

Lunch Menu June 2023

Manner Goal: Chew your food well to build strong teeth.

Principal Yuichi Hashimoto

Ayako Koide School Nutritionist

Nutrition Goal: Let's learn about foods that make our teeth strong.

Date	Day	Menu	Milk	Red Food Group For Stronger Bodies	Yellow Food Group For Energetic Bodies	Green Food Group For Healthy Bodies	Others	Energy Kcal	Protein g
1	Th	Barley Rice			rice, barley				
		Yoshino Jiru	0	tofu			kelp stock, bonito flake stock, salt, soy sauce	505	0.10
		Teriyaki Fish		yellowtail	cooking oil, (light brown) sugar, starch	ginger	soy sauce, sake, mirin	585	24.3
		Cabbage with Mustard Sauce				komatsuna, carrot, cabbage	mustard, soy sauce		
	F	Koya Rice	0	chicken, freeze-dried tofu	rice, glutinous rice, konnyaku, (light brown) sugar	dried shiitake, carrot, burdock, snow peas	bonito flake stock, sake, mirin, soy		21.5
2		Clear Soup		hanpen		komatsuna, scallion	kelp stock, bonito flake stock, salt, soy sauce	527	
		Iron-Rich Salad		hijiki(seaweed), chirimen jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake		
		Rice			rice				
_		Clear Soup		tofu, wakame (seaweed)		scallion	kelp stock, bonito flake stock, salt, soy sauce	E 40	07.4
5	М	Pork Stir-Fry with Ginger	0	pork	cooking oil, starch	ginger, onion	soy sauce, sake	542	27.4
		Daikon Salad		chirimen jakko	cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, vinegar, soy sauce, pepper, sake	1	
		Meat Udon		pork, tube shaped fish cake	(light brown) sugar, udon noodle	carrot, scallion, komatsuna	kelp stock, bonito flake stock, salt, soy sauce		21.1
6	Τυ	Marinated Cabbage with Salted Kelp	0	salted kelp	white sesame seeds	cabbage, bean sprouts, carrot	soy sauce	546	
		Seasoned Fried Soybean Jako and Sweet Potato		soy bean, chirimen jakko	(light brown) sugar, cooking oil, starch, sweet potato, white sesame seeds		soy sauce, mirin		
		Cinnamon Toast			bread, cooking oil, granulated sugar		cinnamon powder		20.8
7	w	Vegetables Simmered in Cream	0	chicken, milk	cooking oil, potato, wheat flour	carrot, onion, cabbage, ginger	white wine, chicken broth, salt, pepper, Laurier powder	591	
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper, grain mustard		
	Th	Jako and Ume Rice	0	chirimen jakko	rice	umeboshi			
8		Miso Soup with Turnip and Komatsuna		fried tofu, miso		turnip, komatsuna	bonito flake stock	584	26.0
8		Tuna Omelette		tuna, egg	cooking oil, (light brown) sugar	carrot, onion, dried shiitake, green peas	salt, sake, soy sauce	304	20.0
		Marinated Bean Sprouts				komatsuna, carrot, bean sprouts	soy sauce		
		Grilled Sardine Rice Bowl	0	sardine	rice, cooking oil, starch, (light brown) sugar	ginger	sake, soy sauce, mirin		23.0
9	F	Kenchin Jiru		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce	616	
		Seaweed Salad		various types of seaweed	cooking oil	cucumber, daikon, whole com, onion	vinegar, salt, soy sauce, pepper		
	М	Kajodofu Rice Bowl	0	pork, fried bean curd, miso	rice, cooking oil, (white) sugar, starch	onion, bamboo shoots, dried shiitake, carrot, cabbage, bok-choy, ginger	chicken broth, soy sauce, sake, Chinese chili paste		23.3
12		Chinese Wakame soup		wakame (seaweed)	white sesame seeds	ginger, bamboo shoots, scallion	chicken broth, salt, pepper, soy sauce	573	
		Chinese Vermicelli Salad			vermicelli, cooking oil, sesame oil	carrot, cabbage, cucumber	vinegar, salt, soy sauce		
13		Salty Fried Noodles	0	pork	cooking oil, Chinese noodles, sesame oil	carrot, onion, cabbage, bean sprouts, Chinese chive, shiitake	sake, salt, pepper, soy sauce, oyster sauce		22.6
		Koro-Koro Salad			potato, cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, whole corn, onion	vinegar, salt, pepper	538	
		Milk Jelly with Orange		agar powder(kanten), milk	(white) sugar	canned orange			
14	W	Pizza Toast	0	tuna, cheese	bread, cooking oil	whole tomatoes, garlic, onion, mushroom, bell pepper	salt, pepper, basil, oregano		28.0
		Pot-Au-Feu		chicken	potato	ginger, carrot, onion, celery, cabbage, broccoli, mushroom	chicken broth, white wine, salt, pepper, Laurier powder	519	
		Fruit (Melon)				melon			

