

키즈밀 튼튼 식단 2025 SEP

KIS(International)

	MONDAY 월	TUESDAY 화	WEDNESDAY 수	THURSDAY 목	FRIDAY 금
1주	01 마리게리파피자 ①②⑥⑫ 바베큐치킨구이⑬ 감귤주스 베이컨그린빈스볶음⑤⑩ 그린샐러드 (파인애플드레싱) 645kcal (C104P28F13)	02 콩나물밥⑤/양념장 된장찌개 돈사태찜⑩ 파프리카청경채무침 구이김 백김치/깍두기 625kcal (C96P31F12)	03 라구리가토니 ①②⑥⑨⑫ 알새우튀김①②⑥⑨ 크로와상①②⑥/딸기잼 과일 유러피안샐러드 (요거트드레싱)② 638kcal (C90P32F14)	04 수수밥 소고기미역국⑭ 제육불고기⑩ 미니새송이조림 부추겉절이 백김치/포기김치 625kcal (C96P31F12)	05 수제함박스테이크 ①②⑥⑨⑫/소스 온메밀③ 스크램블에그①② 하우스샐러드⑫ (렌치드레싱)①② 수제모듬피클 645kcal (C104P28F13)
오전	찹쌀경단/유기농식혜 183Kcal	시몬케익①②⑥/수제딸기주스 181Kcal	군고구마/유기농우유② 180Kcal	채소어묵바⑥⑦⑫ /배도라지주스 186Kcal	과일2종 175Kcal
2주	08 콘치즈핫도그 ①②⑥⑩ 허니닭튀김①②⑥⑬ 레몬에이드 모듬채소구이 치커리샐러드 (망고드레싱) 638kcal (C90P32F14)	09 기장밥 아욱국 버섯소고기볶음⑭ 한식잡채⑩ 홀그레인오이무침 백김치/포기김치 626kcal (C98P30F12)	10 수제일식돈까스 ①②⑥⑩/소스 가쓰오우동⑥⑦ 웨지감자/케찹⑫ 양배추샐러드 (참깨드레싱)①② 수제단무지 645kcal (C104P28F13)	11 흑미밥 유부국⑤ 깻잎닭갈비⑬ 무나물 바삭멸치볶음⑦ 백김치/배추겉절이 625kcal (C96P31F12)	휴교
오전	참치죽⑦ 180Kcal	수제크랜베리퍼민①②⑥ /유기농우유② 185Kcal	과일2종 175Kcal	우리쌀씨리얼⑤ /유기농우유② 176Kcal	
3주	15 콤비네이션피자 ①②⑥⑩⑫ 어니언스프②⑥ 수제오징어튀김①②⑥⑬ /갈릭마요소스①② 과일 베이비채소샐러드 (발사믹드레싱) 639kcal (C92P33F13)	16 혼합잡곡밥 수제비⑥ 훈제오리볶음 시금치된장무침 다시마튀각 백김치/포기김치 625kcal (C96P31F12)	17 로제소스라자냐 ①②⑥⑩⑫ 수제생선커를렛 ①②⑥⑦ 부시브래드①②⑥/버터② 콤샐러드① (어니언드레싱)①② 수제오이피클 638kcal (C90P32F14)	18 백미밥 카레소스②⑥⑩ 갈비군만두①⑥⑩ 수제오꼬노미야끼 ①②⑥⑦⑫ 우영조림 백김치/포기김치 626kcal (C98P30F12)	19 미트모토스파게티 ①②⑥⑩⑫ 비엔나채소구이⑩ 계란모닝빵①②⑥ 포도푸딩 로메인샐러드 (이탈리안드레싱) 639kcal (C92P33F13)
오전	찐만두①⑥⑩/유기농매실차 185Kcal	수제러스크②⑥/유자주스 183Kcal	시나몬과배기①②⑥ /유기농우유② 186Kcal	뮤즐리⑤/유기농요거트② 176Kcal	과일2종 175Kcal
4주	22 비프케사디아 ①②⑥⑩⑫/사워크림② 몽골리안포크⑩⑫ 발사믹컬리콜리구이 모듬채소샐러드 (딸기드레싱)⑩ 수제양배추피클 638kcal (C90P32F14)	23 현미밥 대파육개장⑭ 수제참쌀탕수육 ①②⑥⑩/소스 안동찜닭⑬ 어묵조림⑥⑦ 숙주나물무침⑤ 백김치/석박지 626kcal (C98P30F12)	24 유니짜장면⑤⑥⑩ 백짬뽕탕⑥⑫⑫ 수제참쌀탕수육 ①②⑥⑩/소스 ABC주스④ 라디치오샐러드 (오리엔탈드레싱) 639kcal (C92P33F13)	25 백미밥 황태뭇국⑦ 수제떡갈비 ①②⑥⑩⑫/소스 청포묵무침⑤ 들기름채소찜 백김치/열무김치 625kcal (C96P31F12)	26 몬테크리스트 샌드위치①②⑥⑩ 돈안심참스테이크⑩ 과일 트러플고구마후라이①② 쿠스쿠스샐러드⑥⑫ (시저드레싱)①② 639kcal (C92P33F13)
오전	코코아볼씨리얼⑥ /유기농우유② 176Kcal	룰레이크①②⑥/포도주스 184Kcal	과일토평/유기농요거트② 182Kcal	우리밀핫도그①②⑥⑩⑫ /오렌지주스 185Kcal	한과2종⑥ /유기농요구르트② 183Kcal
5주	29 봉골레스파게티 ①②⑥⑦ 칠리토마토스튜⑫ 데리야끼닭구이⑬ 갈릭파이①②⑥ 채소스틱 (타르타르드레싱)①② 645kcal (C104P28F13)	30 기장밥 미소두부장국⑤ 돈육보쌈⑩ 상추쌈/쌈장 새우살애호박볶음⑤ 백김치/배추겉절이 626kcal (C98P30F12)	9월의 추천 식재료  새우의 오메가-3 지방산은 두뇌 건강과 신경 기능 향상에 도움을 주고, 고구마의 베타카로틴 성분은 시력을 보호하고 자외선으로 인한 눈의 손상, 피로회복에 도움됩니다. 또한 배의 "루테올린" 성분은 항염, 항알레르기에 효과적이어서 기침이나 가래 등의 감기 증상 및 기관지염의 증상 완화에 도움되어 환절기 건강 관리에 좋습니다. 계절이 바뀌는 9월, 제철 음식을 먹으며, 건강 관리에 힘써보아요.		
오전	바람떡/유기농오미자차 185Kcal	과일/유기농치즈② 180Kcal			



