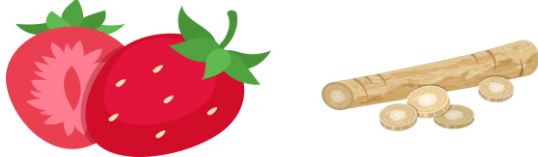


키즈밀 튼튼 식단 2026 JAN.

KIS(International)

	MONDAY 월	TUESDAY 화	WEDNESDAY 수	THURSDAY 목	FRIDAY 금
1주	1월의 추천 식재료  딸기에는 비타민 C가 많아서 몸속에서 우리를 보호하는 백혈구를 활성화시켜 감기를 예방하고 면역력 강화에 도움을 주며 항산화 성분도 들어 있어 노화 방지에 효과적입니다. 우엉은 장 건강을 개선 시키고, 혈당 상승을 완화시키는 효과가 있으며 우엉차로 먹으면 체내 독소 배출을 효과가 있고 배변활동에 도움이 됩니다.			01 신정 	02 겨울 방학
2주	05	06	07	08	09
오전	겨울 방학				
3주	12 <직원식> 백미밥 등촌샤브수제비 명란떡갈비 파리고추마늘쫄볶음 콩나물무침 포기김치 638kcal (C90P32F14)	13 백미밥 떡국 간장찜닭 ^⑬ 새송이조림 크랜베리멸치볶음 ^④ 백김치/포기김치 625kcal (C96P31F12)	14 미트짜장면 ^{⑤⑥⑩} 백짬뽕 ^{③⑬⑰} 가지동파탕수육 ^{①②⑥⑩} 모듬채소스틱 (참깨드레싱) ^② 수제단무지 639kcal (C92P33F13)	15 수수밥 순두부찌개 ^⑤ 소불고기 ^⑭ 부추전 ^⑥ 무조미김/양념장 백김치/포기김치 626kcal (C98P30F12)	16 고르곤졸라피자 ^{①②⑥} 허브갈릭치킨구이 ^⑬ 자몽에이드 그린빈스구이 ^⑤ 딸리카프레제샐러드 ^② (발사믹드레싱) 639kcal (C92P33F13)
오전		한과2종 ^④ /유기농식혜 180Kcal	과일2종 172Kcal	인절미과배기 ^{①②⑥} /유자차 183Kcal	우리쌀씨리얼/유기농우유 ^② 176Kcal
4주	19 수제함박스테이크 ^{①②⑥⑩⑭} /소스 미니우동 ^{⑥⑦} 과일 일본식우영당근조림 그린샐러드 (이탈리안드레싱) 638kcal (C90P32F14)	20 베이컨김치볶음밥 ^⑩ 미소장국 갈비군만두 ^{①⑥⑩} 국물떡볶이 ^{⑥⑦} 샤인머스캣주스 수제단무지 625kcal (C96P31F12)	21 미트토마토소스라자냐 ^{①②⑥⑩⑰} 어니언스프 ^{②⑥} 데리야끼닭봉구이 ^⑬ 유기농요구르트 ^② 치커리샐러드 (시저드레싱) ^{①②} 638kcal (C90P32F14)	22 흑미밥 감자양파계란국 ^① 제육불고기 ^⑩ 오이들깨무침 모듬쌈/쌈장 백김치/포기김치 626kcal (C98P30F12)	23 봉골레스파게티 ^{①②⑥⑰} 알새우튀김 ^{①②⑥⑨} /스위트칠리소스 모닝초코크림빵 ^{①②⑥} 라디치오샐러드 (블루베리드레싱) ^{①②} 수제모듬피클 639kcal (C92P33F13)
오전	하트팜미어파이 ^{①②⑥} /유기농매실차 180Kcal	롤케이크 ^{①②⑥} /유기농우유 ^② 180Kcal	어묵바 ^{⑥⑦⑬} /수제딸기주스 183Kcal	과일2종 172Kcal	알감자구이 ^② /유기농우유 ^② 179Kcal
5주	26 치즈퀘사디아 ^{①②⑥} /수제과카몰리 ^⑫ 허니닭왕구이 ^⑬ 과일 양상추샐러드 (자두드레싱) 수제무피클 638kcal (C90P32F14)	27 기장밥 콩나물국 ^⑤ 영양돈사태찜 ^⑩ 파프리카채썰 ^⑩ 다시마튀각 백김치/깍두기 626kcal (C98P30F12)	28 콤비네이션피자 ^{①②⑥⑩⑰} 몽골리안포크 ^⑩ 감귤주스 모듬채소구이 파사파사샐러드 (오리엔탈드레싱) 638kcal (C90P32F14)	29 백미밥 잔치국수 ^⑥ 훈제오리볶음 두부구이 ^⑥ /양념장 비타민무침 백김치/배추겉절이 625kcal (C96P31F12)	30 수제등심돈까스 ^{①②⑥⑩} /소스 토마토스튜 ^⑫ 스크램블에그 ^{①②} 잡곡빵 ^{①②⑥} /딸기잼 망고치즈샐러드 ^② (허니드레싱) 639kcal (C92P33F13)
오전	우리밀햇도그 ^{①②⑥⑩⑫⑬} /유기농우유 ^② 181Kcal	시몬케익 ^{①②⑥} /복숭아주스 ^⑪ 180Kcal	과일2종 172Kcal	샐러드빵 ^{①②⑥} /유기농우유 ^② 184Kcal	소고기죽 ^⑭ 186Kcal

