1300                                                                             | 58.5            | 43.3         | 182        | 700            | 5.6            | 1133          |
| % ADECUACIÓN                                               |                                                               |                                                     |        |                      |                     | 44%                                                                              | 41%             | 39%          | 33%        | 10%            | 46%            | 29%           |
| ADECUACION TOTAL                                           |                                                               |                                                     |        |                      |                     | 35%                                                                              |                 |              |            |                |                |               |

**DANIELA ROSERO CBALLOS**

1085346983



| MENÚ No. 1                                              |                                                                                     |                                                     |                                                                |                                                     |                              |                                                                                  |                 |              |            |                |                |               |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------|------------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| COMPONENTE                                              | PREPARACIÓN                                                                         | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | Código del<br>Alimento Tabla<br>de Composición<br>de Alimentos | PESO<br>BRUTO<br>(g)                                | PESO NETO<br>(g)             | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel 1 A 5     |                 |              |            |                |                |               |
|                                                         |                                                                                     |                                                     |                                                                |                                                     |                              | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                   | CREMA DE VERDURAS<br>200 cm3                                                        | Ahuyama, cocida, sin sal                            | B005                                                           | 45.0                                                | 35                           | 16.8                                                                             | 0.245           | 0.2          | 2.9        | 4.9            | 0.1            | 0.4           |
|                                                         |                                                                                     | Cebolla cabezona, cruda                             | B027                                                           | 20.0                                                | 15                           | 6.0                                                                              | 0.21            | 0.0          | 1.2        | 3.6            | 0.0            | 0.6           |
|                                                         |                                                                                     | Cilantro, crudo                                     | B035                                                           | 5.0                                                 | 4.8                          | 2.1                                                                              | 0.1104          | 0.0          | 0.3        | 3.9            | 0.1            | 2.2           |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda                       | B110                                                           | 30.0                                                | 25                           | 11.8                                                                             | 0.175           | 0.0          | 2.4        | 6.8            | 0.1            | 8.8           |
|                                                         |                                                                                     | Habichuela, cruda                                   | B052                                                           | 30.0                                                | 25                           | 10.8                                                                             | 0.525           | 0.0          | 1.8        | 10.0           | 0.3            | 1.5           |
|                                                         |                                                                                     | Sal                                                 | L015                                                           | 0.7                                                 | 0.7                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.2            | 0.0            | 271.5         |
|                                                         |                                                                                     | Leche de vaca, entera, en polvo                     | G008                                                           | 15.0                                                | 15                           | 74.9                                                                             | 3.945           | 4.0          | 5.8        | 141.0          | 0.1            | 55.4          |
| ALIMENTO<br>PROTEÍCO                                    | RES SUDADA 50 gr                                                                    | Res, carne magra, cruda                             | F099                                                           | 100.0                                               | 100                          | 139.0                                                                            | 21.8            | 5.7          | 0.0        | 6.0            | 2.7            | 51.0          |
|                                                         |                                                                                     | Cebolla cabezona, cruda                             | B027                                                           | 15.8                                                | 15                           | 6.0                                                                              | 0.21            | 0.0          | 1.2        | 3.6            | 0.0            | 0.6           |
|                                                         |                                                                                     | Sal                                                 | L015                                                           | 0.7                                                 | 0.7                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.2            | 0.0            | 271.5         |
|                                                         |                                                                                     | Aceite de soya                                      | D012                                                           | 5.0                                                 | 5                            | 45.0                                                                             | 0               | 5.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                     | Tomate, crudo                                       | B103                                                           | 15.0                                                | 10                           | 2.3                                                                              | 0.09            | 0.0          | 0.4        | 0.9            | 0.1            | 0.6           |
| CEREAL                                                  | ARROZ AMARILLO 130 gr                                                               | Arroz blanco, pulido, crudo                         | A010                                                           | 65.0                                                | 65                           | 229.5                                                                            | 4.355           | 0.3          | 52.1       | 5.9            | 0.5            | 1.3           |
|                                                         |                                                                                     | Aceite de soya                                      | D012                                                           | 5.0                                                 | 5                            | 45.0                                                                             | 0               | 5.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                     | Sal                                                 | L015                                                           | 1.0                                                 | 0.7                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.2            | 0.0            | 271.5         |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda                       | B110                                                           | 22.0                                                | 18                           | 8.5                                                                              | 0.126           | 0.0          | 1.7        | 4.9            | 0.1            | 6.3           |
|                                                         |                                                                                     | TUBERCULOS - RAICES<br>- PLÁTANOS -<br>DERIVADOS DE | CASCOS DE PAPA<br>CRIOLLA 70 gr                                | Papa variedad harinosa, criolla, con cáscara, cruda | B071                         | 120.0                                                                            | 120             | 115.2        | 2.64       | 0.1            | 25.3           | 13.2          |
| Aceite de soya                                          | D012                                                                                | 5.0                                                 |                                                                | 5                                                   | 45.0                         | 0                                                                                | 5.0             | 0.0          | 0.0        | 0.0            | 0.0            |               |
| VERDURA FRÍA O<br>CALIENTE                              | ENSALADA (TOMATE,<br>ZANAHORIA Y MANGO,<br>VINAGRETA DE MANGO)<br>70 gr             | Mango común, crudo                                  | c051                                                           | 70.0                                                | 35                           | 27.7                                                                             | 0.21            | 0.0          | 6.0        | 5.3            | 0.2            | 1.4           |
|                                                         |                                                                                     | Tomate, crudo                                       | B103                                                           | 37.5                                                | 30                           | 6.9                                                                              | 0.27            | 0.0          | 1.2        | 2.7            | 0.2            | 1.8           |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda                       | B110                                                           | 35.3                                                | 30                           | 14.1                                                                             | 0.21            | 0.0          | 2.9        | 8.1            | 0.1            | 10.5          |
|                                                         |                                                                                     | Azúcar blanco, granulado                            | K003                                                           | 1.0                                                 | 2                            | 7.9                                                                              | 0               | 0.0          | 2.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                     | Cilantro, crudo                                     | B035                                                           | 5.0                                                 | 5                            | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                                         |                                                                                     | Vinagre                                             | L018                                                           | 10.0                                                | 10                           | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
| FRUTA                                                   | JUGO DE MARACUYA 200<br>cm3                                                         | Maracuyá, cruda                                     | C056                                                           | 120.0                                               | 60                           | 36.0                                                                             | 0.9             | 0.3          | 7.4        | 5.4            | 1.0            | 3.6           |
|                                                         |                                                                                     | Azúcar blanco, granulado                            | K003                                                           | 6.0                                                 | 7                            | 27.8                                                                             | 0               | 0.0          | 7.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                              |                                                                                     |                                                     |                                                                |                                                     |                              | 883                                                                              | 36.1            | 25.8         | 122.3      | 231            | 6.9            | 984.7         |
| RECOMENDACIÓN secundaria                                |                                                                                     |                                                     |                                                                |                                                     |                              | 2491                                                                             | 87.2            | 83           | 348.7      | 1100           | 9.5            | 1500          |
| % ADECUACIÓN                                            |                                                                                     |                                                     |                                                                |                                                     |                              | 35%                                                                              | 41%             | 31%          | 35%        | 21%            | 72%            | 66%           |
| % ADECUACIÓN TOTAL                                      |                                                                                     |                                                     |                                                                |                                                     |                              | 43%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     |                                                     |                                                                |                                                     | DANIELA ROSERO CBALLOS       |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                   |  |                                                     |                                                                |                                                     | MATRÍCULA<br>PROFESION<br>AL | 1085346983                                                                       |                 |              |            |                |                |               |
| MENÚ No. 2                                              |                                                                                     |                                                     |                                                                |                                                     |                              |                                                                                  |                 |              |            |                |                |               |
| COMPONENTE                                              | PREPARACIÓN                                                                         | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO                                                         | PESO<br>BRUTO<br>(g)                                | PESO NETO<br>(g)             | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                         |                                                                                     |                                                     |                                                                |                                                     |                              | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
|                                                         |                                                                                     | Ahuyama, cruda                                      | B006                                                           | 5.9                                                 | 5                            | 1.5                                                                              | 0.04            | 0.0          | 0.3        | 1.0            | 0.0            | 0.1           |
|                                                         |                                                                                     | Frijol radical, crudo                               | T016                                                           | 30.0                                                | 30                           | 117.6                                                                            | 6.87            | 0.4          | 17.9       | 36.0           | 1.6            | 1.8           |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda                       | B110                                                           | 23.5                                                | 20                           | 9.4                                                                              | 0.14            | 0.0          | 1.9        | 5.4            | 0.1            | 7.0           |
|                                                         |                                                                                     | Plátano hartón, verde, crudo                        | B092                                                           | 29.4                                                | 20                           | 33.2                                                                             | 0.24            | 0.0          | 7.9        | 1.6            | 0.1            | 5.2           |

|                                                               |                                                                                    |                                                     |        |                      |                              |                                                                                  |                 |              |            |                |                |               |
|---------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------|--------|----------------------|------------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| SOPAS                                                         | FRIJOLES 200 cm3                                                                   | Cebolla cabezona, cruda                             | B027   | 2.1                  | 2                            | 0.8                                                                              | 0.028           | 0.0          | 0.2        | 0.5            | 0.0            | 0.1           |
|                                                               |                                                                                    | Ajo, crudo                                          | B009   | 1.1                  | 1                            | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |
|                                                               |                                                                                    | Sal                                                 | L015   | 0.7                  | 0.7                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.2            | 0.0            | 271.5         |
|                                                               |                                                                                    | Aceite de soya                                      | D012   | 3.0                  | 3                            | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                               |                                                                                    | Cilantro, crudo                                     | B035   | 1.1                  | 1                            | 0.4                                                                              | 0.023           | 0.0          | 0.1        | 0.8            | 0.0            | 0.5           |
| ALIMENTO<br>PROTEÍCO                                          | TORTILLA DE HUEVO 100 gr                                                           | Huevo de gallina, entero, crudo                     | J004   | 122.2                | 110                          | 163.9                                                                            | 13.86           | 11.9         | 0.3        | 58.3           | 1.9            | 152.9         |
|                                                               |                                                                                    | Aceite de soya                                      | D012   | 4.0                  | 4                            | 36.0                                                                             | 0               | 4.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                               |                                                                                    | Almidón de maíz, crudo                              | A001   | 4.0                  | 4                            | 14.8                                                                             | 0.012           | 0.0          | 3.7        | 0.1            | 0.0            | 0.4           |
|                                                               |                                                                                    | Sal                                                 | L015   | 0.7                  | 0.7                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.2            | 0.0            | 271.5         |
| CEREAL                                                        | ARROZ BLANCO 130 gr                                                                | Arroz blanco, pulido, crudo                         | A010   | 65.0                 | 65                           | 229.5                                                                            | 4.355           | 0.3          | 52.1       | 5.9            | 0.5            | 1.3           |
|                                                               |                                                                                    | Sal                                                 | L015   | 0.7                  | 0.7                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.2            | 0.0            | 271.5         |
|                                                               |                                                                                    | Aceite de soya                                      | D012   | 3.0                  | 3                            | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBÉRCULOS - RAÍCES<br>- PLÁTANOS -<br>DERIVADOS DE<br>CEREAL | PAPA GUISADA 70 gr                                                                 |                                                     |        |                      |                              |                                                                                  |                 |              |            |                |                |               |
|                                                               |                                                                                    | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 93.8                 | 75                           | 55.5                                                                             | 1.425           | 0.1          | 11.5       | 10.5           | 0.2            | 8.3           |
|                                                               |                                                                                    | Paprika                                             |        | 2.0                  | 2                            | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                               |                                                                                    | Cebolla cabezona, cruda                             | B027   | 15.8                 | 15                           | 6.0                                                                              | 0.21            | 0.0          | 1.2        | 3.6            | 0.0            | 0.6           |
|                                                               |                                                                                    | Aceite de soya                                      | D012   | 3.0                  | 3                            | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                               |                                                                                    | Zanahoria, sin cáscara, cruda                       | B110   | 17.6                 | 15                           | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |
|                                                               |                                                                                    | Repollo blanco, crudo                               | B099   | 57.1                 | 40                           | 16.0                                                                             | 0.72            | 0.1          | 2.6        | 17.6           | 0.2            | 7.2           |
| ENSALADA                                                      | ENSALADA (REPOLLO,<br>MANGO Y PIÑA,<br>VINAGRETA DE MANGO)<br>70 gr                | Piña, cruda                                         | C072   | 63.6                 | 35                           | 19.6                                                                             | 0.21            | 0.0          | 4.3        | 5.6            | 0.2            | 1.1           |
|                                                               |                                                                                    | Vinagre                                             | L018   | 10.0                 | 10                           | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                                               |                                                                                    | Mango común, crudo                                  | C051   | 64.0                 | 32                           | 25.3                                                                             | 0.192           | 0.0          | 5.5        | 4.8            | 0.2            | 1.3           |
|                                                               |                                                                                    |                                                     |        |                      |                              |                                                                                  |                 |              |            |                |                |               |
| FRUTA                                                         | JUGO DE TOMATE DE<br>ARBOL 200 cm3                                                 | Tomate de árbol rojo, crudo                         | C082   | 58.1                 | 50                           | 27.5                                                                             | 1               | 0.1          | 5.1        | 5.0            | 0.5            | 0.0           |
|                                                               |                                                                                    | Azúcar blanco, granulado                            | K003   | 8.0                  | 8                            | 31.8                                                                             | 0               | 0.0          | 7.9        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                                    |                                                                                    |                                                     |        |                      |                              | 849                                                                              | 29.5            | 26.0         | 124.6      | 162            | 5.6            | 1007.9        |
| RECOMENDACIÓN secundaria                                      |                                                                                    |                                                     |        |                      |                              | 2491                                                                             | 87.2            | 83           | 348.7      | 1100           | 9.5            | 1500          |
| % ADECUACIÓN                                                  |                                                                                    |                                                     |        |                      |                              | 34%                                                                              | 34%             | 31%          | 36%        | 15%            | 59%            | 67%           |
| % ADECUACIÓN TOTAL                                            |                                                                                    |                                                     |        |                      |                              | 39%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS       |                                                                                    |                                                     |        |                      | DANIELA ROSERO CBALLOS       |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                         |  |                                                     |        |                      | MATRÍCULA<br>PROFESION<br>AL | 1085346983                                                                       |                 |              |            |                |                |               |
| MENÚ No. 3                                                    |                                                                                    |                                                     |        |                      |                              |                                                                                  |                 |              |            |                |                |               |
| COMPONENTE                                                    | PREPARACIÓN                                                                        | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)             | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                               |                                                                                    |                                                     |        |                      |                              | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                         | SANCOCHO 200 cm3                                                                   | Papa, variedad cerosa, sabanera, con cáscara, cruda | B065   | 35.0                 | 40                           | 32.0                                                                             | 0.88            | 0.0          | 6.8        | 4.8            | 0.3            | 2.4           |
|                                                               |                                                                                    | Plátano hartón, verde, crudo                        | B092   | 51.5                 | 35                           | 58.1                                                                             | 0.42            | 0.1          | 13.8       | 2.8            | 0.1            | 9.1           |
|                                                               |                                                                                    | Yuca blanca, sin cáscara, cruda                     | B107   | 50.0                 | 40                           | 63.6                                                                             | 0.36            | 0.1          | 15.0       | 6.4            | 0.1            | 5.6           |
|                                                               |                                                                                    | Tomate, crudo                                       | B103   | 18.8                 | 15                           | 3.5                                                                              | 0.135           | 0.0          | 0.6        | 1.4            | 0.1            | 0.9           |
|                                                               |                                                                                    | Zanahoria, sin cáscara, cruda                       | B110   | 17.6                 | 15                           | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |
|                                                               |                                                                                    | Ahuyama, cruda                                      | B006   | 15.0                 | 10                           | 3.0                                                                              | 0.08            | 0.0          | 0.6        | 2.0            | 0.1            | 0.1           |
|                                                               |                                                                                    | Cilantro, crudo                                     | B035   | 1.1                  | 1                            | 0.4                                                                              | 0.023           | 0.0          | 0.1        | 0.8            | 0.0            | 0.5           |
|                                                               |                                                                                    | Sal                                                 | L015   | 0.5                  | 0.5                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                               |                                                                                    | Aceite de soya                                      | D012   | 5.0                  | 5                            | 45.0                                                                             | 0               | 5.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                               |                                                                                    | Cebolla cabezona, cruda                             | B027   | 15.8                 | 15                           | 6.0                                                                              | 0.21            | 0.0          | 1.2        | 3.6            | 0.0            | 0.6           |
| ALIMENTO                                                      | PECHUGA ASADA 50 gr                                                                | Pollo, pechuga sin piel, cocida, sin sal            | F087   | 120.0                | 100                          | 141.0                                                                            | 28.4            | 3.0          | 0.3        | 13.0           | 0.9            | 63.0          |

