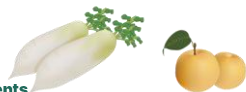


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1Week	Country of Origin Information  Rice (local organic), brown rice, black rice, glutinous rice (local eco-friendly), beef (local), pork (local), chicken (local), duck meat (local), tofu, soybean paste, soybean noodles (soybean - local), kimchi made with cabbage (cabbage - local, red pepper powder - local), mackerel, anglerfish, squid, mackerel, flower crab, shellfish (local), shrimp (Vietnamese), Alaskapollock (Russian), tuna (oceanic), dried anchovy (Indonesian) The country of origin information above is subject to change depending on ingredient availability			01 Mixed grain rice Homemade perillaseed sujebi ⑤⑥ Stir-fried squid and pork ⑤⑥⑩⑪⑫ Seasoned bean sprouts ⑤⑥ Crispy fried kelp Non-spicy kimchi ⑤ /kimchi ⑤ 626kcal (C98P30F12)	02 Cheese quesadilla ②③④/homemade salsa sauce ②③④&sour cream ② Homemade fried chicken ①③④⑤ Fruit Assorted grilled vegetables Lettuce salad (Italian dressing) ⑤ 639kcal (C92P33F13)
Snack	* Ingredient Information * Ham/Sausage: Domestic antibiotic-free (5-Free or 7-Free products) Eggs: Domestic animal welfare fertilized eggs or antibiotic-free eggs			Korean rice cereal ⑤ /Organic milk ② 172Kcal	Honey rice cake ⑤⑥ /Organic sikhye 181Kcal
2 Week	05 Observed Holiday 	06 Mixed grain rice Gochujang stew ⑤⑥ Stir-fried smoked duck ①②③④⑥ Seasoned mung bean jelly ⑤⑥ Seasoned chives ⑤⑥ Non-spicy kimchi ⑤ /kimchi ⑤ 626kcal (C98P30F12)	07 Yusuljajangmyeon ⑤⑥⑩ Seafood whitejamppong ⑤⑥⑦⑫ Dumplings ⑩⑫/soy sauce ⑤⑥ Grilled bacon & green beans ⑤⑥⑩ Radicchio salad (Balsamic dressing) ⑤⑥⑫ 639kcal (C92P33F13)	08 Black rice Beef radish soup ⑤⑥⑩ Andong-style braised chicken ⑤⑥⑫ Stir-fried fish cake with bell peppers ⑤⑥ Seasoned spinach ⑤⑥ Non-spicy kimchi ⑤ /kimchi ⑤ 625kcal (C96P31F12)	09 Hangul Day 
Snack		Steamed corn / Organic plum Tea 183Kcal	2 Kinds of fruit 175Kcal	Cream cheese jam sandwich ①②③④ /Pear & bellflower root juice 185Kcal	