About the Lunch Fee♪

The school lunch account has become a public account starting this school year. The date and amount of the school lunch fee withdrawal will be provided separately by the Minato City Board of Education. Please check there for details. The first transfer is scheduled for the end of June. If you have not yet registered your bank account with the Minato City Board of Education, please do so as soon as possible.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥8,024	¥8,024	¥8,772	¥8,772	¥9,520	¥9,520

The withdrawal for June will be on Friday, June 30.

This will include foot for April and May as well.

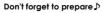
This will include fees for April and May as well.

Due to changes in school events, the withdrawal amount may be different than the one provided above.

To Parents and Guardians:

If your child will be absent for an extended period of time and will miss more than 5 consecutive meals, please inform your classroom teacher at least 10 days prior to the scheduled absence. Please note that notification and processing after the due date will not be eligible for a refund. Please be sure to contact your homeroom teacher if there is a change in the length of your absence. In the event of a request for an extended absence, a reduced lunch fee will be collected. In the event of a refund, the refund will be made to the registered bank account at the end of the school year. The district will bear the handling charge for such refunds. Please understand that the fee will be paid by the district.

Solution Continue	Date	Day	Menu	Milk	Red Food Group For Stronger Bodies	Yellow Food Group For Energetic Bodies	Green Food Group For Healthy Bodies	Others	Energy Kcal	Protein g
Contract Automation Contract Automatic Contra			Kinpira Rice	0	chicken		burdock, carrot, string bean		565	21.1
March Part	15	Th	Yoshino Jiru		tofu	starch	carrot, daikon, scallion			
March Marc					hijiki(seaweed)		cabbage, cucumber, daikon	salt, soy sauce,		
March American A								унгодаг, реррег		
Ali Nambar Yold Professional Control (1981) and Say Nambar Yold (1981) an					miso		daikon, scallion, komatsuna	bonito flake stock	557	24.8
Mach	16	F		0	horse mackerel	cooking oil, (light brown) sugar	ginger, scallion			
Pace			Fried Hijiki and Soy Beans			cooking oil, (light brown) sugar	carrot	bonito flake stock,		
Machin Milo South Machin Milo South Milo South Milo South Milo South Machin Milo South Milo South Milo South Milo South Machin Milo South			Rice		bedii	rice		minn, soy sauce		
Cellification and Control Sociality of Control Social Soci			Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake stock		
Calcipage with Mularidad Chinese Noodlets with Cold Mode Source Chinese Noodlets with Cold Mode Source Calcipage and Limp Solid Property Source Calcipage Auritic Calcipage Au	19	М		0	chicken	cooking oil, (light brown) sugar	ginger, scallion, garlic		554	22.9
Solice Chiese Roddes with Cod Dook, mino Chiese roade, seame of, covering of, counter, gailty proportion, colors and control solice. Solice and control solice and colors and color			Cabbage with Mustard	-			komatsuna, carrot, cabbage		İ	
Cobbidge and Tump Solid Cobbidge and Tum			Chinese Noodles with Cold		pork, miso		cucumber, garlic, ginger, carrot, onion,	Chinese chili paste, mirin, sake, salt, soy	562	
