

Lunch Menu April 2023



Manner Goal: Let's follow the rules
when we get ready and clean up.
Nutrition Goal: Let's learn about many types of food!



Principal Yuichi Hashimoto
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
6	Th	Opening Ceremony · Entrance Ceremony							
7	F	No school lunch · 4 period day							
10	M	Wakame Rice	○	wakame seaweed seasoning	rice, white sesame seeds			631	19.3
		Kenchin jiru		tofu	cooking oil, sesame oil	burdock, carrot, daikon, scallion	kelp stock, bonito flake stock, salt, soy sauce		
		Croquette (Easter ver.)		tuna, quail eggs	cooking oil, potato, wheat flour, panko	onion, carrot	salt, Worcestershire sauce (semi-thick)		
		Colorful Spring Salad			macaroni, (white) sugar, cooking oil	cabbage, carrot, cucumber, whole corn, onion	vinegar, salt, pepper		
11	Tu	Garlic Toast	○		bread, cooking oil	garlic, parsley		523	19.8
		Ratatouille		chicken	olive oil, cooking oil	garlic, onion, celery, zucchini, eggplant, bell pepper, yellow bell pepper, red bell pepper, tomato	white wine, salt, pepper, nutmeg, oregano, Laurier powder		
		French Potato Salad			potato, cooking oil	carrot, cucumber, onion	vinegar, salt, pepper		
12	W	Curry with Rice	○	chicken	rice, cooking oil, potato, wheat flour	garlic, ginger, carrot, onion	red wine, chicken broth, salt, Laurier powder, ketchup, curry powder, coriander, cinnamon powder, garam masala, Worcestershire sauce (semi-thick)	646	17.8
		Coleslaw Salad			cooking oil, (light brown) sugar	carrot, cabbage, cucumber	vinegar, salt, pepper		
		Fruit (Apple)				apple			
13	Th	Spaghetti with Meat and Bean Sauce	○	pork, soy bean	cooking oil, wheat flour, olive oil, spaghetti	garlic, ginger, onion, carrot, tomato juice, parsley	red wine, salt, pepper, ketchup, tomato puree, Worcestershire sauce	663	28.9
		Pari-Pari Salad			cooking oil, wonton wrapper	carrot, cabbage, cucumber, onion	vinegar, salt, pepper		
		Yogurt with Fruit		yogurt	(white) sugar	canned peach, canned orange			
14	F	Kayaku Rice	○	chicken, fried tofu	rice, glutinous rice, (light brown) sugar	carrot, burdock, bamboo shoots, dried shiitake	sake, salt, soy sauce, kelp stock	606	22.1
		Root Vegetable Soup		miso	cooking oil, sweet potato, konnyaku	burdock, carrot, daikon, scallion	bonito flake stock		
		Japanese-Style Salad with Bean Sprouts			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper		
17	M	Rice	○		rice			598	25.2
		Miso Soup with Potato and Wakame		fried tofu, miso, wakame (seaweed)	potato		bonito flake stock		
		Teriyaki Chicken		chicken	(light brown) sugar, starch	ginger	soy sauce, sake, mirin		
		Jakko Salad		jakko	sesame oil, (light brown) sugar	mizuna, komatsuna, bean sprouts, carrot, ginger	vinegar, soy sauce, salt, sake		
18	Tu	Kinako Toast	○	soy bean powder	bread, butter, (white) sugar			595	27.4
		Pork and Beans		pork, soy bean	cooking oil, potato	celery, carrot, onion, ginger	red wine, chicken broth, salt, pepper, Laurier powder, tomato puree, ketchup, Worcestershire sauce		
		Turnip Salad			cooking oil	cabbage, turnip, cucumber, onion	vinegar, salt, pepper		

☆ The first graders start lunch on the 12th. Only milk on the 10th and milk and bread on the 11th.





Don't forget 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 day.
Please keep 2 to 3 extra masks in their randoseru or backpack for back-up.
Thank you for your understanding.



What's for lunch today?

