

SCHOOL LUNCH MENU

January 2025
 <Etajima City School Lunch communal kitchen>

Although the cold weather is still continuing, let's make sure to wash our hands and gargle thoroughly, eat a well-balanced diet, get adequate exercise, get enough sleep, and strengthen our immune system so that we will be able to fight colds. Let's build a body that will not be defeated by colds.

Requested menu has been served

This is a request menu that has been served since November. The students are asked to think about what they like and what they would like to eat, while also considering the balance of the meal. It would be nice to be able to share it with schools in the city. These are the menus served for November and December.

In January, we will be having the Enoh Class, 3rd grade students of Mitaka Junior High School, Etajima Junior High



Nakamachi E.S. 6th grade Menu



Kanokawa E.S. 6th grade Menu



Mitaka E.S. 6th grade Menu



Ohfuru E.S. 6th grade Menu



Kirikushi E.S. 5th,6th grade Menu

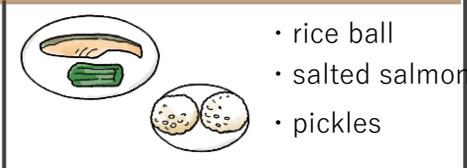
All of the school's menus were popular and delicious, and we will continue the requested menus until February. Please look forward to



January 24th–30th is National School Lunch Week

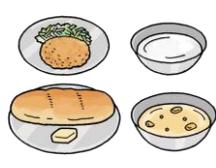
School lunches in Japan are said to have started in the 22nd year of Meiji period (1889) when they were provided free of charge for children who were too poor to prepare their own lunch. The program was temporarily interrupted due to the war, but resumed after the war with the donation of school lunch supplies from LARA in the U.S. On December 24, a ceremony was held to present the supplies to the children. A presentation ceremony was held on December 24. In order to avoid any

First School lunch: Meiji 22.(1889)



- rice ball
- salted salmon
- pickles

Showa 25.(1950)



- coppe-pan (rolled bread)
- margarine
- milk (skimmed milk powder)
- potage soup
- shredded cabbage • croquette

On January 30th, we recreated the first school lunch. Please taste and enjoy.



※The contents of the menu are based on the menu replica provided by the Japan Sports Promotion Center (JSPS).

School lunch message from students

- 12/4 (Wed) The lotus root chips were crunchy and delicious. (3rd grade at Kanokawa E.S.)
- 12/5 (Thu) Thank you very much always for nice lunch. It smelled delicious even before we started eating, and also our teacher looked like enjoying the meals, which made it a very warm time. (5th grade at Nakamachi E.S.)
- 12/6 (Fri) The cream of corn soup was delicious. Please make it again. (6th grade at Kirikushi E.S.)
- 12/9 (Mon) The pork soup was full of ingredients and the deliciousness of the pork meat was blended in. (1st grade at Mitaka J.H.S)
- 12/13 (Fri) The Etajima kaiji curry (Navy curry) was very tasty. It is very addictive. (3-2, Etajima J.H.S)
- 12/16 (Mon) The bibimbap was spicy and very tasty. I thought it was great because I could get a lot of nutrition. (6th grade at, Ohuru Elementary School)