● 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

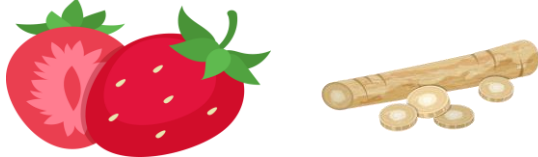
Kcal: calorie(칼로리, 열량), C: carbohydrate(탄수화물), P:protein(단백질), F:fat(지방)을 의미하며 C,P,F 옆의 숫자는 식품에 함유된 각 영양성분의 무게(g)를 의미합니다.

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

Kizmeal 박상아 영양사 | q1q1em5@kizmeal.com | www.kizmeal.com

키즈밀 튼튼 식단 2026 JAN.

KIS(Halal)

	MONDAY 월	TUESDAY 화	WEDNESDAY 수	THURSDAY 목	FRIDAY 금
1주	1월의 추천 식재료  딸기에는 비타민 C가 많아서 몸속에서 우리를 보호하는 백혈구를 활성화시켜 감기를 예방하고 면역력 강화에 도움을 주며 항산화 성분도 들어 있어 노화 방지에 효과적입니다. 우엉은 장 건강을 개선 시키고, 혈당 상승을 완화시키는 효과가 있으며 우엉차로 먹으면 체내 독소 배출을 효과가 있고 배변활동에 도움이 됩니다.			01 신정 	02 겨울 방학
2주	05	06	07	08	09
오전	겨울 방학				
3주	12 <직원식> 백미밥 등촌샤브수제비 명란떡갈비 파리고추마늘쫄볶음 콩나물무침 포기김치 638kcal (C90P32F14)	13 백미밥 떡국 간장찜닭 ^⑬ 새송이조림 크랜베리멸치볶음 ^④ 백김치/포기김치 625kcal (C96P31F12)	14 짜장면 ^{⑤⑥} 백짬뽕 ^{⑨⑬⑰} 소이커들렛 ^{⑤⑥} 모듬채소스틱 (참깨드레싱) ^② 수제단무지 639kcal (C92P33F13)	15 수수밥 순두부찌개 ^⑤ 콩불고기 ^{⑤⑥} 부추전 ^⑥ 무조미김/양념장 백김치/포기김치 626kcal (C98P30F12)	16 고르곤졸라피자 ^{①②⑥} 허브갈릭치킨구이 ^⑬ 자몽에이드 그린빈스구이 ^⑤ 딸리카프레제샐러드 ^② (발사믹드레싱) 639kcal (C92P33F13)
오전		한과2종 ^④ /유기농식혜 180Kcal	과일2종 172Kcal	인절미과배기 ^{①②⑥} /유자차 183Kcal	우리쌀씨리얼/유기농우유 ^② 176Kcal
