



April 2024 (R6) School Lunch Menu

Etajima city School Lunch Communal kitchen

day	menu	Main Ingredients									
		Red: Mainly a source of body building		Green: Mainly a source of body conditioning		Yellow: Mainly a source of energy					
		Group 1	Group 2	Group 3	Group 4	Group 5	Group 6				
fish · meat · egg · bean · bean products		fresh milk · dairy product · small fish · seaweed		green and yellow vegetable		light colored vegetable · fruit · mushroom		rice · bread · noodle · potato · sugar		oil · seed	
8 Mon	rice Junior high school starts school Nikujaga (Meat and potato stew) wakame seaweed salad		fresh milk				rice				
9 Tue	rice Elementary school starts school deep fried Hoki fish (sauce) boiled vegetable potato miso soup		fresh milk				rice				oil
10 Wed	rice boiled chicken and egg energy salad		fresh milk				rice				oil
11 Thu	rice mabo tofu rice noodles chinese style salad baked pudding tart		fresh milk				rice				oil
12 Fri	oats rice Marine curry day Etajima marine curry topping corn salad		fresh milk				rice, wheat				oil
15 Mon	rice baked chicken with sesame marinade with red perilla soup containing a variety of ingredients		fresh milk				rice				sesame
16 Tue	brown rice Food educational deep fried spanish mackerel spring cabbage with konbu seaweed thick fried tofu miso soup		fresh milk				rice, brown rice				oil
17 Wed	small butter bread yakisoba (fried noodles) cucumber colorful salad yogurt		fresh milk				small butter bread				oil
18 Thu	rice hashed beef rice french salad		fresh milk				rice				oil, butter
19 Fri	twist bread omelet with ketchup sauce cabbage milk soup with Komatsuna		fresh milk				twist bread				oil
22 Mon	No school Lunch										
23 Tue	rice minced meat with vegetables young sardine strawberry		fresh milk				rice				oil
24 Wed	rice deep-fried shishamo fish marinade with bonito flakes tofu with vegetables soup		fresh milk				rice				oil
25 Thu	rice tofu with curry flavored stew asparagus with sesame, miso, vinegar dressing		fresh milk				rice				oil
26 Fri	seasoned bread chicken beans cheese salad		fresh milk				bread				oil
29 Mon	Showa day (Holiday)										
30 Tue	ricw simmered chicken and root vegetables vinegared dish		fresh milk				rice				oil

※The menu is subject to change due to availability of ingredients.
 ※All of your school lunch fee is used for food expenses.

	Elementary school	Junior high school
Calories (kcal)	654	808
Protein (g)	25	30.2
Salt (g)	2.1	2.7

Every 19th is Food education day
 Seasonal ingredients
 • spring cabbage
 • spanish mackerel

Congratulations for enrollment & new grade!

The new school year has started. We provide approximately 1,200 meals to all elementary, junior high schools and the Eno school in Etajima city from the Etajima city school lunch communal kitchen. We will make every effort to provide "safe and secure" and "delicious" school lunches that support children's minds and bodies. Thank you for your understanding and cooperation.

Preparing for lunch duty is an important part of the

★ Cut the nails short.

★ Wash hands thoroughly with soap.

★ Wear a mask properly.

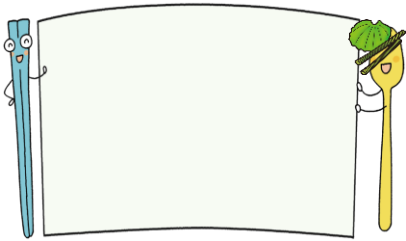


★ Wear a hat to keep your hair out.

When your child brings home the school apron from school, please



【今月の栄養摂取平均値】



卒業生のみなさん、終了します。学校給食の取組に深いご理解とご協力をいただき、誠にありがとうございました。来年度もどうぞよろしくお願いいたします。



1年間ありがとうございました

今年度の給食は、3月25日(金)で終了します。学校給食の取組に深いご理解とご協力をいただき、誠にありがとうございました。来年度もどうぞよろしくお願いいたします。



	小学校	中学校
エネルギー (kcal)	654	808
たんぱく質 (g)	25.0	30.2
食塩 (g)	2.1	2.7