### 31/07/2018 - Flocos açucarados com leite | Arroz, feijão com louro, frango ao molho e salada | Mingau de aveia | Sopa de feijão com macarrão

<table>
<thead>
<tr>
<th>REFEIÇÃO</th>
<th>PREPARAÇÃO</th>
<th>QUANTIDADE</th>
<th>KCAL</th>
<th>CHO (g)</th>
<th>PTN (g)</th>
<th>LIP (g)</th>
<th>GORD. SAT.</th>
<th>GORD. TRANS</th>
<th>FIB (g)</th>
<th>VIT A (µg)</th>
<th>VIT C (mg)</th>
<th>Ca (mg)</th>
<th>Fe (mg)</th>
<th>Mg (mg)</th>
<th>Zn (mg)</th>
<th>Na (mg)</th>
</tr>
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<tbody>
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<td>1,8</td>
<td>10,0</td>
<td>1,0</td>
</tr>
<tr>
<td></td>
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<td>80 gr</td>
<td>278,8</td>
<td>63,4</td>
<td>5,8</td>
<td>0,2</td>
<td>0,0</td>
<td>0,0</td>
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<td>0,0</td>
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<td>0,6</td>
<td>24,0</td>
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<tr>
<td></td>
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<td>1,0</td>
<td>0,0</td>
<td>0,0</td>
<td>2,5</td>
<td>0,2</td>
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<tr>
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<td>0,5</td>
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<tr>
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<td>Molho</td>
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<td>0,0</td>
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<td>0,1</td>
<td>5,4</td>
</tr>
<tr>
<td></td>
<td>Lanche</td>
<td>Mingau de aveia</td>
<td>80 gr</td>
<td>77,1</td>
<td>10,24</td>
<td>3,06</td>
<td>2,65</td>
<td>1,6</td>
<td>0,0</td>
<td>0,44</td>
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<td>0,41</td>
</tr>
<tr>
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<td>Sopa feijão com macarrão</td>
<td>156 gr (2 conchas)</td>
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<td>16,2</td>
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### 01/08/2018 - Pão de aveia com margarina e café com leite | Arroz, feijão com louro, carne de panela e salada | Fruta | Polenta e frango ao molho com legumes

<table>
<thead>
<tr>
<th>REFEIÇÃO</th>
<th>PREPARAÇÃO</th>
<th>QUANTIDADE</th>
<th>KCAL</th>
<th>CHO (g)</th>
<th>PTN (g)</th>
<th>LIP (g)</th>
<th>GORD. SAT.</th>
<th>GORD. TRANS</th>
<th>FIB (g)</th>
<th>VIT A (µg)</th>
<th>VIT C (mg)</th>
<th>Ca (mg)</th>
<th>Fe (mg)</th>
<th>Mg (mg)</th>
<th>Zn (mg)</th>
<th>Na (mg)</th>
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<tr>
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<tr>
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<td>0,0</td>
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<td>0,6</td>
<td>24,0</td>
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<td>0,8</td>
</tr>
<tr>
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<td>0,9</td>
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<tr>
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<td>0,0</td>
<td>0,5</td>
<td>0,0</td>
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<tr>
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<tr>
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<td>9,5</td>
</tr>
<tr>
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<td>0,1</td>
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<tr>
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<td>10,8</td>
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</table>
### 02/08/2018 - Biscoito salgado e aveludado | Arroz, feijão com louro, ovo mexido e farofa de legumes | Fruta | Arroz com carne suína e milho verde

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<th>QUANTIDADE</th>
<th>KCAL</th>
<th>CHO (g)</th>
<th>PTN (g)</th>
<th>LIP (g)</th>
<th>GORD. SAT.</th>
<th>GORD. TRANS</th>
<th>FIB (g)</th>
<th>VIT A (µg)</th>
<th>VIT C (mg)</th>
<th>Ca (mg)</th>
<th>Fe (mg)</th>
<th>Mg (mg)</th>
<th>Zn (mg)</th>
<th>Na (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Café</td>
<td>Biscoito salgado</td>
<td>6 und</td>
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<td>80,0</td>
</tr>
<tr>
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<td>Arroz</td>
<td>80 gr</td>
<td>278,8</td>
<td>63,4</td>
<td>5,8</td>
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<td>0,0</td>
<td>0,0</td>
<td>1,3</td>
<td>0,0</td>
<td>0,0</td>
<td>3,2</td>
<td>0,6</td>
<td>24,0</td>
<td>1,0</td>
<td>0,8</td>
</tr>
<tr>
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<td>0,0</td>
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<tr>
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<td>80 gr</td>
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<td>0,6</td>
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<tr>
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<tr>
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### 03/08/2018 - Pão de Abóbora com margarina e chá | Arroz, feijão com louro, Frango refogado com cheiro verde e legumes | Fruta | madalena de carne e salada