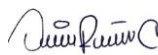


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|-------|-----------------------------------------------------------------------------------|------------------------------|------------|
| FIRMA |  | MATRÍCULA<br>PROFESION<br>AL | 1085346983 |
|-------|-----------------------------------------------------------------------------------|------------------------------|------------|

| MENÚ No. 5                                          |                                   |                                                     |        |                      |                  |                                                                                  |                 |              |            |                |                |               |
|-----------------------------------------------------|-----------------------------------|-----------------------------------------------------|--------|----------------------|------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| COMPONENTE                                          | PREPARACIÓN                       | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                     |                                   |                                                     |        |                      |                  | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                               | PRINCIPIO DE LENTEJAS<br>50 GR    | Lenteja común, cruda                                | T026   | 25.0                 | 25               | 96.8                                                                             | 5.775           | 0.2          | 15.3       | 12.8           | 1.8            | 6.8           |
|                                                     |                                   | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 31.3                 | 25               | 18.5                                                                             | 0.475           | 0.0          | 3.8        | 3.5            | 0.1            | 2.8           |
|                                                     |                                   | Zanahoria, sin cáscara, cruda                       | B110   | 17.6                 | 15               | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |
|                                                     |                                   | Cebolla cabezona, cruda                             | B027   | 15.8                 | 15               | 6.0                                                                              | 0.21            | 0.0          | 1.2        | 3.6            | 0.0            | 0.6           |
|                                                     |                                   | Sal                                                 | L015   | 0.5                  | 0.5              | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                     |                                   | Cilantro, crudo                                     | B035   | 5.6                  | 5                | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
| ALIMENTO<br>PROTEÍCO                                | POLLO CON VERDURAS<br>120 GR      | Pollo, pechuga con piel, cruda                      | F085   | 125.0                | 100              | 166.0                                                                            | 20.7            | 9.2          | 0.1        | 11.0           | 0.7            | 63.0          |
|                                                     |                                   | Zanahoria, sin cáscara, cruda                       | B110   | 41.2                 | 35               | 16.5                                                                             | 0.245           | 0.0          | 3.3        | 9.5            | 0.1            | 12.3          |
|                                                     |                                   | Maíz tierno, crudo                                  | A053   | 20.0                 | 20               | 30.4                                                                             | 0.68            | 0.2          | 6.1        | 1.0            | 0.2            | 0.6           |
|                                                     |                                   | Arveja verde, cruda                                 | B019   | 30.0                 | 30               | 29.7                                                                             | 1.77            | 0.1          | 4.7        | 10.8           | 0.5            | 1.5           |
|                                                     |                                   | Laurel                                              |        | 1.0                  | 1                | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                     |                                   | Salsa Soya                                          |        | 1.0                  | 1                | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                     |                                   | Aceite de soya                                      | D012   | 5.0                  | 5                | 45.0                                                                             | 0               | 5.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                     |                                   | Sal                                                 | L015   | 0.2                  | 0.5              | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                     |                                   | Ajo, crudo                                          | B009   | 1.1                  | 1                | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |
| CEREAL                                              | ARROZ BLANCO 130 gr               | Arroz blanco, pulido, crudo                         | A010   | 65.0                 | 65               | 229.5                                                                            | 4.355           | 0.3          | 52.1       | 5.9            | 0.5            | 1.3           |
|                                                     |                                   | Sal                                                 | L015   | 0.5                  | 0.5              | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                     |                                   | Aceite de soya                                      | D012   | 5.0                  | 5                | 45.0                                                                             | 0               | 5.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBERCULOS - RAICES<br>- PLÁTANOS -<br>DERIVADOS DE | TAJADA DE PLATANO<br>MADURO 70 gr | plátano hartón, maduro, crudo                       | B089   | 125.0                | 90               | 118.8                                                                            | 0.99            | 0.2          | 27.3       | 2.7            | 0.5            | 3.6           |
|                                                     |                                   | Aceite de soya                                      | D012   | 5.0                  | 5                | 45.0                                                                             | 0               | 5.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| VERDURA FRÍA O<br>CALIENTE                          | INCLUIDA EN LA<br>PROTEÍNA        | 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            | 0.0           |
|                                                     |                                   | 0                                                   |        | 0.0                  |                  | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| FRUTA                                               | JUGO DE LULO 200 cm3              | Lulo, crudo                                         | C045   | 100.0                | 60               | 28.8                                                                             | 0.54            | 0.1          | 5.3        | 6.0            | 0.4            | 0.0           |
|                                                     |                                   | Azúcar blanco, granulado                            | K003   | 8.0                  | 8                | 31.8                                                                             | 0               | 0.0          | 7.9        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                          |                                   |                                                     |        |                      |                  | 918                                                                              | 36              | 25           | 129        | 76             | 5              | 682           |
| RECOMENDACIÓN secundaria                            |                                   |                                                     |        |                      |                  | 2491                                                                             | 87.2            | 83           | 348.7      | 1100           | 9.5            | 1500          |
| % ADECUACIÓN                                        |                                   |                                                     |        |                      |                  | 37%                                                                              | 41%             | 31%          | 37%        | 7%             | 51%            | 45%           |
| % ADECUACIÓN TOTAL                                  |                                   |                                                     |        |                      |                  | 36%                                                                              |                 |              |            |                |                |               |

|                                                         |                                                                                     |  |                              |            |  |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|--|------------------------------|------------|--|
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     |  | DANIELA ROSERO CBALLOS       |            |  |
| FIRMA                                                   |  |  | MATRÍCULA<br>PROFESION<br>AL | 1085346983 |  |

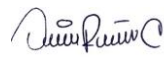
| MENÚ No. 6 |             |                                                     |        |                      |                  |                                                                                  |                 |              |            |                |                |               |
|------------|-------------|-----------------------------------------------------|--------|----------------------|------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| COMPONENTE | PREPARACIÓN | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|            |             |                                                     |        |                      |                  | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
|            |             | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 32.5                 | 26               | 19.2                                                                             | 0.494           | 0.0          | 4.0        | 3.6            | 0.1            | 2.9           |
|            |             | Papa variedad harinosa, criolla, con cáscara, cruda | B071   | 25.0                 | 25               | 24.0                                                                             | 0.55            | 0.0          | 5.3        | 2.8            | 0.3            | 4.5           |
|            |             | Cebolla cabezona, cruda                             | B027   | 1.6                  | 1.5              | 0.6                                                                              | 0.021           | 0.0          | 0.1        | 0.4            | 0.0            | 0.1           |
|            |             | Guasca seca                                         |        | 0.5                  | 0.5              | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |

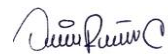
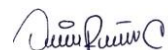
|                                                         |                                                                                   |                                                     |        |                      |                              |                                                                                  |                 |              |            |                |                |               |
|---------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------|--------|----------------------|------------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| SOPAS                                                   | SOPA DE AJIACO 200 CM3                                                            | Maíz amarillo, crudo                                | A043   | 15.0                 | 15                           | 59.0                                                                             | 1.41            | 0.7          | 11.2       | 1.1            | 0.4            | 5.3           |
|                                                         |                                                                                   | Crema de leche                                      | G001   | 15.0                 | 15                           | 49.5                                                                             | 0.315           | 5.3          | 0.3        | 10.2           | 0.0            | 6.9           |
|                                                         |                                                                                   | Cilantro, crudo                                     | B035   | 3.3                  | 3                            | 1.3                                                                              | 0.069           | 0.0          | 0.2        | 2.5            | 0.1            | 1.4           |
|                                                         |                                                                                   | Sal                                                 | L015   | 0.5                  | 0.5                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                   | Aceite de soya                                      | D012   | 1.0                  | 1                            | 9.0                                                                              | 0               | 1.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                       | B110   | 11.8                 | 10                           | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
| ALIMENTO<br>PROTEÍCO                                    | PECHUGA AL HORNO 50 GR                                                            | Pollo, pechuga sin piel, cocida, sin sal            | F087   | 110.0                | 100                          | 141.0                                                                            | 28.4            | 3.0          | 0.3        | 13.0           | 0.9            | 63.0          |
|                                                         |                                                                                   | Aceite de soya                                      | D012   | 2.0                  | 4                            | 36.0                                                                             | 0               | 4.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Finas hierbas                                       |        | 1.0                  | 1                            | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| CEREAL                                                  | ARROZ AMARILLO 130 GR                                                             | Aceite de soya                                      | D012   | 3.0                  | 3                            | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Sal                                                 | L015   | 0.5                  | 0.5                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                       | B110   | 11.8                 | 10                           | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
| TUBERCULOS - RAICES<br>- PLÁTANOS -<br>DERIVADOS DE     | PAPA FRITA 70 GR                                                                  | Arroz blanco, pulido, crudo                         | A010   | 65.0                 | 65                           | 229.5                                                                            | 4.355           | 0.3          | 52.1       | 5.9            | 0.5            | 1.3           |
|                                                         |                                                                                   | Aceite de soya                                      | D012   | 7.0                  | 7                            | 63.0                                                                             | 0               | 7.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| VERDURA FRÍA O<br>CALIENTE                              | ENSALADA (REPOLLO,<br>TOMATE Y PIÑA) 70 GR                                        | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 150.0                | 120                          | 88.8                                                                             | 0.52            | 0.1          | 18.4       | 16.8           | 0.4            | 13.2          |
|                                                         |                                                                                   | Tomate, crudo                                       | B103   | 50.0                 | 40                           | 9.2                                                                              | 0.36            | 0.0          | 1.6        | 3.6            | 0.2            | 2.4           |
|                                                         |                                                                                   | Repollo blanco, crudo                               | B099   | 50.0                 | 35                           | 14.0                                                                             | 0.63            | 0.1          | 2.2        | 15.4           | 0.2            | 6.3           |
|                                                         |                                                                                   | Piña, cruda                                         | C072   | 36.4                 | 20                           | 11.2                                                                             | 0.12            | 0.0          | 2.5        | 3.2            | 0.1            | 0.6           |
|                                                         |                                                                                   | Vinagre                                             | L018   | 10.0                 | 10                           | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                                         |                                                                                   | Azúcar blanco, granulado                            | K003   | 1.0                  | 1                            | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |
| FRUTA                                                   | JUGO DE MANGO 200 CM3                                                             | Mango común, crudo                                  | C051   | 120.0                | 60                           | 47.4                                                                             | 0.36            | 0.0          | 10.3       | 9.0            | 0.3            | 2.4           |
|                                                         |                                                                                   | Azúcar blanco, granulado                            | K003   | 7.0                  | 7                            | 27.8                                                                             | 0               | 0.0          | 7.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                              |                                                                                   |                                                     |        |                      |                              | 873                                                                              | 38              | 25           | 119        | 94             | 3              | 505           |
| RECOMENDACIÓN secundaria                                |                                                                                   |                                                     |        |                      |                              | 2491                                                                             | 87.2            | 83           | 348.7      | 1100           | 9.5            | 1500          |
| % ADECUACIÓN                                            |                                                                                   |                                                     |        |                      |                              | 35%                                                                              | 43%             | 30%          | 34%        | 9%             | 37%            | 34%           |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                                     |        |                      |                              | 32%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                   |                                                     |        |                      | DANIELA ROSERO CBALLOS       |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                   |  |                                                     |        |                      | MATRÍCULA<br>PROFESION<br>AL | 1085346983                                                                       |                 |              |            |                |                |               |
| MENÚ No. 7                                              |                                                                                   |                                                     |        |                      |                              |                                                                                  |                 |              |            |                |                |               |
| COMPONENTE                                              | PREPARACIÓN                                                                       | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)             | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                         |                                                                                   |                                                     |        |                      |                              | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                   | PRINCIPIO DE<br>BLANQUILLOS 70 gr                                                 | Frijol blanco, crudo                                | T005   | 35.0                 | 35                           | 130.6                                                                            | 7.455           | 0.4          | 21.6       | 46.6           | 0.2            | 5.3           |
|                                                         |                                                                                   | Tomate, crudo                                       | B103   | 25.0                 | 20                           | 4.6                                                                              | 0.18            | 0.0          | 0.8        | 1.8            | 0.1            | 1.2           |
|                                                         |                                                                                   | Cebolla cabezona, cruda                             | B027   | 21.1                 | 20                           | 8.0                                                                              | 0.28            | 0.0          | 1.5        | 4.8            | 0.1            | 0.8           |
|                                                         |                                                                                   | Cilantro, crudo                                     | B035   | 5.6                  | 5                            | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.0            | 2.3           |
|                                                         |                                                                                   | Ajo, crudo                                          | B009   | 1.1                  | 1                            | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |
|                                                         |                                                                                   | Sal                                                 | L015   | 0.5                  | 0.5                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                   | Aceite de soya                                      | D012   | 4.0                  | 4                            | 36.0                                                                             | 0               | 4.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                       | B110   | 23.5                 | 20                           | 9.4                                                                              | 0.14            | 0.0          | 1.9        | 5.4            | 0.0            | 7.0           |
| ALIMENTO<br>PROTEÍCO                                    | GOULASH DE CARNE<br>CON PAPA 140 gr                                               | Zanahoria, sin cáscara, cruda                       | B110   | 23.5                 | 20                           | 9.4                                                                              | 0.14            | 0.0          | 1.9        | 5.4            | 0.0            | 7.0           |
|                                                         |                                                                                   | Res, carne magra, cruda                             | F099   | 100.0                | 100                          | 139.0                                                                            | 21.8            | 5.7          | 0.0        | 6.0            | 2.1            | 51.0          |
|                                                         |                                                                                   | Cebolla cabezona, cruda                             | B027   | 15.8                 | 15                           | 6.0                                                                              | 0.21            | 0.0          | 1.2        | 3.6            | 0.0            | 0.6           |
|                                                         |                                                                                   | Cilantro, crudo                                     | B035   | 5.6                  | 5                            | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                                         |                                                                                   | Laurel                                              |        | 0.5                  | 0.5                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 106.3                | 85                           | 62.9                                                                             | 1.615           | 0.1          | 13.0       | 11.9           | 0.3            | 9.4           |

|                                                         |                                                                                   |                                                     |        |                |                        |                                                                                  |              |           |         |             |             |            |
|---------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------|--------|----------------|------------------------|----------------------------------------------------------------------------------|--------------|-----------|---------|-------------|-------------|------------|
|                                                         |                                                                                   | Arveja verde, cruda                                 | B019   | 62.5           | 25                     | 24.8                                                                             | 1.475        | 0.1       | 3.9     | 9.0         | 0.0         | 1.3        |
|                                                         |                                                                                   | Sal                                                 | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
|                                                         |                                                                                   | Aceite de soya                                      | D012   | 5.0            | 5                      | 45.0                                                                             | 0            | 5.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                   | Ajo, crudo                                          | B009   | 1.1            | 1                      | 1.4                                                                              | 0.047        | 0.0       | 0.3     | 0.4         | 0.0         | 0.2        |
| CEREAL                                                  | ARROZ BLANCO 130 gr                                                               | Sal                                                 | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
|                                                         |                                                                                   | Arroz blanco, pulido, crudo                         | A010   | 65.0           | 65                     | 229.5                                                                            | 4.355        | 0.3       | 52.1    | 5.9         | 0.5         | 1.3        |
|                                                         |                                                                                   | Aceite de soya                                      | D012   | 5.0            | 5                      | 45.0                                                                             | 0            | 5.0       | 0.0     | 0.0         | 0.0         | 0.0        |
| TUBÉRCULOS - RAÍCES - PLÁTANOS - DERIVADOS DE CEREAL    | NCLUIDA EN LA PROTEINA                                                            |                                                     |        | 0.0            | 0                      | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.0         | 0.0         | 0.0        |
| VERDURA FRÍA O CALIENTE                                 | ENSALADA (ZANAHORIA, PIÑA, TOMATE) 70 gr                                          | Zanahoria, sin cáscara, cruda                       | B110   | 41.2           | 35                     | 16.5                                                                             | 0.245        | 0.0       | 3.3     | 9.5         | 0.1         | 12.3       |
|                                                         |                                                                                   | Tomate, crudo                                       | B103   | 50.0           | 40                     | 9.2                                                                              | 0.36         | 0.0       | 1.6     | 3.6         | 0.2         | 2.4        |
|                                                         |                                                                                   | Piña, cruda                                         | C072   | 45.5           | 25                     | 14.0                                                                             | 0.15         | 0.0       | 3.1     | 4.0         | 0.1         | 0.8        |
|                                                         |                                                                                   | Azúcar blanco, granulado                            | K003   | 1.0            | 1                      | 4.0                                                                              | 0            | 0.0       | 1.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                   | Vinagre                                             | L018   | 10.0           | 10                     | 2.4                                                                              | 0            | 0.0       | 0.6     | 0.7         | 0.1         | 0.5        |
| FRUTA                                                   | JUGO DE GUAYABA CON LECHE 200 cm3                                                 | Guayaba, madura, cruda                              | C031   | 80.0           | 60                     | 42.6                                                                             | 0.54         | 0.2       | 8.0     | 7.8         | 0.2         | 1.8        |
|                                                         |                                                                                   | Leche de vaca, entera, en polvo                     | G008   | 15.0           | 15                     | 74.9                                                                             | 3.945        | 4.0       | 5.8     | 141.0       | 0.1         | 55.4       |
|                                                         |                                                                                   | Azúcar blanco, granulado                            | K003   | 7.0            | 7                      | 27.8                                                                             | 0            | 0.0       | 7.0     | 0.0         | 0.0         | 0.0        |
| TOTAL MENÚ                                              |                                                                                   |                                                     |        |                |                        | 949                                                                              | 43           | 25        | 129     | 276         | 4           | 744        |
| RECOMENDACIÓN secundaria                                |                                                                                   |                                                     |        |                |                        | 2491                                                                             | 87.2         | 83        | 348.7   | 1100        | 9.5         | 1500       |
| % ADECUACIÓN                                            |                                                                                   |                                                     |        |                |                        | 38%                                                                              | 50%          | 30%       | 37%     | 25%         | 44%         | 50%        |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                                     |        |                |                        | 39%                                                                              |              |           |         |             |             |            |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                   |                                                     |        |                | DANIELA ROSERO CBALLOS |                                                                                  |              |           |         |             |             |            |
| FIRMA                                                   |  |                                                     |        |                | MATRÍCULA PROFESIONAL  | 1085346983                                                                       |              |           |         |             |             |            |
| MENÚ No. 8                                              |                                                                                   |                                                     |        |                |                        |                                                                                  |              |           |         |             |             |            |
| COMPONENTE                                              | PREPARACIÓN                                                                       | NOMBRE DEL ALIMENTO (Ingredientes)                  | CÓDIGO | PESO BRUTO (g) | PESO NETO (g)          | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |              |           |         |             |             |            |
|                                                         |                                                                                   |                                                     |        |                |                        | CALORÍAS (Kcal)                                                                  | PROTEÍNA (g) | GRASA (g) | CHO (g) | CALCIO (mg) | HIERRO (mg) | SODIO (mg) |
| SOPAS                                                   | SOPA DE ARROZ 200 cm3                                                             | Arroz blanco, pulido, crudo                         | A010   | 15.0           | 15                     | 53.0                                                                             | 1.005        | 0.1       | 12.0    | 1.4         | 0.1         | 0.3        |
|                                                         |                                                                                   | Cebolla cabezona, cruda                             | B027   | 10.5           | 10                     | 4.0                                                                              | 0.14         | 0.0       | 0.8     | 2.4         | 0.0         | 0.4        |
|                                                         |                                                                                   | Ajo, crudo                                          | B009   | 1.1            | 1                      | 1.4                                                                              | 0.047        | 0.0       | 0.3     | 0.4         | 0.0         | 0.2        |
|                                                         |                                                                                   | Cilantro, crudo                                     | B035   | 5.6            | 5                      | 2.2                                                                              | 0.115        | 0.0       | 0.3     | 4.1         | 0.1         | 2.3        |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                       | B110   | 17.6           | 15                     | 7.1                                                                              | 0.105        | 0.0       | 1.4     | 4.1         | 0.1         | 5.3        |
|                                                         |                                                                                   | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 20.0           | 25                     | 18.5                                                                             | 0.475        | 0.0       | 3.8     | 3.5         | 0.1         | 2.8        |
|                                                         |                                                                                   | Sal                                                 | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
| ALIMENTO PROTEICO                                       | CERDO AGRIDULCE 50 gr                                                             | Cerdo, carne magra, cruda                           | F011   | 115.0          | 100                    | 140.0                                                                            | 21.4         | 6.0       | 0.2     | 17.0        | 0.8         | 52.0       |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                       | B110   | 29.4           | 25                     | 11.8                                                                             | 0.175        | 0.0       | 2.4     | 6.8         | 0.1         | 8.8        |
|                                                         |                                                                                   | Aceite de soya                                      | D012   | 4.0            | 4                      | 36.0                                                                             | 0            | 4.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                   | Cebolla cabezona, cruda                             | B027   | 21.1           | 20                     | 8.0                                                                              | 0.28         | 0.0       | 1.5     | 4.8         | 0.1         | 0.8        |
|                                                         |                                                                                   | Pimentón rojo, crudo                                | B080   | 17.6           | 15                     | 5.3                                                                              | 0.15         | 0.0       | 0.9     | 1.1         | 0.1         | 0.3        |
|                                                         |                                                                                   | Aceite de soya                                      | D012   | 5.0            | 5                      | 45.0                                                                             | 0            | 5.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                   | Salsa Soya                                          |        | 15.0           | 15                     | 0.0                                                                              | 0            | 1.2       | 0.0     | 0.0         | 0.0         | 0.0        |
| CEREAL                                                  | AREPA FRITA 130 gr                                                                | Arepa de maíz precocido, sin sal                    | A005   | 160.0          | 160                    | 249.6                                                                            | 5.44         | 0.8       | 55.2    | 30.4        | 0.8         | 0.0        |
|                                                         |                                                                                   | Aceite de soya                                      | D012   | 7.0            | 7                      | 63.0                                                                             | 0            | 7.0       | 0.0     | 0.0         | 0.0         | 0.0        |
| TUBERCULOS - RAÍCES - PLÁTANOS - DERIVADOS DE           | PAPA SALADA 70 gr                                                                 | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 100.0          | 80                     | 59.2                                                                             | 1.52         | 0.1       | 12.2    | 11.2        | 0.2         | 8.8        |
|                                                         |                                                                                   | Sal                                                 | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                       | B110   | 41.2           | 35                     | 16.5                                                                             | 0.245        | 0.0       | 3.3     | 9.5         | 0.1         | 12.3       |

