



July Lunch Menu

2019/6/28

Manner Goal: Let's eat with a good posture.

Principal: Mr. Hatano

Nutrition Goal: Let's eat to beat the heat.

School Nutritionist: Ms. Koide

| Day | Date | Menu | Milk | Red Food Group For building our bodies | Yellow Food Group For warming our bodies | Green Food Group For balancing our bodies | Other | energy Kcal | protein g | |
|-----|------|--|------|---|---|--|---|----------------|--------------|------|
| 1 | Mon | barley rice | ○ | | rice, barley | | | 672 | 26.2 | |
| | | grilled mackerel with green onion sauce | | mackerel | (light brown) sugar | ginger, scallion, garlic | sake, soy sauce vinegar | | | |
| | | simmered freeze-dried tofu and vegetables | | freeze-dried tofu | konnyaku, (light brown) sugar potatoes | carrot, burdock, string bean | fish shavings (soup) mirin, salt soy sauce | | | |
| | | marinated Chinese cabbage | | | | komatsuna, carrot Chinese cabbage | soy sauce | | | |
| 2 | Tue | Japanese cultural food ☆ Hangeshō ☆ | | | | | | | 528 | 21.2 |
| | | octopus rice | | fried tofu, octopus | rice | burdock, carrot, dried shiitake string bean | sake, kombu light soy sauce salt, mirin | | | |
| | | fu and wakame miso soup | ○ | miso, wakame (seaweed) | dried wheat gluten | scallion | fish shavings (soup) | | | |
| | | Jakoten | | Jakoten | | | | | | |
| | | marinated cabbage with salted seaweed | | salted seaweed | roasted sesame seeds | cabbage, bean sprouts, carrot | soy sauce | | | |
| 3 | Wed | cinnamon toast | ○ | | bread, vegetable oil granulated sugar | | cinnamon powder | 623 | 21.8 | |
| | | vegetables simmered in cream | | chicken, milk | vegetable oil, potatoes wheat flour | carrot, onion, cabbage, ginger | white wine chicken broth salt, pepper bay leaf powder | | | |
| | | chirimen jyako salad | | chirimen jakko | sesame oil, (light brown) sugar | mizuna, komatsuna, bean sprouts carrot, ginger | vinegar, soy sauce salt, sake | | | |
| | | fruit (frozen orange) | | | | frozen orange | | | | |
| 4 | Thu | rice | ○ | | rice | | | 611 | 27.5 | |
| | | tofu and wakame clear soup | | tofu, wakame (seaweed) | | scallion | kombu fish shavings (soup) salt, soy sauce | | | |
| | | salmon chan-chan yaki | | salmon, miso | (white) sugar, butter | cabbage, onion, carrot | salt, pepper sake, mirin soy sauce | | | |
| | | Chinese salad with vermicelli | | | vermicelli, vegetable oil, sesame oil sesame seed paste | carrot, cabbage, cucumber | vinegar, salt soy sauce, pepper | | | |
| 5 | Fri | Japanese cultural food ☆ Tanabata festival ☆ | | | | | | | 568 | 18.2 |
| | | Tanabata cold somen | | steamed fish paste | somen, (light brown) sugar | dried shiitake, scallion, okra | fish shavings (soup) kombu, salt soy sauce | | | |
| | | tempura (chicken · eggplant · pumpkin) | ○ | chicken | vegetable oil, wheat flour | eggplant, pumpkin | salt | | | |
| | | winter melon simmered in soy sauce | | | (light brown) sugar, starch | winter melon | fish shavings (soup) salt, soy sauce | | | |
| | | Tanabata punch | | | (white) sugar, rice flour | canned orange, canned pineapple canned peach, nata de coco | cider | | | |
| 8 | Mon | barley rice | ○ | | rice, wheat | | | 562 | 25.4 | |
| | | furikake | | chirimen jakko fish shavings, nori | roasted sesame seeds | yukari shiso (red perilla) | | | | |
| | | kenchin soup | | tofu | vegetable oil, sesame oil, taro | burdock, carrot, daikon, scallion | kombu, salt soy sauce fish shavings (soup) | | | |
| | | omelet with dried daikon | | chicken, egg | vegetable oil, (light brown) sugar | scallion, dried radish | sake, salt soy sauce | | | |
| | | Chinese Cabbage with Mustard Sauce | | | | komatsuna, carrot Chinese cabbage | mustard, soy sauce | | | |
| 9 | Tue | Let's eat local foods! ☆Okinawa Prefecture☆ | | | | | | | 660 | 27.8 |
| | | Taco rice | | pork, soy bean, cheese | rice, vegetable oil | garlic, ginger, onion carrot, cabbage, mini tomato | red wine paprika powder ketchup, soy sauce pepper, tabasco Worcestershire | | | |
| | | aosa-nori soup | ○ | aosa-seaweed | | scallion | fish shavings (soup) sake, salt | | | |
| | | Goya Chanpuru | | bacon, tofu, egg | vegetable oil | onion, carrot, bitter melon | soy sauce, salt | | | |

☆There may be changes to the menu due to the availability of food. Thank for your

School lunch Fees ♪

This year the school lunch is not being charged as a monthly fee, but the fee is per meal for the month. Every month is different per grade. We will let you know the charges on the menu.

