

December Lunch Menu



Manner Goal: Let's be careful about how loud we speak and enjoy our lunch.

Nutrition Goal: Let's beat the cold!

School Nutritionist: Ms. Koide

Principal: Mr. Hatano

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	proteir g	
2	Mon		•		Transfer Holida	ay 🕹 🞝			P	
		barley rice			rice, wheat					
		Hearty Miso Soup	0	miso, tofu	konnyaku	carrot, burdock, komatsuna scallion	fish shavings (soup)		27.6	
3	Tue	Teriyaki fish		sablefish	vegetable oil	ginger	soy sauce, sake, mirin	604		
		Cabbage with spicy			(light brown) sugar, starch	komatsuna, carrot, cabbage	mustard, soy sauce	-		
\dashv		Sauce Komarsona, canor, cabbage mostara, say sauce								
4	Wed	hand-made pirozhki		pork	bread flour, (white) sugar vegetable oil vermicelli, starch	onion, bamboo shoots dried shiitake	salt, dried yeast pepper, nutmeg oyster sauce, soy sauce		23.4	
		borscht		pork, fresh cream	vegetable oil, potatoes	carrot, onion, celery ginger, whole tomatoes canned beets, cabbage	red wine, chicken broth tomato puree, salt pepper, bay leaf powder	691		
		Olivier salad		egg	potatoes, mayonnaise	carrot, onion, cucumber green peas	vinegar, salt, pepper			
		yogurt drink		yogurt drink						
		Kimchi Fried Rice		pork, egg	rice, vegetable oil	carrot, kimchi, bean sprouts bell pepper	sake, salt, soy sauce pepper			
5		wonton soup	0	pork	wonton wrapper, sesame oil	ginger, carrot, bamboo shoots Chinese cabbage, scallion bean sprouts, komatsuna	chicken broth, sake, salt pepper, soy sauce	603	21.9	
		fruit (persimmon)				persimmon				
		Japan Event Day ☆Hari-kuyo☆								
6	Fri	rice	0		rice			- 621	24.4	
		Clear Soup		hanpen		mitsuba, carrot	fish shavings (soup) kombu, salt, soy sauce			
		Deep fried tofu with vegetable and ground chicken sauce		tofu, chicken	vegetable oil, starch	onion, carrot, shiitake spinach	sake, mirin, salt soy sauce			
		Marinated Cabbage with Salted Seaweed		Shio kombu	sesame seeds	cabbage, bean sprouts carrot	soy sauce			
		Japanese local food ★Hokkaido☆								
9		mushroom rice	0	fried tofu	rice	shiitake, shimeji maitake mushroom	kombu, sake salt, soy sauce		31.3	
) S		tofu and komatsuna Clear Soup		tofu	dried wheat gluten	komatsuna	fish shavings (soup) kombu, salt, soy sauce	572		
30	J	Salmon Chan Chan Yaki		salmon, miso	(white) sugar, butter	cabbage, onion, carrot	salt, pepper, sake mirin, soy sauce			
		Pickled turnip				turnip	salt			
		Kogitsune udon		chicken, fried tofu	(light brown) sugar udon noodles	onion, carrot, daikon komatsuna	fish shavings (soup) kombu, salt, soy sauce sake, mirin			
10		bean sprouts marinated with sesame seeds	0		(light brown) sugar sesame seeds	carrot, bean sprouts	soy sauce	626	23.8	
		mystery Chestnut		milk, egg	sweet potato, (white) sugar butter, Chestnut, wheat flour Somen, vegetable oil					
\Box		barley rice	0		rice, wheat				29.7	
		tofu and komatsuna		miso, tofu		komatsuna, scallion	fish shavings (soup)			
11	Wed	miso soup Teriyaki fish		yellowtail	(light brown) sugar, starch	ginger	soy sauce, sake, mirin	644		
		daikon salad		wakame (seaweed)	vegetable oil, sesame oil sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce pepper			
\dashv		Garlic toast			bread, vegetable oil	garlic, parsley				
		Ratatouille	0	chicken	olive oil, vegetable oil	garlic, onion, celery, zucchini eggplant, bell pepper	white wine, salt, pepper nutmeg, oregano	615	19.4	
12	Thu	Kalaloolile)			yellow bell pepper red bell pepper, tomato	bay leaf powder	010	.,,,	

