

키즈밀 튼튼 식단 2025 NOV.

KIS(International)

MONDAY 월

TUESDAY 화

WEDNESDAY 수

THURSDAY 목

FRIDAY 금

11월의 추천 식재료



11월의 제철 식재료인 배추와 사과에는 비타민C와 식이섬유소가 풍부하여 장 운동 개선에 좋고 특히 배추의 베타카로틴은 면역력 향상에 도움을 주며, 사과의 퀘르세틴은 심혈관 건강, 폴리페놀은 피부탄력, 노화방지에 도움을 줍니다.

1주	03 치즈케사디아①②⑥ /사워크림② 수제생선커를렛①②⑥⑦ ABC주스④ 마리네이드토마토⑫ 그린샐러드 (시저드레싱)①② 638kcal (C90P32F14)	04 콩나물밥⑤ /양념간장 된장찌개 굴소스돈육볶음⑩⑪ 파프리카청경채나물 구이김 백김치/포기김치 626kcal (C98P30F12)	05 볼로네제 통밀스파게티 ①②⑥⑫⑭ 갈릭허브치킨구이⑬ 썬티드카라멜꽃빵①②⑥ 양배추샐러드 (참깨드레싱)①② 수제오이피클 639kcal (C92P33F13)	06 수수밥 들깨수제비⑥ 소불고기④ 청포묵무침⑤ 바삭멸치볶음⑦ 백김치/열무김치 625kcal (C96P31F12)	07 수제등심돈까스 ①②⑥⑩/브라운소스 미니우동⑥⑦ 과일 모듬채소구이 비타민샐러드 (당근프렌치드레싱)①② 638kcal (C90P32F14)
	오전 잼샌드위치②⑥/유자차 185Kcal	코코아볼⑥/유기농우유② 178Kcal	과일2종 178Kcal	찐옥수수/오렌지주스 185Kcal	수제사과시나몬머핀①②⑥ /유기농우유② 185Kcal
2주	10 마리게리파피자 ①②⑥⑫ 비엔나채소구이⑩ 양송이프리카타①② 자몽에이드 라디치오샐러드 (오리엔탈드레싱) 639kcal (C92P33F13)	11 <농업인의날> 백미밥 김치국 간장찜닭⑬ 어묵당면잡채⑦ 가지볶음 수제깍두기/깍두기 626kcal (C98P30F12)	12 수제함박스테이크 ①②⑥⑩⑭ /데미그라스소스 미니국수⑥⑦ 웨이감자 모듬콩토피נג샐러드⑤ (이탈리안드레싱) 수제모듬피클 638kcal (C90P32F14)	13 휴교	14 로제소스라자냐 ①②⑥⑩⑫ 크림소프②⑥ 돈안심채소구이⑩ 과일 새싹샐러드 (랜치드레싱)①② 639kcal (C92P33F13)
	오전 채소죽 178Kcal	가래떡/유기농식혜 182Kcal	과일2종 178Kcal	포자찜만두①⑥⑩ /수제망고라씨② 186Kcal	
3주	17 콘치즈핫도그 ①②⑥⑩ 새우튀김①②⑥⑨ /스위트칠리소스 레몬에이드 그린빈스구이⑤ 모듬채소샐러드 (발사믹드레싱) 638kcal (C90P32F14)	18 기장밥 순두부찌개⑤ 제육불고기⑩ 오징어부추전⑥⑬ 다시마튀각 백김치/포기김치 625kcal (C96P31F12)	19 코티지파이 ②⑥⑩⑫ 데리야끼닭봉구이⑬ 파르펠레냉파스타①②⑥ 모닝롤①②⑥/딸기잼 양상추샐러드 (자두드레싱)①② 639kcal (C92P33F13)	20 흑미밥 미트카레소스②⑥⑩ 갈비군만두①⑥⑩ 포도푸딩 무나물 백김치/배추겉절이 626kcal (C98P30F12)	21 라구리가토니 ①②⑥⑩⑫ 하와이안폭찜⑩⑬ 수제오븐오꼬노미야끼 ①②⑥⑦⑩⑬ 과일 콤샐러드 (이탈리안드레싱) 638kcal (C90P32F14)
	오전 미니츄러스①②⑥ /유기농우유② 186Kcal	과일토폭/유기농요거트② 184Kcal	한과2종⑥ /수제딸기주스 185Kcal	군고구마/유기농매실차 180Kcal	시몬케익①②⑥ /유기농우유② 184Kcal
4주	24 비프케사디아 ①②⑥⑫⑭ 허니닭튀구이⑬ 한라봉주스 유러피안샐러드 (요거트드레싱)② 수제오이피클 638kcal (C90P32F14)	25 혼합잡곡밥 아욱된장국 동파육⑩ 홀그레인오이무침 양배추숙쌈/쌈장 백김치/배추겉절이 626kcal (C98P30F12)	26 봉골레스파게티 ①②⑥⑪⑫ 시금치스프②⑥ 몽골리안포크⑩ 갈릭파이①②⑥ 치커리샐러드 (블루베리드레싱)①② 639kcal (C92P33F13)	27 수수밥 소고기미역국④ 닭갈비⑬ 미니새송이볶음 연근조림 백김치/깍두기 625kcal (C96P31F12)	28 고르곤졸라피자 ①②⑥ 수제오징어튀김 ①②⑥⑬ 과일 로제떡볶이②⑥⑩ 채소소틱 (사우전드레싱)①② 638kcal (C90P32F14)
	오전 과일2종 178Kcal	알감자구이 /유기농요구르트② 186Kcal	수제약식/배도라지주스 185Kcal	현미마들렌①②⑥ /유기농우유② 183Kcal	소고기죽④ 185Kcal

