

SCHOOL LUNCH LETTER

September 2025

<Etajima city school lunch center >

Summer vacation is over and the second semester is about to begin. In order to live each day in good health, it is important to go to bed early, get up early, and get your daily rhythm in order. Let's take a look back at our daily habits and try to maintain a regular rhythm in our daily lives.

Start your day with breakfast !

Who goes to school without eating breakfast because you don't have time in the morning or you don't have an appetite? Eating breakfast provides energy and nutrients, and wakes up the body and brain. It also raises body temperature, which drops during sleep, rises, stimulating the intestines and promotes bowel movements.

For those who go to school without eating breakfast, try starting with foods that can be eaten without any meal, such as drinks, yogurt, and fruits (STEP①). Soups with a lot of ingredients are recommended to replenish water and vitamins (STEP②). If you are eating breakfast, try eating a combination of staple foods, main dishes, and side dishes (STEP ③). Let's look back at our current lifestyle and start with what we can do.



From the leaflet "The 4th Basic Plan for Food Education"

Breakfast benefits

Energy for Body and Brain



Raises Body temperature



Activates brain function



Stimulates bowel



During summer vacation at School lunch center

What is the school lunch center doing during the summer vacation? We are cleaning the places that normally cannot be cleaned, and we are doing so in a very detailed!

Clean and polish the stain.
Diko Diko!! (Shim)



Maintenance the machines and have repairs made where



Delivery trucks are also cleaned and inspected to ensure safe delivery of



Do you know this is the opening?
It is under inspection.



We will continue to deliver delicious school lunches in the second semester. Please don't be reluctant to eat them! Even if you don't like something, it might taste good if you take a bite! Let's try different



We are conducting hygiene training with our cooks so that we can continue to provide safe and secure school lunches from the second semester.

School lunch message from students

7/3(Thu) Thank you very much for the school lunches are delicious and I have increased the lunches so I can grow up healthily. I hope the school lunch center staff will also be healthy and fulfill my wish! (Ofuru Elementary School, 4th grade)

7/8(Tue) I enjoyed eating all of them. It was hot again today, but thanks to the delicious school lunch, I felt more energetic. Thank you very much. (Ogaki Junior high school, 3rd grade)

7/10(Thu) I don't really like bitter melon, but I enjoyed it because it contained tofu and eggs. It was delicious. Thank you very much. (Kirikushi Elementary School, 6th grade)