3 Week	12 Gorgonzola pizza Tomato stew ⑫ Curry fried chicken wings ①③④⑤⑥ Fruit House salad (Plum dressing) 638kcal (C90P32F14)	13 Rice Dried pollack soup ⑤⑥ Doenjang pork bulgogi ⑤⑥⑩ Steamed vegetable egg custard ①② Seasoned young napa cabbage ⑤⑥ Homemade radish kimchi/radish kimchi ⑤⑥ 625kcal (C96P31F12)	14 BLT sandwich ①②③④⑥⑫ Miso-marinated grilled chicken ⑤⑥ Grapefruitade Stir-fried eggplant & zucchini with butter ② Assorted bean salad ⑤ (Caesar dressing) ①②③④⑤ 639kcal (C92P33F13)	15 Sorghum rice Beef seaweed soup ⑤⑥⑩ Braised pork ribs ⑤⑥⑩ Grilled tofu Seasoned broccoli ⑤⑥ Non-spicy kimchi ⑤ /kimchi ⑤ 626kcal (C98P30F12)	16 Bracken fern oil pasta ①②③④ Homemade pastry mushroom soup ①②③④ Crispy fried shrimp ①③④⑤ /sweet chili sauce ⑤⑥⑫ Vegetable Sticks (Thousand Island dressing) ①②③④ Homemade pickled Radish 638kcal (C90P32F14)
Snack	Mini churros ①②③ /Apple juice 186Kcal	Homemade fresh cream muffin ①②④/Organic milk ② 185Kcal	2 Kinds of fruit 175Kcal	Roll cake ③④⑤/Organic milk ② 183Kcal	Organic cocoa balls ⑤⑥ /Organic milk ② 180Kcal
4 Week	19 Homemade hamburger steak ①②③④⑥⑩⑫ /sauce ②③④⑥⑫ Rice Wedge potatoes / ketchup ⑫ Fruit Mini bok choy salad (Ranch dressing) ①②③ 639kcal (C92P33F13)	20 Black rice Mini banquet noodles ⑤⑥ Braised beef with radish ⑤⑥⑫ Roasted seaweed Cucumber salad Non-spicy kimchi ⑤ /kimchi ⑤ 625kcal (C96P31F12)	21 Ratatouille lasagna ①②③④⑥⑩⑫ Homemade fish cutlet ①③④ /honey mustard ①⑥ Mini croissant ①②③④/strawberry jam Baby greens salad (Oriental dressing) ⑤⑥⑫ Homemade assorted pickles 638kcal (C90P32F14)	22 Rice Shiitake doenjang stew ⑤⑥ Stir-fried pork ⑤⑥⑩ Lettuce wraps / ssamjang ⑤⑥ Braised lotus root ⑤⑥ Homemade radish kimchi /young radish kimchi ⑤⑥ 626kcal (C98P30F12)	23 Rice Spinach chicken curry sauce ②③④⑥⑫⑬⑭⑮⑯ Grilled vienna sausages ②③④⑥⑩⑫ Lemon posset ② Cabbage salad (Black sesame dressing) ①⑥ 638kcal (C90P32F14)
Snack	Korean wheat yakgwa ⑥ /Homemade orange & pineapple juice 183Kcal	Homemaderusk ②⑥ /Organic milk ② 185Kcal	2 Kinds of fruit 175Kcal	Homemade pancakes ①②③④ /Strawberry juice 184Kcal	Injeolmi/Organic milk ② 183Kcal
