



July Lunch Menu

Manner Goal: Let's eat quietly and with a good posture!

Principal Yuichi Hashimoto

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

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	Th	Chicken Pilaf	○	chicken	rice, butter, cooking oil	carrot, onion, mushroom canned corn, parsley	salt, white wine pepper	602	18.5	
		Minestrone		bacon	cooking oil, potatoes, macaroni	garlic, celery, carrot, onion, ginger tomato, tomato juice, cabbage	chicken broth salt, pepper tomato puree bay leaf powder			
		Paprika Salad			cooking oil	red bell pepper, yellow bell pepper bell pepper, cabbage, cucumber onion	vinegar, salt, pepper			
2	F	Rice	○		rice			552	24.2	
		Kenchin soup		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	kombu bonito flake (stock) salt, soy sauce			
		Spanish mackerel with Saikyo Miso		Spanish mackerel, Saikyo miso			sake			
		Pickled Cabbage and Cucumber				cabbage, cucumber	salt			
5	M	Rice	○		rice			626	26.7	
		Chinese Soup			vermicelli, sesame oil	ginger, bamboo shoots, carrot bok-choy, scallion	chicken broth sake, salt, pepper soy sauce			
		Shrimp Omelet		shrimp, egg	cooking oil, (light brown) sugar starch	bamboo shoots, dried shiitake scallion, green peas	sake, salt soy sauce, vinegar			
		Chinese Bean Sprout Salad			cooking oil, sesame oil	cabbage, cucumber, bean sprouts	vinegar, salt soy sauce, pepper			
6	Tu	Teriyaki Chicken Rice Bowl	○	chicken	rice, cooking oil, (light brown) sugar starch	ginger, scallion	sake, soy sauce salt, mirin	613	25.2	
		Hearty Miso Soup		miso, tofu	konnyaku	carrot, burdock, komatsuna, scallion	bonito flake (stock)			
		Chinese Cabbage Isoae		nori (seaweed)		komatsuna, Chinese cabbage bean sprouts	soy sauce			
		Steamed Corn				corn	salt			
7	W	Let's enjoy Japanese cultural food ☆ Tanabata Festival ☆								
		Tanabata Cold Somen	○	steamed fish paste	somen, (light brown) sugar	dried shiitake, scallion, okra	kombu bonito flake (stock) salt, soy sauce	615	20.6	
		Tempura		chicken	cooking oil, wheat flour	eggplant, pumpkin	salt			
Tanabata Punch		(white) sugar, rice flour		canned orange, canned pineapple canned peach, nata de coco						
8	Th	Mabo Nasu Rice Bowl	○	pork, miso	rice, cooking oil, (light brown) sugar starch, sesame oil	eggplant, garlic, ginger, carrot bamboo shoots, scallion, chives	sake, soy sauce Chinese chili paste	641	21.3	
		Chinese Corn Soup		chicken	starch, sesame oil	ginger, onion, carrot, canned corn canned cream corn, parsley	chicken broth, salt pepper, soy sauce			
		Japanese Bean Sprout Salad			cooking oil, sesame oil white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt soy sauce, pepper			

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

School lunch Fees♪

Every month is different per grade.
We will let you know the charges on the menu.
The fees for July lunches will be withdrawn on Monday, July 12th.

Gr.1	Gr.2	Gr.3	Gr.4	Gr.5	Gr.6
¥2,700	¥2,700	¥2,964	¥2,964	¥3,216	¥3,216

~ Dear Parents /Guardians ~

A refund for the lunch 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.

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	
9	F	Barley Rice	○		rice, wheat			636	19.9	
		Clear Soup		steamed fish paste		komatsuna, scallion	kombu bonito flake (stock) salt, soy sauce			
		Fried Gyoza		pork	cooking oil, dumpling wrap sesame oil	garlic, ginger, Chinese cabbage scallion, chives	salt, pepper soy sauce			
		Chinese Sesame Salad with Cabbage			cooking oil, sesame oil white sesame seeds	carrot, cabbage, cucumber	vinegar, salt soy sauce, pepper			
12	M	Rice	○		rice			563	20.9	
		Clear Soup		tofu	dried wheat gluten	enoki mushroom, scallion	kombu bonito flake (stock) salt, soy sauce			
		Sweet and Sour Cod with Vegetables		cod	starch, cooking oil, potatoes (light brown) sugar	carrot, onion, bell pepper red bell pepper, yellow bell pepper lotus root, eggplant	soy sauce, vinegar ketchup			
		Marinated Spinach				spinach, Chinese cabbage bean sprouts	soy sauce			
13	Tu	Summer Vegetable Curry	○	chicken	rice, cooking oil, wheat flour	garlic, ginger, onion, carrot zucchini, tomato eggplant pumpkin	red wine, salt bay leaf powder ketchup chicken broth curry powder Worcestershire sauce Worcestershire sauce (semi-thick)	706	18.0	
		Seaweed Salad		seaweed salad mix	cooking oil	cucumber, daikon canned corn, onion	vinegar, salt soy sauce, pepper			
		Fruit (frozen apple)				frozen apple				
14	W	Let's enjoy international foods! ☆ Hawaii ☆								
		Mahi-Mahi Sandwich	X	mahi-mahi	bread, cooking oil, starch (light brown) sugar	cabbage, onion, ginger, garlic	salt, pepper, sake soy sauce, ketchup	560	21.4	
		Vegetable Soup		bacon		ginger, carrot, onion, mushroom cabbage	chicken broth salt, pepper bay leaf powder			
		Pineapple Cake		egg, milk	(white) sugar, wheat flour cooking oil	canned pineapple	baking powder			
Yogurt Drink	yogurt drink									
15	Th	Let's eat local food! ☆ Okinawa Prefecture ☆								
		Taco Rice	○	soy bean meat, cheese	rice, cooking oil	garlic, ginger, onion, carrot cabbage, mini tomato	red wine paprika powder ketchup Worcestershire sauce pepper, soy sauce tabasco	702	28.4	
		Winter melon soup				winter melon, scallion green onions, ginger	kombu bonito flake (stock) salt			
Goya Champuru	bacon, tofu, egg	cooking oil		onion, carrot, Goya	soy sauce, salt					
16	F	Barley Rice	○		rice, wheat			635	23.9	
		Nikujaga		pork	cooking oil, konnyaku, potatoes (light brown) sugar	onion, carrot, string bean	bonito flake (stock) sake, salt, soy sauce			
		Cabbage with Salted Kelp Dressing		salted kelp	white sesame seeds	cabbage, bean sprouts, carrot	soy sauce			
		Fried shrimp		shrimp	cooking oil, wheat flour, starch		salt, pepper			
19	M	No school lunch • 4 period day								
20	Tu	Closing ceremony • no lunch								



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9/1	W	Opening Ceremony • no lunch								