<table>
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<th>REFEIÇÃO</th>
<th>PREPARAÇÃO</th>
<th>QUANTIDADE</th>
<th>KCAL</th>
<th>CHO (g)</th>
<th>PTN (g)</th>
<th>LIP (g)</th>
<th>GORD. SAT.</th>
<th>GORD. TRANS</th>
<th>FIB (g)</th>
<th>VIT A (µg)</th>
<th>VIT C (mg)</th>
<th>Ca (mg)</th>
<th>Fe (mg)</th>
<th>Mg (mg)</th>
<th>Zn (mg)</th>
<th>Na (mg)</th>
</tr>
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<tbody>
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</tr>
<tr>
<td>Almoço</td>
<td>Arroz</td>
<td>80 gr</td>
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<td>63,4</td>
<td>5,8</td>
<td>0,2</td>
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<tr>
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### 07/08/2018 - Pão de linhaça com margarina e chá | Arroz, feijão com louro, frango assado e legumes | Fruta | Quirerinha com carne suína e couve

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<th>CHO (g)</th>
<th>PTN (g)</th>
<th>LIP (g)</th>
<th>GORD. SAT.</th>
<th>GORD. TRANS</th>
<th>FIB (g)</th>
<th>VIT A (µg)</th>
<th>VIT C (mg)</th>
<th>Ca (mg)</th>
<th>Fe (mg)</th>
<th>Mg (mg)</th>
<th>Zn (mg)</th>
<th>Na (mg)</th>
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<th>GORD. TRANS</th>
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<th>Fe (mg)</th>
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**08/08/2018** - Pão de fibra com margarina e achocolado | Arroz, feijão com louro, carne de panela e salada | Fruta | Risoto integral de frango

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<th>LIP (g)</th>
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<th>GORD. TRANS</th>
<th>FIB (g)</th>
<th>VIT A (µg)</th>
<th>VIT C (mg)</th>
<th>Ca (mg)</th>
<th>Fe (mg)</th>
<th>Mg (mg)</th>
<th>Zn (mg)</th>
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<tbody>
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**09/08/2018** - Biscoito salgado e café com leite | Arroz, feijão com louro, carne suína refogada e legumes | Fruta | Purê de batata e carne ao molho
### 10/08/2018 - Pão de cenoura com margarina e chá | Arroz, feijão com louro, frango ao molho e salada | Fruta | Macarrão com frango ao molho

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<th>LIP (g)</th>
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<th>GORD. TRANS</th>
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<th>Ca (mg)</th>
<th>Fe (mg)</th>
<th>Mg (mg)</th>
<th>Zn (mg)</th>
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<td>19,2</td>
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**TOTAL REAL DO DIA**

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### 13/08/2018 - Flocos açucarados com leite | Arroz, feijão com louro, frango ao molho com legumes | Fruta | Canja integral

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<th>CHO (g)</th>
<th>PTN (g)</th>
<th>LIP (g)</th>
<th>GORD. SAT.</th>
<th>GORD. TRANS</th>
<th>FIB (g)</th>
<th>VIT A (µg)</th>
<th>VIT C (mg)</th>
<th>Ca (mg)</th>
<th>Fe (mg)</th>
<th>Mg (mg)</th>
<th>Zn (mg)</th>
<th>Na (mg)</th>
</tr>
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<tbody>
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<td>10,0</td>
<td>1,0</td>
<td>35,0</td>
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<tr>
<td></td>
<td>Arroz</td>
<td>80 gr</td>
<td>278,8</td>
<td>63,4</td>
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<td>0,2</td>
<td>0,0</td>
<td>0,0</td>
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<td>0,3</td>
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<td>13,9</td>
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<tr>
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**TOTAL REAL DO DIA**

<p>| KCAL | 563,8 | 108,7 | 20,8 | 6,4 | 0,8 | 1,0 | 8,2 | 134,1 | 4,0 | 34,6 | 1,6 | 54,5 | 1,5 | 353,2 |</p>
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<th>PTN (g)</th>
<th>LIP (g)</th>
<th>GORD. SAT.</th>
<th>GORD. TRANS</th>
<th>FIB (g)</th>
<th>VIT A (µg)</th>
<th>VIT C (mg)</th>
<th>Ca (mg)</th>
<th>Fe (mg)</th>
<th>Mg (mg)</th>
<th>Zn (mg)</th>
<th>Na (mg)</th>
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<td>0,2</td>
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<tr>
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<td>Melão</td>
<td>1 fatia média</td>
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<td>0,0</td>
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<td>5,4</td>
<td>0,1</td>
<td>9,9</td>
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<tr>
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<td>Canja integral</td>
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<td>1,5</td>
<td>2,4</td>
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<td>0,6</td>
<td>27,8</td>
<td>2,0</td>
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**14/08/2018** - Pão de Abóbora com margarina e chá | Arroz, feijão com louro, omelete e salada | Fruta | Polenta e carne suína ao molho com legumes