● 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 ⑬달걀 ⑭쇠고기 ⑮오징어 ⑯양고기 ⑰조개류(굴, 전복, 홍합포함) ⑰파인애플 ☆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 | qqlqm5@kizmeal.com | www.kizmeal.com

키즈밀 튼튼 식단 2025 NOV.

KIS(Halal)

MONDAY 월

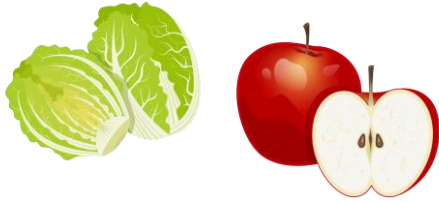
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11월의 제철 식재료인 배추와 사과에는 비타민C와 식이섬유소가 풍부하여 장 운동 개선에 좋고 특히 배추의 베타카로틴은 면역력 향상에 도움을 주며, 사과의 퀘르세틴은 심혈관 건강, 폴리페놀은 피부탄력, 노화방지에 도움을 줍니다.

1주	03 치즈케사디아①②⑥ /사워크림② 수제생선커렷①②⑥⑦ ABC주스④ 마리네이드토마토⑫ 그린샐러드 (시저드레싱)①② 638kcal (C90P32F14)	04 콩나물밥⑤ /양념간장 된장찌개 굴소스양고기볶음⑩⑪ 파프리카청경채나물 구이김 백김치/포기김치 626kcal (C98P30F12)	05 볼로네제 통밀소파게티①②⑥⑬ 갈릭허브치킨구이⑬ 썬티드카라멜꽃빵①②⑥ 양배추샐러드 (참깨드레싱)①② 수제오이피클 639kcal (C92P33F13)	06 수수밥 들깨수제비⑥ 콩불고기⑤⑥ 청포묵무침⑤ 바삭멸치볶음⑦ 백김치/열무김치 625kcal (C96P31F12)	07 소이커렷⑤⑥ /브라운소스 미니우동⑥⑦ 과일 모듬채소구이 비타민샐러드 (당근프렌치드레싱)①② 638kcal (C90P32F14)
	오전 잼샌드위치②⑥/유자차 185Kcal	코코아볼⑥/유기농우유② 178Kcal	과일2종 178Kcal	찐옥수수/오렌지주스 185Kcal	수제사과시나몬머핀①②⑥ /유기농우유② 185Kcal
2주	10 마리제리따피자 ①②⑥⑫ 콩소세지채소구이⑤⑥ 양송이프리티타①② 자몽에이드 라디치오샐러드 (오리엔탈드레싱) 639kcal (C92P33F13)	11 <농업인의날> 백미밥 김치국 간장찜닭⑬ 어묵당면잡채⑦ 가지볶음 수제깍두기/깍두기 626kcal (C98P30F12)	12 베지스테이크⑤⑥ /데미그라스소스 미니국수⑥⑦ 웨이감자 모듬콩토판샐러드⑤ (이탈리안드레싱) 수제모듬피클 638kcal (C90P32F14)	13 휴교	14 로제소스라자냐 ①②⑥⑫ 크림스프②⑥ 양고기채소구이⑩ 과일 새싹샐러드 (랜치드레싱)①② 639kcal (C92P33F13)
	오전 채소죽 178Kcal	가래떡/유기농식혜 182Kcal	과일2종 178Kcal	찐만두①⑥⑨ /수제망고라씨② 186Kcal	
3주	17 콘치즈핫도그 ①②⑤⑥ 새우튀김①②⑥⑨ /스위트칠리소스 레몬에이드 그린빈스구이⑤ 모듬채소샐러드 (발사믹드레싱) 638kcal (C90P32F14)	18 기장밥 순두부찌개⑤ 콩불고기⑤⑥ 오징어부추전⑥⑬ 다시마튀각 백김치/포기김치 625kcal (C96P31F12)	19 코티지파이 ②⑥⑫ 데리야가닭구이⑬ 파르펠레냉파스타①②⑥ 모닝롤①②⑥/딸기잼 양상추샐러드 (자두드레싱)①② 639kcal (C92P33F13)	20 흑미밥 카레소스②⑥ 새우군만두①⑥⑨ 포도푸딩 무나물 백김치/배추겉절이 626kcal (C98P30F12)	21 라구리가토니 ①②⑥⑬ 하와이안양고기⑩⑬ 수제오븐오꼬노미야끼 ①②⑥⑦⑬ 과일 콕샐러드 (이탈리안드레싱) 638kcal (C90P32F14)
	오전 미니츄러스①②⑥ /유기농우유② 186Kcal	과일토폭/유기농요거트② 184Kcal	한과2종⑥ /수제딸기주스 185Kcal	군고구마/유기농매실차 180Kcal	시몬케익①②⑥ /유기농우유② 184Kcal
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● 원산지 표시안내

