



School Lunch Menu, July 2020

June 29th 2020

Manner Goal : Let's eat with good posture!

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

Principal Yoji Hatano
Higashimachi Elementary
Ayako Koide
School Nutritionist

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	Wed	Hiyashi Kitsune Udon	○	fish paste, fried tofu	udon, brown sugar	green onion, Japanese spinach	kelp stock bonito flake stock sweet sake, salt soy sauce	591	26.1
		Takoyaki		shrimp, fish cake, octopus egg, bonito flake, seaweed	oil, wheat flour, starch	cabbage, green onion red pickled ginger	salt, soy sauce sake Worcestershire sauce oyster sauce		
2	Thu	Corn Rice	○		polished rice, olive oil	corn	sake, salt, kelp tea	613	24.0
		Chicken Teriyaki		chicken	oil, brown sugar, starch	ginger	soy sauce, sake sweet sake		
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock Japanese spinach, green onion	bonito flake stock		
3	Fri	Mabo Nasu Rice Bowl	○	pork, miso	polished rice, oil, brown sugar starch, sesame see oil	eggplant, garlic, ginger, carrot bamboo shoots, green onion Chinese garlic	sake, soy sauce bean chili paste	621	20.3
		Chinese Corn Soup		chicken	starch	ginger, onion, carrot whole corn, cream corn	chicken broth, salt pepper, soy sauce		
6	Mon	Pork Rice Bowl	○	pork	polished rice, oil, white sugar	garlic, ginger, onion	sake, sweet sake soy sauce	623	24.6
		Kenchin Soup (Japanese Vegetable Soup)		tofu	oil, sesame see oil, taro	burdock, carrot, daikon raddish green onion	kelp stock bonito flake stock salt, soy sauce		
		Fruits (frozen apple)				frozen apple			
Japanese Calendar Event Lunch ☆Tanabata☆									
7	Tue	Hiyashi Somen (Chilled Noodles)	×	fish paste	noodles, brown sugar	dried shiitake mushroom green onion, okra	kelp stock bonito flake stock salt, soy sauce	595	19.4
		Tempura		chicken	oil, wheat flour	eggplant, pumpkin	salt		
		Tanabata Punch			white sugar, rice flour	canned mikan, canned pineapple canned yellow peach, coconut gel			
		Mugicha (Barley Tea)					barley tea		
8	Wed	White Rice	○		polished rice			581	22.1
		Sweet and Sour Fish and Vegetables		codfish	starch, oil, potato, brown sugar	carrot, onion, green pepper red paprika, yellow paprika lotus root, eggplant	soy sauce vinegar, ketchup		
		Hearty Soup		tofu	sesame see oil	ginger, carrot, Chinese cabbage green onion, Japanese spinach	chicken broth salt, pepper soy sauce		
9	Thu	Chirashizushi	○	conger eel, egg, starch	polished rice, brown sugar, oil	carrot, dried shiitake mushroom dried gourd, lotus root, peas	kelp stock vinegar, salt bonito flake stock soy sauce	532	19.0
		Cabbage Ohitashi				Japanese spinach, carrot cabbage	soy sauce		
10	Fri	Chicken Pilaf	○	chicken	polished rice, oil	carrot, onion, mushroom whole corn, parsley	salt, white wine pepper	567	17.7
		Tomato Salad			oil, brown sugar	tomato, onion	vinegar, salt pepper, basil		
13	Mon	Stamina Bowl	○	pork	polished rice, oil, white sugar starch	garlic, ginger, onion bamboo shoots green pepper, red paprika	sake, soy sauce salt, pepper oyster sauce	567	21.7
		Tofu and Wakame Soup		tofu, wakame	sesame seed	ginger, green onion	chicken broth salt, pepper soy sauce		
14	Tue	Hijiki Rice with Beans	○	fried tofu, soy bean hijiki seaweed	polished rice, glutinous rice oil, brown sugar	carrot	sake, salt soy sauce kelp stock sweet sake	612	29.8
		Grilled Salted Salmon		salmon			salt		
		Miso Soup with Daikon and Komatsuna		fried tofu, miso		daikon raddish Japanese spinach, green onion	bonito flake stock		

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






School Lunch Fee ♪

The school fee is based on the cost of each meal per month, so the amount will be different each month for each grade.
A notice about the direct withdrawal and the lunch fee will be given out on July 1st. Also, the amount for the lunch fee will be included in the menu each month.
The withdrawal date for July is Friday the 10th. It includes both June and July lunches.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥6,372	¥6,372	¥6,966	¥6,966	¥7,560	¥7,560

~To Parents and Guardians~

Information about the days for direct withdrawal and amounts will be provided in a later notice.
If your child has to miss lunch for more than 5 days in a row, a refund for the fee is available. To be eligible, parents/guardians must inform their child's teacher 10 days in advance and submit the necessary paperwork one week in advance. If there is a change in the absence period, please inform your homeroom teacher. In the event of an extensive absence or school transfer, a full or partial refund will be deposited into the JP Yucho account at the end of the term and a handling fee will be charged.