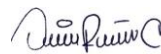
|                                                         |                                                   |                                    |        |                |                        |                                                                                  |              |           |         |             |             |            |
|---------------------------------------------------------|---------------------------------------------------|------------------------------------|--------|----------------|------------------------|----------------------------------------------------------------------------------|--------------|-----------|---------|-------------|-------------|------------|
| VERDURA FRÍA O CALIENTE                                 | ENSALADA (ZANAHORIA, TOMATE Y FRESA) 70 gr        | Tomate, crudo                      | B103   | 50.0           | 40                     | 9.2                                                                              | 0.36         | 0.0       | 1.6     | 3.6         | 0.2         | 2.4        |
|                                                         |                                                   | Fresa, madura, cruda               | C025   | 31.6           | 30                     | 13.5                                                                             | 0.24         | 0.2       | 2.5     | 6.3         | 0.2         | 0.6        |
|                                                         |                                                   | Vinagre                            | L018   | 10.0           | 10                     | 2.4                                                                              | 0            | 0.0       | 0.6     | 0.7         | 0.1         | 0.5        |
|                                                         |                                                   | Azúcar blanco, granulado           | K003   | 1.0            | 1                      | 4.0                                                                              | 0            | 0.0       | 1.0     | 0.0         | 0.0         | 0.0        |
| FRUTA                                                   | JUGO DE TOMATE DE ARBOL 200 cm3                   | Tomate de árbol rojo, crudo        | C082   | 69.8           | 60                     | 33.0                                                                             | 1.2          | 0.1       | 6.1     | 6.0         | 0.5         | 0.0        |
|                                                         |                                                   | Azúcar blanco, granulado           | K003   | 7.0            | 7                      | 27.8                                                                             | 0            | 0.0       | 7.0     | 0.0         | 0.0         | 0.0        |
| TOTAL MENÚ                                              |                                                   |                                    |        |                |                        | 810                                                                              | 33           | 25        | 113     | 113         | 4           | 485        |
| RECOMENDACIÓN secundaria                                |                                                   |                                    |        |                |                        | 2491                                                                             | 87.2         | 83        | 348.7   | 1100        | 9.5         | 1500       |
| % ADECUACIÓN                                            |                                                   |                                    |        |                |                        | 33%                                                                              | 38%          | 30%       | 32%     | 10%         | 37%         | 32%        |
| % ADECUACIÓN TOTAL                                      |                                                   |                                    |        |                |                        | 30%                                                                              |              |           |         |             |             |            |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                   |                                    |        |                | DANIELA ROSERO CBALLOS |                                                                                  |              |           |         |             |             |            |
| FIRMA                                                   |                                                   |                                    |        |                | MATRÍCULA PROFESIONAL  | 1085346983                                                                       |              |           |         |             |             |            |
| MENÚ No. 9                                              |                                                   |                                    |        |                |                        |                                                                                  |              |           |         |             |             |            |
| COMPONENTE                                              | PREPARACIÓN                                       | NOMBRE DEL ALIMENTO (Ingredientes) | CÓDIGO | PESO BRUTO (g) | PESO NETO (g)          | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |              |           |         |             |             |            |
|                                                         |                                                   |                                    |        |                |                        | CALORÍAS (Kcal)                                                                  | PROTEÍNA (g) | GRASA (g) | CHO (g) | CALCIO (mg) | HIERRO (mg) | SODIO (mg) |
| ALIMENTO PROTEÍCO                                       | POLLO EN SALSA DE NARANJA 50 gr                   | Pollo, pechuga con piel, cruda     | F085   | 100.0          | 100.0                  | 166.0                                                                            | 20.7         | 9.2       | 0.1     | 11.0        | 0.7         | 63.0       |
|                                                         |                                                   | Laurel                             |        | 0.2            | 0.2                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                   | Ajo, crudo                         | B009   | 1.1            | 1.0                    | 1.4                                                                              | 0.047        | 0.0       | 0.3     | 0.4         | 0.0         | 0.2        |
|                                                         |                                                   | Aceite de soya                     | D012   | 4.0            | 4                      | 36.0                                                                             | 0            | 4.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                   | Sal                                | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
|                                                         |                                                   | Azúcar blanco, granulado           | K003   | 2.0            | 2                      | 7.9                                                                              | 0            | 0.0       | 2.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                   | Almidón de maíz, crudo             | A001   | 4.0            | 4                      | 14.8                                                                             | 0.012        | 0.0       | 3.7     | 0.1         | 0.0         | 0.4        |
|                                                         |                                                   | Curcuma                            |        | 1.0            | 1                      | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                   | Naranja, cruda                     | C062   | 33.3           | 20                     | 8.2                                                                              | 0.14         | 0.1       | 1.8     | 6.6         | 0.3         | 0.4        |
| CEREAL                                                  | ARROZ BLANCO 130 gr                               | Arroz blanco, pulido, crudo        | A010   | 65.0           | 65                     | 229.5                                                                            | 4.355        | 0.3       | 52.1    | 5.9         | 0.5         | 1.3        |
|                                                         |                                                   | Sal                                | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
| TUBÉRCULOS - RAÍCES - PLÁTANOS                          | YUCA FRITA 70 gr                                  | Aceite de soya                     | D012   | 5.0            | 5                      | 45.0                                                                             | 0            | 5.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                   | Aceite de soya                     | D012   | 7.0            | 7                      | 63.0                                                                             | 0            | 7.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                   | Yuca blanca, sin cáscara, cruda    | B107   | 150.0          | 120                    | 190.8                                                                            | 1.08         | 0.4       | 44.9    | 19.2        | 0.4         | 16.8       |
| VERDURA FRÍA O CALIENTE                                 | RODAJAS DE TOMATE CON VINAGRETA DE CILANTRO 70 gr | Tomate, crudo                      | B103   | 100.0          | 80                     | 18.4                                                                             | 0.72         | 0.1       | 3.3     | 7.2         | 0.4         | 4.8        |
|                                                         |                                                   | Cilantro, crudo                    | B035   | 11.1           | 10                     | 4.4                                                                              | 0.23         | 0.1       | 0.6     | 8.2         | 0.2         | 4.6        |
|                                                         |                                                   | Vinagre                            | L018   | 10.0           | 10                     | 2.4                                                                              | 0            | 0.0       | 0.6     | 0.7         | 0.1         | 0.5        |
| FRUTA                                                   | JUGO DE MANGO CON LECHE 200 cm3                   | Mango común, crudo                 | C051   | 120.0          | 60                     | 47.4                                                                             | 0.36         | 0.0       | 10.3    | 9.0         | 0.3         | 2.4        |
|                                                         |                                                   | Leche de vaca, entera, en polvo    | G008   | 15.0           | 15                     | 74.9                                                                             | 3.945        | 4.0       | 5.8     | 141.0       | 0.1         | 55.4       |
|                                                         |                                                   | Azúcar blanco, granulado           | K003   | 6.0            | 6                      | 23.8                                                                             | 0            | 0.0       | 6.0     | 0.0         | 0.0         | 0.0        |
| TOTAL MENÚ                                              |                                                   |                                    |        |                |                        | 934                                                                              | 32           | 30        | 131     | 209         | 3           | 538        |
| RECOMENDACIÓN secundaria                                |                                                   |                                    |        |                |                        | 2491                                                                             | 87.2         | 83        | 348.7   | 1100        | 9.5         | 1500       |
| % ADECUACIÓN                                            |                                                   |                                    |        |                |                        | 37%                                                                              | 36%          | 36%       | 38%     | 19%         | 30%         | 36%        |
| % ADECUACIÓN TOTAL                                      |                                                   |                                    |        |                |                        | 33%                                                                              |              |           |         |             |             |            |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                   |                                    |        |                | DANIELA ROSERO CBALLOS |                                                                                  |              |           |         |             |             |            |
| FIRMA                                                   |                                                   |                                    |        |                | MATRÍCULA PROFESIONAL  | 1085346983                                                                       |              |           |         |             |             |            |
| MENÚ No. 10                                             |                                                   |                                    |        |                |                        |                                                                                  |              |           |         |             |             |            |



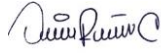
|                                                               |                                                                                   |                                                     |        |                      |                              |                                                                                  |                 |              |            |                |                |               |
|---------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------|--------|----------------------|------------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| ALIMENTO<br>PROTEÍCO                                          | PECHUGA DE POLLO<br>APANADA 50 GR                                                 | Pollo, pechuga con piel, cruda                      | F085   | 120.0                | 100                          | 166.0                                                                            | 20.7            | 9.2          | 0.1        | 11.0           | 0.7            | 63.0          |
|                                                               |                                                                                   | Huevo de gallina, entero, crudo                     | J004   | 16.7                 | 15                           | 22.4                                                                             | 6.85            | 1.6          | 0.0        | 8.0            | 0.3            | 20.9          |
|                                                               |                                                                                   | Harina de trigo, fortificada, todo propósito, cruda | A040   | 10.0                 | 10                           | 36.0                                                                             | 1.25            | 0.2          | 7.2        | 1.5            | 0.4            | 0.2           |
|                                                               |                                                                                   | Ajo, crudo                                          | B009   | 1.1                  | 1                            | 1.4                                                                              | 0.047           | 0.0          | 0.3        | 0.4            | 0.0            | 0.2           |
|                                                               |                                                                                   | Aceite de soya                                      | D012   | 3.0                  | 3                            | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                               |                                                                                   | Finas hierbas                                       |        | 0.5                  | 0.2                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                               |                                                                                   | Sal                                                 | L015   | 0.5                  | 0.5                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
| CEREAL                                                        | ARROZ BLANCO 130 GR                                                               | Arroz blanco, pulido, crudo                         | A010   | 65.0                 | 65                           | 229.5                                                                            | 4.355           | 0.3          | 52.1       | 5.9            | 0.5            | 1.3           |
|                                                               |                                                                                   | Sal                                                 | L015   | 0.5                  | 0.5                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                               |                                                                                   | Aceite de soya                                      | D012   | 3.0                  | 3                            | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBÉRCULOS - RAÍCES<br>- PLÁTANOS -<br>DERIVADOS DE<br>CEREAL | NCLUIDA EN LA ENSALADA                                                            |                                                     |        | 0.0                  | 0                            | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            |               |
| VERDURA FRÍA O<br>CALIENTE                                    | ENSALADA RUSA (PAPA,<br>ZANAHORIA, ARVEJA,<br>CILANTRO Y MAYONESA)<br>140 GR      | Zanahoria, sin cáscara, cruda                       | B110   | 47.1                 | 40                           | 18.8                                                                             | 0.28            | 0.0          | 3.8        | 10.8           | 0.2            | 14.0          |
|                                                               |                                                                                   | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 93.8                 | 75                           | 55.5                                                                             | 1.425           | 0.1          | 11.5       | 10.5           | 0.2            | 8.3           |
|                                                               |                                                                                   | Arveja verde, cruda                                 | B019   | 40.0                 | 35                           | 34.7                                                                             | 2.065           | 0.1          | 5.4        | 12.6           | 0.5            | 1.8           |
|                                                               |                                                                                   | Cilantro, crudo                                     | B035   | 8.9                  | 8                            | 3.5                                                                              | 0.184           | 0.0          | 0.5        | 6.6            | 0.1            | 3.7           |
|                                                               |                                                                                   | Mayonesa, con sal                                   | D020   | 15.0                 | 15                           | 48.9                                                                             | 0.135           | 5.0          | 0.8        | 2.1            | 0.0            | 106.7         |
| FRUTA                                                         | JUGO DE TOMATE DE<br>ARBOL 200 CM3                                                | Tomate de árbol rojo, crudo                         | C082   | 69.8                 | 60                           | 33.0                                                                             | 1.2             | 0.1          | 6.1        | 6.0            | 0.5            | 0.0           |
|                                                               |                                                                                   | Azúcar blanco, granulado                            | K003   | 8.0                  | 8                            | 31.8                                                                             | 0               | 0.0          | 7.9        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                                    |                                                                                   |                                                     |        |                      |                              | 863                                                                              | 43              | 26           | 114        | 217            | 4              | 860           |
| RECOMENDACIÓN secundaria                                      |                                                                                   |                                                     |        |                      |                              | 2491                                                                             | 87.2            | 83           | 348.7      | 1100           | 9.5            | 1500          |
| % ADECUACIÓN                                                  |                                                                                   |                                                     |        |                      |                              | 35%                                                                              | 49%             | 32%          | 33%        | 20%            | 44%            | 57%           |
| % ADECUACIÓN TOTAL                                            |                                                                                   |                                                     |        |                      |                              | 38%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS       |                                                                                   |                                                     |        |                      | DANIELA ROSERO CBALLOS       |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                         |  |                                                     |        |                      | MATRÍCULA<br>PROFESION<br>AL | 1085346983                                                                       |                 |              |            |                |                |               |
| MENÚ No. 12                                                   |                                                                                   |                                                     |        |                      |                              |                                                                                  |                 |              |            |                |                |               |
| COMPONENTE                                                    | PREPARACIÓN                                                                       | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)             | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                               |                                                                                   |                                                     |        |                      |                              | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| ALIMENTO<br>PROTEÍCO                                          | PECHUGA ASADA 50 GR                                                               | Pollo, pechuga con piel, cruda                      | F085   | 100.0                | 100                          | 166.0                                                                            | 20.7            | 9.2          | 0.1        | 11.0           | 0.7            | 63.0          |
|                                                               |                                                                                   | Aceite de soya                                      | D012   | 2.0                  | 2                            | 18.0                                                                             | 0               | 2.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                               |                                                                                   | Sal                                                 | L015   | 0.5                  | 0.5                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                               |                                                                                   | Ajo, crudo                                          | B009   | 0.5                  | 0.5                          | 0.7                                                                              | 0.0235          | 0.0          | 0.1        | 0.2            | 0.0            | 0.1           |
| CEREAL                                                        | PASTA A LA CARBONARA<br>130 GR                                                    | Pasta alimenticia, enriquecida, cruda               | A072   | 70.0                 | 70                           | 259.7                                                                            | 9.1             | 1.1          | 52.3       | 17.5           | 2.7            | 4.2           |
|                                                               |                                                                                   | Crema de leche                                      | G001   | 30.0                 | 30                           | 99.0                                                                             | 0.63            | 10.5         | 0.5        | 20.4           | 0.0            | 13.8          |
|                                                               |                                                                                   | Finas hierbas                                       |        | 0.2                  | 0.2                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                               |                                                                                   | Sal                                                 | L015   | 0.5                  | 0.5                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                               |                                                                                   | Aceite de soya                                      | D012   | 3.0                  | 3                            | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| VERDURA FRÍA O<br>CALIENTE                                    | ENSALADA (REPOLLO<br>MORADO, MANGO, FRESA<br>Y UVAS PASAS) 70 GR                  | Repollo morado, crudo                               | B101   | 47.1                 | 40                           | 15.6                                                                             | 0.56            | 0.1          | 2.6        | 18.0           | 0.2            | 10.8          |
|                                                               |                                                                                   | Mango común, crudo                                  | C051   | 60.0                 | 30                           | 23.7                                                                             | 0.18            | 0.0          | 5.1        | 4.5            | 0.2            | 1.2           |
|                                                               |                                                                                   | Fresa, madura, cruda                                | C025   | 26.3                 | 25                           | 11.3                                                                             | 0.2             | 0.1          | 2.1        | 5.3            | 0.1            | 0.5           |
|                                                               |                                                                                   | Uva, deshidratada                                   | C087   | 18.0                 | 18                           | 58.9                                                                             | 0.45            | 0.1          | 13.5       | 6.8            | 0.4            | 4.5           |
| TUBÉRCULOS - RAÍCES<br>- PLÁTANOS -<br>DERIVADOS DE           | CASCOS DE PAPA<br>CRIOLLA 70 GR                                                   | Papa variedad harinosa, criolla, con cáscara, cruda | B071   | 130.0                | 130                          | 124.8                                                                            | 2.86            | 0.1          | 27.4       | 14.3           | 1.3            | 23.4          |
|                                                               |                                                                                   | Aceite de soya                                      | D012   | 5.0                  | 5                            | 45.0                                                                             | 0               | 5.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| FRUTA                                                         | JUGO DE MARACUYA 200                                                              | Maracuyá, cruda                                     | C056   | 187.5                | 60                           | 36.0                                                                             | 0.9             | 0.3          | 7.4        | 5.4            | 1.0            | 3.6           |