● 원산지 표시안내

쌀(국내산 유기농), 현미, 흑미, 찹쌀(국내산 친환경), 소(국내산 육우), 돼지(국내산), 닭(국내산), 오리고기(국내산), 두부, 콩비지, 콩국수(콩-국내산), 배추김치(배추-국내산, 고춧가루-국내산), 삼치, 아귀, 오징어, 고등어, 꽃게, 패류(국내산), 새우(베트남산), 명태(러시아산), 참치(원양산), 가다랭이포(인도네시아산)

①난류 ②유제품 ③메밀 ④사과 ⑤대두 ⑥밀 ⑦생선류 ⑧계 ⑨새우 ⑩돼지고기 ⑪복숭아 ⑫토마토 ⑬닭류 ⑭쇠고기 ⑮오징어 ⑯양고기 ⑰조개류(굴, 전복, 홍합포함) ⑱파인애플 ☆과일은 제철과일로 제공되고 있으며, 해당과일에 따른 알러지케어가 이루어지고 있습니다.

● 영양성분 안내

Kcal: calorie(칼로리, 열량), C: carbohydrate(탄수화물), P:protein(단백질), F:fat(지방)을 의미하며 C,P,F 옆의 숫자는 식품에 함유된 각 영양성분의 무게(g)를 의미합니다.

1인 평균 제공량 기준으로 작성되었으며, 개인의 섭취량에 따라 달라질 수 있습니다 *위 식단은 식품수급에 따라 변경될 수 있습니다.