5 Week	26 Homemade pork loin cutlet ①②④⑥/sauce Miniudon ⑤⑥ Cranberry & sweet pumpkin mousse ② Fruit Vitamin salad (Italian dressing) ⑤ 639kcal (C92P33F13)	27 Millet rice Bean sprout soup ⑤⑥ Beef bulgogi ⑤⑥⑫ Seafood & napa cabbage pancake ⑤⑥ Homemade radish kimchi /young radish kimchi ⑤⑥ 626kcal (C98P30F12)	28 Fresh mozzarella & tomato spaghetti ①②③④⑫ Onion soup ②⑥ Pork shank chop steak ③④⑥⑩ Green salad (Pineapple dressing) ⑤ Homemade cucumber pickles 638kcal (C90P32F14)	29 <Half Day> Beef Inari sushi ①③④⑥ Chicken tenders ①③④⑤ /honey mustard ①⑥ Tropical fruit Antibiotic-free milk ② 625kcal (C96P31F12)	30 Parent Teacher Conferences
Snack	Squid fish cake ③④⑥⑫ /Organic yogurt ② 184Kcal	Korean wheat corn dog ①②④⑥⑩⑫⑬ /Tropical juice 185Kcal	Assorted Vegetable Porridge 180Kcal		

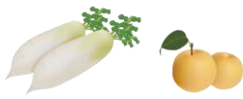


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1Week	Country of Origin Information  Rice (local organic), brown rice, black rice, glutinous rice (local eco-friendly), beef (local), pork (local), chicken (local), duck meat (local), tofu, soybean paste, soybean noodles (soybean - local), kimchi made with cabbage (cabbage - local, red pepper powder - local), mackerel, anglerfish, squid, mackerel, flower crab, shellfish (local), shrimp (Vietnamese), Alaskapollock (Russian), tuna (oceanic), dried anchovy (Indonesian) The country of origin information above is subject to change depending on ingredient availability			01 Mixed grain rice Homemade perillaseed sujebi⑤⑥ Stir-fried squid⑤⑥⑦ Seasoned bean sprouts⑤⑥ Crispy fried kelp Non-spicy kimchi⑤ /kimchi⑤ 626kcal (C98P30F12)	02 Cheese quesadilla ②③④/homemade salsa sauce⑤⑥⑧&sour cream② Fish cutlet①③⑥ Fruit Assorted grilled vegetables Lettuce salad (Italian dressing)⑤ 639kcal (C92P33F13)
Snack	* Ingredient Information * Ham/Sausage: Domestic antibiotic-free (5-Free or 7-Free products) Eggs: Domestic animal welfare fertilized eggs or antibiotic-free eggs			Korean rice cereal⑤ /Organic milk② 172Kcal	Honey rice cake⑤⑥ /Organic sikhye 181Kcal
