



Nastavni zavod za javno zdravstvo Splitsko dalmatinske županije
Odsjek za fiziologiju, praćenje i unapređenje prehrane

NASTAVNI ZAVOD ZA JAVNO ZDRAVSTVO

SPLITSKO - DALMATINSKE ŽUPANIJE

Vukovarska 46 SPLIT

**Jelovnik za učenike razredne nastave
MODUL 3**

Split, veljača 2023. godine



Nastavni zavod za javno zdravstvo Splitsko dalmatinske županije
Odsjek za fiziologiju, praćenje i unapređenje prehrane

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1. Uvod

Jelovnik za učenike razredne nastave usklađen je s preporukama „Normativ za prehranu učenika u osnovnoj školi“ (NN 146/12) i „Nacionalne smjernice za prehranu učenika u osnovnim školama“ Ministarstva zdravlja Republike Hrvatske, Zagreb, 2013.

- Normativi u jelovniku su izraženi kao neto težine predviđene za jedno dijete u dobi od 7 do 13 godina.
- Jelovnici su izrađeni kao MODUL 3, sadržavaju doručak, cca. 15 % preporučenog dnevnog unosa.
- Kod odabira kruh i ostalih proizvoda od žitarica prednost se daje proizvodima od cjelovitih žitarica.
- Mlijeko i fermentirane mliječne proizvode s ne manje od 2,8 % m.m.
- Sve namirnice trebaju biti svježje i kvalitetne, a prilikom pripreme obroka potrebno je osigurati da namirnice što manje gube na svojoj biološkoj vrijednosti.
- Ne preporučuje se koristiti pekarske proizvode te industrijske deserte, već kolače i pudinge pripremljene u kuhinji.
- Potpuno izbjegavati gazirana i negazirana slatka pića.
- Za pripremu jela koristiti prirodne masnoće i biljna ulja po mogućnosti maslinovo ulje.
- Savjetujemo potpuno izbaciti proizvode kod kojih je struktura homogena radi mljevenja (hrenovke, paštete, naresci i sl.)
- Potpuno izbaciti korištenje instant juha i koncentrata za pripremu jelaradi visokog sadržaja soli i aditiva.



2. Đački integralni sendvič i breskva

Br. Jelovnika	1.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: ĐAČKI INEGRALNI SENDVIČ				
	sir gouda punomasni				
		15,0	15,0	245,7	58,5
	Šunka (pureća i pileća prsa u ovitku)				
		15,0	15,0	63,0	15,0
	integralni kruh				
		70,0	70,0	621,3	148,8
	salata zelena				
		10,0	8,3	4,0	1,0
	krastavci kiseli				
		20,0	20,0	8,0	2,0
	rajčica- ketchup				
		5,0	5,0	29,0	7,0
		UKUPNO:	135,0	133,3	971,0
Ime normativa: BRESKVA					
breskva					
	120,0	100,0	155,0	37,0	
	UKUPNO:	120,0	100,0	155,0	37,0
	SVEUKUPNO	255,0	233,3	1126,0	269,3

3. Tuna u graham pecivu i mandarina

Br. Jelovnika	2.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: TUNA U GRAHAM PECIVU				
	tuna konzervirana u ulju				
		20,0	20,0	240,0	58,0
	jaje				
		25,0	15,0	96,0	23,0
	vrhnje kiselo (12% m.m.)				
		5,0	5,0	6,0	28,0
	graham pecivo				
		60,0	60,0	658,0	157,0
	zelena salata				
		10,0	8,3	5,0	1,0
	rajčica crvena				
		15,0	14,7	9,0	2,0
		UKUPNO:	135,0	123,0	1014,0
Ime normativa: MANDARINA					
mandarina					
	150,0	105,0	149,0	36,0	
	UKUPNO:	150,0	105,0	149,0	36,0
	SVEUKUPNO	285,0	228,0	1163,0	305,0



4. Sirni namaz na graham pecivu i banana

Br. Jelovnika	3.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: SIRNI NAMAZ S VLASCEM NA GRAHAM PECIVU				
	tekući jogurt(2,8 %mm)	10,0	10,0	26,0	6,0
	Svježi kravlji sir (obrano mlijeko)	60,0	60,0	181,0	43,0
	vlasac listovi	2,0	1,8	2,0	0,0
	graham pecivo	70,0	70,0	603,0	144,0
	UKUPNO:	142,0	141,8	812,0	193,0
	Ime normativa: BANANA				
	banana	200,0	120,0	397,0	94,0
	UKUPNO:	200,0	120,0	397,0	94,0
	SVEUKUPNO	285,0	228,0	1163,0	305,0