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키즈밀 튼튼 식단 2025 SEP

KIS(Halal)

	MONDAY 월	TUESDAY 화	WEDNESDAY 수	THURSDAY 목	FRIDAY 금
1주	01 마리게리파피자 ①②⑥⑫ 바베큐치킨구이⑬ 감귤주스 그린빈스볶음⑤ 그린샐러드 (파인애플드레싱) 645kcal (C104P28F13)	02 콩나물밥⑤/양념장 된장찌개 양고기구이⑬ 파프리카청경채무침 구이김 백김치/깍두기 625kcal (C96P31F12)	03 라구리가토니 ①②⑥⑫ 알새우튀김①②⑥⑨ 크로와상①②⑥/딸기잼 과일 유러피안샐러드 (요거트드레싱)② 638kcal (C90P32F14)	04 수수밥 미역국 콩불고기③⑥ 미니새송이조림 부추겉절이 백김치/포기김치 625kcal (C96P31F12)	05 베지스테이크 ⑤⑥/소스 온메밀③ 스크램블에그①② 하우스샐러드⑫ (렌치드레싱)①② 수제모듬피클 645kcal (C104P28F13)
오전	찹쌀경단/유기농식혜 183Kcal	시몬케익①②⑥/수제딸기주스 181Kcal	군고구마/유기농우유② 180Kcal	채소어묵바⑥⑦⑫ /배도라지주스 186Kcal	과일2종 175Kcal
2주	08 콘치즈핫도그 ①②⑥⑨ 허니닭튀김①②⑥⑬ 레몬에이드 모듬채소구이 치커리샐러드 (망고드레싱) 638kcal (C90P32F14)	09 기장밥 아육국 버섯콩고기볶음⑤⑥ 한식잡채 홀그레인오이무침 백김치/포기김치 626kcal (C98P30F12)	10 소이커플렛⑤⑥/소스 가쓰오우동⑥⑦ 웨지감자/케찹⑩ 양배추샐러드 (참깨드레싱)①② 수제단무지 645kcal (C104P28F13)	11 흑미밥 유부국⑤ 깻잎닭갈비⑬ 무나물 바삭멸치볶음⑦ 백김치/배추겉절이 625kcal (C96P31F12)	12 휴 교
오전	참치죽⑦ 180Kcal	수제크랜베리퍼민①③⑥ /유기농우유② 185Kcal	과일2종 175Kcal	우리쌀씨리얼⑤ /유기농우유② 176Kcal	
3주	15 콤비네이션피자 ①②⑥⑫ 어니언스프②⑥ 수제오징어튀김①②⑥⑬ /갈릭마요소스①② 과일 베이비채소샐러드 (딸기드레싱) 639kcal (C92P33F13)	16 혼합잡곡밥 수제비⑥ 양고기볶음⑬ 시금치된장무침 다시마튀각 백김치/포기김치 625kcal (C96P31F12)	17 로제소스라자냐 ①②⑥⑫ 수제생선커플렛 ①②⑥⑦ 부시브래드①②⑥/버터② 콤샐러드① (어니언드레싱)①② 수제오이피클 638kcal (C90P32F14)	18 백미밥 카레소스②⑥⑩ 군만두①⑥⑨ 수제오고노미야기 ①②⑥⑦⑫ 우영조림 백김치/포기김치 626kcal (C98P30F12)	19 토마토스파게티 ①②⑥⑫ 채소너비아니⑤⑥ 계란모닝빵①②⑥ 포도푸딩 로메인샐러드 (이탈리안드레싱) 639kcal (C92P33F13)
오전	쥘만두①⑥⑨/유기농매실차 185Kcal	수제러스크③⑥/유자주스 183Kcal	시나몬과배기①②⑥ /유기농우유② 186Kcal	뮤즐리⑤/유기농요거트② 176Kcal	과일2종 175Kcal
4주	22 퀘사디아 ①②⑥⑬/사워크림② 몽골리안양고기⑩⑦ 발사믹컬리콜리구이 모듬채소샐러드 (파인애플드레싱)⑬ 수제양배추피클 638kcal (C90P32F14)	23 현미밥 채개장 안동찜닭⑬ 어묵조림⑥⑦ 숙주나물무침⑤ 백김치/석박지 626kcal (C98P30F12)	24 유니짜장면⑤⑥ 백짬뽕탕③⑬⑦ 소이커플렛⑤⑥/소스 ABC주스④ 라디치오샐러드 (오리엔탈드레싱) 639kcal (C92P33F13)	25 백미밥 황태묵국⑦ 베지스테이크⑤⑥/소스 청포묵무침⑤ 들기름채소찜 백김치/열무김치 625kcal (C96P31F12)	26 몬테크리스토 샌드위치①③⑥ 양고기참스테이크⑬ 과일 트러플고구마후라이①② 쿠스쿠스샐러드⑥⑫ (시저드레싱)①② 639kcal (C92P33F13)
오전	코코아볼씨리얼⑥ /유기농우유② 176Kcal	룰케이크①②⑥/포도주스 184Kcal	과일토평/유기농요거트② 182Kcal	우리밀핫도그①②⑥⑩⑬ /오렌지주스 185Kcal	한과2종⑥ /유기농요구르트② 183Kcal
5주	29 봉골레스파게티 ①②⑥⑦ 칠리토마토스튜⑫ 데리야끼닭구이⑬ 갈릭파이①②⑥ 채소스틱 (타르타르드레싱)①② 645kcal (C104P28F13)	30 기장밥 미소두부장국⑤ 콩불고기③⑥ 상추쌈/쌈장 새우살애호박볶음⑤ 백김치/배추겉절이 626kcal (C98P30F12)	9월의 추천 식재료  새우의 오메가-3 지방산은 두뇌 건강과 신경 기능 향상에 도움을 주고, 고구마의 베타카로틴 성분은 시력을 보호하고 자외선으로 인한 눈의 손상, 피로회복에 도움됩니다. 또한 배의 "루테올린" 성분은 항염, 항알레르기에 효과적이어서 기침이나 가래 등의 감기 증상 및 기관지염의 증상 완화에 도움되어 환절기 건강 관리에 좋습니다. 계절이 바뀌는 9월, 제철 음식을 먹으며, 건강 관리에 힘써보아요.		
오전	바람떡/유기농오미자차 185Kcal	과일/유기농치즈② 180Kcal			