2 Week	05 Observed Holiday 	06 Mixed grain rice Soft tofu stew⑤⑥ Vegetable neobiani⑤⑥ Seasoned mung bean jelly⑤⑥ Seasoned chives⑤⑥ Non-spicy kimchi⑤ /kimchi⑤ 626kcal (C98P30F12)	07 Yusuljajangmyeon⑤⑥ Seafood whitejampong⑤⑥⑦⑧ Dumplings①②③④⑤⑥⑧ /soy sauce⑤⑥ Grilled green beans⑤⑥ Radicchio salad (Balsamic dressing)⑤⑥⑧ 639kcal (C92P33F13)	08 Black rice Radish soup⑤⑥ Andong-style braised chicken⑤⑥⑧ Stir-fried fish cake with bell peppers⑤⑥ Seasoned spinach⑤⑥ Non-spicy kimchi⑤ /kimchi⑤ 625kcal (C96P31F12)	09 Hangul Day 
Snack		Steamed corn / Organic plum Tea183Kcal	2 Kinds of fruit 175Kcal	Cream cheese jam sandwich①②③④ /Pear & bellflower root juice 185Kcal	
3 Week	12 Gorgonzola pizza Tomato stew⑤ Curry fried chicken①③⑥⑧ Fruit House salad (Plum dressing) 638kcal (C90P32F14)	13 Rice Dried pollack soup⑤⑥ Vegetable teokgalbi⑤⑥ Steamed vegetable egg custard①② Seasoned young napa cabbage⑤⑥ Homemade radish kimchi/radish kimchi⑤⑥ 625kcal (C96P31F12)	14 Tomato & cheese sandwich①②③④⑤ Miso-marinated grilled chicken⑤⑥ Grapefruitade Stir-fried eggplant & zucchini with butter② Assorted bean salad⑤ (Caesar dressing) ①②③④⑤ 639kcal (C92P33F13)	15 Sorghum rice Seaweed soup⑤⑥ Vegetable meatballs⑤⑥ Grilled tofu⑤ Seasoned broccoli⑤⑥ Non-spicy kimchi⑤ /kimchi⑤ 626kcal (C98P30F12)	16 Bracken fern oil pasta①②⑥ Homemade pastry mushroom soup①②③⑥ Crispy fried shrimp①③⑥⑧ /sweet chili sauce⑤⑥⑫ Vegetable Sticks (Thousand Island dressing) ①②③⑥ Homemade pickled Radish 638kcal (C90P32F14)
Snack	Mini churros①②③ /Apple juice 186Kcal	Homemade fresh cream muffin①②③④/Organic milk② 185Kcal	2 Kinds of fruit 175Kcal	Roll cake②③④/Organic milk② 183Kcal	Organic cocoa balls⑤⑥ /Organic milk② 180Kcal
4 Week	19 Vegetable hamburger steak①②③④⑤/sauce②③④⑤⑥ Rice Wedge potatoes / ketchup⑫ Fruit Mini bok choy salad (Ranch dressing)①②③ 639kcal (C92P33F13)	20 Black rice Mini banquet noodles⑤⑥ Vegetable tangsuyuk⑤⑥ Roasted seaweed Cucumber salad Non-spicy kimchi⑤ /kimchi⑤ 625kcal (C96P31F12)	21 Ratatouille lasagna①②③④⑤ Homemade fish cutlet①③④ /honey mustard①⑤ Mini croissant ①②③④/strawberry jam Baby greens salad (Oriental dressing)⑤⑥⑧ Homemade assorted pickles 638kcal (C90P32F14)	22 Rice Shiitake doenjang stew⑤⑥ Dakgalbi⑤⑥ Lettuce wraps / ssamjang⑤⑥ Braised lotus root③④ Homemade radish kimchi /young radish kimchi⑤⑥ 626kcal (C98P30F12)	23 Rice Spinach chicken curry sauce②③④⑤⑥⑧⑨ Grilled sausages⑤⑥⑥ Lemon posset② Cabbage salad (Black sesame dressing)①③ 638kcal (C90P32F14)
