

School Lunch Menu, August-September 2020

Manner Goal: Let's sit properly and eat quietly!

Nutrition Goal Let's eat 3 meals a day!

Principal Yoji Hatano
Higashimachi Elementary
Ayako Koide
School Nutritionist

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
8/25	Tu	Opening Ceremony - No school lunch							
8/26	W	Dry Curry and Eggplant	○	pork, garbanzo beans	white rice, salad oil, starch	garlic, ginger, onion, carrot eggplant	tomato puree, salt bay leaf, nutmeg curry powder oyster sauce	613	19.0
		Turnip Salad			salad oil	cabbage, turnip, cucumber onion	vinegar, salt black pepper		
		Fruit (Frozen Mikan)				frozen mikan			
8/27	Th	White Rice	○		white rice			570	24.6
		Grilled Salmon Chan-Chan		salmon, miso	butter	cabbage, onion, carrot	salt, black pepper sake, mirin soy sauce		
		Chinese Vermicelli and Sesame Salad			vermicelli, salad oil sesame seed oil, sesame seed	carrot, cabbage, cucumber	vinegar, salt soy sauce black pepper		
8/28	F	Minced Chicken and Okara	○	egg, okara, chicken	white rice, salad oil brown sugar, white sesame seed	onion, ginger	salt, sake soy sauce	603	23.7
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, green onion Japanese spinach	bonito stock		
8/31	M	Chinese Rice Bowl	○	pork	white rice, salad oil, starch	ginger, onion, carrot bamboo shoot, dried shiitake Chinese cabbage, bok choy green onion, peas	soy sauce, sake chicken stock, salt black pepper oyster sauce	550	17.5
		Pickled Cabbage and Cucumber				cucumber, cabbage yukari powder	salt		
		Fruit(Frozen Apple)				frozen apple			

Notice about the Lunch Fee ♪

The school lunch fee is calculated based on the price of each meal, so the fee is different every month.
We will inform you of the amount each month in the menu.
The withdrawal date for September is the 10th (Thurs).
The fee includes lunches for August, September, and October.





Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥10,856	¥10,856	¥11,868	¥11,868	¥12,880	¥12,880

~To Parents and Guardians~

If your child will **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 1 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**.

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	
9/1	Tu	Disaster Prevention Day								
		Wakame Rice	○	wakame rice seasoning	white rice white sesame seed				661	27.9
		Suitin(Dumpling) Soup		pork, egg	salad oil, rice flour, starch	carrot, daikon raddish Chinese cabbage green onion Japanese spinach	kombu stock, sake bonito stock, salt soy sauce			
		Grilled Mackerel		mackerel	white sesame seed	green onion, ginger, garlic	soy sauce, mirin, sake			
2	W	Cold Tomato Pasta	○	shrimp, squid	olive oil, spaghetti	garlic, onion, zucchini yellow bell pepper tomato juice, tomato	salt, black pepper white wine, basil chili pepper	507	20.8	
		Pari-Pari Salad			salad oil, won-ton wrap	carrot, cabbage, cucumber onion	vinegar, salt black pepper			
		Calpis Jelly		gelatin, Calpis						
3	Th	Kakiage Bowl with Summer Vegetables	○	shrimp	white rice, salad oil, starch brown sugar	onion, pumpkin, goya corn	vinegar, salt soy sauce	610	17.3	
		Kenchin Soup		tofu	salad oil, sesame seed oil	burdock, carrot daikon raddish, green onion	kombu stock bonito stock salt, soy sauce			
4	F	Butakim Bowl	○	pork, miso	white rice, salad oil, sugar white sesame seed	kimchi, green onion, garlic ginger, Chinese chive, carrot soy bean sprout	sake, soy sauce red bean chili paste	586	22.8	
		Chinese Corn Soup		chicken	starch	ginger, onion, carrot corn, cream corn	chicken stock salt, soy sauce black pepper			
7	M	Hayashi Rice	○	pork	white rice, salad oil, butter starch	garlic, ginger, onion, carrot mushroom, tomato juice	red wine, salt chicken stock black pepper tomato ketchup oyster sauce	652	20.2	
		Coleslaw Salad			salad oil, brown sugar	carrot, cabbage, cucumber	vinegar, salt black pepper			
8	Tu	Cold Chinese Noodles	○	chicken, fried tofu egg	Chinese noodles, salad oil sesame seed oil brown sugar white sesame seed	ginger, carrot, dried shiitake cucumber, bean sprout	bonito stock sake, vinegar soy sauce, salt karashi powder	594	25.5	
		Seaweed Salad		seaweed salad mix	salad oil	cucumber, daikon raddish corn, onion	vinegar, salt soy sauce black pepper			

☆Please understand the menu may change due to certain circumstances.