● 원산지 표시안내
 쌀(국내산 유기농), 현미, 흑미, 찹쌀(국내산 친환경), 소(국내산 육우), 돼지(국내산), 닭(국내산), 오리고기(국내산), 두부, 콩비지, 콩국수(콩-국내산),
 배추김치(배추-국내산, 고춧가루-국내산), 삼치, 아귀, 오징어, 고등어, 꽃게, 패류(국내산), 새우(베트남산), 명태(러시아산), 참치(원양산), 가다랭이포(인도네시아산)
 ①난류 ②유제품 ③메밀 ④사과 ⑤대두 ⑥밀 ⑦생선류 ⑧계 ⑨새우 ⑩돼지고기 ⑪복숭아 ⑫토마토 ⑬닭류 ⑭쇠고기 ⑮오징어 ⑯양고기
 ⑰조개류(굴, 전복, 홍합 포함) ⑱파인애플 ☆과일은 제철과일로 제공되고 있으며, 해당과일에 따른 알러지케어가 이루어지고 있습니다.
 ● 영양성분 안내
Kcal: calorie(칼로리, 열량), **C:** carbohydrate(탄수화물), **P:** protein(단백질), **F:** fat(지방)을 의미하며 **C,P,F** 옆의 숫자는 식품에 함유된 각 영양성분의 무게(g)를 의미합니다.
 1인 평균 제공량 기준으로 작성되었으며, 개인의 섭취량에 따라 달라질 수 있습니다 *위 식단은 식품수급에 따라 변경될 수 있습니다.
 Kizmeal 박상아 영양사 l qlqlem5@kizmeal.com l www. Kizmeal.com

