

PREFEITURA DE PARANAGUÁ
SECRETARIA MUNICIPAL DE EDUCAÇÃO E ENSINO INTEGRAL
PROGRAMA NACIONAL DE ALIMENTAÇÃO ESCOLAR - PNAE
DEPARTAMENTO ALIMENTAÇÃO E NUTRIÇÃO ESCOLAR

CARDÁPIO EVA DISLIPIDEMIA PARTE 1
JUNHO/2022

SECRETARIA MUNICIPAL DE EDUCAÇÃO E ENSINO INTEGRAL

MÉDIA SEMANAL DESJEJUM E ALMOÇO VALOR NUTRICIONAL					
HORÁRIO	SEGUNDA 30/05	TERÇA 31/05	QUARTA 01/06	QUINTA 02/06	SEXTA 03/06
DESJEJUM 7:30H - 8:00H			Café com leite desnatado + pão fatiado integral c/ queijo e margarina light	Suco Integral de Laranja + pão integral c/ requeijão light	Leite desnatado com banana + bolo de laranja diet
MERENDA MANHÃ/TARDE 10H - 15:00H			Arroz integral + Feijão, Carioca + Carne moída ao molho + polenta, + salada de acelga c/ escarola + mamão	Risoto de Frango (batata, cenoura, milho, frango) + salada de repolho + tangerina	Arroz integral + Feijão Preto + Carne Bovina ao molho com mandioca + salada de alface + caqui
HORÁRIO	SEGUNDA 06/06	TERÇA 07/06	QUARTA 08/06	QUINTA 09/06	SEXTA 10/06
DESJEJUM 7:30H - 8:00H	Suco integral de uva + pão integral c/ queijo + tomate + alface	Suco integral de maçã + bolo de fubá diet + caqui	Vitamina de Frutas (banana + morango) c/ leite desnatado + biscoito doce integral diet	Chá c/ leite desnatado + pão integral com manteiga	Café c/ leite desnatado + biscoito salgado integral + laranja
MERENDA MANHÃ/TARDE 10H - 15:00H	Macarrão Parafuso integral + Frango ao molho desfiado + salada de repolho c/ cenoura + maçã	Arroz integral + Feijão carioca + Bolinho de carne ao molho + salada acelga + mamão	Arroz integral + Feijão Preto + Frango ao molho com legumes (abóbora + chuchu) + salada de pepino c/ tomate + tangerina	Arroz integral + Feijão Carioca + Carne ao molho + Purê de Batatas + Salada de Beterraba	Arroz integral + Feijão Preto + Frango (sassami) ao molho + salada de brócolis + maçã
HORÁRIO	SEGUNDA 13/06	TERÇA 14/06	QUARTA 15/06	QUINTA 16/06	SEXTA 17/06
DESJEJUM 7:30H - 8:00H	Suco de abacaxi natural c/ adoçante + pão integral c/ ovo + caqui	Chá c/ leite desnatado+ biscoito salgado integral + mamão	Leite desnatado com maçã + bolo de cenoura sem cobertura diet	FERIADO	RECESSO
MERENDA MANHÃ/TARDE 10H - 15:00H	Arroz integral + Feijão Preto + Carne Bovina ao molho com mandioca + salada de alface + laranja	Arroz integral + Feijão Preto + Sobrecoca ao molho com cenoura + salada de chuchu, milho e ervilha + maçã	Arroz integral + Feijão Preto + Peixe ao molho + Pirão do milho de salada de alface e tomate	FERIADO	RECESSO
MÉDIA SEMANAL DESJEJUM E ALMOÇO VALOR NUTRICIONAL					

Patrícia dos Santos Alves
Mat. Funcional nº7893 CRN 8º REGIÃO N° 1781
Contrato nº 070/2021

Ligia Márcia Toledo Faria Vicente
Mat. 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EDU

Bruna Rosalinski de Borba
CRN 8º REGIÃO 13.128
Coordenadora Operacional
SEPAT MULTI SERVICE