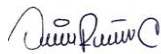
|                                                         |                                                                                     |                                    |                          |                |               |                                                                                  |              |           |         |             |             |            |      |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------|--------------------------|----------------|---------------|----------------------------------------------------------------------------------|--------------|-----------|---------|-------------|-------------|------------|------|
|                                                         |                                                                                     | CM3                                | Azúcar blanco, granulado | K003           | 8.0           | 8                                                                                | 31.8         | 0         | 0.0     | 7.9         | 0.0         | 0.0        |      |
| TOTAL MENÚ                                              |                                                                                     |                                    |                          |                |               |                                                                                  | 917          | 36        | 31      | 119         | 104         | 7          | 513  |
| RECOMENDACIÓN secundaria                                |                                                                                     |                                    |                          |                |               |                                                                                  | 2491         | 87.2      | 83      | 348.7       | 1100        | 9.5        | 1500 |
| % ADECUACIÓN                                            |                                                                                     |                                    |                          |                |               |                                                                                  | 37%          | 41%       | 38%     | 34%         | 9%          | 71%        | 34%  |
| % ADECUACIÓN TOTAL                                      |                                                                                     |                                    |                          |                |               |                                                                                  | 38%          |           |         |             |             |            |      |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     |                                    |                          |                |               | DANIELA ROSERO CBALLOS                                                           |              |           |         |             |             |            |      |
| FIRMA                                                   |    |                                    |                          |                |               | MATRÍCULA PROFESIONAL                                                            | 1085346983   |           |         |             |             |            |      |
| MENÚ No. 13                                             |                                                                                     |                                    |                          |                |               |                                                                                  |              |           |         |             |             |            |      |
| COMPONENTE                                              | PREPARACIÓN                                                                         | NOMBRE DEL ALIMENTO (Ingredientes) | CÓDIGO                   | PESO BRUTO (g) | PESO NETO (g) | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |              |           |         |             |             |            |      |
|                                                         |                                                                                     |                                    |                          |                |               | CALORÍAS (Kcal)                                                                  | PROTEÍNA (g) | GRASA (g) | CHO (g) | CALCIO (mg) | HIERRO (mg) | SODIO (mg) |      |
| SOPAS                                                   | FRIJOLES 200 CM3                                                                    | Frijol radical, crudo              | T016                     | 25.0           | 25            | 98.0                                                                             | 4.65         | 0.3       | 14.9    | 30.0        | 1.3         | 1.5        |      |
|                                                         |                                                                                     | Plátano hartón, verde, crudo       | B092                     | 29.4           | 20            | 33.2                                                                             | 0.24         | 0.0       | 7.9     | 1.6         | 0.1         | 5.2        |      |
|                                                         |                                                                                     | Cebolla cabezona, cruda            | B027                     | 10.5           | 10            | 4.0                                                                              | 0.14         | 0.0       | 0.8     | 2.4         | 0.0         | 0.4        |      |
|                                                         |                                                                                     | Tomate, crudo                      | B103                     | 18.8           | 15            | 3.5                                                                              | 0.135        | 0.0       | 0.6     | 1.4         | 0.1         | 0.9        |      |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda      | B110                     | 17.6           | 15            | 7.1                                                                              | 0.105        | 0.0       | 1.4     | 4.1         | 0.1         | 5.3        |      |
|                                                         |                                                                                     | Aceite de soya                     | D012                     | 4.0            | 4             | 36.0                                                                             | 0            | 4.0       | 0.0     | 0.0         | 0.0         | 0.0        |      |
|                                                         |                                                                                     | Sal                                | L015                     | 0.5            | 0.5           | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |      |
|                                                         |                                                                                     | Ahuyama, cocida, sin sal           | B005                     | 15.0           | 10            | 4.8                                                                              | 0.07         | 0.1       | 0.8     | 1.4         | 0.0         | 0.1        |      |
| ALIMENTO PROTEÍCO                                       | CARNE SUDADA 50 GR                                                                  | Res, carne magra, cruda            | F099                     | 100.0          | 100           | 139.0                                                                            | 21.8         | 5.7       | 0.0     | 6.0         | 2.7         | 51.0       |      |
|                                                         |                                                                                     | Cebolla cabezona, cruda            | B027                     | 15.0           | 15            | 6.0                                                                              | 0.21         | 0.0       | 1.2     | 3.6         | 0.0         | 0.6        |      |
|                                                         |                                                                                     | Sal                                | L015                     | 1.0            | 1             | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.2         | 0.0         | 387.8      |      |
|                                                         |                                                                                     | Aceite de soya                     | D012                     | 5.0            | 5             | 45.0                                                                             | 0            | 5.0       | 0.0     | 0.0         | 0.0         | 0.0        |      |
|                                                         |                                                                                     | Tomate, crudo                      | B103                     | 15.0           | 15            | 3.5                                                                              | 0.135        | 0.0       | 0.6     | 1.4         | 0.1         | 0.9        |      |
| CEREAL                                                  | ARROZ BLANCO 130 GR                                                                 | Arroz blanco, pulido, crudo        | A010                     | 65.0           | 65            | 229.5                                                                            | 4.355        | 0.3       | 52.1    | 5.9         | 0.5         | 1.3        |      |
|                                                         |                                                                                     | Sal                                | L015                     | 0.5            | 0.5           | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |      |
|                                                         |                                                                                     | Aceite de soya                     | D012                     | 5.0            | 5             | 45.0                                                                             | 0            | 5.0       | 0.0     | 0.0         | 0.0         | 0.0        |      |
| TUBERCULOS - RAICES - PLÁTANOS - DERIVADOS DE           | AREPA FRITA 70 GR                                                                   | Arepa de maíz precocido, sin sal   | A005                     | 95.0           | 95            | 148.2                                                                            | 3.23         | 0.5       | 32.8    | 18.1        | 0.5         | 0.0        |      |
|                                                         |                                                                                     | Aceite de soya                     | D012                     | 6.0            | 6             | 54.0                                                                             | 0            | 6.0       | 0.0     | 0.0         | 0.0         | 0.0        |      |
| VERDURA FRÍA O CALIENTE                                 | ENSALADA (ZANAHORIA, PIÑA, MANGO Y CILANTRO) 70 GR                                  | Mango común, crudo                 | C051                     | 70.0           | 35            | 27.7                                                                             | 0.21         | 0.0       | 6.0     | 5.3         | 0.2         | 1.4        |      |
|                                                         |                                                                                     | Piña, cruda                        | C072                     | 63.6           | 35            | 19.6                                                                             | 0.21         | 0.0       | 4.3     | 5.6         | 0.2         | 1.1        |      |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda      | B110                     | 35.3           | 30            | 14.1                                                                             | 0.21         | 0.0       | 2.9     | 8.1         | 0.1         | 10.5       |      |
|                                                         |                                                                                     | Cilantro, crudo                    | B035                     | 5.6            | 5             | 2.2                                                                              | 0.115        | 0.0       | 0.3     | 4.1         | 0.1         | 2.3        |      |
|                                                         |                                                                                     | Vinagre                            | L018                     | 10.0           | 10            | 2.4                                                                              | 0            | 0.0       | 0.6     | 0.7         | 0.1         | 0.5        |      |
|                                                         |                                                                                     | Azúcar blanco, granulado           | K003                     | 2.0            | 2             | 7.9                                                                              | 0            | 0.0       | 2.0     | 0.0         | 0.0         | 0.0        |      |
| FRUTA                                                   | JUGO DE LULO 200 CM3                                                                | Lulo, crudo                        | C045                     | 100.0          | 60            | 28.8                                                                             | 0.54         | 0.1       | 5.3     | 6.0         | 0.4         | 0.0        |      |
|                                                         |                                                                                     | Azúcar blanco, granulado           | K003                     | 6.0            | 6             | 23.8                                                                             | 0            | 0.0       | 6.0     | 0.0         | 0.0         | 0.0        |      |
| TOTAL MENÚ                                              |                                                                                     |                                    |                          |                |               |                                                                                  | 983          | 36        | 27      | 140         | 106         | 6          | 859  |
| RECOMENDACIÓN secundaria                                |                                                                                     |                                    |                          |                |               |                                                                                  | 2491         | 87.2      | 83      | 348.7       | 1100        | 9.5        | 1500 |
| % ADECUACIÓN                                            |                                                                                     |                                    |                          |                |               |                                                                                  | 39%          | 42%       | 33%     | 40%         | 10%         | 67%        | 57%  |
| % ADECUACIÓN TOTAL                                      |                                                                                     |                                    |                          |                |               |                                                                                  | 41%          |           |         |             |             |            |      |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     |                                    |                          |                |               | DANIELA ROSERO CBALLOS                                                           |              |           |         |             |             |            |      |
| FIRMA                                                   |  |                                    |                          |                |               | MATRÍCULA PROFESIONAL                                                            | 1085346983   |           |         |             |             |            |      |

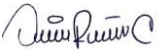
| MENÚ No. 14                                             |                                                                                   |                                                     |        |                      |                              |                                                                                  |                 |              |            |                |                |               |
|---------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------|--------|----------------------|------------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| COMPONENTE                                              | PREPARACIÓN                                                                       | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)             | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                         |                                                                                   |                                                     |        |                      |                              | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| ALIMENTO<br>PROTEÍCO                                    | CERDO EN SALSA DE<br>PIÑA 50 GR                                                   | Cerdo, carne magra, cruda                           | F011   | 100.0                | 100                          | 140.0                                                                            | 21.4            | 6.0          | 0.2        | 17.0           | 0.8            | 52.0          |
|                                                         |                                                                                   | Piña, cruda                                         | C072   | 54.5                 | 30                           | 16.8                                                                             | 0.18            | 0.0          | 3.7        | 5.3            | 0.2            | 0.9           |
|                                                         |                                                                                   | Cebolla cabezona, cruda                             | B027   | 15.8                 | 15                           | 6.0                                                                              | 0.21            | 0.0          | 1.2        | 3.6            | 0.0            | 0.6           |
|                                                         |                                                                                   | Sal                                                 | L015   | 0.5                  | 0.5                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                   | Aceite de soya                                      | D012   | 5.0                  | 5                            | 45.0                                                                             | 0               | 5.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Almidón de maíz, crudo                              | A001   | 15.0                 | 15                           | 55.5                                                                             | 0.045           | 0.0          | 13.7       | 0.3            | 0.1            | 1.4           |
| CEREAL                                                  | ARROZ VERDE 130 GR                                                                | Arroz blanco, pulido, crudo                         | A010   | 65.0                 | 65                           | 229.5                                                                            | 4.355           | 0.3          | 52.1       | 5.9            | 0.5            | 1.3           |
|                                                         |                                                                                   | Sal                                                 | L015   | 0.5                  | 0.5                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
|                                                         |                                                                                   | Cilantro, crudo                                     | B035   | 13.3                 | 12                           | 5.3                                                                              | 0.276           | 0.1          | 0.7        | 9.8            | 0.2            | 5.5           |
|                                                         |                                                                                   | Aceite de soya                                      | D012   | 5.0                  | 5                            | 45.0                                                                             | 0               | 5.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| TUBERCULOS - RAICES<br>- PLÁTANOS -<br>DERIVADOS DE     | PAPA SALADA 70 GR                                                                 | Papa, variedad cerosa, sabanera, con cáscara, cruda | B065   | 75.0                 | 75                           | 60.0                                                                             | 1.65            | 0.1          | 12.7       | 9.0            | 0.6            | 4.5           |
|                                                         |                                                                                   | Sal                                                 | L015   | 0.5                  | 0.5                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
| VERDURA FRÍA O<br>CALIENTE                              | RODAJAS DE TOMATE<br>CON VINAGRETA DE<br>CILANTRO 70 GR                           | Tomate, crudo                                       | B103   | 93.8                 | 75                           | 17.3                                                                             | 0.675           | 0.1          | 3.1        | 6.4            | 0.4            | 4.5           |
|                                                         |                                                                                   | Cilantro, crudo                                     | B035   | 16.7                 | 15                           | 6.6                                                                              | 0.345           | 0.1          | 0.9        | 12.3           | 0.3            | 6.9           |
|                                                         |                                                                                   | Vinagre                                             | L018   | 10.0                 | 10                           | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                                         |                                                                                   | Mayonesa, con sal                                   | D020   | 15.0                 | 15                           | 48.9                                                                             | 0.135           | 5.0          | 0.8        | 2.1            | 0.0            | 106.7         |
| FRUTA                                                   | JUGO DE MANGO CON<br>LECHE 200 CM3                                                | Mango común, crudo                                  | C051   | 120.0                | 60                           | 47.4                                                                             | 0.36            | 0.0          | 10.3       | 9.0            | 0.3            | 2.4           |
|                                                         |                                                                                   | Leche de vaca, entera, en polvo                     | G008   | 15.0                 | 15                           | 74.9                                                                             | 3.945           | 4.0          | 5.8        | 133.0          | 0.1            | 55.4          |
|                                                         |                                                                                   | Azúcar blanco, granulado                            | K003   | 6.0                  | 6                            | 23.8                                                                             | 0               | 0.0          | 6.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                              |                                                                                   |                                                     |        |                      |                              | 824                                                                              | 34              | 26           | 112        | 215            | 4              | 824           |
| RECOMENDACIÓN secundaria                                |                                                                                   |                                                     |        |                      |                              | 2491                                                                             | 87.2            | 83           | 348.7      | 1100           | 9.5            | 1500          |
| % ADECUACIÓN                                            |                                                                                   |                                                     |        |                      |                              | 33%                                                                              | 39%             | 31%          | 32%        | 20%            | 37%            | 55%           |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                                     |        |                      |                              | 35%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                   |                                                     |        |                      | DANIELA ROSERO CBALLOS       |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                   |  |                                                     |        |                      | MATRÍCULA<br>PROFESION<br>AL | 1085346983                                                                       |                 |              |            |                |                |               |
| MENÚ No. 15                                             |                                                                                   |                                                     |        |                      |                              |                                                                                  |                 |              |            |                |                |               |
| COMPONENTE                                              | PREPARACIÓN                                                                       | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)             | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                         |                                                                                   |                                                     |        |                      |                              | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                   | LENTEJAS 200 CM3                                                                  | Lenteja común, cruda                                | T026   | 20.0                 | 20                           | 77.4                                                                             | 4.62            | 0.2          | 12.2       | 10.2           | 1.4            | 5.4           |
|                                                         |                                                                                   | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 31.3                 | 25                           | 18.5                                                                             | 0.475           | 0.0          | 3.8        | 3.5            | 0.1            | 2.8           |
|                                                         |                                                                                   | Zanahoria, sin cáscara, cruda                       | B110   | 17.6                 | 15                           | 7.1                                                                              | 0.105           | 0.0          | 1.4        | 4.1            | 0.1            | 5.3           |
|                                                         |                                                                                   | Cebolla cabezona, cruda                             | B027   | 10.5                 | 10                           | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                         |                                                                                   | Sal                                                 | L015   | 0.3                  | 0.3                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                         |                                                                                   | Cilantro, crudo                                     | B035   | 5.6                  | 5                            | 2.2                                                                              | 0.115           | 0.0          | 0.3        | 4.1            | 0.1            | 2.3           |
|                                                         |                                                                                   | Ajo, crudo                                          | B009   | 5.3                  | 5                            | 7.2                                                                              | 0.235           | 0.0          | 1.5        | 2.0            | 0.1            | 1.0           |
| ALIMENTO<br>PROTEÍCO                                    | HUEVOS CON MAZORCA<br>110 GR                                                      | Huevo de gallina, entero, crudo                     | J004   | 122.2                | 110                          | 163.9                                                                            | 6.85            | 11.9         | 0.3        | 58.3           | 1.9            | 152.9         |
|                                                         |                                                                                   | Almidón de maíz, crudo                              | A001   | 10.0                 | 10                           | 37.0                                                                             | 0.03            | 0.0          | 9.1        | 0.2            | 0.1            | 0.9           |
|                                                         |                                                                                   | Maíz tierno, crudo                                  | A053   | 25.0                 | 25                           | 38.0                                                                             | 0.85            | 0.3          | 7.6        | 1.3            | 0.2            | 0.8           |
|                                                         |                                                                                   | Finas hierbas                                       |        | 0.5                  | 0.5                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Aceite de soya                                      | D012   | 5.0                  | 5                            | 45.0                                                                             | 0               | 5.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                         |                                                                                   | Sal                                                 | L015   | 0.3                  | 0.3                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                         |                                                                                   | Arroz blanco, pulido, crudo                         | A010   | 65.0                 | 65                           | 229.5                                                                            | 4.355           | 0.3          | 52.1       | 5.9            | 0.5            | 1.3           |