Kizmeal Menu 2025 SEP

KIS(International)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Week	01 Margherita pizza ①②③④ Barbecue chicken⑩ Citrus juice Stir-fried bacon with green beans⑩⑪ Green salad (Pineapple dressing) 645kcal (C104P28F13)	02 Bean sprout rice⑤ /seasoning sauce Soy bean paste soup Steamed pork⑩ Seasoned paprika with bok choy Roasted seaweed Non-spicy kimchi /radish kimchi 625kcal (C96P31F12)	03 Ragurigatoni ①②③④⑤⑥ Fried Shrimp①②③④ Croissant ①②③④/Strawberry Jam Fruit European Salad (Yogurt Dressing)② 638kcal (C90P32F14)	04 Millet rice Beef seaweed soup ⑩ Pork bulgogi ⑩ Braised mushrooms Fresh seasoned chives salad Non-spicy kimchi /kimchi 625kcal (C96P31F12)	05 Homemade hamburger steak①②③④⑤⑥⑦⑧/sauce Warm buckwheat noodles③ Scrambled eggs ①② House salad⑩ (Ranch dressing)①② Homemade assorted pickles 645kcal (C104P28F13)
Snack	Glutinous rice cake /Organic sikhye 183Kcal	Simon cake ①②③④ /Homemade strawberry juice 181Kcal	Roasted sweet potato /Organic milk② 180Kcal	Vegetable fish cake ⑩⑪⑫ /Pear bellflower juice 186Kcal	2 Kinds of fruit 175Kcal
2 Week	08 Corn cheese hotdog ①②③④⑤ Honey chicken wings ①②③④⑤ Lemonade Assorted grilled vegetables Chicory salad (Mango dressing) 638kcal (C90P32F14)	09 Millet rice Mallow soup Stir-fried beef with mushrooms④ Korean japchae⑩ Whole grain seasoned Cucumber salad Non-spicy kimchi /kimchi 626kcal (C98P30F12)	10 Handmade japanese pork cutlet①②③④⑤/sauce Katsuo udon⑥⑦ Wedges potato/ketchup② Cabbage salad (Sesame dressing)①② Homemade radish pickle 645kcal (C104P28F13)	11 Black rice Tofu soup ⑤ Perilla leaf spicy stir-fried chicken⑩ Seasoned radish Crispy stir-fried anchovies⑦ Non-spicy kimchi /kimchi 625kcal (C96P31F12)	No School
Snack	Tuna porridge⑦ 180Kcal	Homemade cranberry muffins①②③④/Organic milk② 185Kcal	2 Kinds of fruit 175Kcal	Korean rice cereal⑥ /Organic milk② 176Kcal	
3 Week	15 Combination pizza ①②③④⑤⑥ Onion soup②③ Homemade fried squid ①②③④⑤ /garlic mayonnaise sauce①② Fruit Baby vegetable salad (Balsamic dressing) 639kcal (C92P33F13)	16 Mixed grain rice Sujebi⑩ Stir-fried smoked duck Seasoned spanish with soybean paste Crispy fried kelp Non-spicy kimchi /kimchi 625kcal (C96P31F12)	17 Rose sauce lasagna ①②③④⑤⑥ Homemade fish cutlets①②③④⑤ Bush bread ①②③④/butter② Cobb salad① (Onion dressing)①② Homemade cucumber pickle 638kcal (C90P32F14)	18 Rice Curry sauce③④⑤⑥ Fried dumplings①②③④ Homemade okonomiyaki①②③④⑤⑥ Stewed burdock Non-spicy kimchi /kimchi 626kcal (C98P30F12)	19 Meat tomato spaghetti①②③④⑤⑥ Grilled sausages with vegetables⑩ Egg morning bread ①②③④ Grape pudding Romaine salad (Italian dressing) 639kcal (C92P33F13)
