|  |  |  |  |  |
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| **INGREDIENTI** | **NIDO** | **INFANZIA** | **PRIMARIA** | **SECONDARIA****DI PRIMO GRADO** |
|  |  |  |  |  |
|  | g | g | g | g |
| Pasta | 30 | 40-50 | 60-70 | 70-80 |
| Riso integrale | 30 | 40-50 | 60-70 | 70-80 |
| Pane | 30 | 30-40 | 60 | 60-80 |
| Carne | 40 | 50 | 60 | 70-80 |
| Pesce | 50-60 | 70 | 70-80 | 80-100 |
| Legumi freschi | 40 | 50 | 50-60 | 50-80 |
| Legumi secchi | 20 | 30 | 30 | 40 |
| Formaggio | 30 | 40 | 50 | 60 |
| Verdure cotte | 50-60 | 100 | 200 | 200 |
| Verdure crude | 50 | 100 | 200 | 200 |
| Insalata | 30 | 50 | 70 | 80 |