|                                                               |                                                                                   |                                                     |        |                      |                              |                                                                                  |                 |              |            |                |                |               |
|---------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------|--------|----------------------|------------------------------|----------------------------------------------------------------------------------|-----------------|--------------|------------|----------------|----------------|---------------|
| CEREAL                                                        | ARROZ BLANCO 130 GR                                                               | Sal                                                 | L015   | 0.3                  | 0.3                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
| TUBERCULOS - RAICES<br>- PLÁTANOS -<br>DERIVADOS DE           | MONEDAS DE PLATANO<br>MADURO FRITO 70 GR                                          | Aceite de soya                                      | D012   | 3.0                  | 3                            | 27.0                                                                             | 0               | 3.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                               |                                                                                   | plátano hartón, maduro, crudo                       | B089   | 104.2                | 75                           | 99.0                                                                             | 0.825           | 0.2          | 22.7       | 2.3            | 0.4            | 3.0           |
| VERDURA FRÍA O<br>CALIENTE                                    | PASTELES DE<br>ZANAHORIA 70 GR                                                    | Sal                                                 | L015   | 0.3                  | 0.3                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                               |                                                                                   | Zanahoria, sin cáscara, cruda                       | B110   | 88.2                 | 75                           | 35.3                                                                             | 0.525           | 0.1          | 7.1        | 20.3           | 0.3            | 26.3          |
|                                                               |                                                                                   | Huevo de gallina, entero, crudo                     | J004   | 16.7                 | 15                           | 22.4                                                                             | 6.85            | 1.6          | 0.0        | 8.0            | 0.3            | 20.9          |
|                                                               |                                                                                   | Sal                                                 | L015   | 0.3                  | 0.3                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                               |                                                                                   | Aceite de soya                                      | D012   | 4.0                  | 4                            | 36.0                                                                             | 0               | 4.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| FRUTA                                                         | JUGO DE GUAYABA CON<br>LECHE 200 CM3                                              | Almidón de maíz, crudo                              | A001   | 5.0                  | 5                            | 18.5                                                                             | 0.015           | 0.0          | 4.6        | 0.1            | 0.0            | 0.5           |
|                                                               |                                                                                   | Guayaba, madura, cruda                              | C031   | 80.0                 | 60                           | 42.6                                                                             | 0.54            | 0.2          | 8.0        | 7.8            | 0.2            | 1.8           |
|                                                               |                                                                                   | Leche de vaca, entera, en polvo                     | G008   | 15.0                 | 15                           | 74.9                                                                             | 3.945           | 4.0          | 5.8        | 141.0          | 0.1            | 55.4          |
|                                                               |                                                                                   | Azúcar blanco, granulado                            | K003   | 6.0                  | 6                            | 19.9                                                                             | 0               | 0.0          | 5.0        | 0.0            | 0.0            | 0.0           |
| TOTAL MENÚ                                                    |                                                                                   |                                                     |        |                      |                              | 1005                                                                             | 30              | 31           | 142        | 272            | 6              | 862           |
| RECOMENDACIÓN secundaria                                      |                                                                                   |                                                     |        |                      |                              | 2491                                                                             | 87.2            | 83           | 348.7      | 1100           | 9.5            | 1500          |
| % ADECUACIÓN                                                  |                                                                                   |                                                     |        |                      |                              | 40%                                                                              | 35%             | 37%          | 41%        | 25%            | 59%            | 57%           |
| % ADECUACIÓN TOTAL                                            |                                                                                   |                                                     |        |                      |                              | 42%                                                                              |                 |              |            |                |                |               |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS       |                                                                                   |                                                     |        |                      | DANIELA ROSERO CBALLOS       |                                                                                  |                 |              |            |                |                |               |
| FIRMA                                                         |  |                                                     |        |                      | MATRÍCULA<br>PROFESION<br>AL | 1085346983                                                                       |                 |              |            |                |                |               |
| MENÚ No. 16                                                   |                                                                                   |                                                     |        |                      |                              |                                                                                  |                 |              |            |                |                |               |
| COMPONENTE                                                    | PREPARACIÓN                                                                       | NOMBRE DEL ALIMENTO<br>(Ingredientes)               | CÓDIGO | PESO<br>BRUTO<br>(g) | PESO NETO<br>(g)             | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |                 |              |            |                |                |               |
|                                                               |                                                                                   |                                                     |        |                      |                              | CALORÍAS<br>(Kcal)                                                               | PROTEÍNA<br>(g) | GRASA<br>(g) | CHO<br>(g) | CALCIO<br>(mg) | HIERRO<br>(mg) | SODIO<br>(mg) |
| SOPAS                                                         | SANCOCHO 200 CM3                                                                  | Papa, variedad cerosa, sabanera, con cáscara, cruda | B065   | 35.0                 | 35                           | 28.0                                                                             | 0.77            | 0.0          | 5.9        | 4.2            | 0.3            | 2.1           |
|                                                               |                                                                                   | Plátano hartón, verde, crudo                        | B092   | 29.4                 | 20                           | 33.2                                                                             | 0.24            | 0.0          | 7.9        | 1.6            | 0.1            | 5.2           |
|                                                               |                                                                                   | Yuca blanca, sin cáscara, cruda                     | B107   | 37.5                 | 30                           | 47.7                                                                             | 0.27            | 0.1          | 11.2       | 4.8            | 0.1            | 4.2           |
|                                                               |                                                                                   | Tomate, crudo                                       | B103   | 12.5                 | 10                           | 2.3                                                                              | 0.09            | 0.0          | 0.4        | 0.9            | 0.1            | 0.6           |
|                                                               |                                                                                   | Zanahoria, sin cáscara, cruda                       | B110   | 11.8                 | 10                           | 4.7                                                                              | 0.07            | 0.0          | 1.0        | 2.7            | 0.0            | 3.5           |
|                                                               |                                                                                   | Ahuyama, cruda                                      | B006   | 15.0                 | 10                           | 3.0                                                                              | 0.08            | 0.0          | 0.6        | 2.0            | 0.1            | 0.1           |
|                                                               |                                                                                   | Cilantro, crudo                                     | B035   | 3.3                  | 3                            | 1.3                                                                              | 0.069           | 0.0          | 0.2        | 2.5            | 0.1            | 1.4           |
|                                                               |                                                                                   | Sal                                                 | L015   | 0.3                  | 0.3                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 116.3         |
|                                                               |                                                                                   | Aceite de soya                                      | D012   | 6.0                  | 6                            | 54.0                                                                             | 0               | 6.0          | 0.0        | 0.0            | 0.0            | 0.0           |
| ALIMENTO<br>PROTEÍCO                                          | CERDO AL HORNO 50 GR                                                              | Cebolla cabezona, cruda                             | B027   | 10.5                 | 10                           | 4.0                                                                              | 0.14            | 0.0          | 0.8        | 2.4            | 0.0            | 0.4           |
|                                                               |                                                                                   | Cerdo, carne magra, cruda                           | F011   | 100.0                | 100                          | 140.0                                                                            | 21.4            | 6.0          | 0.2        | 17.0           | 0.8            | 52.0          |
|                                                               |                                                                                   | Ajo, crudo                                          | B009   | 0.5                  | 0.5                          | 0.7                                                                              | 0.0235          | 0.0          | 0.1        | 0.2            | 0.0            | 0.1           |
| CEREAL                                                        | ARROZ AMARILLO 130 GR                                                             | Aceite de soya                                      | D012   | 7.0                  | 7                            | 63.0                                                                             | 0               | 7.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                               |                                                                                   | Arroz blanco, pulido, crudo                         | A010   | 65.0                 | 65                           | 229.5                                                                            | 4.355           | 0.3          | 52.1       | 5.9            | 0.5            | 1.3           |
|                                                               |                                                                                   | Aceite de soya                                      | D012   | 5.0                  | 5                            | 45.0                                                                             | 0               | 5.0          | 0.0        | 0.0            | 0.0            | 0.0           |
|                                                               |                                                                                   | Zanahoria, sin cáscara, cruda                       | B110   | 29.4                 | 25                           | 11.8                                                                             | 0.175           | 0.0          | 2.4        | 6.8            | 0.1            | 8.8           |
|                                                               |                                                                                   | Sal                                                 | L015   | 0.5                  | 0.5                          | 0.0                                                                              | 0               | 0.0          | 0.0        | 0.1            | 0.0            | 193.9         |
| TUBÉRCULOS - RAÍCES<br>- PLÁTANOS -<br>DERIVADOS DE<br>CEREAL | BANANO 70 GR                                                                      |                                                     |        |                      |                              |                                                                                  |                 |              |            |                |                |               |
| Banano común, crudo                                           |                                                                                   | C010                                                | 100.0  | 70                   | 70.7                         | 1.05                                                                             | 0.1             | 15.6         | 5.6        | 0.6            | 2.1            |               |
| VERDURA FRÍA O<br>CALIENTE                                    | ENSALADA (REPOLLO<br>MORADO, ZANAHORIA Y<br>FRESA) 70 GR                          | Repollo morado, crudo                               | B101   | 41.2                 | 35                           | 13.7                                                                             | 0.49            | 0.1          | 2.3        | 15.8           | 0.2            | 9.5           |
|                                                               |                                                                                   | Zanahoria, sin cáscara, cruda                       | B110   | 41.2                 | 35                           | 16.5                                                                             | 0.245           | 0.0          | 3.3        | 9.5            | 0.1            | 12.3          |
|                                                               |                                                                                   | Vinagre                                             | L018   | 10.0                 | 10                           | 2.4                                                                              | 0               | 0.0          | 0.6        | 0.7            | 0.1            | 0.5           |
|                                                               |                                                                                   | Azúcar blanco, granulado                            | K003   | 1.0                  | 1                            | 4.0                                                                              | 0               | 0.0          | 1.0        | 0.0            | 0.0            | 0.0           |

|                                                         |                                                                                    |                                                     |        |                |                        |                                                                                  |              |           |         |             |             |            |
|---------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------|--------|----------------|------------------------|----------------------------------------------------------------------------------|--------------|-----------|---------|-------------|-------------|------------|
|                                                         |                                                                                    | Fresa, madura, cruda                                | c025   | 26.3           | 25                     | 11.3                                                                             | 0.2          | 0.1       | 2.1     | 5.3         | 0.1         | 0.5        |
| FRUTA                                                   | JUGO DE MARACUYA 200 CM3                                                           | Maracuyá, cruda                                     | C056   | 187.5          | 60                     | 36.0                                                                             | 0.9          | 0.3       | 7.4     | 5.4         | 1.0         | 3.6        |
|                                                         |                                                                                    | Azúcar blanco, granulado                            | K003   | 6.0            | 6                      | 23.8                                                                             | 0            | 0.0       | 6.0     | 0.0         | 0.0         | 0.0        |
| TOTAL MENÚ                                              |                                                                                    |                                                     |        |                |                        | 846                                                                              | 31           | 25        | 121     | 93          | 4           | 418        |
| RECOMENDACIÓN secundaria                                |                                                                                    |                                                     |        |                |                        | 2491                                                                             | 87.2         | 83        | 348.7   | 1100        | 9.5         | 1500       |
| % ADECUACIÓN                                            |                                                                                    |                                                     |        |                |                        | 34%                                                                              | 35%          | 30%       | 35%     | 8%          | 45%         | 28%        |
| % ADECUACIÓN TOTAL                                      |                                                                                    |                                                     |        |                |                        | 31%                                                                              |              |           |         |             |             |            |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                    |                                                     |        |                | DANIELA ROSERO CBALLOS |                                                                                  |              |           |         |             |             |            |
| FIRMA                                                   |  |                                                     |        |                | MATRÍCULA PROFESIONAL  | 1085346983                                                                       |              |           |         |             |             |            |
| MENÚ No. 17                                             |                                                                                    |                                                     |        |                |                        |                                                                                  |              |           |         |             |             |            |
| COMPONENTE                                              | PREPARACIÓN                                                                        | NOMBRE DEL ALIMENTO (Ingredientes)                  | CÓDIGO | PESO BRUTO (g) | PESO NETO (g)          | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |              |           |         |             |             |            |
|                                                         |                                                                                    |                                                     |        |                |                        | CALORÍAS (Kcal)                                                                  | PROTEÍNA (g) | GRASA (g) | CHO (g) | CALCIO (mg) | HIERRO (mg) | SODIO (mg) |
| SOPAS                                                   | CONSOME DE POLLO 200 cm3                                                           | Pollo, pechuga con piel, cruda                      | F085   | 32.3           | 30                     | 49.8                                                                             | 6.21         | 2.8       | 0.0     | 3.3         | 0.2         | 18.9       |
|                                                         |                                                                                    | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 31.3           | 25                     | 18.5                                                                             | 0.475        | 0.0       | 3.8     | 3.5         | 0.1         | 2.8        |
|                                                         |                                                                                    | Zanahoria, sin cáscara, cruda                       | B110   | 17.6           | 15                     | 7.1                                                                              | 0.105        | 0.0       | 1.4     | 4.1         | 0.1         | 5.3        |
|                                                         |                                                                                    | Cebolla cabezona, cruda                             | B027   | 10.5           | 10                     | 4.0                                                                              | 0.14         | 0.0       | 0.8     | 2.4         | 0.0         | 0.4        |
|                                                         |                                                                                    | Cilantro, crudo                                     | B035   | 5.6            | 5                      | 2.2                                                                              | 0.115        | 0.0       | 0.3     | 4.1         | 0.1         | 2.3        |
|                                                         |                                                                                    | Sal                                                 | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
| ALIMENTO PROTEÍCO                                       | POLLO ORIENTAL 50 gr                                                               | Pollo, pechuga con piel, cruda                      | F085   | 100.0          | 100                    | 166.0                                                                            | 20.7         | 9.2       | 0.1     | 11.0        | 0.7         | 63.0       |
|                                                         |                                                                                    | Zanahoria, sin cáscara, cruda                       | B110   | 17.6           | 15                     | 7.1                                                                              | 0.105        | 0.0       | 1.4     | 4.1         | 0.1         | 5.3        |
|                                                         |                                                                                    | Aceite de soya                                      | D012   | 5.0            | 5                      | 45.0                                                                             | 0            | 5.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                    | Cebolla cabezona, cruda                             | B027   | 15.8           | 15                     | 6.0                                                                              | 0.21         | 0.0       | 1.2     | 3.6         | 0.0         | 0.6        |
|                                                         |                                                                                    | Pimentón rojo, crudo                                | B080   | 17.6           | 15                     | 5.3                                                                              | 0.15         | 0.0       | 0.9     | 1.1         | 0.1         | 0.3        |
|                                                         |                                                                                    | Salsa Soya                                          |        | 10.0           | 10                     | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.0         | 0.0         | 0.0        |
| CEREAL                                                  | ARROZ VERDE 130 gr                                                                 | Arroz blanco, pulido, crudo                         | A010   | 65.0           | 65                     | 229.5                                                                            | 4.355        | 0.3       | 52.1    | 5.9         | 0.5         | 1.3        |
|                                                         |                                                                                    | Sal                                                 | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
|                                                         |                                                                                    | Cilantro, crudo                                     | B035   | 5.6            | 5                      | 2.2                                                                              | 0.115        | 0.0       | 0.3     | 4.1         | 0.1         | 2.3        |
|                                                         |                                                                                    | Aceite de soya                                      | D012   | 5.0            | 5                      | 45.0                                                                             | 0            | 5.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                    |                                                     |        |                |                        |                                                                                  |              |           |         |             |             |            |
| TUBERCULOS - RAICES - PLÁTANOS - DERIVADOS DE CEREAL    | PLATANO COCIDO 70 gr                                                               | plátano hartón, maduro, crudo                       | B089   | 104.2          | 75                     | 99.0                                                                             | 0.825        | 0.2       | 22.7    | 2.3         | 0.4         | 3.0        |
|                                                         |                                                                                    | Sal                                                 | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
|                                                         |                                                                                    | Aceite de soya                                      | D012   | 3.0            | 3                      | 27.0                                                                             | 0            | 3.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                    |                                                     |        |                |                        |                                                                                  |              |           |         |             |             |            |
| VERDURA FRÍA O CALIENTE                                 | ENSALADA (PEPINO, MANGO Y FRESA) 70 gr                                             | Pepino Cohombro, crudo                              | B077   | 50.0           | 35                     | 4.9                                                                              | 0.175        | 0.0       | 0.8     | 6.3         | 0.1         | 0.7        |
|                                                         |                                                                                    | Fresa, madura, cruda                                | C025   | 20.0           | 15                     | 6.8                                                                              | 0.12         | 0.1       | 1.2     | 3.2         | 0.1         | 0.3        |
|                                                         |                                                                                    | Vinagre                                             | L018   | 10.0           | 10                     | 2.4                                                                              | 0            | 0.0       | 0.6     | 0.7         | 0.1         | 0.5        |
|                                                         |                                                                                    | Azúcar blanco, granulado                            | K003   | 1.0            | 1                      | 4.0                                                                              | 0            | 0.0       | 1.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                    | Mango común, crudo                                  | C051   | 50.0           | 25                     | 19.8                                                                             | 0.15         | 0.0       | 4.3     | 3.8         | 0.1         | 1.0        |
|                                                         |                                                                                    |                                                     |        |                |                        |                                                                                  |              |           |         |             |             |            |
| FRUTA                                                   | JUGO DE GUAYABA CON LECHE 200 cm3                                                  | Guayaba, madura, cruda                              | c031   | 80.0           | 60                     | 42.6                                                                             | 0.54         | 0.2       | 8.0     | 7.8         | 0.2         | 1.8        |
|                                                         |                                                                                    | Leche de vaca, entera, en polvo                     | G008   | 15.0           | 15                     | 74.9                                                                             | 3.945        | 4.0       | 5.8     | 141.0       | 0.1         | 55.4       |
|                                                         |                                                                                    | Azúcar blanco, granulado                            | K003   | 5.0            | 5                      | 19.9                                                                             | 0            | 0.0       | 5.0     | 0.0         | 0.0         | 0.0        |
| TOTAL MENÚ                                              |                                                                                    |                                                     |        |                |                        | 820                                                                              | 32           | 27        | 108     | 206         | 3           | 725        |
| RECOMENDACIÓN secundaria                                |                                                                                    |                                                     |        |                |                        | 2491                                                                             | 87.2         | 83        | 348.7   | 1100        | 9.5         | 1500       |
| % ADECUACIÓN                                            |                                                                                    |                                                     |        |                |                        | 33%                                                                              | 36%          | 33%       | 31%     | 19%         | 28%         | 48%        |
| % ADECUACIÓN TOTAL                                      |                                                                                    |                                                     |        |                |                        | 32%                                                                              |              |           |         |             |             |            |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                    |                                                     |        |                | DANIELA ROSERO CBALLOS |                                                                                  |              |           |         |             |             |            |