쌀(국내산 유기농), 현미, 흑미, 찰쌀(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 ⑬달류 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 | qqllem5@kizmeal.com | www.kizmeal.com

Kizmeal Menu 2025 NOV.

KIS(International)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Recommended Ingredients of November



Cabbage and apples, which are in season in November, are rich in vitamin C and dietary fiber, helping to promote healthy digestion. In particular, the beta-carotene in cabbage supports immune function, while quercetin in apples contributes to cardiovascular health, and polyphenols help improve skin elasticity and prevent aging.

1 Week	03 Cheese quesadilla ①②③ /sour cream② Homemade fish cutlet ①②③④ ABC juice③ Marinated tomato② Green salad (Caesar dressing)①② 638kcal (C90P32F14)	04 Bean sprout rice⑤ /seasoned soy sauce Soybean paste soup Stir-fried pork with oyster sauce④⑦ Paprika & bok choy salad Roasted seaweed Non-spicy kimchi /kimchi 626kcal (C98P30F12)	05 Whole wheat spaghetti with bolognese ①②③④⑤ Garlic herb roasted chicken⑤ Salted caramel flower bun ①②③ Cabbage salad (Sesame dressing) ①② Homemade cucumber pickles 639kcal (C92P33F13)	06 Sorghum rice Perilla seed sujebi⑥ Beef bulgogi ④ Green bean jelly salad⑤ Crispy stir-fried anchovies ⑦ Non-spicy kimchi /young radish kimchi 625kcal (C96P31F12)	07 Homemade pork loin cutlet①②③④⑤ /Brown sauce Mini udon⑥⑦ Fruit Assorted grilled vegetables Vitamin salad (Carrot french dressing) ①② 638kcal (C90P32F14)
	Snack Jam sandwich②③ /Citron tea 185Kcal	Cocoa balls⑤ /Organic milk② 178Kcal	2 Kinds of fruit 178Kcal	Steamed corn /Orange juice 185Kcal	Homemade apple cinnamon muffin①②③④/Organic milk② 185Kcal
2 Week	10 Margherita pizza ①②③④ Grilled sausage with vegetables ④ Mushroom frittata①② Grapefruit ade Radicchio salad (Oriental dressing) 639kcal (C92P33F13)	11 <Farmer's Day> Rice Kimchi soup Soy sauce braised chicken⑤ Stir-fried fish cake and japchae⑦ Stir-fried eggplant Homemade radish kimchi /radish kimchi 626kcal (C98P30F12)	12 Homemade hamburger steak①②③④⑤⑥ /demi-glace sauce Mini noodles⑥⑦ Wedge potatoes Mixed bean salad ⑤ (Italian dressing) Homemade assorted pickles 638kcal (C90P32F14)	13 No School	14 Lasagna with rose sauce ①②③④⑤⑥ Cream soup②③ Grilled pork tenderloin with vegetables ④ Fruit Sprout salad (Ranch dressing)①② 639kcal (C92P33F13)
	Snack Vegetable porridge 178Kcal	Rice cake/Organic sikhye 182Kcal	2 Kinds of fruit 178Kcal		Steamed dumplings①③④⑤ /Homemade mango lassi ② 186Kcal