4주	19 베이스테이크 ^{⑤⑥} /소스 미니우동 ^{⑥⑦} 과일 일본식우영당근조림 그린샐러드 (이탈리안드레싱) 638kcal (C90P32F14)	20 김치볶음밥 미소장국 군만두 ^{①⑥⑨} 국물떡볶이 ^{⑥⑦} 샤인머스캣주스 수제단무지 625kcal (C96P31F12)	21 토마토소스라자나 ^{①②⑥⑩⑫} 어니언스프 ^{②⑥} 데리야게달구이 ^⑬ 유기농요구르트 ^② 치커리샐러드 (시저드레싱) ^{①②} 638kcal (C90P32F14)	22 흑미밥 감자양파계란국 ^① 양고기볶음 ^⑩ 오이들깨무침 모듬쌈/쌈장 백김치/포기김치 626kcal (C98P30F12)	23 봉골레스파게티 ^{①②⑥⑫} 알새우튀김 ^{①②⑥⑨} /스위트칠리소스 모닝초코 크림빵 ^{①②⑥} 라디치오샐러드 (블루베리드레싱) ^{①②} 수제모듬피클 639kcal (C92P33F13)
오전	하트팜미어파이 ^{①②⑥} /유기농매실차 180Kcal	롤케이크 ^{①②⑥} /유기농우유 ^② 180Kcal	어묵바 ^{⑥⑦⑩} /수제딸기주스 183Kcal	과일2종 172Kcal	알감자구이 ^② /유기농우유 ^② 179Kcal
5주	26 치즈퀘사디아 ^{①②⑥} /수제과카몰리 ^⑫ 허니달구이 ^⑬ 과일 양상추샐러드 (자두드레싱) 수제무피클 638kcal (C90P32F14)	27 기장밥 콩나물국 ^⑤ 채소너비아니 ^{⑤⑥} 파프리카잡채 다시마튀각 백김치/깍두기 626kcal (C98P30F12)	28 콤비네이션피자 ^{①②⑥⑩} 몽골리안양고기 ^⑩ 감귤주스 모듬채소구이 파사파사샐러드 (오리엔탈드레싱) 638kcal (C90P32F14)	29 백미밥 잔치국수 ^⑥ 콩고기볶음 ^{⑤⑥} 두부구이 ^⑥ /양념장 비타민무침 백김치/배추겉절이 625kcal (C96P31F12)	30 소이커들렛 ^{⑤⑥} /소스 토마토스튜 ^⑩ 스크램블에그 ^{①②} 잡곡빵 ^{①②⑥} /딸기잼 망고치즈샐러드 ^② (허니드레싱) 639kcal (C92P33F13)
오전	찜빵 ^{①②⑥} /유기농우유 ^② 181Kcal	시몬케익 ^{①②⑥} /복숭아주스 ^⑩ 180Kcal	과일2종 172Kcal	샐러드빵 ^{①②⑥} /유기농우유 ^② 184Kcal	채소죽 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 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 | q1q1em5@kizmeal.com | www.Kizmeal.com

Kizmeal Menu 2026 JAN.