Snack	Korean wheat yagwa⑥ /Homemade orange & pineapple juice 183Kcal	Homemaderusk②⑥ /Organic milk② 185Kcal	2 Kinds of fruit 175Kcal	Homemade pancakes①②③④ /Strawberry juice 184Kcal	Injeolmi/Organic milk② 183Kcal
5 Week	26 Salmon cheese cutlet①②③④/sauce②③④⑤⑥ Mini udon⑤⑥ Cranberry & sweet pumpkin mousse② Fruit Vitamin salad (Italian dressing)⑤ 639kcal (C92P33F13)	27 Millet rice Bean sprout soup⑤⑥ Grilled chicken①②③④⑤⑥ Seafood & napa cabbage pancake⑤⑥ Homemade radish kimchi /young radish kimchi⑤⑥ 626kcal (C98P30F12)	28 Fresh mozzarella & tomato spaghetti①②③④⑤⑥ Onion soup②⑥ Stir-fried soy meat⑤⑥ Green salad (Pineapple dressing)⑤ Homemade cucumber pickles 638kcal (C90P32F14)	29 <Half Day> Inari sushi①③⑥ Vegetable fried chicken①③④ /honey mustard①⑤ Tropical fruit Antibiotic-free milk② 625kcal (C96P31F12)	30 Parent Teacher Conferences
Snack	Korean wheat bungeoppang①②③④⑤ /Organic yogurt② 184Kcal	Chiffon cake①②③④ /Tropical juice 185Kcal	Assorted Vegetable Porridge180Kcal		

MONDAY 월		TUESDAY 화		WEDNESDAY 수		THURSDAY 목		FRIDAY 금			
1주		 원산지 표기 쌀·현미·흑미·잡쌀(국내산 친환경), 소고기(국내산 육우), 돼지고기(국내산), 닭고기(국내산), 오리고기(국내산 무항생제), 순두부·두부·콩비지(콩: 국내산), 배추김치(배추: 국내산, 고춧가루: 국내산), 아구·오징어·고등어·꽃게(국내산), 명태(러시아산), 다랑어(원양산), 가다랑어포(인도네시아산) 상기 원산지는 식자재 수급 사정에 따라 부득이하게 변경될 수 있습니다. * 원재료 표시안내 * 햄/소시지(무항생제, 국내산 5無 또는 7無), 달걀(국내산 동물복지 유정란 또는 무항생제란) 키즈밀은 엄선된 친환경 및 국내산 식자재를 선별하여 사용하고, 화학첨가물이 들어있는 가공식품은 최대한 배제하여 올바른 식습관 확립 및 균형 잡힌 영양을 제공합니다.				01		02			
오전						우리쌀씨리얼⑨/유기농우유② 172Kcal		꿀떡⑤⑥/유기농식혜 181Kcal			
2주		05 개천절 대체공휴일 		06 혼합잡곡밥 고추장찌개⑤⑥ 훈제오리볶음①②③⑤⑥⑩ 청도묵무침⑤⑥ 부추겉절이⑤⑥ 백김치⑨/포기김치④⑨ 626kcal (C98P30F12)		07 유슬짜장면⑤⑥⑩ 해물백짬뽕⑤⑥⑦⑫⑬ 갈비군만두⑫⑬/초간장⑤⑥ 베이컨그린빈스구이⑤⑥⑩⑫ 라디치오샐러드 (발사믹드레싱)⑤⑥⑬ 639kcal (C92P33F13)		08 흑미밥 소고기묵구이⑤⑥⑫⑬ 안동찜닭⑤⑥⑬ 파프리카어묵볶음⑤⑥ 시금치나물⑤⑥ 백김치⑨/포기김치④⑨ 625kcal (C96P31F12)		09 한글날 	
