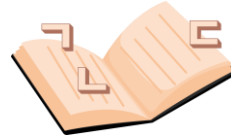


키즈밀 튼튼 식단 2025 OCT.

KIS(International)

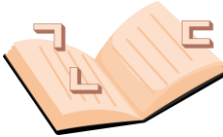
	MONDAY 월	TUESDAY 화	WEDNESDAY 수	THURSDAY 목	FRIDAY 금
1주	10월의 추천 식재료  10월의 제철 식재료인 연근과 호박에 함유된 풍부한 식이섬유는 원활한 배변활동과 장내 유익균의 먹이가 되어 건강한 장내 환경을 조성합니다. 또한 연근의 타닌, 뮤신 성분은 위장 보호 및 소화 촉진에 도움이 되며, 성장기 아이들의 영양소 흡수를 돕고 호박의 베타카로틴은 세포의 손상을 막고 면역력을 강화시켜 환절기 감기 증상을 완화하는데 탁월 효과가 있습니다.		01 소불고기케사디아 ①②③④⑤⑥⑦⑧⑨⑩ 소세지채소구이⑩ 과일 수제프렌치프라이 채소스틱 (사우전드레싱)①② 639kcal (C92P33F13)	02 백미밥 황태콩나물국⑤⑦ 닭갈비⑬ 애호박볶음 무조미김/양념장 백김치/포기김치 625kcal (C96P31F12)	03 개천절 
오전			수제초코칩마핀①②③④ /배도라지주스 185Kcal	우리쌀씨리얼/유기농우유② 178Kcal	
2주	06 07 08  추석		09 한글날 	10 휴교	
오전					
3주	13 고르곤졸라피자 ①②③④ 알새우튀김①②③④⑤ /스위트칠리소스 포도푸딩 파르펠레냉파스타①②③④⑤⑥ 모듬채소샐러드 (당근프렌치드레싱)①② 638kcal (C90P32F14)	14 백미밥 미역들깨수제비⑤ 돈사태조림⑩ 두부구이⑤ 청경채나물 수제깍두기/깍두기 626kcal (C98P30F12)	15 미트펜네그라탕 ①②③④⑤⑥⑦⑧⑨⑩ 단호박스프②③④ 수제미트볼구이 ①②③④⑤⑥⑦⑧/소스 과일 베이비채소샐러드 (이탈리안드레싱) 639kcal (C92P33F13)	16 기장밥 아욱국 통마늘훈제오리구이 국물떡볶이⑤ 숙주나물⑤ 백김치/포기김치 625kcal (C96P31F12)	17 수제등심돈까스 ①②③④⑤/소스 토마토라멘⑥⑦⑧⑨ 레몬에이드 그린샐러드 (참깨드레싱)①② 수제연근피클 639kcal (C92P33F13)
오전	유자시몬케익②③④ /수제망고주스 185Kcal	꿀떡/유기농오미자차 183Kcal	뮤즐리/유기농요거트② 185Kcal	과일2종 178Kcal	시나몬과배기①②③④ /유기농우유② 186Kcal
4주	20 햄치즈잉글리시머핀 ①②③④⑤ 허니간장닭wing구이⑩ 과일 아보카도토피샐러드 (발사믹드레싱) 수제오이피클 639kcal (C92P33F13)	21 흑미밥 가쓰오버국⑥ 대파소불고기구이⑬ 미니새송이조림 건파래자반 백김치/포기김치 625kcal (C96P31F12)	22 볼로네제라나자 ①②③④⑤⑥⑦⑧⑨⑩ 수제오징어튀김①②③④⑤⑥⑦⑧⑨ /타르타르소스①② 미니부시브레드 ①②③④/딸기잼 자몽에이드 하우스샐러드 (자두드레싱) 638kcal (C90P32F14)	23 수수밥 소고기뭇국⑬ 안동찜닭③ 김치전⑥ 들기름채소쌈 백김치/열무김치 626kcal (C98P30F12)	24 알리오올리오파스타 ①②③④⑤⑥⑦⑧⑨⑩ 크림스프②③④ 돈안심샴스테이크⑩ 버터알감자구이② 콕샐러드⑩ (시저드레싱)①② 639kcal (C92P33F13)
오전	소고기죽⑬ 185Kcal	찜빵①②③④/유기농우유② 181Kcal	과일2종 178Kcal	포자찜만두①⑥⑦⑧⑨⑩ /ABC주스④ 185Kcal	잼샌드위치③④⑤ /유기농우유② 184Kcal
5주	27 콤비네이션피자 ①②③④⑤⑥⑦⑧⑨⑩ 데리야끼치킨구이⑩ 과일 새우살그린빈스구이⑤⑥⑦ 로메인샐러드 (파인애플드레싱)⑩ 638kcal (C90P32F14)	28 현미밥 호박고추장국 꿀마늘보쌈⑦ 바삭멸치볶음② 모듬쌈/쌈장 백김치/배추겉절이 625kcal (C96P31F12)	29 미트짜장면⑤⑥⑦⑧⑨⑩ 순두부백떡볶음⑤⑥⑦⑧⑨⑩ 수제꿔바로우①②③④⑤⑥⑦⑧⑨/소스 양상추샐러드 (딸기요거트드레싱)② 수제단무지 639kcal (C92P33F13)	30 <하프데이> 수제햄버거 ①②③④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚㉛㉜㉝㉞㉟㊱㊲㊳㊴㊵㊶㊷㊸㊹㊺ 닭봉구이③ 무향생제유우② 과일2종 626kcal (C98P30F12)	31 휴교
오전	군고구마/유기농우유② 185Kcal	우리밀봉어빵①②③④ /수제사과당근주스④ 183Kcal	바람떡/유기농식혜 184Kcal		