3 Week	17 Corn cheese hotdog ①②③④⑤ Fried shrimp①②③④ /sweet chili sauce Lemonade Grilled green beans⑤ Mixed vegetable salad (Balsamic dressing) 638kcal (C90P32F14)	18 Millet rice Soft tofu stew⑤ Pork Bulgogi④ Squid and chive pancake ⑥⑤ Fried kelp Non-spicy kimchi /kimchi 625kcal (C96P31F12)	19 Cottage pie ②③④⑤⑥ Teriyaki chicken③ Chilled farfalle pasta ①②③ Morning roll①②③ /strawberry jam Romaine lettuce salad (Plum dressing)①② 639kcal (C92P33F13)	20 Black rice Meat curry sauce②③④⑤ Grilled dumplings①③④⑤ Grape pudding Seasoned radish greens Non-spicy kimchi /kimchi 626kcal (C98P30F12)	21 Ragu rigatoni ①②③④⑤⑥ Hawaiian pork chop④⑤ Homemade oven-baked okonomiyaki①②③④⑤⑥⑦⑧⑨ Fruit Cobb salad (Italian dressing) 638kcal (C90P32F14)
	Snack Mini churros①②③ /Organic milk② 186Kcal	Fruit topping /Organic yogurt② 184Kcal	2 kinds of korean sweets⑤ /Homemade strawberry juice 185Kcal	Roasted sweet potato / Organic plum tea 180Kcal	Chiffon cake①②③④ /Organic milk② 184Kcal
4 Week	24 Beef quesadilla ①②③④⑤⑥⑦ Honey chicken wings③ Hallabong juice European salad (Yogurt dressing)② Homemade cucumber pickle 638kcal (C90P32F14)	25 Mixed grain rice Malva soup Dongpo pork④ Whole grain cucumber salad Steamed cabbage wraps / ssamjang Non-spicy kimchi /kimchi 626kcal (C98P30F12)	26 Spaghetti vongole ①②③④⑤ Spinach soup ②③ Mongolian pork④ Garlic pie①②③ Chicory salad (Blueberry dressing) ①② 639kcal (C92P33F13)	27 Sorghum rice Beef seaweed soup④ Spicy stir-fried chicken③ Stir-fried oyster mushrooms Braised lotus root Non-spicy kimchi /radish kimchi 625kcal (C96P31F12)	28 Gorgonzola pizza ①②③ Homemade fried squid①②③④⑤ Fruit Rose tteokbokki③④⑤⑥ Vegetable sticks (Thousand Island dressing) ①② 638kcal (C90P32F14)
	Snack 2 Kinds of fruit 178Kcal	Roasted potatoes /Organic yogurt② 186Kcal	Homemade yakshik /Pear bellflower juice 185Kcal	Brown rice madeleine①②③④ /Organic milk② 183Kcal	Beef porridge④ 185Kcal

● 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 qlqlem5@kizmeal.com

Kizmeal Menu 2025 NOV.

KIS(Halal)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Recommended Ingredients of November



Cabbage and apples, which are in season in November, are rich in vitamin C and dietary fiber, helping to promote healthy digestion. In particular, the beta-carotene in cabbage supports immune function, while quercetin in apples contributes to cardiovascular health, and polyphenols help improve skin elasticity and prevent aging.

