



# 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.

