

	Esmaspäev	Teisipäev	Kolmapäev	Neljapäev	Reede	Nädala keskmine	Norm
Kool							
Energia	813kcal 3401kj	583kcal 2438kj	769kcal 3216kj	730kcal 3056kj	777kcal 3249kj	734kcal 3072kj	690.7kcal 2890kj
Valgud	22.10g 10.8 8%	23.21g 1 5.93%	27.72g 14. 43%	23.51g 1 2.88%	27.70g 1 4.27%	24.85g 1 3.54%	21.6 g
Rasvad	32.71g 36.2 2%	16.27g 2 5.13%	28.16g 32. 97%	21.78g 2 6.84%	21.09g 2 4.44%	24.00g 2 9.43%	23.1 g
Süsivesikud kokku	108.25g 52. 9%	87g 58.9 4%	101.7g 52. 6%	110.66g 60.28%	121.52g 61.3%	105.83g 57.06%	99.1 g
Pikapäevarühm							
Energia	700kcal 2931kj	722kcal 3019kj	702kcal 2939kj	675kcal 2826kj	532kcal 2225kj	666kcal 2788kj	604kcal 2527kj
Valgud	24.40g 13.9 4%	24.82g 1 3.76%	23.41g 13. 33%	23.88g 1 4.14%	19.84g 1 4.92%	23.27g 1 3.98%	18 g
Rasvad	19.84g 25.5 0%	17.78g 2 2.17%	27.38g 35. 08%	26.05g 3 4.71%	23.40g 3 9.60%	22.89g 3 0.93%	20 g
Süsivesikud kokku	107.1g 60.5 7%	116.21g 64.07%	92.33g 51. 59%	86.71g 5 1.15%	60.86g 4 5.48%	92.64g 5 5.14%	88 g