Physiological Jeffy Organization	20	Τυ	Cabbage and Turnin Salad	0		cooking oil	cabbage turnin cucumber onion			23.7
Left Entry Regional Culaino Srhyopo Protectures*								viriegar, sair, pepper		
Score Scor			-			(white) sugar	grape juice, acerola juice			<u> </u>
Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Somen Soup Some	21	\^/	budget great died bittele steep							
Software Subsequence	21	٧٧	Rice with Octopus		fried tofu, octopus	rice, (light brown) sugar	bean	sauce, salt	563	27.5
Stricker Circle (minimate) Stricker minimate Stricker minima	ı	Q	Somen Soup	0		somen		stock, salt, soy sauce		
Chinese Cobboge Control open Chinese Cobboge Countries Chinese Cobboge Countries Chinese Cobboge Countries Chinese Cobboge Countries Chicken Cheere Chicken Chicken Cheere Chic	Uč				chicken, miso	cooking oil	ginger			
The Noodle Soup	ىر						Chinese cabbage, cucumber	salt		
Noodle Soup			Bread			bread		chicken broth salt		26.8
Chicken and Cheese Bake Potalo Salad with Honey of the Cheese Potalo Salad Of the Cheese P			Noodle Soup		bacon	cooking oil, udon noodle	onion, carrot, ginger, cabbage			
Tund and Edamome Pilot Tund and Edamome Pilot ABC Soup Barley Rice Kinoko Soup Field Squid Japanese Cabbage Salad Topopogi Wakame Soup Yogart Drink Kinoko Soup Yagart Drink Kinoko Spaghetti Yagart Drink Xinogari Spaghetti	22	Ih	Chicken and Cheese Bake	0	chicken, cheese			pepper, ketchup, Worcestershire sauce	556	
Section Sect			Potato Salad with Honey			potato, cooking oil, honey				
Field Squid Japanese Cabbage Salad Lef's enjoy International foods! Tornato Salad Tornato Salad Salad Rice Kinoka Saup Field Squid Japanese Cabbage Salad Lef's enjoy International foods! Tornato Salad Tornato Salad Tornato Salad Salad Rice Kinoka Saup Lef's enjoy International foods! Tornato Salad Tornato Salad Tornato Salad Salad Rice Kinoka Saup Tornato Salad Salad Rice Kinoka Saup Tornato Salad Salad Rice Salad			Tuna and Edamame Pilaf		tuna	rice, cooking oil, butter				
Solley Rice Kinoko Soup Fried Squid Japanese Cabbage Salad Seley Salad Let's enjoy International foods! **Korea** Bibimpap Toppogil Wakame Soup Yogurt Drink Kinoko Spaghetti Cabbage and Broccoli Salad Pineapple Cake Barley Rice Miso Soup with Tofu and Romatsuna Fried Rice Miso Soup with Tofu and Romatsuna Fried Rice Miso Soup with Tofu and Romatsuna Fried Rice Barley Rice Barley Rice Miso Soup with Tofu and Romatsuna Fried Rice Miso Soup with	23	F	ABC Soup	0	bacon	macaroni	ginger, carrot, onion, cabbage		526	18.3
Marcon M			Tomato Salad			cooking oil, (light brown) sugar	tomato, parsley, onion	vinegar, salt, pepper		
Section State St			Barley Rice			rice, barley				21.9
Fried Squid Japanese Cabbage Salad Squid Cooking oil, wheat flour, panko Squid Squ			Kinoko Soup			konnyaku, starch		· ·		
Let's enjoy International foods! \$korea\$ Cooking all, sesame seeds, cooking all bean sprouts, komatsuna enhi paste, soil, vinegar chicken cooking all, sesame seeds, cooking all sesame seeds, cooking all sesame seeds, cooking all paste, soil, vinegar chicken broth, soil, pepper, soy souce chinese enhi paste, soil, vinegar chicken broth, soil, pepper, soy souce cooking all starch, spaghetti gardic, ginger, anion, carrot, shimeli, soke, sall, pepper, soy souce cooking all control cooking all control corrot, broccoli, cabbage, whole corro, integar, sall, pepper, soy souce egg, milk (white) sugar, wheat flour, butter conned pineapple baking powder 29 Th End Rice Pork	26	М	Fried Squid	0	squid	cooking oil, wheat flour, panko		salt, pepper,	594	
