

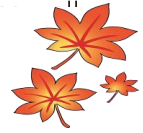
SCHOOL LUNCH LETTER

October 2025

<Etajima city school lunch center>

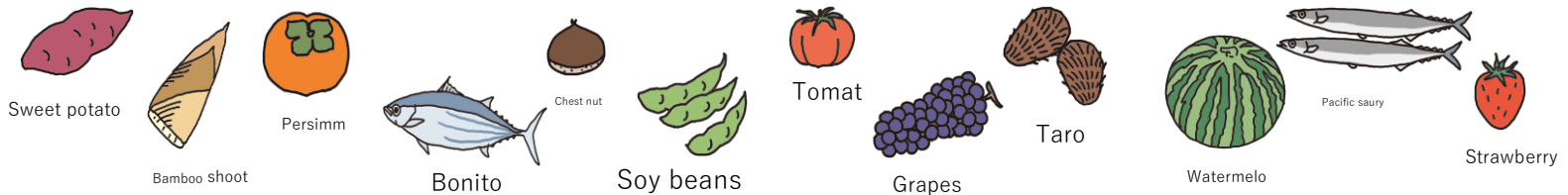
As the saying goes, "Autumn is the season of appetite" and "Autumn is the season for horses to grow fat." Autumn brings an abundance of delicious foods. In early autumn, fruits and mushrooms that contain many vitamins and minerals that were lost during the hot summer reach their peak season. As autumn deepens, potatoes and root vegetables rich in energy arrive in season, preparing for the winter cold.

Let's taste seasonal food !



Nowadays, we can get what we want to eat all year round. However, there are certain seasons when food grows well and in abundance in different regions. The time of year when each type of food is most abundant and tastes best is called the Shun(=In season/Best season)" of the food.

Which food is in Autumn season? write O on it. *The answer is in the lower right corner.*



We also use Autumn delicious foods for School lunch. Please enjoy seasonal food at home.

Pear has been served ! !



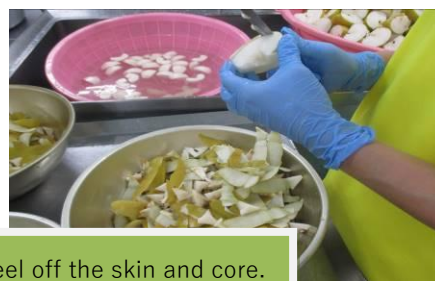
Count and wash pears thoroughly in three sinks.



After washing, cut it into six equal pieces.



Once the cutting is done, divide into the cans while checking the number of list.



Peel off the skin and core.

Cutting while wearing gloves makes it incredibly difficult, but cooking staff work is great! They carefully slice nearly 200 pears. They divided into teams: some cut them into six equal pieces, others peel off the skin and cores, and still others counted them, keeping the work flowing smoothly. Teamwork is also important.



School lunch message from students

- 9/2(Tue) My eating habits were all over during summer break, so I really appreciate school lunches now. Thank you always. ! ! ♡♡
(Noumi Junior high school, 2nd glade)
- 9/3(Wed) The bowl of rice topped with pork was incredibly flavorful and delicious, and the pickled cucumber was refreshingly crisp.
(Ofuru Elementary school, 6th grade)
- 9/4(Thu) The salmon cheese fries were delicious. In class, the leftover salmon rock-paper-scissors tournament got heated. (Kanokawa Elementary school, 6th grade)
- 9/8(Mon) "Okomenchuka Salad" was delicious. So "okomen" means it's made from rice isn't it. (Nakamachi Elementary school, 6th grade)
- 9/24(Wed) The pear was crisp and delicious. (Mitaka Elementary school, 5th grade)
- 9/24(Wed) The pear was fresh and juicy and delicious. The penne also went well with the meat sauce and was delicious. (Etajima Junior high school 2nd grade)