5. Integralni šareni sendvič i jabuka

Br. Jelovnika	4.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: INTEGRALNI ŠARENI SENDVIČ				
	edamac polutvrđi sir bez kore	20,0	20,0	277,2	66,0
	šunka (pureća i pileća prsa u ovitku)	15,0	15,0	63,0	15,0
	integralni kruh	70,0	70,0	621,3	148,8
	salata zelena	10,0	8,3	4,0	1,0
	paprika zelena, crvena	20,0	16,4	11,0	2,0
	rajčica	20,0	19,6	11,0	2,0
	UKUPNO:	155,0	149,3	987,5	234,8
	Ime normativa: JABUKA				
	jabuka	200,0	154,0	296,0	71,0
UKUPNO:	200,0	154,0	296,0	71,0	
SVEUKUPNO	355,0	303,3	1283,5	305,8	



6. Sendvič s kuhanim jajem i kruška

Br. Jelovnika	5.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: SENDVIČ S KUHANIM JAJEM				
	kuhano jaje	70,0	42,0	268,0	63,0
	maslac	10,0	10,0	157,0	37,3
	graham kruh	70,0	70,0	603,0	144,0
	UKUPNO:	150,0	122,0	1028,0	244,3
	Ime normativa: KRUŠKA				
	kruška	200,0	144,0	248,0	59,0
	UKUPNO	200,0	144,0	248,0	59,0
	SVEUKUPNO	350,0	266,0	1276,0	303,3

7. Školski sendvič i jagode

Br. Jelovnika	6.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: ŠKOLSKI SENDVIČ				
	zobena štangica	60,0	60,0	792,0	187,0
	pileća šunka	20,0	20,0	107,5	25,6
	feta sir	20,0	20,0	220,9	52,6
	zelena slata	10,0	8,3	46,7	1,2
	cherry rajčica	10,0	9,0	7,9	1,9
	UKUPNO:	120,0	117,3	1175,0	268,3
	Ime normativa: JAGODE				
	jagode	100,0	100,0	105,5	25,0
	UKUPNO	100,0	100,0	105,5	25,0
SVEUKUPNO	220,0	217,3	1280,5	293,3	



8. Zobeno pecivo s mliječnim namazom i banana

Br. Jelovnika	7.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: ZOBENO PECIVO S MLIJEČNIM NAMAZOM				
	zobena štangica	60,0	60,0	792,0	187,0
	jogurt (2,8%mm)	10,0	10,0	26,0	6,0
	svježi kravlji sir (obrano mlijeko)	30,0	30,0	90,0	22,0
	sjemenke sezama	5,0	5,0	125,0	30,0
	UKUPNO:	105,0	105,0	1033,0	245,0
	Ime normativa: BANANA				
	banana	200,0	120,0	397,0	94,0
	UKUPNO	200,0	120,0	397,0	94,0
	SVEUKUPNO	305,0	225,0	1430,0	339,0

9. Integralni muffin i trešnje

Br. Jelovnika	8.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: INTEGRALNI MUFFIN				
	tekući jogurt (2,8%mm)	20,0	20,0	52,0	12,0
	jaje	10,0	6,0	38,0	9,0
	maslac	5,0	5,0	78,0	18,0
	pšenično brašno polubijelo	20,0	20,0	282,0	67,0
	zobene pahuljice	5,0	5,0	77,0	18,0
	čokolada za kuhanje	5,0	5,0	107,0	25,0
	limun	5,0	3,3	1,0	0,0
	naranča	10,0	6,5	9,0	2,0
	jabuka	20,0	15,4	29,0	7,0
	grožđice	5,0	5,0	51,0	12,0
	badem oljušteni	5,0	5,0	118,0	28,0
	UKUPNO:	110,0	96,2	842,0	198,0
	Ime normativa: TREŠNJE				
	trešnje	200,0	172,0	345,0	82,0
	UKUPNO	200,0	172,0	345,0	82,0
	SVEUKUPNO	310,0	268,2	1187,0	280,0