● 원산지 표시안내
 쌀(국내산 유기농), 현미, 흑미, 찰쌀(국내산 친환경), 소(국내산 육우), 돼지(국내산), 닭(국내산), 오리고기(국내산), 양고기(호주산),
 부부 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 ⑬달걀 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.
 Kizmeal 박상아 영양사 l qlqlm5@kizmeal.com l www.kizmeal.com

키즈밀 튼튼 식단 2025 OCT.

KIS(Halal)

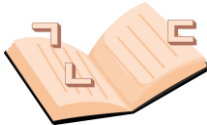
	MONDAY 월	TUESDAY 화	WEDNESDAY 수	THURSDAY 목	FRIDAY 금
1주	10월의 추천 식재료  10월의 제철 식재료인 연근과 호박에 함유된 풍부한 식이섬유는 원활한 배변활동과 장내 유익균의 먹이가 되어 건강한 장내 환경을 조성합니다. 또한 연근의 타닌, 뮤신 성분은 위장 보호 및 소화 촉진에 도움이 되며, 성장기 아이들의 영양소 흡수를 돕고 호박의 베타카로틴은 세포의 손상을 막고 면역력을 강화시켜 환절기 감기 증상을 완화하는데 탁월 효과가 있습니다.		01 토마토치즈케사디아 ①②③⑫ 소세지채소구이⑤⑥ 과일 수제프렌치프라이 채소스틱 (사우전드레싱)①② 639kcal (C92P33F13)	02 백미밥 황태콩나물국⑤⑦ 닭갈비⑬ 애호박볶음 무조미김/양념장 백김치/포기김치 625kcal (C96P31F12)	03 개천절 
오전			수제초코칩머핀①②③ /배도라지주스 185Kcal	우리쌀씨리얼/유기농우유② 178Kcal	
2주	06 추석 			09 한글날 	10 휴교
오전					
3주	13 고르곤졸라피자 ①②③ 알새우튀김①②③④ /스위트칠리소스 포도푸딩 파르펠레냉파스타①②③⑫ 모듬채소샐러드 (당근프렌치드레싱)①② 638kcal (C90P32F14)	14 백미밥 미역들깨수제비⑤ 채소너비야니⑤⑥ 두부구이⑤ 청경채나물 수제깍두기/깍두기 626kcal (C98P30F12)	15 펜네그라탕 ①②③⑫ 단호박스프②⑥ बे지स्टे이크⑤⑥/소스 과일 베이비채소샐러드 (이탈리안드레싱) 639kcal (C92P33F13)	16 기장밥 아욱국 양고기구이⑬ 국물떡볶이⑤ 숙주나물⑤ 백김치/포기김치 625kcal (C96P31F12)	17 소이커틀렛⑤⑥/소스 토마토라멘⑤⑥⑫ 레몬에이드 그린샐러드 (참깨드레싱)①② 수제연근피클 639kcal (C92P33F13)
오전	유자시몬케익②③ /수제망고주스 185Kcal	꿀떡/유기농오미자차 183Kcal	뮤즐리/유기농요거트② 185Kcal	과일2종 178Kcal	시나몬과배기①②③④ /유기농우유② 186Kcal
4주	20 햄치즈잉글리시머핀 ①②③④ 허니간장닭구이⑬ 과일 아보카도토핑샐러드 (발사믹드레싱) 수제오이피클 639kcal (C92P33F13)	21 흑미밥 가쓰오버국⑤ 대파콩고기구이⑤⑥ 과일 미니새송이조림 건파래자반 백김치/포기김치 625kcal (C96P31F12)	22 볼로네제라나자 ①②③⑫ 수제오징어튀김①②③⑫ /타르타르소스①② 미니부시브래드 ①②③/딸기잼 자몽에이드 하우스샐러드 (자두드레싱) 638kcal (C90P32F14)	23 수수밥 뚝국 안동찜닭⑬ 김치전⑥ 들기름채소쌈 백김치/열무김치 626kcal (C98P30F12)	24 알리오올리오파스타 ①②③④⑫ 크림스프②⑥ 양고기잡스테인크⑬ 버터알감자구이② 콕샐러드⑫ (시저드레싱)①② 639kcal (C92P33F13)
오전	채소죽 183Kcal	찜빵①②③/유기농우유② 181Kcal	과일2종 178Kcal	포자찜만두①③④⑤ /ABC주스④ 185Kcal	잼샌드위치②③ /유기농우유② 184Kcal
5주	27 콤비네이션피자 ①②③⑫ 데리야끼치킨구이⑬ 과일 새우살그린빈스구이⑤⑥ 로메인샐러드 (파인애플드레싱)⑫ 638kcal (C90P32F14)	28 현미밥 호박고추장국 콩고기볶음⑤⑥ 바삭멸치볶음⑦ 모듬쌈/쌈장 백김치/배추겉절이 625kcal (C96P31F12)	29 짜장면⑤⑥ 순두부백떡볶음⑤⑥⑫ 소이커틀렛⑤⑥/소스 양상추샐러드 (딸기요거트드레싱)② 수제단무지 639kcal (C92P33F13)	30 <하프데이> 수제햄버거 ①②③④⑫ 닭구이⑬ 무향생제우유② 과일2종 626kcal (C98P30F12)	31 휴교
오전	군고구마/유기농우유② 185Kcal	우리밀봉어빵①②③ /수제사과당근주스④ 183Kcal	바람떡/유기농식혜 184Kcal		