KIS(International)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Week	Recommended Ingredients for January  Strawberries are rich in vitamin C, which activates white blood cells that protect the body, helping to prevent colds and strengthen the immune system. They also contain antioxidants that help slow aging. Burdock helps improve gut health and moderates blood sugar spikes. When consumed as burdock tea, it supports detoxification and promotes healthy bowel movements.			01 	02 Winter Break
Snack					
2 Week	05	06	07	08	09
Snack	Winter Break				
3 Week	12 <직원식> 백미밥 등촌샤브수제비 명란떡갈비 파리고추마늘쫄볶음 콩나물무침 포기김치 638kcal (C90P32F14)	13 Rice Rice cakes Soy sauce braised chicken ^⑬ Braised mushrooms Stir-fried anchovies with cranberries ^⑤ Non-spicy kimchi /kimchi 625kcal (C96P31F12)	14 Meat jjajangmyeon ^{⑤⑥⑨} White jjamppong ^⑨ ^{⑬⑭} Eggplant dongpo-style sweet and sour pork ^{①②⑤⑩} Assorted vegetable sticks (Sesame dressing) ^② Homemade pickled radish 639kcal (C92P33F13)	15 Millet rice Soft tofu stew ^⑤ Beef bulgogi ^⑭ Chive pancake ^⑥ Seasoned seaweed/sauce Non-spicy kimchi /kimchi 626kcal (C98P30F12)	16 Gorgonzola pizza ^{①②⑥} Herb garlic grilled chicken ^⑮ Grapefruit Ade Roasted green beans ^⑤ Strawberry caprese salad ^② (Balsamic dressing) 639kcal (C92P33F13)
Snack		2 kinds of korean sweets ^⑥ /Organic sikhye 180Kcal	2 Kinds of fruit 172Kcal	Injeolmi twist donut ^{①②⑥} /Yuzu tea 183Kcal	Korean rice cereal /Organic milk ^② 176Kcal
4 Week	19 Homemade hamburg steak ^{①②⑤⑥⑨⑭} /sauce Mini udon ^{⑥⑦} Fruit Japanese-style braised burdock & carrots Green salad (Italian dressing) 638kcal (C90P32F14)	20 Bacon kimchi fried rice ^⑩ Miso soup Galbi dumplings ^{①⑥⑭} Soup tteokbokki ^{⑥⑦} Shine muscat grape juice Homemade pickled radish 625kcal (C96P31F12)	21 Lasagna with meat tomato sauce ^{①②⑤⑥⑩⑫} Onion soup ^{②⑥} Grilled teriyaki chicken ^⑮ Organic yogurt ^② Chicory salad (Caesar dressing) ^{①②} 638kcal (C90P32F14)	22 Black rice Potato egg soup ^① Pork bulgogi ^⑩ Seasoned cucumber with Perilla Assorted wrap vegetables /ssamjang Non-spicy kimchi /kimchi 626kcal (C98P30F12)	23 Vongole spaghetti ^{①②⑥⑦} Fried shrimp ^{①②⑥⑨} /sweet chili sauce Morning choco cream bread ^{①②⑥} Radicchio salad (Blueberry dressing) ^{①②} Homemade assorted pickles 639kcal (C92P33F13)
Snack	Heart-shaped palmier ^{①②⑥} /Organic plum tea 180Kcal	Roll cake ^{①②⑥} /Organic milk ^② 180Kcal	Fish cake ^{⑥⑦⑩} /Homemade strawberry juice 183Kcal	2 Kinds of fruit 172Kcal	Roasted Potatoes ^② /Organic milk ^② 179Kcal
5 Week	26 Cheese quesadilla ^{①②⑥} /homemade guacamole ^⑮ Honey chicken wings ^⑮ Fruit Romaine salad (Plum dressing) Homemade pickled radish 638kcal (C90P32F14)	27 Millet rice Bean sprout soup ^⑤ Braised pork ^⑩ Paprika japchae ^⑩ Kelp chips Non-spicy kimchi /radish kimchi 626kcal (C98P30F12)	28 Combination pizza ^{①②⑥⑩⑫} Mongolian pork ^⑩ Mandarin juice Assorted roasted vegetables Pasapasa salad (Oriental dressing) 638kcal (C90P32F14)	29 Rice Mini noodles ^⑥ Stir-fried smoked duck Grilled tofu ^⑤ /sauce Seasoned vitamin salad Non-spicy kimchi /kimchi 625kcal (C96P31F12)	30 Homemade pork loin cutlet ^{①②⑥⑩} /sauce Tomato stew ^⑫ Scrambled eggs ^{①②} Multigrain bread ^{①②⑥} /strawberry jam Mango cheese salad ^② (Honey dressing) 639kcal (C92P33F13)
Snack	Korean wheat hot dog ^{①②⑥⑩⑫⑮} /Organic milk ^② 181Kcal	Chiffon cake ^{①②⑥} Peach Juice ^⑩ 180Kcal	2 Kinds of fruit 172Kcal	Salad bread ^{①②⑥} /Organic milk ^② 184Kcal	Beef porridge ^⑭ 186Kcal



● 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 qlqlem5@kizmeal.com

Kizmeal Menu 2026 JAN.