| FIRMA                                                   |    |                                                     |        |                | MATRÍCULA PROFESION AL | 1085346983                                                                       |              |           |         |             |             |            |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------|--------|----------------|------------------------|----------------------------------------------------------------------------------|--------------|-----------|---------|-------------|-------------|------------|
| MENÚ No. 18                                             |                                                                                     |                                                     |        |                |                        |                                                                                  |              |           |         |             |             |            |
| COMPONENTE                                              | PREPARACIÓN                                                                         | NOMBRE DEL ALIMENTO (Ingredientes)                  | CÓDIGO | PESO BRUTO (g) | PESO NETO (g)          | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |              |           |         |             |             |            |
|                                                         |                                                                                     |                                                     |        |                |                        | CALORÍAS (Kcal)                                                                  | PROTEÍNA (g) | GRASA (g) | CHO (g) | CALCIO (mg) | HIERRO (mg) | SODIO (mg) |
| SOPAS                                                   | GARBANZOS 200 cm3                                                                   | Garbanzo, crudo                                     | T019   | 20.0           | 20                     | 78.6                                                                             | 3.98         | 1.1       | 7.6     | 24.0        | 1.3         | 6.0        |
|                                                         |                                                                                     | Cebolla cabezona, cruda                             | B027   | 10.5           | 10                     | 4.0                                                                              | 0.14         | 0.0       | 0.8     | 2.4         | 0.0         | 0.4        |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda                       | B110   | 17.6           | 15                     | 7.1                                                                              | 0.105        | 0.0       | 1.4     | 4.1         | 0.1         | 5.3        |
|                                                         |                                                                                     | Cilantro, crudo                                     | B035   | 5.6            | 5                      | 2.2                                                                              | 0.115        | 0.0       | 0.3     | 4.1         | 0.1         | 2.3        |
|                                                         |                                                                                     | Aceite de soya                                      | D012   | 4.0            | 4                      | 36.0                                                                             | 0            | 4.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                     | Sal                                                 | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
| ALIMENTO PROTEÍCO                                       | RES CON VERDURAS 50 gr                                                              | Res, carne magra, cruda                             | F099   | 100.0          | 100                    | 139.0                                                                            | 21.8         | 5.7       | 0.0     | 6.0         | 2.7         | 51.0       |
|                                                         |                                                                                     | Cebolla cabezona, cruda                             | B027   | 10.5           | 10                     | 4.0                                                                              | 0.14         | 0.0       | 0.8     | 2.4         | 0.0         | 0.4        |
|                                                         |                                                                                     | Aceite de soya                                      | D012   | 5.0            | 5                      | 45.0                                                                             | 0            | 5.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda                       | B110   | 17.6           | 15                     | 7.1                                                                              | 0.105        | 0.0       | 1.4     | 4.1         | 0.1         | 5.3        |
|                                                         |                                                                                     | Tomate, crudo                                       | B103   | 18.8           | 15                     | 3.5                                                                              | 0.135        | 0.0       | 0.6     | 1.4         | 0.1         | 0.9        |
|                                                         |                                                                                     | Arveja verde, cruda                                 | B019   | 37.5           | 15                     | 14.9                                                                             | 0.885        | 0.0       | 2.3     | 5.4         | 0.2         | 0.8        |
|                                                         |                                                                                     | Sal                                                 | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
| CEREAL                                                  | ARROZ BLANCO 130 gr                                                                 | Arroz blanco, pulido, crudo                         | A010   | 65.0           | 65                     | 229.5                                                                            | 4.355        | 0.3       | 52.1    | 5.9         | 0.5         | 1.3        |
|                                                         |                                                                                     | Sal                                                 | L015   | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
|                                                         |                                                                                     | Aceite de soya                                      | D012   | 5.0            | 5                      | 45.0                                                                             | 0            | 5.0       | 0.0     | 0.0         | 0.0         | 0.0        |
| TUBÉRCULOS - RAÍCES - PLÁTANOS - DERIVADOS DE CEREAL    | MADURO AL HORNO 70 gr                                                               |                                                     |        |                |                        |                                                                                  |              |           |         |             |             |            |
| plátano hartón, maduro, crudo                           |                                                                                     | B089                                                | 104.2  | 75             | 99.0                   | 0.825                                                                            | 0.2          | 9.7       | 2.3     | 0.4         | 3.0         |            |
| VERDURA FRÍA O CALIENTE                                 | ENSALADA (REPOLLO, ZANAHORIA Y PIÑA) 70 gr                                          | Repollo blanco, crudo                               | B099   | 50.0           | 35                     | 14.0                                                                             | 0.63         | 0.1       | 2.2     | 15.4        | 0.2         | 6.3        |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda                       | B110   | 41.2           | 35                     | 16.5                                                                             | 0.245        | 0.0       | 3.3     | 9.5         | 0.1         | 12.3       |
|                                                         |                                                                                     | Piña, cruda                                         | C072   | 27.3           | 15                     | 8.4                                                                              | 0.09         | 0.0       | 1.9     | 2.4         | 0.1         | 0.5        |
|                                                         |                                                                                     | Cilantro, crudo                                     | B035   | 5.6            | 5                      | 2.2                                                                              | 0.115        | 0.0       | 0.3     | 4.1         | 0.1         | 2.3        |
|                                                         |                                                                                     | Vinagre                                             | L018   | 10.0           | 10                     | 2.4                                                                              | 0            | 0.0       | 0.6     | 0.7         | 0.1         | 0.5        |
| FRUTA                                                   | JUGO DE MANGO CON LECHE 200 cm3                                                     | Mango común, crudo                                  | C051   | 120.0          | 60                     | 47.4                                                                             | 0.36         | 0.0       | 10.3    | 9.0         | 0.3         | 2.4        |
|                                                         |                                                                                     | Leche de vaca, entera, en polvo                     | G008   | 15.0           | 15                     | 74.9                                                                             | 3.945        | 4.0       | 5.8     | 141.0       | 0.1         | 55.4       |
|                                                         |                                                                                     | Azúcar blanco, granulado                            | K003   | 6.0            | 6                      | 23.8                                                                             | 0            | 0.0       | 6.0     | 0.0         | 0.0         | 0.0        |
| TOTAL MENÚ                                              |                                                                                     |                                                     |        |                |                        | 904                                                                              | 38           | 26        | 107     | 244         | 6           | 738        |
| RECOMENDACIÓN secundaria                                |                                                                                     |                                                     |        |                |                        | 2491                                                                             | 87.2         | 83        | 348.7   | 1100        | 9.5         | 1500       |
| % ADECUACIÓN                                            |                                                                                     |                                                     |        |                |                        | 36%                                                                              | 44%          | 31%       | 31%     | 22%         | 67%         | 49%        |
| % ADECUACIÓN TOTAL                                      |                                                                                     |                                                     |        |                |                        | 40%                                                                              |              |           |         |             |             |            |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     |                                                     |        |                | DANIELA ROSERO CBALLOS |                                                                                  |              |           |         |             |             |            |
| FIRMA                                                   |  |                                                     |        |                | MATRÍCULA PROFESION AL | 1085346983                                                                       |              |           |         |             |             |            |
| MENÚ No. 19                                             |                                                                                     |                                                     |        |                |                        |                                                                                  |              |           |         |             |             |            |
| COMPONENTE                                              | PREPARACIÓN                                                                         | NOMBRE DEL ALIMENTO (Ingredientes)                  | CÓDIGO | PESO BRUTO (g) | PESO NETO (g)          | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |              |           |         |             |             |            |
|                                                         |                                                                                     |                                                     |        |                |                        | CALORÍAS (Kcal)                                                                  | PROTEÍNA (g) | GRASA (g) | CHO (g) | CALCIO (mg) | HIERRO (mg) | SODIO (mg) |
|                                                         |                                                                                     | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068   | 50.0           | 40.0                   | 29.6                                                                             | 0.76         | 0.0       | 6.1     | 5.6         | 0.1         | 4.4        |

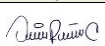
|                                                         |                                                                                     |                                                     |                      |                |                        |                                                                                  |              |           |         |             |             |            |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------|----------------------|----------------|------------------------|----------------------------------------------------------------------------------|--------------|-----------|---------|-------------|-------------|------------|
| SOPAS                                                   | SOPA DE AJIACO 200 CM3                                                              | Papa variedad harinosa, criolla, con cáscara, cruda | B071                 | 35.0           | 35.0                   | 33.6                                                                             | 0.77         | 0.0       | 7.4     | 3.9         | 0.4         | 6.3        |
|                                                         |                                                                                     | Cebolla cabezona, cruda                             | B027                 | 10.5           | 10.0                   | 4.0                                                                              | 0.14         | 0.0       | 0.8     | 2.4         | 0.0         | 0.4        |
|                                                         |                                                                                     | Guasca seca                                         |                      | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                     | Maíz amarillo, crudo                                | A043                 | 26.0           | 26.0                   | 102.2                                                                            | 2.444        | 1.2       | 19.4    | 1.8         | 0.7         | 9.1        |
|                                                         |                                                                                     | Crema de leche                                      | G001                 | 20.0           | 20.0                   | 66.0                                                                             | 0.42         | 7.0       | 0.3     | 13.6        | 0.0         | 9.2        |
|                                                         |                                                                                     | Cilantro, crudo                                     | B035                 | 5.6            | 5.0                    | 2.2                                                                              | 0.115        | 0.0       | 0.3     | 4.1         | 0.1         | 2.3        |
|                                                         |                                                                                     | Sal                                                 | L015                 | 0.3            | 0.3                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 116.3      |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda                       | B110                 | 11.8           | 10.0                   | 4.7                                                                              | 0.07         | 0.0       | 1.0     | 2.7         | 0.0         | 3.5        |
| ALIMENTO PROTEÍCO                                       | POLLO A LA NARANJA 100 GR                                                           | Pollo, pechuga con piel, cruda                      | F085                 | 120.0          | 100.0                  | 166.0                                                                            | 20.7         | 9.2       | 0.1     | 11.0        | 0.7         | 63.0       |
|                                                         |                                                                                     | Laurel                                              |                      | 0.2            | 0.2                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                     | Ajo, crudo                                          | B009                 | 0.5            | 0.5                    | 0.7                                                                              | 0.0235       | 0.0       | 0.1     | 0.2         | 0.0         | 0.1        |
|                                                         |                                                                                     | Aceite de soya                                      | D012                 | 2.5            | 2.5                    | 22.5                                                                             | 0            | 2.5       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                     | Sal                                                 | L015                 | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
|                                                         |                                                                                     | Azúcar blanco, granulado                            | K003                 | 1.0            | 1                      | 4.0                                                                              | 0            | 0.0       | 1.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                     | Almidón de maíz, crudo                              | A001                 | 7.0            | 7                      | 25.9                                                                             | 0.021        | 0.0       | 6.4     | 0.1         | 0.0         | 0.6        |
|                                                         |                                                                                     | Curcuma                                             |                      | 1.0            | 1                      |                                                                                  |              |           |         |             |             |            |
| CEREAL                                                  | ARROZ BLANCO 130 GR                                                                 | Naranja, cruda                                      | C062                 | 25.0           | 15                     | 6.2                                                                              | 0.105        | 0.0       | 1.3     | 5.0         | 0.2         | 0.3        |
|                                                         |                                                                                     | Arroz blanco, pulido, crudo                         | A010                 | 65.0           | 65                     | 229.5                                                                            | 4.355        | 0.3       | 52.1    | 5.9         | 0.5         | 1.3        |
|                                                         |                                                                                     | Aceite de soya                                      | D012                 | 1.0            | 1                      | 9.0                                                                              | 0            | 1.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                     | SAL                                                 |                      | 0.5            | 0.0                    | 0.5                                                                              | 0.0          | 0         | 0.0     | 15.3        | 0.0         | 0.0        |
| TUBERCULOS - RAICES - PLÁTANOS - DERIVADOS DE           | PAPA FRITA 70 GR                                                                    | Papa, variedad cerosa, sabanera, sin cáscara, cruda | B068                 | 125.0          | 100                    | 74.0                                                                             | 1.9          | 0.1       | 15.3    | 14.0        | 0.3         | 11.0       |
|                                                         |                                                                                     | Aceite de soya                                      | D012                 | 8.0            | 8                      | 72.0                                                                             | 0            | 8.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                     | Repollo morado, crudo                               | B101                 | 52.9           | 45                     | 17.6                                                                             | 0.63         | 0.1       | 1.1     | 20.3        | 0.3         | 12.2       |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda                       | B110                 | 47.1           | 40                     | 18.8                                                                             | 0.28         | 0.0       | 1.1     | 10.8        | 0.2         | 14.0       |
| VERDURA FRÍA O CALIENTE                                 | ENSALADA (REPOLLO MORADO, ZANAHORIA Y MAIZ DULCE) 70 GR                             | Maíz tierno, crudo                                  | A053                 | 25.0           | 25                     | 38.0                                                                             | 0.85         | 0.3       | 1.1     | 1.3         | 0.2         | 0.8        |
|                                                         |                                                                                     | FRUTA                                               | JUGO DE LULO 200 CM3 | Lulo, crudo    | C045                   | 100.0                                                                            | 60           | 28.8      | 0.54    | 0.1         | 5.3         | 6.0        |
| Azúcar blanco, granulado                                | K003                                                                                |                                                     |                      | 6.0            | 6                      | 23.8                                                                             | 0            | 0.0       | 0.0     | 0.0         | 0.0         | 0.0        |
| TOTAL MENÚ                                              |                                                                                     |                                                     |                      |                |                        | 979                                                                              | 34           | 30        | 135     | 109         | 4           | 449        |
| RECOMENDACIÓN secundaria                                |                                                                                     |                                                     |                      |                |                        | 2491                                                                             | 87.2         | 83        | 348.7   | 1100        | 9.5         | 1500       |
| % ADECUACIÓN                                            |                                                                                     |                                                     |                      |                |                        | 39%                                                                              | 39%          | 36%       | 39%     | 10%         | 43%         | 30%        |
| % ADECUACIÓN TOTAL                                      |                                                                                     |                                                     |                      |                |                        | 34%                                                                              |              |           |         |             |             |            |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     |                                                     |                      |                | DANIELA ROSERO CBALLOS |                                                                                  |              |           |         |             |             |            |
| FIRMA                                                   |  |                                                     |                      |                | MATRÍCULA PROFESION AL | 1085346983                                                                       |              |           |         |             |             |            |
| MENÚ No. 20                                             |                                                                                     |                                                     |                      |                |                        |                                                                                  |              |           |         |             |             |            |
| COMPONENTE                                              | PREPARACIÓN                                                                         | NOMBRE DEL ALIMENTO (Ingredientes)                  | CÓDIGO               | PESO BRUTO (g) | PESO NETO (g)          | Aporte nutricional peso neto del alimento Minuta Patrón Almuerzo nivel PRESCOLAR |              |           |         |             |             |            |
|                                                         |                                                                                     |                                                     |                      |                |                        | CALORÍAS (Kcal)                                                                  | PROTEÍNA (g) | GRASA (g) | CHO (g) | CALCIO (mg) | HIERRO (mg) | SODIO (mg) |
| SOPAS                                                   | PRINCIPIO DE BLANQUILLOS 70 GR                                                      | Frijol blanco, crudo                                | T005                 | 30.0           | 30                     | 111.9                                                                            | 6.39         | 0.3       | 18.5    | 39.9        | 0.2         | 4.5        |
|                                                         |                                                                                     | Tomate, crudo                                       | B103                 | 25.0           | 20                     | 4.6                                                                              | 0.18         | 0.0       | 0.8     | 1.8         | 0.1         | 1.2        |
|                                                         |                                                                                     | Cebolla cabezona, cruda                             | B027                 | 18.9           | 18                     | 7.2                                                                              | 0.252        | 0.0       | 1.4     | 4.3         | 0.1         | 0.7        |
|                                                         |                                                                                     | Cilantro, crudo                                     | B035                 | 5.6            | 5                      | 2.2                                                                              | 0.115        | 0.0       | 0.3     | 4.1         | 0.0         | 2.3        |
|                                                         |                                                                                     | Ajo, crudo                                          | B009                 | 1.1            | 1                      | 1.4                                                                              | 0.047        | 0.0       | 0.3     | 0.4         | 0.0         | 0.2        |
|                                                         |                                                                                     | Zanahoria, sin cáscara, cruda                       | B110                 | 17.6           | 15                     | 7.1                                                                              | 0.105        | 0.0       | 1.4     | 4.1         | 0.0         | 5.3        |
|                                                         |                                                                                     | Aceite de soya                                      | D012                 | 3.0            | 3                      | 27.0                                                                             | 0            | 3.0       | 0.0     | 0.0         | 0.0         | 0.0        |
|                                                         |                                                                                     | Sal                                                 | L015                 | 0.5            | 0.5                    | 0.0                                                                              | 0            | 0.0       | 0.0     | 0.1         | 0.0         | 193.9      |
| ALIMENTO PROTEÍCO                                       | HUEVO COCIDO 100 GR                                                                 | Huevo de gallina, entero, crudo                     | J004                 | 111.1          | 100                    | 149.0                                                                            | 12.6         | 10.8      | 0.3     | 53.0        | 0.2         | 139.0      |