Snack	Steamed dumplings①②③④ /Organic plum tea 185Kcal	Homemade rusk③④/Yuzu juice 183Kcal	Cinnamon twisteddoughnut ①②③④/Organic milk② 186Kcal	Muesli⑤/Organic yogurt② 176Kcal	2 Kinds of fruit 175Kcal
4 Week	22 Beef quesadilla ①②③④⑤⑥ /sour cream② Mongolian pork⑩⑪ Grilled balsamic cauli coli Assorted vegetable salad (Strawberry dressing)⑩ Homemade cabbage pickle 638kcal (C90P32F14)	23 Brown rice Beef soup with green onions④ Braised chicken⑩ Braised fish cake⑩⑪ Seasoned mung bean sprouts③ Non-spicy kimchi /radish kimchi 626kcal (C98P30F12)	24 Uni jajangmyeon ⑤⑥⑦ White jjamppong soup ⑤⑥⑦ Homemade sweet and sour pork①②③④⑤/sauce ABC juice④ Radicchio salad (Oriental dressing) 639kcal (C92P33F13)	25 Rice Dried pollack soup② Homemade tteokgalbi ①②③④⑤⑥/sauce Seasoned mung bean jelly salad⑤ Steamed vegetables & perilla oil Non-spicy kimchi /young radish kimchi 625kcal (C96P31F12)	26 Monte cristo sandwich①②③④⑤ Pork tenderloin chop steak⑩ Fruit Truffle sweet potato fries ⑩⑪ Couscous salad⑩⑪ (Caesar dressing) ①② 639kcal (C92P33F13)
Snack	Coco ball cereal⑥ /Organic milk② 176Kcal	Roll cake ①②③④/Grape juice 184Kcal	Fruits topping/Organic yogurt② 182Kcal	Korean wheat hot dog①②③④⑤⑥⑦⑧ /Orange juice 185Kcal	2 kinds of korean sweets⑤ /Organic yogurt② 183Kcal
5 Week	29 Spaghetti vongole①②③④⑤⑥⑦ Chili tomato stew Teriyaki chicken⑩ Garlic pie①②③④ Vegetable sticks (Tartar dressing)①②③ 645kcal (C104P28F13)	30 Millet rice Miso tofu soup⑤ Pork bossam⑩ Lettuce wrap /ssamjang Stir-fried shrimp with zucchini④ Non-spicy kimchi /kimchi 626kcal (C98P30F12)	Recommended Ingredients for September  The omega-3 fatty acids in shrimp help improve brain health and nerve function. The beta-carotene in sweet potatoes protects eyesight and helps prevent eye damage caused by ultraviolet rays, as well as aids in recovery from fatigue. Additionally, the luteolin found in pears is effective as an anti-inflammatory and anti-allergic agent, helping to relieve cold symptoms such as cough and phlegm, as well as symptoms of bronchitis. It is great for managing health during seasonal changes. In September, as the seasons change, let's focus on maintaining our health by eating seasonal foods.		
Snack	Rice cake/Organic omija Tea 185Kcal	Fruit/Organic cheese② 180Kcal			