● 원산지 표시안내
 쌀(국내산 유기농), 현미, 흑미, 찰쌀(국내산 친환경), 소(국내산 육우), 돼지(국내산), 닭(국내산), 오리고기(국내산), 양고기(호주산),
 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 ⑬달걀 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.
 Kizmeal 박상아 영양사 l qlqlm5@kizmeal.com l www.kizmeal.com

Kizmeal Menu 2025 OCT.

KIS(International)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Week	Recommended Ingredients of October  The rich dietary fiber contained in seasonal ingredients of October, lotus root and pumpkin, promotes smooth bowel movements and serves as food for beneficial intestinal bacteria, creating a healthy intestinal environment. In addition, the tannin and mucin in lotus root help protect the stomach and promote digestion, supporting nutrient absorption in growing children. The beta-carotene in pumpkin prevents cell damage and strengthens the immune system, showing excellent effects in relieving cold symptoms during the change of seasons.		01 Beef bulgogi quesadilla ①②③④⑤ Grilled sausage with vegetables⑥ Fruit Homemade french fries Vegetable sticks (Thousand dressing)①② 639kcal (C92P33F13) Homemade choco chip muffin ①②③④ /Balloon flower root and pear juice 185Kcal	02 Rice Dried pollack soybean sprout soup①② Spicy stir-fried chicken⑥ Stir-fried zucchini Seasoned seaweed/sauce Non-spicy kimchi /kimchi 625kcal (C96P31F12) Korean Rice cereal /Organic milk② 178Kcal	03 National Foundation Day 
Snack					
2 Week	06 07 08  Chuseok Break		09 Hangeul Day 	10 No School	
Snack					
3 Week	13 Gorgonzola pizza①②③④ Fried shrimp①②③④⑤ /sweet chili sauce Grape pudding Farfalle cold pasta①②③④⑤ Mixed vegetable salad (Carrot french dressing)①②③ 638kcal (C90P32F14)	14 Rice Seaweed perilla dough soup⑥ Braised pork⑥ Pan-fried tofu⑤ Seasoned bok choy Homemade radish kimchi /radish kimchi 626kcal (C98P30F12)	15 Meat penne gratin ①②③④⑤⑥ Pumpkin soup②③④ Homemade baked meatballs ①②③④⑤/sauce Fruit Baby vegetable salad (Italian dressing) 639kcal (C92P33F13)	16 Millet rice Malva soup Smoked whole garlic duck roast Tteokbokki⑥ Seasoned mung bean sprouts⑥ Non-spicy kimchi /kimchi 625kcal (C96P31F12)	17 Homemade pork loin cutlet ①②③④⑤/sauce Tomato ramen③④⑤⑥ Lemonade Green salad (Sesame dressing) ①② Homemade lotus root pickle 639kcal (C92P33F13)