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	
		Japan Event Day ★Susuharai☆								
13	Fri	wakame and jakko rice		chirimen jakko wakame (seaweed)	rice					
*		oden	0	tube shaped fish cake hanpen, fish ball, kombu fried tofu fritter		daikon	fish shavings (soup), sake salt, soy sauce	554	19.2	
8		Chinese Cabbage with Mustard Sauce	-			komatsuna, carrot, Chinese cabbage	mustard, soy sauce			
الإ		fruit (satsuma orange)				satsuma orange				
1/	Man	dry curry with eggplant	_	pork, chickpeas	rice, vegetable oil wheat flour	garlic, ginger, onion carrot, eggplant	tomato puree, salt bay leaf powder nutmeg, curry powder Worcestershire sauce	/5/	20.3	
10	Mon	paripari salad	0		vegetable oil wonton wrapper	carrot, cabbage, cucumber onion	vinegar, salt, pepper	- 656 -	20.3	
		Calpis Jelly		agar powder(kanten) calpis						
	Tue	spaghetti with grilled meat	0	pork	spaghetti, vegetable oil (light brown) sugar sesame seeds	garlic, ginger, onion, shimeji bell pepper, enoki mushroom	soy sauce, sake, mirin parsley			
17		Iron-Rich Salad		hijiki(seaweed) chirimen jako	(light brown) sugar vegetable oil, sesame oil sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar pepper, sake	508	21.4	
		fruit (apple)				apple				
		barley rice			rice, wheat			551	18.7	
		wakame seaweed soup		wakame (seaweed)	sesame seeds	ginger, bamboo shoots scallion	chicken broth, salt pepper, soy sauce			
18		cod and vegetable with sweet and sour thickened sauce	0	cod	starch, vegetable oil potatoes, (light brown) sugar	carrot, onion, bell pepper red bell pepper, lotus root yellow bell pepper, eggplant	soy sauce, vinegar ketchup			
		spicy pickled cucumber and turnip			sesame oil	turnip, cucumber	salt, vinegar soy sauce, chili oil			
	Thu	grilled tuna & cheese sandwich		tuna, cheese	bread				22.5	
		fried bread crusts with sugar			bread, vegetable oil granulated sugar (white) suaar					
19		corn soup	0	chicken	vegetable oil, starch	carrot, onion, ginger parsley, canned cream corn canned corn	chicken broth salt, pepper bay leaf powder	665		
		tomato & cucumber salad			olive oil	tomato, cabbage, cucumber onion	vinegar, salt, pepper			
		Japan Event Day ☆ Winter Solstice ☆								
20	Fri	yukari shiso rice	0		rice	yukari shiso (red perilla)			25.6	
		Root vegetable miso soup		miso	vegetable oil, sweet potato konnyaku	burdock, carrot, daikon scallion	fish shavings (soup)	618		
		merluza roasted in foil		Merlucciidae, bacon		red bell pepper, onion enoki mushroom	salt, pepper white wine, soy sauce	-		
0		stewed pumpkin			(light brown) sugar	pumpkin	fish shavings (soup) salt, soy sauce			
	Mon	rice	0		rice			679	28.1	
		Dosanko jiru		pork, miso wakame (seaweed)	potatoes, butter	carrot, canned corn, scallion	fish shavings (soup)			
23		Fried chicken		chicken	vegetable oil, starch wheat flour	ginger	soy sauce, sake			
		Jako Salad		chirimen jako	sesame oil, (light brown) sugar	mizuna, komatsuna bean sprouts, carrot, ginger	vinegar, soy sauce, salt sake			
		World Event Food Day ☆ Christmas ☆								
24		butter rice with cream sauce		chicken, milk	rice, vegetable oil, wheat flour	carrot, onion mushroom broccoli, ginger	salt, pepper bay leaf powder chicken broth	778	19.2	
7	•	macaroni salad	0		macaroni, mayonnaise	carrot, cucumber, onion canned corn, red bell pepper yellow bell pepper	vinegar, salt, pepper	//0	19.2	
		Joulutorttu			pie crust , powdered sugar	Dry prunes				
25	Wed	学·菲·菲·菲·菲·菲·菲·菲·菲·菲·斯 Closing ceremony · no lunch							*	
1/8	Wed		90		First Day Assembly • no	o lunch	10000000000000000000000000000000000000		9	

School lunch Fees ♪

There is no lunch fee withdrawal this month.

the next withdrawal will be Jan 10th.

∼ 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.