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	
15	Wed	Yakisoba with Sauce	○	pork, seaweed	oil, Chinese noodles	onion, carrot, cabbage bean sprouts	salt, pepper, sake oyster sauce Worcestershire sauce	536	20.9	
		Daikon and Jako Japanese Salad		wakame, dried sardines	oil, sesame see oil sesame seed	cabbage, cucumber daikon raddish	salt, vinegar soy sauce pepper, sake			
		Fruits (melon)				melon				
16	Thu	Let's Enjoy Food from Around the World! ☆The United States of America☆								
		Jambalaya	×	ham, wiener, shrimp	polished rice, oil	garlic, celery, onion canned tomato, green pepper	salt, pepper oregano, ketchup white wine	580	18.9	
		Hearty Chicken Noodle Soup		chicken	oil, spaghetti	garlic, celery, carrot, onion ginger	salt, pepper thyme, bay leaf chicken broth			
Yogurt drink	yogurt drink									
17	Fri	Let's Enjoy Food from Different Regions around the World! ☆Kumamoto Prefecture☆								
		Takana Fried Rice	○	egg,	polished rice, sesame see oil sesame seed	pickled takana	sake, salt, soy sauce, sweet sake	554	18.0	
		Taipien		pork, shrimp, squid	oil, green bean vermicelli sesame see oil	ginger, carrot, Chinese cabbage bamboo shoots cloud ear mushroom, peas	chicken broth sake, oyster sauce salt, pepper soy sauce			
20	Mon	White Rice	○		polished rice			653	28.3	
		Pork Soup		pork, miso, tofu	oil, potato	burdock, carrot, daikon raddish green onion	bonito flake stock			
		Saba with Onion Sauce		mackerel	oil, brown sugar	ginger, green onion, garlic	sake, soy sauce vinegar			
		Moyashi with Spicy Dressing				Japanese spinach, carrot bean sprouts	mustard powder soy sauce			
21	Tue	Japanese Calendar Event Lunch ☆Day of the Ox☆								
		Hitsumabushi	○	eel, seaweed	polished rice, brown sugar sesame seed		sake sweet sake soy sauce	669	23.1	
		Togan and Egg Soup		egg	starch	winter melon, green onion ginger	kelp stock, salt bonito flake stock			
Doyomochi	azuki beans	rice flour, white sugar brown sugar			salt					
22	Wed	Penne with Tomato Sauce	○	chicken	olive oil, white sugar penne pasta	garlic, onion, shimeji mushroom tomato	salt, pepper chili pepper paprika, bay leaf basil, ketchup tomato puree	521	21.7	
		Genki Salad		ham, kombu, bonito flakes	brown sugar, oil sesame see oil	cabbage, cucumber, carrot whole corn	vinegar, salt pepper			
		Fruits (watermelon)				squid				
27	Mon	Taco Rice	○	pork, soy bean, cheese	polished rice, oil	garlic, ginger, onion, carrot cabbage, mini-tomato	red wine, paprika ketchup, pepper oyster sauce tabasco, soy sauce	687	27.0	
		Goya Champuru		bacon, tofu, egg	oil	onion, carrot, goya	soy sauce, salt			
28	Tue	Barley Rice	○		polished rice, barley			587	17.6	
		Chinese Tofu and Kinoko Soup		tofu	sesame see oil	ginger, shimeji mushroom shiitake mushroom enoki mushroom	chicken broth sake, salt pepper, soy sauce			
		Fried Gyoza		pork	oil, dumpling wrap sesame see oil	garlic, ginger, Chinese cabbage green onion, Chinese garlic	salt, pepper soy sauce			
		Moyashi with Spicy Dressing			sesame see oil	carrot, cucumber, bean sprouts	salt, soy sauce chili oil			
29	Wed	Hiyashi Chinese Soba	○	chicken, egg	Chinese noodles, oil sesame see oil, sesame seed brown sugar, sesame seed	ginger, carrot dried shiitake mushroom cucumber, bean sprouts	chicken broth soy sauce, salt vinegar, sake	597	25.0	
		Pari Pari Salad			oil, wonton wrap	carrot, cabbage, cucumber onion	vinegar, salt pepper			
30	Thu	Vegetable Curry	○	chicken	polished rice, oil, wheat flour	garlic, ginger, onion, carrot zucchini, tomato, eggplant pumpkin	red wine, salt bay leaf, ketchup chicken broth curry powder	697	18.3	
		Seaweed Salad		Seaweed salad mix	oil	cucumber, daikon raddish corn, onion	vinegar, salt soy sauce pepper			
		Fruit (frozen orange)				frozen orange				
31	Fri	 Term 1 Closing Ceremony No Lunch 								
 Summer Holiday (August 1st - August 24th) 										
8/25	Tue	 Term 2 Opening Ceremony No Lunch 