10. Savijača od sira i buče, jogurt

Br. Jelovnika	9.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: SAVIJAČA SA SIROM I BUĆOM				
	kiselo vrhnje (12%mm)	10,0	10,0	58,0	14,0
	kravlji svježi sir	30,0	30,0	90,0	21,0
	jaje	10,0	6,0	38,0	9,0
	suncokretovo ulje	5,0	5,0	188,0	45,0
	pšenično bijelo brašno	20,0	20,0	293,0	70,0
	proso	5,0	5,0	76,0	18,0
	tikva	50,0	40,0	25,0	6,0
	UKUPNO:	130,0	116,0	768,0	183,0
	Ime normativa: JOGURT				
	jogurt	180,0	180,0	473,0	113,0
	UKUPNO	180,0	180,0	473,0	113,0
	SVEUKUPNO	310,0	296,0	1241,0	296,0

11. Savijača od jabuka i kefir

Br. Jelovnika	10.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: SAVIJAČA S JABUKAMA				
	ulje suncokretovo	5,0	5,0	188,0	45,0
	pšenično brašno bijelo	25,0	25,0	366,0	87,0
	mrvice	5,0	5,0	74,0	17,0
	šećer kristal	3,0	3,0	50,0	12,0
	šećer smeđi	3,0	3,0	47,0	11,0
	šećer vanilin	1,0	1,0	16,0	3,0
	jabuka	100,0	77,0	147,0	35,0
	cimet	0,2	0,2	2,0	0,0
	UKUPNO:	142,2	119,2	890,0	210,0
	Ime normativa: KEFIR				
	kefir	150,0	150,0	370,0	88,0
	UKUPNO	150,0	150,0	370,0	88,0
	SVEUKUPNO	292,2	269,2	1260,0	298,0



12. Savijača od špinata i kefir

Br. Jelovnika	11.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: SAVIJAČA OD ŠPINATA				
	kiselo vrhnje (12%mm)	10,0	10,0	58,0	14,0
	svježi kravljji sir (obrano mlijeko)	40,0	40,0	120,0	29,0
	jaje	10,0	6,0	38,0	9,0
	ulje suncokretovo	5,0	5,0	188,0	45,0
	pšenično bijelo brašno	40,0	40,0	586,0	140,0
	špinat	40,0	33,2	17,0	4,0
	UKUPNO:	145,0	134,2	1007,0	241,0
	Ime normativa: KEFIR				
	kefir	150,0	150,0	370,0	88,0
	UKUPNO	150,0	150,0	370,0	88,0
SVEUKUPNO	295,0	284,2	1377,0	329,0	

13. Burger od ribe

Br. Jelovnika	12.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: FISHBURGER				
	Sir gouda	10,0	10,0	164,0	39,0
	oslić panirani	60,0	60,0	549,0	130,0
	ulje suncokretovo	5,0	5,0	188,0	45,0
	kiselo vrhnje (12%mm)	15,0	15,0	89,0	22,0
	graham pecivo	70,0	70,0	603,0	144,0
	zelena salata	10,0	8,3	5,0	1,0
	kiseli krastavci	5,0	5,0	2,0	1,0
	UKUPNO:	175,0	173,3	1600,0	382,0
	SVEUKUPNO	175,0	173,3	1600,0	382,0



14. Školski sendvič s mozzarelom i kruška

Br. Jelovnika	13.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: ŠKOLSKI SENDVIČ				
	pecivo od bijelog brašna	60,0	60,0	645,1	153,6
	pileća šunka	20,0	20,0	107,5	25,6
	mozzarella	20,0	20,0	252,0	60,0
	zelena slata	10,0	8,3	46,7	1,2
	rikula	10,0	8,7	10,9	2,5
	cherry rajčica	10,0	9,0	7,9	1,9
	UKUPNO:	130,0	126,0	1070,1	244,8
	Ime normativa: KRUŠKA				
	kruška	200,0	144,0	248,0	59,0
	UKUPNO	200,0	144,0	248,0	59,0
	SVEUKUPNO	330,0	270,0	1318,1	303,8

15. Integralno pecivo s humusom i grčki jogurt

Br. Jelovnika	14.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: NAMAZ OD SLANUTKA NA INTEGRALNOM PECIVU				
	maslac	5,0	5,0	157,0	38,0
	bučnio ulje	3,0	3,0	113,0	27,0
	slanutak	20,0	20,0	249,0	60,0
	peršin list	2,0	2,0	2,0	0,0
	limun	2,0	1,3	1,0	0,0
	integralni kruh	70,0	70,0	621,3	148,8
	UKUPNO:	142,2	119,2	890,0	210,0
	Ime normativa: GRČKI JOGURT				
	grčki jogurt	150,0	150,0	787,5	187,5
	UKUPNO	150,0	150,0	787,5	187,5
	SVEUKUPNO	292,2	269,2	1677,5	397,5