오전		찐옥수수/유기농매실차 183Kcal		과일2종 175Kcal		크림치즈샌드①②③⑤⑥ /배도라지주스 185Kcal					
3주		12 고르곤졸라피자①②③⑥ 토마토스튜⑫ 카레닭윙튀김①⑤⑥⑩⑫ 과일 하우스샐러드 (매실드레싱) 638kcal (C90P32F14)		13 백미밥 황태국⑤⑥ 두반장돈불고기⑤⑥⑩⑫ 채소계란찜①② 얼갈이무침⑤⑥ 수제깍두기/깍두기⑥⑨ 625kcal (C96P31F12)		14 BLT샌드위치 ①②③⑤⑥⑩⑫ 미소된장닭구이⑤⑥ 자몽에이드 가지애호박버터볶음② 모듬콩샐러드⑤ (시저드레싱) ①②③⑤⑬ 639kcal (C92P33F13)		15 수수밥 소고기미역국⑤⑥⑫⑬ 돼지갈비찜⑤⑥⑫ 두부구이⑤ 브로콜리무침⑤⑥ 백김치⑨/배추겉절이⑥ 626kcal (C98P30F12)		16 고사리오일스파게티 ①②③⑬ 수제페스타치오양송이스프 ①②③⑥ 알새우튀김①⑥⑥⑨ /스위트칠리소스⑤⑥⑫ 채소스틱 (사우전드레싱)①②③⑥ 수제무피클 638kcal (C90P32F14)	
오전		미니쥬러스①②⑥/사과주스 186Kcal		수제생크림머핀①②⑥ /유기농우유② 185Kcal		과일2종 175Kcal		롤케이크②⑤⑥/유기농우유② 183Kcal			
4주		19 수제함박스테이크 ①②③⑤⑥⑩⑫/소스②③⑤⑥⑬ 쌀밥 웨이감자/케찹⑫ 과일 미니청경채샐러드 (랜치드레싱)①②⑥ 639kcal (C92P33F13)		20 흑미밥 미니잔치국수⑤⑥ 소고기영양무조림⑤⑥⑩ 구이김 오이생채 백김치⑨/포기김치④⑨ 625kcal (C96P31F12)		21 라따두이라자냐 ①②③⑤⑥⑩⑫ 수제생선커플렛①⑤⑥ /허니머스타드①⑥ 미니크로와상①②⑤⑥⑨/딸기잼 베이비채소샐러드 (오리엔탈드레싱)⑤⑥⑬ 수제모듬피클 638kcal (C90P32F14)		22 백미밥 표고된장찌개⑤⑥ 제육볶음⑤⑥⑫ 상추쌈/쌈장⑤⑥ 연근조림⑤⑥ 수제깍두기/열무김치④⑨ 626kcal (C98P30F12)		23 백미밥 시금치치킨카레소스 ②③⑤⑥⑫⑬⑭⑯⑰ 비엔나구이②⑤⑥⑩⑫⑬ 레몬포켓② 양배추샐러드 (흑임자드레싱)①⑥ 638kcal (C90P32F14)	
오전		우리밀약과⑥ /수제오렌지파인애플주스 183Kcal		수제러스크②⑥/유기농우유② 185Kcal		과일2종 175Kcal		수제팬케이크①②③⑥ /딸기주스 184Kcal			
5주		26 수제등심돈가스 ①②③⑥⑩/소스 미니우동⑤⑥ 크랜베리단호박무스② 과일 비타민샐러드 (이탈리안드레싱)⑤ 639kcal (C92P33F13)		27 기장밥 콩나물국⑤⑥ 소불고기⑤⑥⑫ 해물배추전⑤⑥ 삼색냉채⑤⑥ 수제깍두기/알타리김치④⑨ 626kcal (C98P30F12)		28 생모짜렐라토마토스파게티 ①②③⑥⑫ 어니언스프②⑥ 돈사태참스테이크⑤⑥⑫⑬ 그린샐러드 (파인애플드레싱)⑤ 수제오이피클 638kcal (C90P32F14)		29 <하프데이> 소고기유부초밥①⑤⑥⑩⑫ 치킨텐더①⑤⑥⑫ /허니머스타드①⑥ 열대과일 무항생제우유② 625kcal (C96P31F12)		30 휴교	
오전		오징어바⑤⑩⑫⑬ /유기농요구르트② 184Kcal		우리밀핫도그①②④⑥⑩⑫⑬⑭ /트로피컬주스 185Kcal		모듬채소숙 180Kcal					



kizmeal



	MONDAY 월	TUESDAY 화	WEDNESDAY 수	THURSDAY 목	FRIDAY 금
1주	원산지 표기 쌀·현미·흑미·참쌀(국내산 친환경), 소고기(국내산 육우), 돼지고기(국내산), 닭고기(국내산), 오리고기(국내산 무항생제), 순두부·두부·콩비지(콩: 국내산), 배추김치(배추: 국내산, 고춧가루: 국내산), 아귀·오징어·고등어·꽃게(국내산), 명태(러시아산), 다랑어(원양산), 가다랑어포(인도네시아산) 상기 원산지는 식자재 수급 사정에 따라 부득이하게 변경될 수 있습니다. * 원재료 표시안내 * 햄/소시지(무항생제, 국내산 5無 또는 7無), 달걀(국내산 동물복지 유허장 또는 무항생제란) 키즈밀은 엄선된 친환경 및 국내산 식자재를 선별하여 사용하고, 화학첨가물이 들어있는 가공식품은 최대한 배제하여 올바른 식습관 확립 및 균형 잡힌 영양을 제공합니다.			01 혼합잡곡밥 우리밀들깨수제비⑤⑥ 오징어볶음⑤⑥⑦ 콩나물무침⑤⑥ 다시마튀각 백김치⑤/배추겉절이⑥ 626kcal (C98P30F12)	02 치즈케사디아③⑤⑥ /수제살사소스③⑤⑥ &사워크림② 피쉬커들렛①⑤⑥ 과일 모듬채소구이 양상추샐러드 (이탈리안드레싱)⑤ 639kcal (C92P33F13)
