



June Lunch Menu

Manner Goal: Let's learn the new lunch manners!

Principal: Mr. Hatano

Nutrition Goal: Chew your food well to make strong teeth.

School Nutritionist: Ms. Koide

Date	Day	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	No school lunch							
2	Tue	No school lunch							
3	Wed	No school lunch							
4	Thu	No school lunch							
5	Fri	No school lunch							
8 · 9	Mon · Tue	Dry curry with chick peas	○	pork, chick peas	white rice, vegetable oil, wheat flour	garlic, ginger, onion, carrot, green pepper, canned tomato	salt, curry powder, red wine, black pepper, tomato ketchup, oyster sauce	688	21.8
		Tuna croquette		tuna	cooking oil, potato, wheat flour, bread crumbs	onion, carrot	salt, <i>chuka</i> sauce		
		Vegetable saute			vegetable oil	carrot, onion, green peas, corn	salt, black pepper		
10	Wed	Rice	○		white rice			644	27.4
		Chicken teriyaki		chicken	oil, brown sugar, starch	ginger	soy sauce, sake, mirin (sake)		
		Vegetables (broccoli, mini tomato)				broccoli, mini tomato			
		Rolled omelette		chicken egg	brown sugar, vegetable oil		soy sauce, salt, mirin (sake) broth		
		Mixed tempura			vegetable oil, konyaku, brown sugar, white sesame seed	burdock, carrot, lotus root	mirin (sake), soy sauce, cayenne pepper powder		
11 · 12	Thu · Fri	Bibimbap	○	pork, chicken egg	white rice, sesame seed oil, brown sugar, white sesame seed, vegetable oil	garlic, ginger, leek, fern, bean sprout, Japanese spinach	soy sauce, bean chili paste, salt, vinegar	698	24.8
		Spring rolls				cooking oil, spring roll wrap, bean vermicelli, starch, sesame seed oil	ginger, carrot, cabbage, leek, bamboo sprout, dried shiitake mushrooms, chinese chive		
15 · 16	Mon · Tue	Spaghetti with meat and beans	○	pork, soybean	vegetable oil, wheat flour, olive oil, spaghetti	garlic, ginger, onion, carrot, tomato juice	red wine, salt, black pepper, nutmeg, tomato ketchup, tomato puree, oyster sauce	628	24.0
		Coleslaw salad (w/ mustard dressing)				vegetable oil, brown sugar	carrot, cabbage, cucumber, onion		

Schedule for Staggered Attendance

Mon	Tue	Wed	Thu	Fri
8	9	10	11	12
1A·2A·3A 5A·6A	1B·3B 4A·5B·6B	2B·3A 4B·5A	1A·2A·3B 4A·6A	1B·2B 4B·5B·6B
15	16	17	18	19
1A·2A·3A 5A·6A	1B·3B 4A·5B·6B	2B·3A 4B·5A	1A·2A·3B 4A·6A	1B·2B 4B·5B·6B
22	23	24	25	26
1A·2A·3A 5A·6A	1B·3B 4A·5B·6B	2B·3A 4B·5A	1A·2A·3B 4A·6A	1B·2B 4B·5B·6B
29	30			
A	B			

Lunch During Staggered Attendance (June)

School lunch begins on June 8th (Mon.).

From June 8th (Mon.) to the 12th (Fri.), bento lunches will be prepared in the school kitchen to avoid the risk of infection when serving.

From June 15th (Mon.) to the 30th (Tues.), the menu will require less pieces of tableware and the food will be served by the faculty in each classroom.

The menu was prepared so that, as much as possible, groups A and B can enjoy the same meals; but, due to the attendance schedule, some students may not be served certain meals. We appreciate your understanding. Also, we will make sure no student will eat the same meal twice in June.

When eating, to prevent particles from spreading through the air, students will be instructed to face forward and refrain from talking. Thank you for your understanding and cooperation.

~ Dear Parents /Guardians ~

Details about the lunch fee amount and the withdrawal date will be provided at a later date.

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.

Date	Day	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	
17 · 18	Wed	Chinese seafood bowl	○	squid, shrimp	white rice, vegetable oil, starch	ginger, onion, carrot, bamboo sprout, dried shiitake mushrooms, Chinese cabbage, bok choy, leek	soy sauce, sake, chicken broth, salt, black pepper oyster sauce	588	19.0	
	Thu	Chinese vermicelli salad		vegetable gelatin	sugar	apple juice	vinegar, salt, soy sauce, chili oil			
		Apple jelly								
19 · 22	Fri	Takano rice	○	chicken, freeze-dried tofu	white rice, glutinous rice, konyaku, brown sugar	dried shiitake mushrooms, carrot, burdock, peas	bonito stock, sake, mirin (sake), soy sauce	551	22.0	
	Mon	Tekkotsu salad		hijiki (seaweed), dried sardines	brown sugar, vegetable oil, sesame seed oil, white sesame seed	cabbage, cucumber, daikon radish	salt, soy sauce, vinegar, black pepper, sake			
23 · 24	Tue	Fried rice	○	pork, chicken egg	white rice, vegetable oil, brown sugar	carrot, dried shiitake mushrooms, leek, green peas	sake, salt, soy sauce, black pepper, vinegar	582	20.7	
	Wed	Wonton soup		pork	wonton wrap, sesame seed oil	ginger, carrot, Chinese cabbage, bean sprouts, leek, Japanese spinach	chicken broth, soy sauce, sake, salt, black pepper			
25 · 26	Thu	Fish burger	○	hake fish, chicken egg	bun, vegetable oil, wheat flour, bread crumbs	cabbage	salt, black pepper, tomato ketchup, oyster sauce	622	29.5	
	Fri	Chicken and vegetable cream soup		chicken, milk	cooking oil, potato, vegetable oil, wheat flour	carrot, onion, cabbage, ginger	white wine, chicken broth, salt, black pepper, bay leaf			
29 · 30	Mon	Let's enjoy food from around the world ☆Italy☆								
	Tue	Handmade pizza (tuna and corn)	×	tuna, cheese	flour, sugar, olive oil, vegetable oil	canned tomato, garlic, onion, corn green pepper	dry yeast, salt, black pepper, oregano	553	23.9	
		Minestrone		bacon, bean	vegetable oil, potato, macaroni	garlic, onion, carrot, celery, cabbage canned tomato, ginger, tomato juice	red wine, chicken broth, tomato puree, salt, black pepper, bay leaf, basil, thyme			
Yogurt drink	yogurt drink									

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



Remember to Prepare♪



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 week.

Students can use any type of masks, disposable type or gauze type.

Thank you for your understanding.

What is today's school lunch?



★We recommend that you put the menu in a convenient place, such as the refrigerator, for easy viewing.

Talk with your child about the contents of the meal and what they thought while they were eating. Also, please read through the menu beforehand to avoid making the same breakfast or dinner.

School lunch kitchen staff !

School nutritionist: Ms. Koide

[Kitchen staff provided by Fuji Industry]

School lunch cooks : Ito · Asano · Igarashi · Tofuku

Koyama · Wada · Higashida · Kazama · Matsuura