The fees will be withdrawn July 10th.

| Gr.1 | Gr.2 | Gr.3 | Gr.4 | Gr.5 | Gr.6 |
|--------|--------|--------|--------|--------|--------|
| ¥3,068 | ¥3,068 | ¥3,354 | ¥3,096 | ¥3,640 | ¥3,640 |

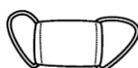
~ Dear Parents /Guardians ~

A refund for the fee is available if your child has to miss school lunch for more than 5 days in a row. To be eligible for this it is necessary to inform your child's teacher 10 days in advance and submit the necessary paperwork a week in advance. If there is a change in the absence period, please be sure to inform your homeroom teacher. For any long absence and transferring school, a handling charge will be deducted. We appreciate your cooperation.

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|------------|------------|---|------|---|--|--|---|----------------|--------------|------|
| 10 | Wed | cold tomato pasta | ○ | shrimp, squid | olive oil, spaghetti | garlic, onion, zucchini, tomato yellow bell pepper, tomato juice | salt, pepper white wine, basil chili pepper | 655 | 24.7 | |
| | | Pari Pari Salad | | | vegetable oil, wonton wrapper | carrot, cabbage, cucumber, onion | vinegar, salt pepper | | | |
| | | matcha cake | | egg, milk | (light brown) sugar, wheat flour vegetable oil ama-natto (sweetened beans) | | matcha baking powder | | | |
| 11 | Thu | Let's eat international foods! ☆Hawaii☆ | | | | | | | 610 | 22.4 |
| | | mahi-mahi dog | x | mahi-mahi | bread, vegetable oil starch, (light brown) sugar | cabbage, onion, ginger, garlic | salt, pepper, sake ketchup soy sauce | | | |
| | | Vegetable Chowder Soup | | milk | vegetable oil, potatoes wheat flour | onion, carrot, ginger, whole corn | chicken broth salt, pepper bay leaf powder | | | |
| | | coleslaw | | | vegetable oil, (light brown) sugar | carrot, cabbage, cucumber | vinegar, salt pepper | | | |
| | | vegetable chips | | | potatoes, vegetable oil | carrot, pumpkin, burdock | salt | | | |
| | | drinking yogurt | | drinkable yogurt | | | | | | |
| | | | | | | | | | | |
| 12 | Fri | teriyaki chicken rice bowl | ○ | chicken | rice, vegetable oil (light brown) sugar, starch | ginger, scallion | sake, soy sauce salt, mirin | 685 | 29.0 | |
| | | hearty miso soup | | tofu, miso | konnyaku | burdock, carrot, scallion komatsuna, scallion | fish shavings (soup) | | | |
| | | Chinese cabbage isoe | | nori | | komatsuna, Chinese cabbage bean sprouts | soy sauce | | | |
| | | steamed corn | | | | corn | salt | | | |
| 15 | Mon |  Marine Day  | | | | | | | | |
| 16 | Tue | summer vegetable curry | ○ | chicken | rice, vegetable oil, wheat flour | garlic, ginger, onion, carrot zucchini, tomato, eggplant pumpkin | red wine, salt bay leaf powder ketchup chicken broth curry powder | 701 | 18.4 | |
| | | seaweed salad | | seaweed | vegetable oil | cucumber, daikon, onion whole corn | vinegar, salt soy sauce, pepper | | | |
| | | fruit (frozen orange) | | | | frozen orange | | | | |
| 17 | Wed | barley rice | ○ | | rice, wheat | | | 666 | 20.7 | |
| | | tofu and mushroom soup | | tofu | sesame oil | ginger, shimeji, shiitake enoki mushroom | chicken broth sake, pepper salt, soy sauce | | | |
| | | fried gyoza | | pork | vegetable oil, sesame oil dumpling wrappers | garlic, ginger, Chinese cabbage scallion, Chinese chive | salt, pepper soy sauce | | | |
| | | spicy bean sprouts | | | sesame oil | carrot, cucumber, bean sprouts | salt, soy sauce chili oil | | | |
| 18 | Thu | Japanese cultural food ☆Doyō☆ | | | | | | | 659 | 23.8 |
| | | eel chirashi zushi | ○ | grilled eel, nori | rice, glutinous rice (light brown) sugar roasted sesame seeds | perilla | sake, mirin, soy sauce | | | |
| | | winter melon and egg soup | | chicken, egg | starch | winter melon, scallion green onions, ginger | kombu, salt fish shavings (soup) | | | |
| | | cabbage and cucumber in umeboshi pickles | | | | cabbage, carrot, cucumber ginger, umeboshi | salt | | | |
| doyō mochi | Azuki Bean | rice flour, (white) sugar (light brown) sugar | | | salt | | | | | |
| 19 | Fri | Closing ceremony • no lunch | | | | | | | | |



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|-----|------|--------------------------------------|------|---|---|--|--|----------------|--------------|--|
| 9/2 | Mon | First Day Assembly • no lunch | | | | | | | | |
| 9/3 | Tue | barley rice | ○ | | rice, wheat | | | 663 | 29.7 | |
| | | suiton | | pork, egg | vegetable oil, rice flour wheat flour | carrot, daikon, Chinese cabbage scallion, komatsuna | kombu, sake fish shavings (soup) salt, soy sauce | | | |
| | | Spanish mackerel with Saikyo miso | | Spanish mackerel Saikyo miso | | | sake | | | |
| | | stir-fried hijiki and soybeans | | hijiki(seaweed) fried tofu, soy bean | vegetable oil, (light brown) sugar | carrot | fish shavings (soup) mirin, soy sauce | | | |



Don't forget to Prepare ♪

Everyone has to wear a mask when preparing for lunch.
It is for hygienic reasons as well as prevention of illnesses.
Please put a clean lunch mat and mask together in your child's lunch set bag.
Disposable or gauze mask is acceptable. Thank you for your cooperation.