★We recommend that you put the menu in a convenient place such as the refrigerator for easy viewing.
Talk with your child about the meals and what they thought while they were eating. Also, please read through the menu beforehand to avoid making the same meal for breakfast or

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	
19	W	Shrimp Pilaf	○	shrimp	rice, butter, cooking oil	carrot, onion, whole corn, mushroom, parsley	salt, white wine, pepper	559	21.0	
		ABC Soup		bacon	macaroni	ginger, carrot, onion, cabbage	chicken broth, salt, Laurier powder, pepper			
		Paprika Salad			cooking oil	red bell pepper, yellow bell pepper, cabbage, cucumber, onion	vinegar, salt, pepper			
20	Th	Kakitama Udon	○	pork, fried tofu, egg	cooking oil, udon noodle	carrot, scallion	kelp stock, bonito flake stock, mirin, salt, soy sauce	562	22.3	
		Crispy Salad with Chinese Cabbage and Deep-Fried Tofu		fried tofu	cooking oil, (light brown) sugar, white sesame seeds	Chinese cabbage, cucumber, carrot, ginger	vinegar, salt, soy sauce			
		Fruit (Kiyomi Orange)				Kiyomi Orange				
21	F	Barley Rice	○		rice, barley			580	24.4	
		Miso Soup with Daikon and Komatsuna		fried tofu, miso		daikon, komatsuna, scallion	bonito flake stock			
		Grilled Mackerel with Green Onion Sauce		mackerel	cooking oil, (light brown) sugar	ginger, scallion, garlic	sake, soy sauce, vinegar			
		Japanese-Style Salad with Cabbage			cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, bean sprouts	vinegar, salt, soy sauce, pepper			
24	M	Let's enjoy food from around the world! ☆ China ☆								
		Fried rice	x	pork, egg	rice, cooking oil, (light brown) sugar	carrot, dried shiitake, scallion, green peas	sake, salt, soy sauce, pepper, vinegar	563	19.6	
		Wonton soup		pork	wonton wrapper, sesame oil	ginger, carrot, Chinese cabbage, bean sprouts, scallion, komatsuna	chicken broth, soy sauce, sake, salt, pepper			
		Seaweed Salad		various types of seaweed	cooking oil	cucumber, daikon, whole corn, onion	vinegar, salt, soy sauce, pepper			
		Yogurt Drink		drinkable yogurt						
25	Tu	Hot Dogs	○	sausage	bread, cooking oil	cabbage	salt, ketchup, Worcestershire sauce	572	25.5	
		Pot-au-Feu		chicken	cooking oil, potato	celery, carrot, onion, ginger, cabbage	chicken broth, white wine, salt, pepper, Laurier powder			
		Macaroni Salad with Tuna		tuna	macaroni, Non-egg mayonnaise	carrot, cabbage, cucumber	vinegar, salt, pepper			
26	W	Chinese Rice Bowl	○	squid, shrimp	rice, cooking oil, starch	ginger, onion, carrot, bamboo shoots, dried shiitake, Chinese cabbage, bok-choy, scallion, snow peas	soy sauce, sake, chicken broth, salt, pepper, oyster sauce	580	21.6	
		Spicy Pickled Dikon and Cucumbers			sesame oil	daikon, cucumber	salt, vinegar, soy sauce, chili oil			
		Apple Jelly		agar powder (kanten)	(white) sugar	apple juice				
27	Th	Saucy Yakisoba	○	pork	cooking oil, Chinese noodles	onion, carrot, cabbage, bean sprouts	salt, pepper, sake, Worcestershire sauce, Worcestershire sauce (semi-thick)	590	21.9	
		Tekkotsu Salad		hijiki (seaweed), jakko	(light brown) sugar, cooking oil, sesame oil, white sesame seeds	cabbage, cucumber, daikon	salt, soy sauce, vinegar, pepper, sake			
		Apple Lumpia			cooking oil, spring roll wrapper, (white) sugar, powdered sugar	apple				
28	F	Jako and Yukari Rice	○	jakko	rice		yukari shiso (red perilla)	614	30.0	
		Ton Jiru		pork, miso, tofu	cooking oil, potato	burdock, carrot, daikon, scallion	bonito flake stock			
		Grilled Salmon		salmon	cooking oil		salt			
		Pickled Cucumber and Turnip				turnip, cucumber	salt			
29	Sa	 Showa Day 								

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

School lunch kitchen members !

School nutritionist: Ms. Koide

[Kitchen staff provided by Fuji Industry]

School lunch cooks

Yamada · Sato · Kamioka · Nara

Koyama · Higashida · Kashihara

Suehiro · Saito · Kazama

Thank you in advance for your cooperation this year.



~ Dear Parents /Guardians ~

The school lunch fee withdrawl system has changed for the 2023-24 academic year. Lunch fees will be withdrawn from June.

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.