오전				우리쌀씨리얼⑤/유기농우유② 172Kcal	꿀떡⑥⑥/유기농식혜 181Kcal
2주	05 개천절 대체공휴일 	06 혼합잡곡밥 고추장찌개⑤⑥ बे지नीबीअनी⑤⑥ 청포묵무침⑤⑥ 부추겉절이⑤⑥ 백김치⑤/포기김치⑤⑥ 626kcal (C98P30F12)	07 유슬짜장면⑤⑥ 해물백점빵⑤⑥⑦⑧ 군만두①②⑤⑥⑧⑨/초간장⑤⑥ 그린빈스구이⑤⑥⑥ 라디치오샐러드 (발사믹드레싱)⑤⑥⑥ 639kcal (C92P33F13)	08 흑미밥 뭇국⑤⑥ 안동찜닭⑤⑥⑥ 파프리카어묵볶음⑤⑥ 시금치나물⑤⑥ 백김치⑤/포기김치⑤⑥ 625kcal (C96P31F12)	09 한글날
오전		찐옥수수/유기농매실차 183Kcal	과일2종 175Kcal	크림치즈잼샌드①②③④ /베도라지주스 185Kcal	
3주	12 고르곤졸라피자①②⑤⑥ 토마토스튜⑥ 카레닭튀김①⑤⑥⑥ 과일 하우스샐러드 (매실드레싱) 638kcal (C90P32F14)	13 백미밥 황태국⑤⑥ बे지떡갈비⑤⑥ 채소계란찜①② 열갈이무침⑤⑥ 수제깍두기/깍두기⑤⑥ 625kcal (C96P31F12)	14 토마토치즈샌드위치 ①②⑤⑥⑥ 미소된장닭구이⑤⑥⑥ 자몽에이드 가지애호박버터볶음② 모듬콩샐러드⑤ (시저드레싱) ①②⑤⑥⑥ 639kcal (C92P33F13)	15 수수밥 미역국⑤⑥⑥⑥ बे지완자⑤⑥ 두부구이⑤ 브로콜리무침⑤⑥ 백김치⑤/배추겉절이⑥ 626kcal (C98P30F12)	16 고사리오일스파게티 ①②⑥ 수제페스타리양송이스프 ①②③⑥ 알새우튀김①⑤⑥⑥ /스위트칠리소스⑤⑥⑥⑥ 채소스틱 (사우전드레싱)①②⑤⑥ 수제무피클 638kcal (C90P32F14)
오전	미니쥬러스①②⑥/사과주스 186Kcal	수제생크림머핀①②⑥ /유기농우유② 185Kcal	과일2종 175Kcal	롤케이크⑤⑥⑥/유기농우유② 183Kcal	유기농코코아볼⑤⑥ /유기농우유② 180Kcal
4주	19 बे지함박스테이크 ①②⑤⑥/소스②⑤⑥⑥⑥ 쌀밥 웨지감자/케첩⑥ 과일 미니청경채샐러드 (랜치드레싱)①②⑥ 639kcal (C92P33F13)	20 흑미밥 미니잔치국수⑤⑥ 비건탕수육⑤⑥ 구이김 오이생채 백김치⑤/포기김치⑤⑥ 625kcal (C96P31F12)	21 라따뚜이아라자냐 ①②⑤⑥⑥ 수제생선커들렛①⑤⑥ /허니머스타드①⑥ 미니크로와상①②⑤⑥⑥/딸기잼 베이비채소샐러드 (오리엔탈드레싱)⑤⑥⑥⑥ 수제모듬피클 638kcal (C90P32F14)	22 백미밥 표고된장찌개⑤⑥ 닭갈비⑥⑥ 상추쌈/쌈장⑤⑥ 연근조림⑤⑥ 수제깍두기/열무김치⑤⑥ 626kcal (C98P30F12)	23 백미밥 시금치치킨카레소스 ②⑤⑥⑥⑥⑥ 콩소세지구이②⑤⑥ 레몬포켓② 양배추샐러드 (흑임자드레싱)①⑥ 638kcal (C90P32F14)
오전	우리밀알과⑤ /수제오렌지파인애플주스 183Kcal	수제러스크②⑥/유기농우유② 185Kcal	과일2종 175Kcal	수제팬케이크①②⑤⑥⑥ /딸기주스 184Kcal	인절미/유기농우유② 183Kcal
5주	26 연어치즈까스 ①②⑥/소스 미니우동⑤⑥ 크랜베리단호박무스② 과일 비타민샐러드 (이탈리안드레싱)⑤ 639kcal (C92P33F13)	27 기장밥 콩나물국⑤⑥ 치킨구이①②⑤⑥⑥ 해물배추전⑤⑥ 삼색냉채⑤⑥ 수제깍두기/알타리김치⑤⑥ 626kcal (C98P30F12)	28 생모짜렐라토마토스파게티 ①②⑤⑥⑥ 어니언스프②⑥ 콩고기볶음⑤⑥ 그린샐러드 (파인애플드레싱)⑤ 수제오이피클 638kcal (C90P32F14)	29 <하프데이> 유부초밥①⑤⑥ बे지치킨텐더①⑤⑥ /허니머스타드①⑥ 열대과일 무항생제우유② 625kcal (C96P31F12)	30 휴교
오전	우리밀봉어빵①②⑤⑥⑥ /유기농요구르트② 184Kcal	시몬케익①②⑥ /트로피컬주스 185Kcal	모듬채소죽 180Kcal		

<알레르기 표시 안내>

①난류 ②우유 ③메밀 ④땅콩 ⑤대두 ⑥밀 ⑦고등어 ⑧계 ⑨새우 ⑩돼지고기 ⑪복숭아 ⑫토마토 ⑬아황산류 ⑭호두 ⑮닭고기 ⑯쇠고기 ⑰오징어 ⑱조개류(굴, 전복, 홍합 포함) ⑳잔

●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 | q1qlem5@kizmeal.com | www.Kizmeal.com