Snack	Yuja chiffon cake②③④ /Homemade mango juice 185Kcal	Honey rice cake /Organic omija tea 183Kcal	Muesli / Organic yogurt ② 185Kcal	2 Kinds of fruit 178Kcal	Cinnamon twist donut①②③④ /Organic milk② 186Kcal
4 Week	20 Ham & cheese english muffin①②③④⑤ Honey soy chicken wings⑥ Fruit Avocado topped salad (Balsamic dressing) Homemade cucumber pickle 639kcal (C92P33F13)	21 Black rice Katsubushi fish cake soup ⑥ Green onion beef bulgogi ⑥ Braised mushrooms Seasoned seaweed Non-spicy kimchi /kimchi 625kcal (C96P31F12)	22 Bolognese lasagna ①②③④⑤⑥ Homemade fried squid ①②③④⑤/tartar sauce①② Mini bush bread①②③④ /strawberry jam Grape fruit ade House salad (Plum dressing) 638kcal (C90P32F14)	23 Sorghum rice Beef radish soup④ Braised chicken⑥ Kimchi pancake⑥ Steamed vegetables with perilla oil Non-spicy kimchi /young radish kimchi 626kcal (C98P30F12)	24 Aglio e olio pasta ①②③④⑤⑥ Cream soup②③④ Pork tenderloin chop steak⑥ Roasted potatoes with butter② Cobb salad⑥ (Caesar dressing)①② 639kcal (C92P33F13)
Snack	Beef porridge⑥ 185Kcal	Steamed bun①②③④ /Organic milk② 181Kcal	2 Kinds of fruit 178Kcal	Steamed dumplings①②③④⑤ /ABC juice ④ 185Kcal	Jam sandwich②③④ /Organic milk② 184Kcal
5 Week	27 Combination pizza ①②③④⑤⑥ Teriyaki chicken roast ⑥ Fruit Stir-fried shrimp & green beans③④⑤ Romaine salad (Pineapple dressing) ⑥ 638kcal (C90P32F14)	28 Brown rice Pumpkin gochujang soup Honey garlic bossam⑥ Stir-fried anchovies② Assorted wraps / ssamjang Non-spicy kimchi /kimchi 625kcal (C96P31F12)	29 Meat jjajangmyeon ③④⑤⑥ Soft tofu white jjamppong ③④⑤⑥ Homemade guobaorou ①②③④⑤/sauce Lettuce salad (Strawberry yogurt dressing) ② Homemade pickled Radish⑥39kcal (C92P33F13)	30 <Half Day> Homemade hamburger ①②③④⑤⑥⑦⑧ Roasted chicken drumettes⑥ Antibiotic-free milk② 2 Kinds of fruit 626kcal (C98P30F12)	31 No School
Snack	Roasted sweet potato /Organic milk② 185Kcal	Red bean bun①②③④ /Homemade apple carrot juice ① 183Kcal	Rice cake/ Organic sweet rice drink 184Kcal		



● 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. | Kizmeal Sang a Park Nutritionist qlqlm5@kizmeal.com

Kizmeal Menu 2025 OCT.