● Country of Origin Information

Rice (local organic), brown rice, black rice, glutinous rice (local eco-friendly), beef (local), pork (local), chicken (local), duck meat (local), tofu, soybean paste, soybean noodles (soybean - local), kimchi made with cabbage (cabbage - local), red pepper powder - local), mackerel, anglerfish, squid, mackerel, flower crab, shellfish (local), shrimp (Vietnamese), Alaska pollock (Russian), tuna (oceanic), dried anchovy (Indonesian)

● kcal: kilocalorie, C: Carbohydrate, P: Protein, F: Fat, g: gram

It is written based on the average serving amount per person, and may vary depending on the individual's intake

① egg ② dairy ③ buckwheat ④ apple ⑤ soybean ⑥ wheat ⑦ fish ⑧ crab ⑨ shrimp ⑩ pork ⑪ peach ⑫ tomato ⑬ chicken ⑭ beef ⑮ squid ⑯ lamb ⑰ clam(oyster, ear shell, mussel, etc.) ⑱ pineapple

All menu items are subject to change according to availability

★ Students who have reported a certain allergy may be offered with an alternative menu

*The above diet is subject to change depending on food supply and demand. I Kizmeal Sang a Park Nutritionist

qlqlm5@kizmeal.com

Kizmeal Menu 2025 SEP

KIS(Halal)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Week	01 Margherita pizza ①②③④ Barbecue chicken ⑥ Citrus juice Stir-fried green beans ⑤ Green salad (Pineapple dressing) 645kcal (C104P28F13)	02 Bean sprout rice ⑤ /seasoning sauce Soy bean paste soup Grilled lamb ⑥ Seasoned paprika with bok choy Roasted seaweed Non-spicy kimchi /radish kimchi 625kcal (C96P31F12)	03 Ragurigatoni ①②③④ Fried Shrimp ①②③④ Croissant ①②③/Strawberry Jam Fruit European Salad (Yogurt Dressing) ② 638kcal (C90P32F14)	04 Millet rice Seaweed soup Soy meat bulgogi ⑥⑦ Braised mushrooms Fresh seasoned chives salad Non-spicy kimchi /kimchi 625kcal (C96P31F12)	05 Veggie steak ⑥⑦ /sauce Warm buckwheat noodles ③ Scrambled eggs ①② House salad ⑥ (Ranch dressing) ①② Homemade assorted pickles 645kcal (C104P28F13)
Snack	Glutinous rice cake /Organic sikhye 183Kcal	Simon cake ①②③ /Homemade strawberry juice 181Kcal	Roasted sweet potato /Organic milk ② 180Kcal	Vegetable fish cake ⑥⑦⑧ /Pear bellflower juice 186Kcal	2 Kinds of fruit 175Kcal
2 Week	08 Corn cheese hotdog ①②③④ Honey chicken ①②③④ Lemonade Assorted grilled vegetables Chicory salad (Mango dressing) 638kcal (C90P32F14)	09 Millet rice Mallow soup ④ Stir-fried Mushrooms with Soy Meat ⑥⑦ Korean japchae Whole grain seasoned Cucumber salad Non-spicy kimchi /kimchi 626kcal (C98P30F12)	10 Veggie cutlet ⑥⑦ /sauce Katsuo udon ⑥⑦ Wedges potato/ketchup ② Cabbage salad (Sesame dressing) ①② Homemade radish pickle 645kcal (C104P28F13)	11 Black rice Tofu soup ⑤ Perilla leaf spicy stir-fried chicken ⑥ Seasoned radish Crispy stir-fried anchovies ⑦ Non-spicy kimchi /kimchi 625kcal (C96P31F12)	No School
Snack	Tuna porridge ② 180Kcal	Homemade cranberry muffins ①②③④/Organic milk ② 185Kcal	2 Kinds of fruit 175Kcal	Korean rice cereal ⑥ /Organic milk ② 176Kcal	
3 Week	15 Combination pizza ①②③④ Onion soup ②③ Homemade fried squid ①②③④ /garlic mayonnaise sauce ①② Fruit Baby vegetable salad (Balsamic dressing) 639kcal (C92P33F13)	16 Mixed grain rice Sujebi ⑥ Stir-fried lamb ⑥ Seasoned spanish with soybean paste Crispy fried kelp Non-spicy kimchi /kimchi 625kcal (C96P31F12)	17 Rose sauce lasagna ①②③④ Homemade fish cutlets ①②③④⑤ Bush bread ①②③/butter ② Cobb salad ① (Onion dressing) ①② Homemade cucumber pickle 638kcal (C90P32F14)	18 Rice Curry sauce ③④⑤⑥ Fried dumplings ⑥⑦⑧ Homemade okonomiyaki ①②③④⑤⑥ Stewed burdock Non-spicy kimchi /kimchi 626kcal (C98P30F12)	19 Tomato spaghetti ①②③④ Vegetable tteokgalbi ⑥⑦ Egg morning bread ①②③ Grape pudding Romaine salad (Italian dressing) 639kcal (C92P33F13)