Let's enjoy International foods! \$\frac{1}{2}\$ Let's enjoy International foods! \$\fr			Japanese Cabbage Salad				carrot, cabbage, cucumber			
Pork, egg white sessome seeds, cooking oil bean sprouts, komatsuna chilipaste, salt, vinegar docken cooking oil, sesame oil, toppogi, (light pork), sauce cooking oil, starch, spaghetti cooking oil, starch, spaghetti cooking oil, starch, spaghetti cooking oil corrot, braccoli, cabbage, whole corn, onion cooking powder cooking oil corrot, braccoli, cabbage, whole corn, onion cooking powder cooking powder connect pineapple cooking powder cooking powder cooking powder cooking powder connect pineapple cooking powder cooking p			iseas sauce, pepper							
Toppogi Wakame Soup Yogurt Drink Kinoko Spaghetti Cabbage and Broccoli Salad Pineapple Cake Barley Rice Miso Soup with Tofu and Komatsuna Enoki Wrapped in Pork in a Japanese-Style Sauce Marinated Bean Sprouts and Komatsuna Fried Rice Pineapple Chinese Soup Pineapple Chinese Soup Pineapple Chinese Soup Pineapple Chinese solard Ax Cooking oil searme oil, toppogi, (light brown) sugar gardii, carrot, carbage, scallion gardiic, carrot, carbage, scallion gardiic, carrot, cabbage, scallion packes and it, repper, soy sauce cooking oil, searme oil, toppogi, (light brown) sugar sake, salt, pepper, soy sauce, mine) solar, pepper, soy sauce, pepper, vinegar solar, pepper, soy sauce	0.7	-	Bibimpap	×	pork, egg					
Wakame Soup Yogurt Drink X wakame (seaweed) Yogurt Drink Yog	6	\$ P	Toppogi		chicken	cooking oil, sesame oil, toppogi, (light		gochujang, soy		
Yogurt Drink drinkable yogurt drinkable	(Sec.	(***) 			wakame (seaweed)		ginger, scallion	chicken broth, salt,	624	26.2
Kinoko Spaghetti W Cabbage and Broccoli Salad Pineapple Cake Barley Rice Miso Soup with Tofu and Komatsuna Enoki Wrapped in Pork in aJapanese-Shyle Sauce Marinated Bean Sprouts and Komatsuna Fried Rice Pried Rice Fried Rice Fried Rice W Kinoko Spaghetti bacon, nori cooking oil, starch, spaghetti cooking oil, starch, spaghetti garlic, ginger, onion, carrot, shimeji, sake, salt, pepper, soy sauce carrot, broccoli, cabbage, whole com, onion carrot, broccoli, cabage, whole com, onion carrot, broccoli, cabbage, whole com, onion carrot, broccoli, cabbage, whole com, onion carrot, broccoli					drinkable voaurt			pepper, soy sauce		
Cabbage and Broccoli Salad Cooking oil Corror, broccoli, cabbage, whole com, vinegar, salt, pepper 633 21.1			-	0		cooking oil, starch, spaghetti				
Pineapple Cake Barley Rice Miso Soup with Tofu and Komatsuna Enoki Wrapped in Pork in alaponesse-Style Sauce Marinated Bean Sprouts and Komatsuna Fried Rice Pried Rice Pork, egg Pork, egg Pork, egg Pork, tofu Scalad Onion Indian I	20	۱۸/	· -		Sacon, non				/22	21.1
Barley Rice Miso Soup with Tofu and Komatsuna Enoki Wrapped in Pork in adapanese-Style Sauce Marinated Bean Sprouts and Komatsuna Fried Rice Pork, egg pork, egg pork, egg pork, tofu sesame oil rice, barley scallion scallion bonito flake stock soult, pepper, soy souce, mirin komatsuna, Chinese cabbage, bean sprouts soy sauce pork, egg pork, egg pork, egg pork, tofu sesame oil sesame oil sesame oil carrot, Chinese cabbage, bean chicken borth, salt, pepper, vinegar chicken broth, salt, pepper, soy souce pork, tofu sesame oil sesame oil carrot, Chinese cabbage, bean chicken broth, salt, pepper, soy souce pepper, vinegar chicken broth, salt, pepper, soy souce soy sauce pork, egg pork, tofu sesame oil sesame oil carrot, Chinese cabbage, bean sprouts sollion, komatsuna vermicelli cooking oil, sesame oil carrot, cuciumber bean sprouts vinegar, salt, soy vermicelli cooking oil, sesame oil carrot, cuciumber bean sprouts vinegar, salt, soy	2ŏ	W	Salad				onion		033	