16. Mini pizza i jagode

Br. Jelovnika	15.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: MEDITERANSKA MINI PIZZA				
	mlijeko 3,2% m.m.	7,0	7,0	18,0	4,0
	sir mozzarella	20,0	20,0	252,0	60,0
	ulje maslinovo	3,0	3,0	113,0	27,0
	pšenično brašno bijelo	20,0	20,0	293,0	70,0
	pšenično brašno bijelo oštro	20,0	20,0	282,0	67,0
	paprika zelena, crvena	15,0	12,3	8,0	2,0
	rajčica	25,0	24,5	15,0	3,0
	tikvice zelene	15,0	13,2	8,0	2,0
	šampinoni	20,0	18,0	12,0	3,0
	rajčica ukuhana (28-30% konc)	10,0	10,0	29,0	7,0
	masline zelene	2,0	1,6	7,0	2,0
	origano sušeni	1,0	1,0	14,0	3,0
	bosiljak	2,0	2,0	0,0	0,0
	kvasac pekarski suhi	1,0	1,0	12,0	3,0
	sol				
	UKUPNO:	161,0	153,6	1139,0	271,0
	Ime normativa: JAGODE				
	jagode	100,0	97,0	105,5	25,0
	UKUPNO	100,0	97,0	105,5	25,0
SVEUKUPNO	261,0	250,6	1244,5	296,0	



17. Zobena kaša

Br. Jelovnika	16.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: ZOBENE PAHULJICE S JOGURTOM, SUHIM VOĆEM I MEDOM				
	zobene pahuljice	40,0	40,0	623,0	149,0
	med vrcani	5,0	5,0	66,0	16,0
	badem oljušteni suhi	5,0	5,0	118,0	28,0
	grožđice	5,0	5,0	51,0	12,0
	cimet	0,5	0,5	6,0	2,0
	jogurt	180,0	180,0	473,0	113,0
	UKUPNO:	235,5	235,5	1337,0	320,0
	SVEUKUPNO	235,5	235,5	1337,0	320,0

18. Zobena kaša s probiotičkim jogurtom

Br. Jelovnika	17.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: ZOBENE PAHULJICE S MEDOM, CIMETOM I JOGURTOM S PROBIOTIKOM				
	zobene pahuljice	40,0	40,0	623,0	149,0
	med vrcani	5,0	5,0	66,0	16,0
	cimet	0,5	0,5	6,0	2,0
	acidofil	180,0	180,0	452,0	108,0
	UKUPNO:	225,5	225,5	1147,0	275,0
	SVEUKUPNO	225,5	225,5	1147,0	275,0



19. Sendvič s piletinom i mozzarelom i jagode

Br. Jelovnika	18.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: ŠARENI SENDVIČ S PILETINOM I MOZZARELOM				
	pecivo od bijelog brašna	60,0	60,0	645,1	153,6
	piletina (bijelo meso bez kosti)	30,0	30,0	146,5	34,9
	mozzarella	20,0	20,0	252,0	60,0
	zelena slata	10,0	8,3	46,7	1,2
	rikula	10,0	8,7	10,9	2,5
	cherry rajčica	10,0	9,0	7,9	1,9
	UKUPNO:	140,0	136,0	1109,1	254,1
	Ime normativa: JAGODE				
	jagode	200,0	194,0	211,0	50,0
	UKUPNO	200,0	194,0	211,0	50,0
	SVEUKUPNO	340,0	330,0	1320,1	304,1

20. Namaz od sira sa sezamom na inegralnom pecivu

Br. Jelovnika	19.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: INTEGRALNO PECIVO, SIRNI NAMAZ SA SJEMENKAMA				
	integralno pecivo	70,0	70,0	621,3	148,8
	jogurt (2,8%mm)	10,0	10,0	26,0	6,0
	svježi kravlji sir (obrano mlijeko)	30,0	30,0	90,0	22,0
	sjemenke sezama	5,0	5,0	125,0	30,0
	UKUPNO:	115,0	115,0	862,3	206,8
	Ime normativa: KAKAO				
	mlijeko 2,8%mm	200,0	200,0	478,0	114,0
	kakao prah nezašećereni	3,0	3,0	39,0	9,0
	UKUPNO	203,0	203,0	517,0	123,0
	SVEUKUPNO	318,0	318,0	1379,3	329,8