Snack	Steamed dumplings ①②③④ /Organic plum tea 185Kcal	Homemade rusk ①②③/Yuzu juice 183Kcal	Cinnamon twisted doughnut ①②③/Organic milk ② 186Kcal	Muesli ⑥/Organic yogurt ② 176Kcal	2 Kinds of fruit 175Kcal
4 Week	22 Quesadilla ①②③④ /sour cream ② Mongolian lamb ⑥⑦ Balsamic cauli coli grilled Assorted vegetable salad (Strawberry dressing) ⑥ Homemade cabbage pickle 638kcal (C90P32F14)	23 Brown rice Veggie yukgaejang Braised chicken ⑥ Braised fish cake ⑥⑦ Seasoned mung bean sprouts ③ Non-spicy kimchi /radish kimchi 626kcal (C98P30F12)	24 Uni jajangmyeon ⑤⑥ White jjamppong soup ⑤⑥⑦ Veggie cutlet ⑥⑦ /sauce ABC juice ④ Radicchio salad (Oriental dressing) 639kcal (C92P33F13)	25 Rice Dried pollack soup ② Veggie steak ⑥⑦ /sauce Seasoned mung bean jelly salad ⑤ Steamed vegetables & perilla oil Non-spicy kimchi /young radish kimchi 625kcal (C96P31F12)	26 Monte cristo sandwich ①②③④ Lamb chop steak ⑥ Fruit Truffle sweet potato fries ⑥⑦ Couscous salad ⑥⑦ (Caesar dressing) ①② 639kcal (C92P33F13)
Snack	Coco ball cereal ⑥ /Organic milk ② 176Kcal	Roll cake ①②③④/Grape juice 184Kcal	Fruits topping/Organic yogurt ② 182Kcal	Korean wheat hot dog ①②③④⑤⑥⑦⑧ /Orange juice 185Kcal	2 kinds of korean sweets ⑤ /Organic yogurt ② 183Kcal
5 Week	29 Spaghetti vongole ①②③④⑤ Chili tomato stew ⑦ Teriyaki chicken ⑥ Garlic pie ①②③ Vegetable sticks (Tartar dressing) ①②③ 645kcal (C104P28F13)	30 Millet rice Miso tofu soup ⑥ Soy meat bulgogi ⑥⑦ Lettuce wrap /ssamjang Stir-fried shrimp with zucchini ④ Non-spicy kimchi /kimchi 626kcal (C98P30F12)	Recommended Ingredients for September  The omega-3 fatty acids in shrimp help improve brain health and nerve function. The beta-carotene in sweet potatoes protects eyesight and helps prevent eye damage caused by ultraviolet rays, as well as aids in recovery from fatigue. Additionally, the luteolin found in pears is effective as an anti-inflammatory and anti-allergic agent, helping to relieve cold symptoms such as cough and phlegm, as well as symptoms of bronchitis. It is great for managing health during seasonal changes. In September, as the seasons change, let's focus on maintaining our health by eating seasonal foods.		
Snack	Rice cake/Organic omija Tea 185Kcal	Fruit/Organic cheese ② 180Kcal			



● Country of Origin Information

Rice (local organic), brown rice, black rice, glutinous rice (local eco-friendly), beef (local), pork (local), chicken (local), duck meat (local), tofu, soybean paste, soybean noodles (soybean - local), kimchi made with cabbage (cabbage - local), red pepper powder - local), mackerel, anglerfish, squid, mackerel, flower crab, shellfish (local), shrimp (Vietnamese), Alaska pollock (Russian), tuna (oceanic), dried anchovy (Indonesian)

● kcal: kilocalorie, C: Carbohydrate, P: Protein, F: Fat, g: gram

It is written based on the average serving amount per person, and may vary depending on the individual's intake

① egg ② dairy ③ buckwheat ④ apple ⑤ soybean ⑥ wheat ⑦ fish ⑧ crab ⑨ shrimp ⑩ pork ⑪ peach ⑫ tomato ⑬ chicken ⑭ beef ⑮ squid ⑯ lamb ⑰ clam(oyster, ear shell, mussel, etc.) ⑱ pineapple

All menu items are subject to change according to availability

★ Students who have reported a certain allergy may be offered with an alternative menu

*The above diet is subject to change depending on food supply and demand. I Kizmeal Sang a Park Nutritionist

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