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	
9	W	Japanese Event Lunch ☆Chrysanthemum Festival☆								
		 Chrysanthemum Rice	○	chicken	white rice, glutinous rice salad oil	carrot, chrysanthemum dried shiitake	salt, soy sauce kombu stock sake, mirin	558	27.8	
		Sumashi Soup		fish paste		Japanese spinach green onion	kombu stock bonito stock salt, soy sauce			
Grilled Salted Salmon	salmon				salt					
10	Th	Croquette Burger	○	pork, egg	bun, salad oil, butter potato starch, bread crumbs	cabbage, onion	salt, black pepper chuno sauce	616	20.9	
		ABC Soup		bacon	ABC macarroni	ginger, carrot, onion mushroom, cabbage	chicken stock salt, bay leaf black pepper			
11	F	Let's Enjoy Food from Different Regions around Japan! ☆Shiba - Dara-Dara Matsuri☆								
		 Shoga Rice	○		white rice white sesame seed	ginger	sake, salt soy sauce kombu stock	579	22.2	
		Grilled Chicken with Saikyo Miso		chicken, saikyo miso			sake			
Tekkotsu Salad	hijiki, dried young sardines	brown sugar, salad oil sesame seed oil white sesame seed		cabbage, cucumber daikon raddish	salt, soy sauce vinegar, sake black pepper					
14	M	Let's Enjoy Food from Around the World! ☆Korea☆								
		 Bibimbap	x	pork, egg	white rice, sesame seed oil brown sugar, salad oil white sesame seed	garlic, ginger, green onion zenmai fern, bean sprout Japanese spinach	soy sauce red bean chili paste salt, vinegar	710	26.9	
		Yangnyeom Chicken		chicken	salad oil, starch, starch sugar	ginger, garlic	soy sauce, mirin sake, vinegar red chili paste			
		Fruit (Pear)				pear				
Yogurt Drink	yogurt drink									
15	Tu	Jako Ume Rice	○	dried young sardines	white rice	dried plum		634	25.9	
		Rolled Omelette with Tuna		tuna, egg	salad oil, brown sugar	carrot, onion, dried shiitake green peas	salt, sake soy sauce			
		Pickled Chinese Cabbage				Chinese cabbage, carrot	salt			
16	W	Yakisoba	○	pork, shrimp, squid	salad oil, Chinese noodles brown sugar, starch	onion, carrot, bamboo shoot dried shiitake, bean sprout Chinese cabbage, peas	sake, salt, vinegar black pepper soy sauce	544	24.5	
		Chinese Broccoli and Cabbage Salad			salad oil, sesame seed oil	broccoli, cabbage, cucumber	vinegar, salt soy sauce chili pepper oil			
17	Th	White Rice	○		white rice			604	23.7	
		Aji Fry		horse mackerel, egg	salad oil, starch bread crumbs		salt, black pepper chuno sauce			
		Daikon Salad		wakame seaweed	salad oil, sesame seed oil white sesame seed	cabbage, cucumber daikon raddish	salt, vinegar soy sauce black pepper			
18	F	Japanese Event Lunch ☆Ohigan Iri - First Day of the Equinoctial Week☆								
		Blended Inari	○	chicken, fried tofu	white rice, brown sugar salad oil	dried shiitake, carrot	kombu stock, sake salt, vinegar, mirin soy sauce	755	23.1	
		Cabbage Salad			salad oil, sesame seed oil white sesame seed	carrot, Japanese spinach cabbage	vinegar, salt soy sauce black pepper			
Ohagi	azuki roasted soybean powder (kinako)	glutinous rice, white rice sugar			salt					
21	M	Respect for the Aged Day								
22	Tu	Autumnal Equinox								
23	W	White Rice	○		white rice			532	22.5	
		Baked Hake		hake, bacon		red paprika, onion, lotus	salt, black pepper white wine soy sauce			
		Dried Daikon Salad			brown sugar, sesame seed oil white sesame seed	dried daikon raddish cucumber, carrot bean sprout	soy sauce, vinegar cayenne pepper powder			
24	Th	Let's Enjoy Local Cuisine! ☆Iwate Prefecture☆								
		 Cold Miso and Meat Udon (Morioka Ja-Ja Noodles)	○	pork, miso	udon, salad oil, brown sugar starch	cucumber, garlic, ginger carrot, bamboo shoot green onion, dried shiitake	chicken stock flour paste red bean chili paste sake, soy sauce oyster sauce	619	22.6	
Steamed Ogura Macha Cake	egg, milk	sugar, starch, butter, azuki			macha baking powder					
25	F	Chicken and Burdoch Pilaf	○	chicken	white rice, barley, salad oil	burdock, carrot, green peas king oyster mushroom	sake, salt black pepper soy sauce	572	16.2	
		French Sweet Potato Salad			sweet potato, salad oil	carrot, cucumber, onion	vinegar, salt black pepper			
28	M	Kajodofu	○	pork, fried bean curd miso	white rice, salad oil, sugar starch	onion, bamboo shoot dried shiitake, carrot cabbage, bok choy, ginger	soy sauce, sake red bean chili paste chicken stock	595	22.7	
		Chinese Bean Sprout Salad			salad oil, sesame seed oil white sesame seed	cabbage, cucumber bean sprout	vinegar, salt soy sauce black pepper			
29	Tu	Gomoku Rice	○	chicken, fried tofu	white rice, glutinous rice salad oil	carrot, burdock dried shiitake	salt, soy sauce kombu stock sake, mirin	565	20.6	
		Stewed Vegetable and Wakame		chicken wakame seaweed	konnyaku, brown sugar	carrot, bamboo shoot string beans	bonito stock mirin, salt soy sauce			
30	W	Miso Ramen	○	pork, miso	Chinese noodles, salad oil sesame seed oil, starch white sesame seed	garlic, ginger, carrot, corn onion, Chinese cabbage bean sprout, Chinese chive dried shiitake, green onion	chicken stock mirin, soy sauce black pepper	577	25.2	
		Kari-Kari Salad Chinese cabbage and Aburage		fried tofu	salad oil, brown sugar white sesame seed	Chinese cabbage, cucumber carrot, ginger	vinegar, salt soy sauce			