|                                                         |                                                                                   |                                                     |      |       |                              |            |       |     |       |       |     |       |
|---------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------|------|-------|------------------------------|------------|-------|-----|-------|-------|-----|-------|
| CEREAL                                                  | ARROZ BLANCO 130 GR                                                               | Arroz blanco, pulido, crudo                         | A010 | 65.0  | 65                           | 229.5      | 4.355 | 0.3 | 52.1  | 5.9   | 0.5 | 1.3   |
|                                                         |                                                                                   | Sal                                                 | L015 | 0.5   | 0.5                          | 0.0        | 0     | 0.0 | 0.0   | 0.1   | 0.0 | 193.9 |
|                                                         |                                                                                   | Aceite de soya                                      | D012 | 3.0   | 3                            | 27.0       | 0     | 3.0 | 0.0   | 0.0   | 0.0 | 0.0   |
| TUBERCULOS - RAICES<br>- PLÁTANOS -<br>DERIVADOS DE     | CASCOS DE PAPA<br>CRIOLLA 70 GR                                                   | Papa variedad harinosa, criolla, con cáscara, cruda | B071 | 130.0 | 130                          | 124.8      | 2.86  | 0.1 | 27.3  | 14.3  | 1.3 | 23.4  |
|                                                         |                                                                                   | Aceite de soya                                      | D012 | 5.0   | 5                            | 45.0       | 0     | 5.0 | 1.4   | 0.0   | 0.0 | 0.0   |
|                                                         |                                                                                   | Tomate, crudo                                       | B103 | 43.8  | 35                           | 8.1        | 0.315 | 0.0 | 1.4   | 3.2   | 0.2 | 2.1   |
| VERDURA FRÍA O<br>CALIENTE                              | ENSALADA (TOMATE,<br>ZANAHORIA Y CILANTRO)<br>70 GR                               | Zanahoria, sin cáscara, cruda                       | B110 | 43.5  | 37                           | 17.4       | 0.259 | 0.0 | 3.5   | 10.0  | 0.0 | 13.0  |
|                                                         |                                                                                   | Vinagre                                             | L018 | 10.0  | 10                           | 2.4        | 0     | 0.0 | 0.6   | 0.7   | 0.1 | 0.5   |
|                                                         |                                                                                   | Cilantro, crudo                                     | B035 | 11.1  | 10                           | 4.4        | 0.23  | 0.1 | 0.6   | 8.2   | 0.2 | 4.6   |
|                                                         |                                                                                   |                                                     |      |       |                              |            |       |     |       |       |     |       |
| FRUTA                                                   | JUGO DE GUAYABA CON<br>LECHE 200 CM3                                              | Guayaba, madura, cruda                              | C031 | 80.0  | 60                           | 42.6       | 0.54  | 0.2 | 8.0   | 7.8   | 0.2 | 1.8   |
|                                                         |                                                                                   | Leche de vaca, entera, en polvo                     | G008 | 15.0  | 15                           | 74.9       | 3.945 | 4.0 | 5.8   | 141.0 | 0.0 | 55.4  |
|                                                         |                                                                                   | Azúcar blanco, granulado                            | K003 | 7.0   | 7                            | 27.8       | 0     | 0.0 | 7.0   | 0.0   | 0.0 | 0.0   |
| TOTAL MENÚ                                              |                                                                                   |                                                     |      |       |                              | 914        | 32    | 27  | 131   | 299   | 3   | 643   |
| RECOMENDACIÓN secundaria                                |                                                                                   |                                                     |      |       |                              | 2491       | 87.2  | 83  | 348.7 | 1100  | 9.5 | 1500  |
| % ADECUACIÓN                                            |                                                                                   |                                                     |      |       |                              | 37%        | 37%   | 32% | 37%   | 27%   | 31% | 43%   |
| % ADECUACIÓN TOTAL                                      |                                                                                   |                                                     |      |       |                              | 35%        |       |     |       |       |     |       |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                   |                                                     |      |       | DANIELA ROSERO CBALLOS       |            |       |     |       |       |     |       |
| FIRMA                                                   |  |                                                     |      |       | MATRÍCULA<br>PROFESION<br>AL | 1085346983 |       |     |       |       |     |       |

| ALMUERZO PREPARADO EN SITIO                             |                                                                                     |                 |                                                     |                 |                                             |                 |                                             |                   |                                                   |                   |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------|-----------------------------------------------------|-----------------|---------------------------------------------|-----------------|---------------------------------------------|-------------------|---------------------------------------------------|-------------------|
| OPERADOR:                                               |                                                                                     |                 |                                                     |                 |                                             |                 |                                             |                   |                                                   |                   |
| DEPARTAMENTO                                            | RISARALDA                                                                           |                 |                                                     |                 |                                             | MUNICIPIO       | DOSQUEBRADAS                                |                   |                                                   |                   |
| GRUPO ÉTNICO                                            | RAIZAL                                                                              |                 |                                                     |                 | ROM                                         |                 | AFROCOLOMBIANO / PALENQUEROS                |                   |                                                   |                   |
|                                                         | SIN PERTENENCIA ÉTNICA                                                              |                 |                                                     |                 | INDIGENA                                    |                 |                                             |                   |                                                   |                   |
|                                                         | COMUNIDAD / PUEBLO INDIGENA                                                         |                 |                                                     |                 |                                             |                 |                                             |                   |                                                   |                   |
| ESTABLECIMIENTO EDUCATIVO                               |                                                                                     |                 |                                                     |                 |                                             |                 |                                             |                   |                                                   |                   |
| SEMANA No. 1                                            |                                                                                     |                 |                                                     |                 |                                             |                 |                                             |                   |                                                   |                   |
| COMPONENTES                                             | MENÚ No. 1                                                                          | PORCIÓN SERVIDA | MENÚ No. 2                                          | PORCIÓN SERVIDA | MENÚ No. 3                                  | PORCIÓN SERVIDA | MENÚ No. 4                                  | PORCIÓN SERVIDA   | MENÚ No. 5                                        | PORCIÓN SERVIDA   |
| SOPA                                                    | Crema de verduras                                                                   | 200 cm³         | Frijoles                                            | 200 cm³         | Sancocho                                    | 200 cm³         |                                             | 200 cm³           | Principio de lentejas                             | 75 gr             |
| ALIMENTO PROTEÍCO                                       | Res sudada                                                                          | 50 gr           | Tortilla de huevo                                   | 100 gr          | Pechuga asada                               | 40 gr           | Cerdo a la plancha                          | 40 gr             | Pollo con verduras                                | 120 gr            |
| CEREAL                                                  | Arroz amarillo                                                                      | 130 gr          | Arroz blanco                                        | 130 gr          | Arroz blanco                                | 130 gr          | Arroz Verde                                 | 130 gr            | Arroz blanco                                      | 130 gr            |
| TUBERCULOS - RAÍCES - PLATANOS - DERIVADOS DE CEREAL    | Cascos de papa criolla                                                              | 70 gr           | Papa guisada                                        | 70 gr           | Incluida en la sopa                         |                 | Pure de papa con cilantro y mayonesa        | 70 gr             | Tajada de platanو maduro                          | 70 gr             |
| VERDURA FRÍA O CALIENTE                                 | Ensalada (Tomate, zanahoria y mango)                                                | 70 gr           | Ensalada de (repollo, mango y piña)                 | 70 gr           | Ensalda de Repollo, fresa y zanahoria       | 70 gr           | Ensalada de Tomate, repollo y maíz tierno   | 70 gr             | Incluida en la proteína                           | 70 gr             |
| FRUTA                                                   | Jugo de maracuya                                                                    | 200 cm³         | Jugo de tomate de arbol                             | 200 cm³         | Jugo de guayaba con leche                   | 200 cm³         | Jugo de mango con leche                     | 200 cm³           | Jugo de lulo                                      | 200 cm³           |
| SEMANA No. 2                                            |                                                                                     |                 |                                                     |                 |                                             |                 |                                             |                   |                                                   |                   |
| COMPONENTES                                             | MENÚ No. 6                                                                          | PORCIÓN SERVIDA | MENÚ No. 7                                          | PORCIÓN SERVIDA | MENÚ No. 8                                  | PORCIÓN SERVIDA | MENÚ No. 9                                  | PORCIÓN N SERVIDA | MENÚ No. 10                                       | PORCIÓN N SERVIDA |
| SOPA                                                    | Sopa de ajiao                                                                       | 200 cm³         | Principio de blanquillos                            | 75 gr           | Sopa de arroz                               | 200 cm³         |                                             |                   | Frijoles                                          | 200 cm³           |
| ALIMENTO PROTEÍCO                                       | Pechuga al horno                                                                    | 50 gr           | Goulash de carne con papa                           | 140 gr          | Cerdo agridulce                             | 50 gr           | Pollo en salsa de naranja                   | 50 gr             | Huevo cocido                                      | 100 gr            |
| CEREAL                                                  | Arroz amarillo                                                                      | 130 gr          | Arroz blanco                                        | 130 gr          | Arepa frita                                 | 130 gr          | Arroz blanco                                | 130 gr            | Arroz pajarito                                    | 160 gr            |
| TUBERCULOS - RAÍCES - PLATANOS - DERIVADOS DE CEREAL    | Papa frita                                                                          | 70 gr           | Incluida en la proteína                             | 70 gr           | Papa salada                                 | 70 gr           | Yuca frita                                  | 70 gr             | Incluida en la sopa y arroz                       |                   |
| VERDURA FRÍA O CALIENTE                                 | Ensalada de repollo, piña y tomate                                                  | 70 gr           | Ensalada de zanahoria, piña y tomate                | 70 gr           | Ensalada de zanahoria, tomate y fresa       | 70 gr           | Rodajas de tomate con vinagreta de          | 70 gr             | Ensalada de repollo, zanahoria, tomate y cilantro | 70 gr             |
| FRUTA                                                   | Jugo de mango                                                                       | 200 cm³         | Jugo de guayaba con leche                           | 200 cm³         | Jugo de tomate de arbol                     | 200 cm³         | Jugo de mango con leche                     | 200 cm³           | Jugo de maracuya                                  | 200 cm³           |
| SEMANA No. 3                                            |                                                                                     |                 |                                                     |                 |                                             |                 |                                             |                   |                                                   |                   |
| COMPONENTES                                             | MENÚ No. 11                                                                         | PORCIÓN SERVIDA | MENÚ No. 12                                         | PORCIÓN SERVIDA | MENÚ No. 13                                 | PORCIÓN SERVIDA | MENÚ No. 14                                 | PORCIÓN N SERVIDA | MENÚ No. 15                                       | PORCIÓN N SERVIDA |
| SOPA                                                    | Crema de ahuyama                                                                    | 200 cm³         |                                                     |                 | frijoles                                    | 200 cm³         |                                             |                   | Lentejas                                          | 200 cm³           |
| ALIMENTO PROTEÍCO                                       | Pechuga apanada                                                                     | 50 gr           | Pechuga asada                                       | 50 gr           | Carne sudada                                | 50 gr           | Cerdo en salsa de piña                      | 50 gr             | Huevo con mazorca                                 | 110 gr            |
| CEREAL                                                  | Arroz blanco                                                                        | 130 gr          | Pasta a la carbonara                                | 130 gr          | Arroz blanco                                | 130 gr          | Arroz Verde                                 | 130 gr            | Arroz blanco                                      | 130 gr            |
| TUBERCULOS - RAÍCES - PLATANOS - DERIVADOS DE CEREAL    | incluida en la ensalada                                                             |                 | Cascos de papa criolla                              | 70 gr           | Arepa frita                                 | 70 gr           | Papa salada                                 | 70 gr             | Monedas fritas de maduro                          | 70 gr             |
| VERDURA FRÍA O CALIENTE                                 | ENSALADA RUSA (PAPA, ZANAHORIA, ARVEJA, CILANTRO Y MAYONESA)                        | 140 gr          | Ensalada de repollo morado, mango, fresa y uva pasa | 70 gr           | Ensalda de zanahoria, piña mango y cilantro | 70 gr           | Rodajas de tomate con vinagreta de cilantro | 70 gr             | Pasteles de zanahoria                             | 70 gr             |
| FRUTA                                                   | Jugo de tomate de arbol                                                             | 200 cm³         | Jugo de maracuyá                                    | 200 cm³         | Jugo de lulo                                | 200 cm³         | Jugo de mango con leche                     | 200 cm³           | Jugo de guayaba con leche                         | 200 cm³           |
| SEMANA No. 4                                            |                                                                                     |                 |                                                     |                 |                                             |                 |                                             |                   |                                                   |                   |
| COMPONENTES                                             | MENÚ No. 16                                                                         | PORCIÓN SERVIDA | MENÚ No. 17                                         | PORCIÓN SERVIDA | MENÚ No. 18                                 | PORCIÓN SERVIDA | MENÚ No. 19                                 | PORCIÓN N SERVIDA | MENÚ No. 20                                       | PORCIÓN N SERVIDA |
| SOPA                                                    | Sancocho                                                                            | 200 cm³         | Consome de pollo                                    | 200 cm³         | Principio de garbanzos                      | 75 gr           | Sopa de ajiao                               | 200 cm³           | Principio de blanquillos                          | 75 gr             |
| ALIMENTO PROTEÍCO                                       | Cerdo al horno                                                                      | 50 gr           | Pollo oriental                                      | 50 gr           | Res con verduras                            | 50 gr           | Pollo en salsa de naranja                   | 50 gr             | Huevo cocido                                      | 100 gr            |
| CEREAL                                                  | Arroz amarillo                                                                      | 130 gr          | Arroz verde                                         | 130 gr          | Arroz blanco                                | 130 gr          | Arroz blanco                                | 130 gr            | Arroz blanco                                      | 130 gr            |
| TUBERCULOS - RAÍCES - PLATANOS - DERIVADOS DE CEREAL    | Banano                                                                              | 70 gr           | Maduro cocido                                       | 70 gr           | Maduro al horno                             | 70 gr           | Papa frita                                  | 70 gr             | Cascos de papa criolla                            | 70 gr             |
| VERDURA FRÍA O CALIENTE                                 | Ensalada de Repollo morado, zanahoria y fresa                                       | 70 gr           | Ensalada de pepino, mango y fresa                   | 70 gr           | Ensalada de repollo, zanahoria y Piña       | 70 gr           | Ensalada de Repollomorado, zanahoria y maíz | 70 gr             | Ensalada de tomate, zanahoria y cilantro          | 70 gr             |
| FRUTA                                                   | Jugo de maracuya                                                                    | 200 cm³         | Jugo de guayaba con leche                           | 200 cm³         | Jugo de mango en leche                      | 200 cm³         | Jugo de lulo                                | 200 cm³           | Jugo de guayaba con leche                         | 200 cm³           |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     |                 |                                                     |                 | DANIELA ROSERO CBALLOS                      |                 |                                             |                   |                                                   |                   |
| FIRMA                                                   |  |                 |                                                     |                 | MATRÍCULA PROFESIONAL                       | 1085346983      |                                             |                   |                                                   |                   |