21. Hladna mesna salata

Br. Jelovnika	20.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: HLADNA SALATA OD TJESTENINE S MESOM I POVRĆEM				
	integralna tjestenina	60,0	60,0	887,0	211,2
	piletina (bijelo meso bez kosti)	30,0	30,0	146,5	34,9
	mozzarella	20,0	20,0	252,0	60,0
	zelena salata	10,0	8,3	46,7	1,2
	kiseli krastavac	10,0	10,0	4,6	1,1
	cherry rajčica	10,0	9,0	7,9	1,9
	grčki jogurt	20,0	20,0	105,0	25,0
	UKUPNO:	160,0	157,3	1449,7	335,3
	SVEUKUPNO	160,0	157,3	1449,7	335,3

22. Hladna riblja salata

Br. Jelovnika	21.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: HLADNA SALATA OD TJESTENINE S RIBOM I POVRĆEM				
	integralna tjestenina	60,0	60,0	887,0	211,2
	tuna konzervirana u ulju	20,0	20,0	243,6	58,0
	feta sir	20,0	20,0	220,9	52,6
	zelena salata	10,0	8,3	46,7	1,2
	kiseli krastavac	10,0	10,0	4,6	1,1
	crveni luk	30,0	27,0	26,0	6,0
	UKUPNO:	150,0	145,3	1428,8	330,1
	SVEUKUPNO	150,0	145,3	1428,8	330,1



23. Kuhani štrukli

Br. Jelovnika	22.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: ZAGORSKI ŠTRUKLI				
	kiselo vrhnje 12 %mm	10,0	10,0	58,0	14,0
	suncokretovo ulje	5,0	5,0	188,0	45,0
	mrvice	5,0	5,0	74,0	17,0
	zagorski štrukli smrznuti	80,0	80,0	944,0	225,0
	UKUPNO:	100,0	100,0	1264,0	301,0
	SVEUKUPNO	100,0	100,0	1264,0	301,0

24. Sendvič u heljdinom pecivu i kivi

Br. Jelovnika	23.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: SENDVIČ U HELJDINOM PECIVU				
	pecivo od heljdinog brašna	60,0	60,0	735,8	175,2
	pileća šunka	20,0	20,0	107,5	25,6
	ABC sirni namaz	20,0	20,0	202,4	48,2
	zelena slata	10,0	8,3	46,7	1,2
	paprika	20,0	16,4	11,0	2,0
	UKUPNO:	130,0	124,7	1103,5	252,2
	Ime normativa: KIVI				
	kivi	120,0	114,0	190,0	45,0
	UKUPNO	120,0	114,0	190,0	45,0
	SVEUKUPNO	250,0	238,7	1293,5	297,2



25. Sendvič u didovom pecivu

Br. Jelovnika	24.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: SENDVIČ U DIDOVOM PECIVU				
	pecivo od bijelog brašna	60,0	60,0	645,1	153,6
	šunka fina	30,0	30,0	170,1	40,5
	edamac polutvrđi sir bez kore	20,0	20,0	277,2	66,0
	rajčica	10,0	9,8	5,5	1,0
	krastavac svježi	10,0	9,5	6,3	1,5
	UKUPNO:	130,0	129,3	1104,2	262,6
	Ime normativa: NARANČA				
	naranča	200,0	130,0	189,0	45,0
	UKUPNO	200,0	130,0	189,0	45,0
	SVEUKUPNO	330,0	259,3	1293,2	307,6

26. Savijača od sira i špinata

Br. Jelovnika	25.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: SAVIJAČA SA RICCOTOM I ŠPINATOM				
	kiselo vrhnje (12%mm)	10,0	10,0	58,0	14,0
	riccota sir (polumasni od obranog mlijeka)	40,0	40,0	231,8	55,2
	jaje	10,0	6,0	38,0	9,0
	suncokretovo ulje	5,0	5,0	188,0	45,0
	pšenično bijelo brašno	40,0	40,0	586,0	140,0
	špinat	40,0	33,2	17,0	4,0
	UKUPNO:	145,0	134,2	1118,8	267,2
	SVEUKUPNO	145,0	134,2	1118,8	267,2



