



School Lunch Report



April 2025

To all parents, congratulations on your children entering kindergarten. The in-house nutritionist at our kindergarten is hard at work planning unique school lunches that provide your children with meals that are safe and well-balanced.

Although our nutritionist and cooks don't have many opportunities to interact with your children, they are thoroughly engaged in supporting your children's growth through the meals they provide.

Our Custom Meals Receive Top Marks in Deliciousness! Characteristics of our School Menu:

1. Excellent Source of Iron and Calcium

It's normally difficult for kids to get enough iron and calcium through average school meals, but we've devised a way for kids to easily get these vital nutrients through additions like easy-to-eat hijiki and mustard spinach rice seasoning. This is in addition to the iron and calcium fortified dairy products already offered.

2. Low in Sodium *and* Delicious

By drawing out the natural sweetness in vegetables through cooking them in steam convection ovens and serving them with ingredients high in umami, we've come up with a way to prepare delicious meals using minimal seasoning.

We also use low sodium miso in our miso soup and leverage the most from umami-rich ingredients like sardines and kelp in our stock.

3. Handmade Treats are a Treat for Kids!

With handmade snacks like cookies, pancakes, and milk cocoa pudding, the variety of handmade snacks that kids love is plentiful.

***We share recipes from time to time, so be sure to try them out at home!**

What's Our School Lunch Like?

There are probably a lot of parents who wonder what kind of food their kids normally eat for lunch. Let's look a few of the school lunches that are particularly popular with the kids.



Hamburger, Corn Soup, French Fries, and Santa Claus Cake



Seaweed Rice, Chicken Tenders, Broth Soup, and Yogurt Cake



Hainan Chicken Rice, Rice Noodle Salad, Root Vegetable Soup, and Joa Drink



Wheat Rice, Miso Soup, Nambu Fried Chicken, and Daikon and Tuna Fish Salad



Oni Underwear Cookies



Potato and Tuna Fish Bun



Milk Cocoa Pudding