**15/08/2018** - Pão de aveia com margarina e Achocolatado | Arroz, feijão com louro, frango refogado com cheiro verde e salada | Fruta | Sopa de feijão com macarrão
### 16/08/2018 - Pão de fibra com margarina e chá | Arroz, feijão com louro, carne de panela e farofa de legumes | Fruta | Madalena de frango e salada

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<tr>
<th>REFEIÇÃO</th>
<th>PREPARAÇÃO</th>
<th>QUANTIDADE</th>
<th>KCAL</th>
<th>CHO (g)</th>
<th>PTN (g)</th>
<th>LIP (g)</th>
<th>GORD. SAT.</th>
<th>GORD. TRANS</th>
<th>FIB (g)</th>
<th>VIT A (µg)</th>
<th>VIT C (mg)</th>
<th>Ca (mg)</th>
<th>Fe (mg)</th>
<th>Mg (mg)</th>
<th>Zn (mg)</th>
<th>Na (mg)</th>
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</thead>
<tbody>
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<td>0,0</td>
<td>0,0</td>
<td>0,0</td>
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<td>0,0</td>
<td>0,0</td>
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<td>0,0</td>
<td>0,0</td>
<td>0,0</td>
<td>19,0</td>
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<tr>
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<td>Arroz</td>
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<td>63,4</td>
<td>5,8</td>
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<td>1,3</td>
<td>0,0</td>
<td>0,0</td>
<td>3,2</td>
<td>0,6</td>
<td>24,0</td>
<td>1,0</td>
<td>0,8</td>
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<tr>
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<td>1,0</td>
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<td>0,2</td>
<td>0,3</td>
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<td>0,9</td>
<td>7,8</td>
<td>1,7</td>
<td>30,4</td>
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<td></td>
<td>Farofa de legumes (cenoura)</td>
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<td>15,4</td>
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<tr>
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### 17/08/2018 - Biscoito doce e café com leite | Arroz, feijão com louro, frango assado e salada | Fruta | Macarrão com carne ao molho

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<th>KCAL</th>
<th>CHO (g)</th>
<th>PTN (g)</th>
<th>LIP (g)</th>
<th>GORD. SAT.</th>
<th>GORD. TRANS</th>
<th>FIB (g)</th>
<th>VIT A (µg)</th>
<th>VIT C (mg)</th>
<th>Ca (mg)</th>
<th>Fe (mg)</th>
<th>Mg (mg)</th>
<th>Zn (mg)</th>
<th>Na (mg)</th>
</tr>
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<tbody>
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<td>0,63</td>
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<tr>
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### 20/08/2018 - Biscoito salgado e achedolatao | Arroz, feijão com louro, frango refogado com legumes | Fruta | Arroz com carne suína e milho verde
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<th>KCAL</th>
<th>CHO (g)</th>
<th>PTN (g)</th>
<th>LIP (g)</th>
<th>GORD. SAT.</th>
<th>GORD. TRANS</th>
<th>FIB (g)</th>
<th>VIT A (µg)</th>
<th>VIT C (mg)</th>
<th>Ca (mg)</th>
<th>Fe (mg)</th>
<th>Mg (mg)</th>
<th>Zn (mg)</th>
<th>Na (mg)</th>
</tr>
</thead>
<tbody>
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<td>Arroz</td>
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**21/08/2018 - Pão de Abóbora com margarina e chá | Arroz, feijão com louro e carne de panela com mandioca | Fruta | Quirerinha com frango e legume**

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<th>Mg (mg)</th>
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**22/08/2018 - Pão de linhaça com margarina e café com leite | Arroz, feijão com louro, frango ao molho e salada | Fruta | Macarrão com carne ao molho**

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<th>Fe (mg)</th>
<th>Mg (mg)</th>
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23/08/2018 - Bolo de maçã e chá | Arroz, feijão com louro, ovos mexidos e salada | Fruta | Sopa de legumes com frango

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24/08/2018 - Pão de leite com margarina e achocholado | Arroz, feijão com louro, frango assado e legumes | Fruta | Purê de batata com carne ao molho

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<th>LIP (g)</th>
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<th>GORD. TRANS</th>
<th>FIB (g)</th>
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<th>VIT C (mg)</th>
<th>Ca (mg)</th>
<th>Fe (mg)</th>
<th>Mg (mg)</th>
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