27. Buhtla

Br. Jelovnika	26.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: BUHTLA S JABUKOM I MARMELADOM				
	mlijeko 2,8%mm	10,0	10,0	23,0	5,0
	jaje	10,0	6,0	38,0	9,0
	ulje suncokretovo	5,0	5,0	188,0	45,0
	pšenično brašno crno	5,0	5,0	68,0	16,0
	pšenično brašno bijelo	20,0	20,0	292,0	70,0
	šećer u prahu	1,0	1,0	15,0	3,0
	šećer smeđi	5,0	5,0	79,0	19,0
	šećer s aromom vanilije	0,5	0,5	8,0	1,0
	marmelada miješana	10,0	10,0	109,0	26,0
	limun	1,0	0,7	0,0	0,0
	jabuka	60,0	46,2	88,0	21,0
	kvasac pekarski (suhi)	0,7	0,7	8,0	1,0
	UKUPNO:	161,0	153,6	1139,0	271,0
	SVEUKUPNO	161,0	153,6	1139,0	271,0

28. Pita od jabuka

Br. Jelovnika	27.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: PITA S JABUKAMA				
	kiselo vrhnje 12%mm	5,0	5,0	29,0	7,0
	jaje	10,0	6,0	38,0	9,0
	maslac	10,0	10,0	314,0	75,0
	pšenično brašno namijensko	30,0	30,0	423,0	101,0
	mrvice	3,0	3,0	44,0	11,0
	smeđi šećer	5,0	5,0	79,0	19,0
	šećer u prahu	1,0	1,0	16,0	4,0
	šećer s aromom vanilije	1,0	1,0	17,0	4,0
	med	3,0	3,0	40,0	10,0
	limun	1,0	0,7	0,0	0,0
	jabuka	80,0	61,6	118,0	28,0
	groždice	5,0	5,0	51,0	12,0
	cimet	0,5	0,5	6,0	2,0
	prašak za pecivo	0,5	0,5	2,0	0,0
UKUPNO:	155,0	132,3	1177,0	282,0	
SVEUKUPNO	155,0	132,3	1177,0	282,0	



29. Zobeni keksi, kivi i jogurt

Br. Jelovnika	28.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: ZOBENI KEKSI S CIMETOM I NARANČOM				
	mlijeko (2,8%mm)	10,0	10,0	23,0	5,0
	jaje	10,0	6,0	38,0	9,0
	slani maslac	10,0	10,0	157,0	37,0
	pšenično brašno crno (85% ekstrahirano)	5,0	5,0	68,0	16,0
	pšenično brašno polubijelo (72% ekstrahirano)	15,0	15,0	211,0	50,0
	zobene pahuljice	5,0	5,0	77,0	18,0
	naranča	10,0	6,5	9,0	2,0
	grožđice	5,0	5,0	51,0	12,0
	cimet	3,0	3,0	38,0	9,0
	prašak za pecivo	1,0	1,0	3,0	0,0
	UKUPNO:	74,0	66,5	675,0	158,0
	Ime normativa: KIVI				
	kivi	120,0	114,0	190,0	45,0
	UKUPNO	120,0	114,0	190,0	45,0
	Ime normativa: JOGURT				
	jogurt	180,0	180,0	73,0	113,0
	UKUPNO	180,0	180,0	73,0	113,0
SVEUKUPNO	374,0	360,5	938,0	316,0	

30. Savijača s višnjama i kefir

Br. Jelovnika	29.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: SAVIJAČA S VIŠNJAMA				
	ulje suncokretovo	2,0	2,0	75,0	18,0
	pšenično brašno bijelo	20,0	20,0	293,0	70,0
	mrvice	5,0	5,0	74,0	18,0
	smeđi šećer	5,0	5,0	84,0	20,0
	višnje	50,0	42,5	74,0	17,0
	UKUPNO:	82,0	74,5	600,0	143,0
	Ime normativa: KEFIR				
	kefir	150,0	150,0	370,0	88,0
	UKUPNO	150,0	150,0	370,0	88,0
	SVEUKUPNO	232,0	224,5	970,0	231,0



31. Složenac u integralnoj tortilji

Br. Jelovnika	30.	KOLIČINA		ENERGIJA	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)
Doručak	Ime normativa: TORTILJA				
	integralna tortilja	40,0	40,0	504,0	120,0
	piletina (bijelo meso bez kosti)	30,0	30,0	146,5	34,9
	kuhano jaje	10,0	6,0	38,3	9,0
	mozzarella	20,0	20,0	252,0	60,0
	zelena slata	10,0	8,3	46,7	1,2
	mrkva	10,0	9,0	13,0	3,0
	kupus glavati bijeli	10,0	9,0	8,0	2,0
	cherry rajčica	10,0	9,0	7,9	1,9
	grčki jogurt	20,0	20,0	105,0	25,0
	UKUPNO:	160,0	151,3	1121,4	257,0
SVEUKUPNO	160,0	157,3	1121,4	257,0	