| ALMUERZO PREPARADO EN SITIO                             |                                                                                     |                 |                                                     |                 |                                             |                              |                                                              |                 |                                                   |                 |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------|-----------------------------------------------------|-----------------|---------------------------------------------|------------------------------|--------------------------------------------------------------|-----------------|---------------------------------------------------|-----------------|
| OPERADOR:                                               |                                                                                     |                 |                                                     |                 |                                             |                              |                                                              |                 |                                                   |                 |
| DEPARTAMENTO                                            | RISARALDA                                                                           |                 |                                                     |                 |                                             | MUNICIPIO                    | DOSQUEBRADAS                                                 |                 |                                                   |                 |
| GRUPO ÉTNICO                                            | RAIZAL                                                                              |                 |                                                     |                 | ROM                                         | AFROCOLOMBIANO / PALENQUEROS |                                                              |                 |                                                   |                 |
|                                                         | SIN PERTENENCIA ÉTNICA                                                              |                 |                                                     | INDÍGENA        |                                             |                              |                                                              |                 |                                                   |                 |
|                                                         | COMUNIDAD / PUEBLO INDÍGENA                                                         |                 |                                                     |                 |                                             |                              |                                                              |                 |                                                   |                 |
| ESTABLECIMIENTO EDUCATIVO                               |                                                                                     |                 |                                                     |                 |                                             |                              |                                                              |                 |                                                   |                 |
| SEMANA No. 1                                            |                                                                                     |                 |                                                     |                 |                                             |                              |                                                              |                 |                                                   |                 |
| COMPONENTES                                             | MENÚ No. 1                                                                          | PORCIÓN SERVIDA | MENÚ No. 2                                          | PORCIÓN SERVIDA | MENÚ No. 3                                  | PORCIÓN SERVIDA              | MENÚ No. 4                                                   | PORCIÓN SERVIDA | MENÚ No. 5                                        | PORCIÓN SERVIDA |
| SOPA                                                    | Crema de verduras                                                                   | 200 cm³         | Frijoles                                            | 200 cm³         | Sancocho                                    | 200 cm³                      |                                                              |                 | Principio de lentejas                             | 30 gr           |
| ALIMENTO PROTEÍCO                                       | Res sudada                                                                          | 40 gr           | Tortilla de huevo                                   | 50 gr           | Pechuga asada                               | 40 gr                        | Cerdo a la plancha                                           | 40 gr           | Pollo con verduras                                | 90 gr           |
| CEREAL                                                  | Arroz amarillo                                                                      | 55 gr           | Arroz blanco                                        | 55 gr           | Arroz blanco                                | 55 gr                        | Arroz Verde                                                  | 55 gr           | Arroz blanco                                      | 55 gr           |
| TUBERCULOS - RAICES - PLATANOS - DERIVADOS DE CEREAL    | Cascos de papa criolla                                                              | 40 gr           | Papa guisada                                        | 40 gr           | Incluida en la sopa                         |                              | Pure de papa con cilantro y mayonesa                         | 40 gr           | Tajada de platano maduro                          | 40 gr           |
| VERDURA FRÍA O CALIENTE                                 | Ensalada (Tomate, zanahoria y mango)                                                | 50 gr           | Ensalada de (repollo, mango y piña)                 | 50 gr           | Ensalda de Repollo, fresa y zanahoria       | 50 gr                        | Ensalada de Tomate, repollo y maiz tierno                    | 50 gr           | Incluida en la proteína                           | 50 gr           |
| FRUTA                                                   | Jugo de maracuya                                                                    | 200 cm³         | Jugo de tomate de arbol                             | 200 cm³         | Jugo de guayaba con leche                   | 200 cm³                      | Jugo de mango con leche                                      | 200 cm³         | Jugo de lulo                                      | 200 cm³         |
| SEMANA No. 2                                            |                                                                                     |                 |                                                     |                 |                                             |                              |                                                              |                 |                                                   |                 |
| COMPONENTES                                             | MENÚ No. 6                                                                          | PORCIÓN SERVIDA | MENÚ No. 7                                          | PORCIÓN SERVIDA | MENÚ No. 8                                  | PORCIÓN SERVIDA              | MENÚ No. 9                                                   | PORCIÓN SERVIDA | MENÚ No. 10                                       | PORCIÓN SERVIDA |
| SOPA                                                    | Sopa de ajíaco                                                                      | 200 cm³         | Principio de blanquillos                            | 30 gr           | Sopa de arroz                               | 200 cm³                      |                                                              |                 | Frijoles                                          | 200 cm³         |
| ALIMENTO PROTEÍCO                                       | Pechuga al horno                                                                    | 40 gr           | Goulash de carne con papa                           | 80 gr           | Cerdo agri dulce                            | 40 gr                        | Pollo en salsa de naranja                                    | 40 gr           | Huevo cocido                                      | 50 gr           |
| CEREAL                                                  | Arroz amarillo                                                                      | 55 gr           | Arroz blanco                                        | 55 gr           | Arepa frita                                 | 55 gr                        | Arroz blanco                                                 | 55 gr           | Arroz pajarito                                    | 70 gr           |
| TUBERCULOS - RAICES - PLATANOS - DERIVADOS DE CEREAL    | Papa frita                                                                          | 40 gr           | Incluida en la proteína                             | 40 gr           | Papa salada                                 | 40 gr                        | Yuca frita                                                   | 40 gr           | Incluida en la sopa y arroz                       |                 |
| VERDURA FRÍA O CALIENTE                                 | Ensalada de repollo, piña y tomate                                                  | 50 gr           | Ensalada de zanahoria, piña y tomate                | 50 gr           | Ensalada de zanahoria, tomate y fresa       | 50 gr                        | Rodajas de tomate con vinagreta de cilantro                  | 50 gr           | Ensalada de repollo, zanahoria, tomate y cilantro | 50 gr           |
| FRUTA                                                   | Jugo de mango                                                                       | 200 cm³         | Jugo de guayaba con leche                           | 200 cm³         | Jugo de tomate de arbol                     | 200 cm³                      | Jugo de mango con leche                                      | 200 cm³         | Jugo de maracuya                                  | 200 cm³         |
| SEMANA No. 3                                            |                                                                                     |                 |                                                     |                 |                                             |                              |                                                              |                 |                                                   |                 |
| COMPONENTES                                             | MENÚ No. 11                                                                         | PORCIÓN SERVIDA | MENÚ No. 12                                         | PORCIÓN SERVIDA | MENÚ No. 13                                 | PORCIÓN SERVIDA              | MENÚ No. 14                                                  | PORCIÓN SERVIDA | MENÚ No. 15                                       | PORCIÓN SERVIDA |
| SOPA                                                    | Crema de ahuyama                                                                    | 200 cm³         |                                                     |                 | frijoles                                    | 200 cm³                      |                                                              |                 | Lentejas                                          | 200 cm³         |
| ALIMENTO PROTEÍCO                                       | Pechuga apanada                                                                     | 40 gr           | Pechuga asada                                       | 40 gr           | Carne sudada                                | 40 gr                        | Cerdo en salsa de piña                                       | 40 gr           | Huevo con mazorca                                 | 50 gr           |
| CEREAL                                                  | Arroz blanco                                                                        | 55 gr           | Pasta a la carbonara                                | 55 gr           | Arroz blanco                                | 55 gr                        | Arroz Verde                                                  | 55 gr           | Arroz blanco                                      | 55 gr           |
| TUBERCULOS - RAICES - PLATANOS - DERIVADOS DE CEREAL    | incluida en la ensalada                                                             | 40 gr           | Cascos de papa criolla                              | 40 gr           | Arepa frita                                 | 40 gr                        | Papa salada                                                  | 40 gr           | Monedas fritas de maduro                          | 40 gr           |
| VERDURA FRÍA O CALIENTE                                 | ENSALADA RUSA (PAPA, ZANAHORIA, ARVEJA, CILANTRO Y MAYONESA)                        | 90 gr           | Ensalada de repollo morado, mango, fresa y uva pasa | 50 gr           | Ensalda de zanahoria, piña mango y cilantro | 50 gr                        | Rodajas de tomate con vinagreta de cilantro                  | 50 gr           | Pasteles de zanahoria                             | 50 gr           |
| FRUTA                                                   | Jugo de tomate de arbol                                                             | 200 cm³         | Jugo de maracuyá                                    | 200 cm³         | Jugo de lulo                                | 200 cm³                      | Jugo de mango con leche                                      | 200 cm³         | Jugo de guayaba con leche                         | 200 cm³         |
| SEMANA No. 4                                            |                                                                                     |                 |                                                     |                 |                                             |                              |                                                              |                 |                                                   |                 |
| COMPONENTES                                             | MENÚ No. 16                                                                         | PORCIÓN SERVIDA | MENÚ No. 17                                         | PORCIÓN SERVIDA | MENÚ No. 18                                 | PORCIÓN SERVIDA              | MENÚ No. 19                                                  | PORCIÓN SERVIDA | MENÚ No. 20                                       | PORCIÓN SERVIDA |
| SOPA                                                    | Sancocho                                                                            | 200 cm³         | Consome de pollo                                    | 200 cm³         | Principio de Garbanzos                      | 30 gr                        | Sopa de ajíaco                                               | 200 cm³         | Principio de blanquillos                          | 30 gr           |
| ALIMENTO PROTEÍCO                                       | Cerdo al horno                                                                      | 40 gr           | Pollo oriental                                      | 40 gr           | Res con verduras                            | 40 gr                        | Pollo en salsa de naranja                                    | 40 gr           | Huevo cocido                                      | 50 gr           |
| CEREAL                                                  | Arroz amarillo                                                                      | 55 gr           | Arroz verde                                         | 55 gr           | Arroz blanco                                | 55 gr                        | Arroz blanco                                                 | 55 gr           | Arroz blanco                                      | 55 gr           |
| TUBERCULOS - RAICES - PLATANOS - DERIVADOS DE CEREAL    | Banano                                                                              | 40 gr           | Maduro cocido                                       | 40 gr           | Maduro al horno                             | 40 gr                        | Papa frita                                                   | 40 gr           | Cascos de papa criolla                            | 40 gr           |
| VERDURA FRÍA O CALIENTE                                 | Ensalada de Repollo morado, zanahoria y fresa                                       | 50 gr           | Ensalada de pepino, mango y fresa                   | 50 gr           | Ensalada de repollo, zanahoria y Piña       | 50 gr                        | Ensalada de Repollo morado, zanahoria, maiz dulce y mayonesa | 50 gr           | Ensalada de tomate, zanahoria y cilantro          | 50 gr           |
| FRUTA                                                   | Jugo de maracuya                                                                    | 200 cm³         | Jugo de guayaba con leche                           | 200 cm³         | Jugo de mango en leche                      | 200 cm³                      | Jugo de lulo                                                 | 200 cm³         | Jugo de guayaba con leche                         | 200 cm³         |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     |                 |                                                     |                 | DANIELA ROSERO CBRALLOS                     |                              |                                                              |                 |                                                   |                 |
| FIRMA                                                   |  |                 |                                                     |                 | MATRÍCULA PROFESIONAL                       | 1085346983                   |                                                              |                 |                                                   |                 |

# PAE

| ALMUERZO PREPARADO EN SITIO                             |                                                                                     |                 |                                                     |                 |                                             |                              |                                             |                   |                                                   |                   |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------|-----------------------------------------------------|-----------------|---------------------------------------------|------------------------------|---------------------------------------------|-------------------|---------------------------------------------------|-------------------|
| OPERADOR:                                               | RISARALDA                                                                           |                 |                                                     |                 |                                             | MUNICIPIO                    | DOSQUEBRADAS                                |                   |                                                   |                   |
| DEPARTAMENTO                                            |                                                                                     |                 |                                                     | ROM             |                                             |                              |                                             |                   |                                                   |                   |
| GRUPO ÉTNICO                                            | RAIZAL                                                                              |                 |                                                     |                 | INDÍGENA                                    | AFROCOLOMBIANO / PALENQUEROS |                                             |                   |                                                   |                   |
|                                                         | SIN PERTENENCIA ÉTNICA                                                              |                 |                                                     |                 |                                             |                              |                                             |                   |                                                   |                   |
| ESTABLECIMIENTO EDUCATIVO                               | COMUNIDAD / PUEBLO INDÍGENA                                                         |                 |                                                     |                 |                                             |                              |                                             |                   |                                                   |                   |
| SEMANA No. 1                                            |                                                                                     |                 |                                                     |                 |                                             |                              |                                             |                   |                                                   |                   |
| COMPONENTES                                             | MENÚ No. 1                                                                          | PORCIÓN SERVIDA | MENÚ No. 2                                          | PORCIÓN SERVIDA | MENÚ No. 3                                  | PORCIÓN SERVIDA              | MENÚ No. 4                                  | PORCIÓN SERVIDA   | MENÚ No. 5                                        | PORCIÓN SERVIDA   |
| SOPA                                                    | Crema de verduras                                                                   | 200 cm³         | Frijoles                                            | 200 cm³         | Sancocho                                    | 200 cm³                      |                                             | 200 cm³           | Principio de lentejas                             | 30 gr             |
| ALIMENTO PROTEÍCO                                       | Res sudada                                                                          | 50 gr           | Tortilla de huevo                                   | 50 gr           | Pechuga asada                               | 50 gr                        | Cerdo a la plancha                          | 50 gr             | Pollo con verduras                                | 100 gr            |
| CEREAL                                                  | Arroz amarillo                                                                      | 70 gr           | Arroz blanco                                        | 70 gr           | Arroz blanco                                | 70 gr                        | Arroz Verde                                 | 70 gr             | Arroz blanco                                      | 70 gr             |
| TUBERCULOS - RAÍCES - PLATANOS DERIVADOS DE CEREAL      | Cascos de papa criolla                                                              | 50 gr           | Papa guisada                                        | 50 gr           | Incluida en la sopa                         |                              | Pure de papa con cilantro y mayonesa        | 50 gr             | Tajada de platano maduro                          | 50 gr             |
| VERDURA FRÍA O CALIENTE                                 | Ensalada (Tomate, zanahoria y mango)                                                | 65 gr           | Ensalada de (repollo, mango y piña)                 | 65 gr           | Ensalda de Repollo, fresa y zanahoria       | 65 gr                        | Ensalada de Tomate, repollo y maíz tierno   | 65 gr             | Incluida en la proteína                           | 65 gr             |
| FRUTA                                                   | Jugo de maracuya                                                                    | 200 cm³         | Jugo de tomate de arbol                             | 200 cm³         | Jugo de guayaba con leche                   | 200 cm³                      | Jugo de mango con leche                     | 200 cm³           | Jugo de lulo                                      | 200 cm³           |
| SEMANA No. 2                                            |                                                                                     |                 |                                                     |                 |                                             |                              |                                             |                   |                                                   |                   |
| COMPONENTES                                             | MENÚ No. 6                                                                          | PORCIÓN SERVIDA | MENÚ No. 7                                          | PORCIÓN SERVIDA | MENÚ No. 8                                  | PORCIÓN SERVIDA              | MENÚ No. 9                                  | PORCIÓN N SERVIDA | MENÚ No. 10                                       | PORCIÓN N SERVIDA |
| SOPA                                                    | Sopa de ajiaco                                                                      | 200 cm³         | Principio de blanquillos                            | 50 gr           | Sopa de arroz                               | 200 cm³                      |                                             |                   | Frijoles                                          | 200 cm³           |
| ALIMENTO PROTEÍCO                                       | Pechuga al horno                                                                    | 50 gr           | Goulash de carne con papa                           | 100 gr          | Cerdo agri dulce                            | 50 gr                        | Pollo en salsa de naranja                   | 50 gr             | Huevo cocido                                      | 50 gr             |
| CEREAL                                                  | Arroz amarillo                                                                      | 70 gr           | Arroz blanco                                        | 70 gr           | Arepa frita                                 | 70 gr                        | Arroz blanco                                | 70 gr             | Arroz pajarito                                    | 90 gr             |
| TUBERCULOS - RAÍCES - PLATANOS DERIVADOS DE CEREAL      | Papa frita                                                                          | 50 gr           | Incluida en la proteína                             | 50 gr           | Papa salada                                 | 50 gr                        | Yuca frita                                  | 50 gr             | Incluida en la sopa y arroz                       |                   |
| VERDURA FRÍA O CALIENTE                                 | Ensalada de repollo, piña y tomate                                                  | 65 gr           | Ensalada de zanahoria, piña y tomate                | 65 gr           | Ensalada de zanahoria, tomate y fresa       | 65 gr                        | Rodajas de tomate con vinagreta de          | 65 gr             | Ensalada de repollo, zanahoria, tomate y cilantro | 65 gr             |
| FRUTA                                                   | Jugo de mango                                                                       | 200 cm³         | Jugo de guayaba con leche                           | 200 cm³         | Jugo de tomate de arbol                     | 200 cm³                      | Jugo de mango con leche                     | 200 cm³           | Jugo de maracuya                                  | 200 cm³           |
| SEMANA No. 3                                            |                                                                                     |                 |                                                     |                 |                                             |                              |                                             |                   |                                                   |                   |
| COMPONENTES                                             | MENÚ No. 11                                                                         | PORCIÓN SERVIDA | MENÚ No. 12                                         | PORCIÓN SERVIDA | MENÚ No. 13                                 | PORCIÓN SERVIDA              | MENÚ No. 14                                 | PORCIÓN N SERVIDA | MENÚ No. 15                                       | PORCIÓN N SERVIDA |
| SOPA                                                    | Crema de ahuyama                                                                    | 200 cm³         |                                                     |                 | frijoles                                    | 200 cm³                      |                                             |                   | Lentejas                                          | 200 cm³           |
| ALIMENTO PROTEÍCO                                       | Pechuga apanada                                                                     | 50 gr           | Pechuga asada                                       | 50 gr           | Carne sudada                                | 50 gr                        | Cerdo en salsa de piña                      | 50 gr             | Huevo con mazorca                                 | 55 gr             |
| CEREAL                                                  | Arroz blanco                                                                        | 70 gr           | Pasta a la carbonara                                | 70 gr           | Arroz blanco                                | 70 gr                        | Arroz Verde                                 | 70 gr             | Arroz blanco                                      | 70 gr             |
| TUBERCULOS - RAÍCES - PLATANOS DERIVADOS DE CEREAL      | incluida en la ensalada                                                             |                 | Cascos de papa criolla                              | 50 gr           | Arepa frita                                 | 50 gr                        | Papa salada                                 | 50 gr             | Monedas fritas de maduro                          | 50 gr             |
| VERDURA FRÍA O CALIENTE                                 | ENSALADA RUSA (PAPA, ZANAHORIA, ARVEJA, CILANTRO Y MAYONESA)                        | 115 gr          | Ensalada de repollo morado, mango, fresa y uva pasa | 65 gr           | Ensalda de zanahoria, piña mango y cilantro | 65 gr                        | Rodajas de tomate con vinagreta de cilantro | 65 gr             | Pasteles de zanahoria                             | 65 gr             |
| FRUTA                                                   | Jugo de tomate de arbol                                                             | 200 cm³         | Jugo de maracuyá                                    | 200 cm³         | Jugo de lulo                                | 200 cm³                      | Jugo de mango con leche                     | 200 cm³           | Jugo de guayaba con leche                         | 200 cm³           |
| SEMANA No. 4                                            |                                                                                     |                 |                                                     |                 |                                             |                              |                                             |                   |                                                   |                   |
| COMPONENTES                                             | MENÚ No. 16                                                                         | PORCIÓN SERVIDA | MENÚ No. 17                                         | PORCIÓN SERVIDA | MENÚ No. 18                                 | PORCIÓN SERVIDA              | MENÚ No. 19                                 | PORCIÓN N SERVIDA | MENÚ No. 20                                       | PORCIÓN N SERVIDA |
| SOPA                                                    | Sancocho                                                                            | 200 cm³         | Consome de pollo                                    | 200 cm³         | Garbanzos                                   | 200 cm³                      | Sopa de ajiaco                              | 200 cm³           | Principio de blanquillos                          | 50 gr             |
| ALIMENTO PROTEÍCO                                       | Cerdo al horno                                                                      | 50 gr           | Pollo oriental                                      | 50 gr           | Res con verduras                            | 50 gr                        | Pollo en salsa de naranja                   | 50 gr             | Huevo cocido                                      | 50 gr             |
| CEREAL                                                  | Arroz amarillo                                                                      | 70 gr           | Arroz verde                                         | 70 gr           | Arroz blanco                                | 70 gr                        | Arroz blanco                                | 70 gr             | Arroz blanco                                      | 70 gr             |
| TUBERCULOS - RAÍCES - PLATANOS DERIVADOS DE CEREAL      | Banano                                                                              | 50 gr           | Maduro cocido                                       | 50 gr           | Maduro al horno                             | 50 gr                        | Papa frita                                  | 50 gr             | Cascos de papa criolla                            | 50 gr             |
| VERDURA FRÍA O CALIENTE                                 | Ensalada de Repollo morado, zanahoria y fresa                                       | 65 gr           | Ensalada de pepino, mango y fresa                   | 65 gr           | Ensalada de repollo, zanahoria y Piña       | 65 gr                        | Ensalada de Repollomorado, zanahoria y maíz | 65 gr             | Ensalada de tomate, zanahoria y cilantro          | 65 gr             |
| FRUTA                                                   | Jugo de maracuya                                                                    | 200 cm³         | Jugo de guayaba con leche                           | 200 cm³         | Jugo de mango en leche                      | 200 cm³                      | Jugo de lulo                                | 200 cm³           | Jugo de guayaba con leche                         | 200 cm³           |
| NOMBRE NUTRICIONISTA - DIETISTA QUE ELABORA EL ANÁLISIS |                                                                                     |                 |                                                     |                 | DANIELA ROSERO CBALLOS                      |                              |                                             |                   |                                                   |                   |
| FIRMA                                                   |  |                 |                                                     |                 | MATRÍCULA PROFESIONAL                       | 1085346983                   |                                             |                   |                                                   |                   |