1 Week	03 Cheese quesadilla ①②③④ /sour cream② Homemade fish cutlet ①②③④⑤ ABC juice③ Marinated tomato② Green salad (Caesar dressing)①② 638kcal (C90P32F14)	04 Bean sprout rice⑤ /seasoned soy sauce Soybean paste soup Stir-fried lamb with oyster sauce④⑤⑥ Paprika & bok choy salad Roasted seaweed Non-spicy kimchi /kimchi 626kcal (C98P30F12)	05 Whole wheat spaghetti with bolognese ①②③④⑤ Garlic herb roasted chicken⑤ Salted caramel flower bun ①②③④ Cabbage salad (Sesame dressing) ①② Homemade cucumber pickles 639kcal (C92P33F13)	06 Sorghum rice Perilla seed sujebi④ Stir-fried soy meat ⑤⑥ Green bean jelly salad④ Crispy stir-fried anchovies ⑦ Non-spicy kimchi /young radish kimchi 625kcal (C96P31F12)	07 Veggie cutlet⑤⑥ /Brown sauce Mini udon④⑦ Fruit Assorted grilled vegetables Vitamin salad (Carrot french dressing) ①② 638kcal (C90P32F14)
	Snack Jam sandwich②③ /Citron tea 185Kcal	Cocoa balls③ /Organic milk② 178Kcal	2 Kinds of fruit 178Kcal	Steamed corn /Orange juice 185Kcal	Homemade apple cinnamon muffin①②③④ /Organic milk② 185Kcal
2 Week	10 Margherita pizza ①②③④⑤ Grilled sausage with vegetables⑤⑥ Mushroom frittata①② Grapefruit ade Radicchio salad (Oriental dressing) 639kcal (C92P33F13)	11 <Farmer's Day> Rice Kimchi soup Soy sauce braised chicken③ Stir-fried fish cake and japchae⑦ Stir-fried eggplant Homemade radish kimchi /radish kimchi 626kcal (C98P30F12)	12 Veggie steak⑤⑥ /demi-glace sauce Mini noodles③⑦ Wedge potatoes Mixed bean salad ⑤ (Italian dressing) Homemade assorted pickles 638kcal (C90P32F14)	13 No School	14 Lasagna with rose sauce ①②③④⑤ Cream soup②⑥ Grilled lamb with vegetables ⑥ Fruit Sprout salad (Ranch dressing)①② 639kcal (C92P33F13)
	Snack Vegetable porridge 178Kcal	Rice cake/Organic sikhye 182Kcal	2 Kinds of fruit 178Kcal		Steamed dumplings①②③④ /Homemade mango lassi ② 186Kcal
3 Week	17 Corn cheese hotdog ①②③④⑤ Fried shrimp①②③④⑤ /sweet chili sauce Lemonade Grilled green beans⑤ Mixed vegetable salad (Balsamic dressing) 638kcal (C90P32F14)	18 Millet rice Soft tofu stew⑤ Soy meat bulgogi③④⑤ Squid and chive pancake ⑥⑦⑧ Fried kelp Non-spicy kimchi /kimchi 625kcal (C96P31F12)	19 Cottage pie ②③④⑤ Teriyaki chicken⑤ Chilled farfalle pasta ①②③④ Morning roll①②③④ /strawberry jam Romaine lettuce salad (Plum dressing)①② 639kcal (C92P33F13)	20 Black rice Curry sauce②③④ Grilled dumplings①④⑤ Grape pudding Seasoned radish greens Non-spicy kimchi /kimchi 626kcal (C98P30F12)	21 Ragu rigatoni ①②③④⑤ Hawaiian lamb chop⑥ Homemade oven-baked okonomiyaki①②③④⑤⑥⑦⑧ Fruit Cobb salad (Italian dressing) 638kcal (C90P32F14)
	Snack Mini churros①②③④ /Organic milk② 186Kcal	Fruit topping /Organic yogurt② 184Kcal	2 kinds of korean sweets⑤ /Homemade strawberry juice 185Kcal	Roasted sweet potato / Organic plum tea 180Kcal	Chiffon cake①②③④ /Organic milk② 184Kcal
4 Week	24 Quesadilla ①②③④⑤ Honey chicken③ Hallabong juice European salad (Yogurt dressing)② Homemade cucumber pickle 638kcal (C90P32F14)	25 Mixed grain rice Malva soup Veggie steak⑤⑥ Whole grain cucumber salad Steamed cabbage wraps / ssamjang Non-spicy kimchi /kimchi 626kcal (C98P30F12)	26 Spaghetti vongole ①②③④⑤ Spinach soup ②③④ Mongolian lamb⑥ Garlic pie①②③④ Chicory salad (Blueberry dressing) ①② 639kcal (C92P33F13)	27 Sorghum rice Seaweed soup Spicy stir-fried chicken③ Stir-fried oyster mushrooms Braised lotus root Non-spicy kimchi /radish kimchi 625kcal (C96P31F12)	28 Gorgonzola pizza ①②③④ Homemade fried squid①②③④⑤ Fruit Rose tteokbokki②③④ Vegetable sticks (Thousand Island dressing) ①② 638kcal (C90P32F14)
	Snack 2 Kinds of fruit 178Kcal	Roasted potatoes /Organic yogurt② 186Kcal	Homemade yakshik /Pear bellflower juice 185Kcal	Brown rice madeleine①②③④ /Organic milk② 183Kcal	Beef porridge④ 185Kcal



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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)

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⑯ lamb ⑰ clam(oyster, ear shell, mussel, etc.) ⑱ pineapple

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