KIS(Halal)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Week	Recommended Ingredients for January  Strawberries are rich in vitamin C, which activates white blood cells that protect the body, helping to prevent colds and strengthen the immune system. They also contain antioxidants that help slow aging. Burdock helps improve gut health and moderates blood sugar spikes. When consumed as burdock tea, it supports detoxification and promotes healthy bowel movements.			01 	02 Winter Break
Snack					
2 Week	05	06	07	08	09
Snack	Winter Break				
3 Week	12	13 Rice Rice cakes Soy sauce braised chicken ^{⑤⑥} Braised mushrooms Stir-fried anchovies with cranberries ^⑤ Non-spicy kimchi /kimchi 625kcal (C96P31F12)	14 Jjajangmyeon ^{⑤⑥} White jjamppong ^{⑤⑥⑦} Veggie cutlet ^{⑤⑥} Assorted vegetable sticks (Sesame dressing) ^② Homemade pickled radish 639kcal (C92P33F13)	15 Millet rice Soft tofu stew ^⑤ Soy meat bulgogi ^{⑤⑥} Chive pancake ^⑤ Seasoned seaweed/sauce Non-spicy kimchi /kimchi 626kcal (C98P30F12)	16 Gorgonzola pizza ^{①②⑥} Herb garlic grilled chicken ^⑤ Grapefruit Ade Roasted green beans ^⑤ Strawberry caprese salad ^② (Balsamic dressing) 639kcal (C92P33F13)
Snack		2 kinds of korean sweets ^⑤ /Organic sikhye 180Kcal	2 Kinds of fruit 172Kcal	Injeolmi twist donut ^{①②⑥} /Yuzu tea 183Kcal	Korean rice cereal /Organic milk ^② 176Kcal
4 Week	19 Veggie steak ^{⑤⑥} /sauce Mini udon ^{⑤⑦} Fruit Japanese-style braised burdock & carrots Green salad (Italian dressing) 638kcal (C90P32F14)	20 Kimchi fried rice Miso soup dumplings ^{①⑤⑥} Soup tteokbokki ^{⑤⑦} Shine muscat grape juice Homemade pickled radish 625kcal (C96P31F12)	21 Lasagna with tomato sauce ^{①②⑥⑫} Onion soup ^{②⑥} Grilled teriyaki chicken ^⑤ Organic yogurt ^② Chicory salad (Caesar dressing) ^{①②} 638kcal (C90P32F14)	22 Black rice Potato egg soup ^① Stir-fried lamb ^⑤ Seasoned cucumber with Perilla Assorted wrap vegetables /ssamjang Non-spicy kimchi /kimchi 626kcal (C98P30F12)	23 Vongole spaghetti ^{①②⑥⑦} Fried shrimp ^{①②⑥⑤} /sweet chili sauce Morning choco cream bread ^{①②⑥} Radicchio salad (Blueberry dressing) ^{①②} Homemade assorted pickles 639kcal (C92P33F13)
Snack	Heart-shaped palmier ^{①②⑥} /Organic plum tea 180Kcal	Roll cake ^{①②⑥} /Organic milk ^② 180Kcal	Fish cake ^{⑥⑦⑫} /Homemade strawberry juice 183Kcal	2 Kinds of fruit 172Kcal	Roasted Potatoes ^② /Organic milk ^② 179Kcal
5 Week	26 Cheese quesadilla ^{①②⑥} /homemade guacamole ^② Honey chicken ^⑤ Fruit Romaine salad (Plum dressing) Homemade pickled radish 638kcal (C90P32F14)	27 Millet rice Bean sprout soup ^⑤ Vegetable tteokgalbi ^{⑤⑥} Paprika japchae Kelp chips Non-spicy kimchi /radish kimchi 626kcal (C98P30F12)	28 Combination pizza ^{①②⑥⑫} Mongolian lamb ^⑤ Mandarin juice Assorted roasted vegetables Pasapasa salad (Oriental dressing) 638kcal (C90P32F14)	29 Rice Mini noodles ^⑥ Stir-fried soy meat ^{⑤⑥} Grilled tofu ^⑤ /sauce Seasoned vitamin salad Non-spicy kimchi /kimchi 625kcal (C96P31F12)	30 Veggie cutlet ^{⑤⑥} /sauce Tomato stew ^⑤ Scrambled eggs ^{①②} Multigrain bread ^{①②⑥} /strawberry jam Mango cheese salad ^② (Honey dressing) 639kcal (C92P33F13)
Snack	Steamed Bun ^{①②⑥} /Organic milk ^② 181Kcal	Chiffon cake ^{①②⑥} Peach Juice ^⑤ 180Kcal	2 Kinds of fruit 172Kcal	Salad bread ^{①②⑥} /Organic milk ^② 184Kcal	Vegetable porridge 180Kcal



● Country of Origin Information

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