The Miso Soup with Tofu and Komatsuna Enoki Wrapped in Pork in adapanese-Style Sauce Marinated Bean Sprouts and Komatsuna Fried Rice Dork, egg pork, egg pork, egg pork, egg pork, egg pork, of u sesame oil sesame oil scallion scallion bonito flake stock south pepper, soy sauce, mirin soy sauce south pepper, soy sauce, mirin soy sauce south pepper, soy sauce pork, egg pork, egg pork, egg pork, of u sesame oil sesame oil sesame oil scallion carrot, Chinese cabbage, bean south pepper, soy sauce popper, vinegar chicken borth, salt, pepper, soy sauce vermicelli cooking oil, sesame oil sesame oil sesame oil scarrot, cuicumber, bean strouts vinegar, salt, soy vermicelli cooking oil, sesame oil scarrot, cuicumber, bean strouts vinegar, salt, soy vermicelli cooking oil, sesame oil scarrot, cuicumber, bean strouts vinegar, salt, soy		Th		<u> </u>	egg, milk		canned pineapple	baking powder		30.1
The Komatsuna Enoki Wrapped in Pork in a Japanese-Style Sauce Marinated Bean Sprouts and Komatsuna Fried Rice The Komatsuna Enoki Wrapped in Pork in a Japanese-Style Sauce Marinated Bean Sprouts and Komatsuna Fried Rice Dork (light brown) sugar, starch enoki mushroom, carrot, ginger solt, pepper, soy sauce, mirin soy sauce popper, soy sauce enoki mushroom, carrot, ginger solt, pepper, soy sauce solt, soy sauce or rice, cooking oil, (light brown) sugar carrot, scallion, green peas sake, salt, soy sauce, pepper, vinegar pepper, vinegar enothing the scallion, komatsuna enothing the scallion, komatsuna enothing the scallion of the salt of the scallion of the sca			*			rice, barley				
Enoki Wrapped in Pork in a Japanese-Style Sauce Marinated Bean Sprouts and Komatsuna Fried Rice Dork Glight brown) sugar, starch pork Glight brown) sugar, starch komatsuna, Chinese cabbage, bean sprouts soy sauce, mirin	29		Komatsuna	0	miso, tofu, fried tofu		scallion		585	
and Komatsuna sprouts soy sauce Fried Rice pork, egg rice, cooking oil, (light brown) sugar carrot, scallion, green peas sake, salt, say sauce, pepper, vinegar pepper, vinegar chicken broth, salt, pepper, soy sauce pepper, soy			aJapanese-Style Sauce		pork	(light brown) sugar, starch				
30 F Chinese Soup O pork, tofu sesame oil Sesame oil O pork, tofu								soy sauce		
Source Chinese Soup O poix, Total sesame oil scallion, komatsuna pepper, soy sauce 5/2 23.9			Fried Rice	0	pork, egg	rice, cooking oil, (light brown) sugar	carrot, scallion, green peas			
	30	F	Chinese Soup		pork, tofu	sesame oil		pepper, soy sauce	572	23.9
<u> </u>			Vermicelli Chinese salad			vermicelli, cooking oil, sesame oil	carrot, cucumber, bean sprouts			



All students have to wear a mask during lunch preparation.
It's not just for hygienic reasons, but also for disease prevention.
Please prepare a new mask together with a cleaned lunch mat every day.
Please keep 2 to 3 extra masks in their randoseru or backpack for back-up. Thank you for your understanding.