KIS(Halal)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Week	Recommended Ingredients of October  The rich dietary fiber contained in seasonal ingredients of October, lotus root and pumpkin, promotes smooth bowel movements and serves as food for beneficial intestinal bacteria, creating a healthy intestinal environment. In addition, the tannin and mucin in lotus root help protect the stomach and promote digestion, supporting nutrient absorption in growing children. The beta-carotene in pumpkin prevents cell damage and strengthens the immune system, showing excellent effects in relieving cold symptoms during the change of seasons.		01 Tomato cheese quesadilla①②③④ Grilled sausage with vegetables⑤⑥ Fruit Homemade french fries Vegetable sticks (Thousand dressing)⑦⑧ 639kcal (C92P33F13) Homemade choco chip muffin ①②③④ /Balloon flower root and pear juice 185Kcal	02 Rice Dried pollack soybean sprout soup⑨⑩ Spicy stir-fried chicken⑪ Stir-fried zucchini Seasoned seaweed/sauce Non-spicy kimchi /kimchi 625kcal (C96P31F12) Korean Rice cereal /Organic milk⑫ 178Kcal	03 National Foundation Day 
Snack					
2 Week	06 07 08  Chuseok Break		09  Hangeul Day	10 No School	
Snack					
3 Week	13 Gorgonzola pizza①②③④ Fried shrimp⑤⑥⑦⑧ /sweet chili sauce Grape pudding Farfalle cold pasta⑨⑩⑪⑫ Mixed vegetable salad (Carrot french dressing)⑬⑭ 638kcal (C90P32F14)	14 Rice Seaweed perilla dough soup⑮ Vegetable tteokgalbi⑯⑰ Pan-fried tofu ⑱ Seasoned bok choy Homemade radish kimchi /radish kimchi 626kcal (C98P30F12)	15 Penne gratin ①②③④⑤ Pumpkin soup⑥⑦ Veggie steak⑧⑨ /sauce Fruit Baby vegetable salad (Italian dressing) 639kcal (C92P33F13)	16 Millet rice Malva soup Grilled lamb⑩ Tteokbokki⑪ Seasoned mung bean sprouts⑫ Non-spicy kimchi /kimchi 625kcal (C96P31F12)	17 Veggie cutlet⑬⑭ /sauce Tomato ramen⑮⑯⑰ Lemonade Green salad (Sesame dressing) ⑱⑲ Homemade lotus root pickle 639kcal (C92P33F13)
Snack	Yuja chiffon cake⑲⑲ /Homemade mango juice 185Kcal	Honey rice cake /Organic omija tea 183Kcal	Muesli / Organic yogurt ⑳ 185Kcal	2 Kinds of fruit 178Kcal	Cinnamon twist donut⑲⑲⑲ /Organic milk㉑ 186Kcal
4 Week	20 Ham & cheese english muffin①②③④⑤⑥ Honey soy chicken㉑ Fruit Avocado topped salad (Balsamic dressing) Homemade cucumber pickle 639kcal (C92P33F13)	21 Black rice Katsubushi fish cake soup ㉒ Green onion soy meat㉓㉓ Braised mushrooms Seasoned seaweed Non-spicy kimchi /kimchi 625kcal (C96P31F12)	22 Bolognese lasagna ①②③④⑤ Homemade fried squid ⑥⑦⑧⑨/tartar sauce⑩⑩ Mini bush bread⑪⑪⑪ /strawberry jam Grape fruit ade House salad (Plum dressing) 638kcal (C90P32F14)	23 Sorghum rice Radish soup Braised chicken㉒ Kimchi pancake㉒ Steamed vegetables with perilla oil Non-spicy kimchi /young radish kimchi 626kcal (C98P30F12)	24 Aglio e olio pasta ①②③④⑤⑥ Cream soup㉒㉒ Lamb chop steak㉒ Roasted potatoes with butter㉒ Cobb salad㉒ (Caesar dressing)①② 639kcal (C92P33F13)
Snack	Beef porridge㉒ 185Kcal	Steamed bun①②③ /Organic milk㉑ 181Kcal	2 Kinds of fruit 178Kcal	Steamed dumplings①②③ /ABC juice ㉑ 185Kcal	Jam sandwich㉒㉒ /Organic milk㉑ 184Kcal
5 Week	27 Combination pizza ①②③④⑤ Teriyaki chicken roast ㉑ Fruit Stir-fried shrimp & green beans⑥⑥ Romaine salad (Pineapple dressing) ㉑ 638kcal (C90P32F14)	28 Brown rice Pumpkin gochujang soup Stir-fried soy meat ㉑㉑ Stir-fried anchovies㉒ Assorted wraps / ssamjang Non-spicy kimchi /kimchi 625kcal (C96P31F12)	29 Meat jjajangmyeon ㉑㉑ Soft tofu white jjamppong ㉑㉑㉑ Veggie cutlet㉑㉑ /sauce Lettuce salad (Strawberry yogurt dressing) ㉑ Homemade pickled Radish639kcal (C92P33F13)	30 <Half Day> Homemade hamburger ①②③④⑤ Roasted chicken㉒ Antibiotic-free milk㉑ 2 Kinds of fruit 626kcal (C98P30F12)	31 No School
Snack	Roasted sweet potato /Organic milk㉑ 185Kcal	Red bean bun①②③ /Homemade apple carrot juice ㉑ 183Kcal	Rice cake/ Organic sikhye 184Kcal		



● 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. | Kizmeal Sang a Park Nutritionist qlqlm5@kizmeal.com