



AUGUST 2023 SCHOOL LUNCH MENU INFORMATION

Please refer to the school website for detailed country of origin and nutrition information.[Nutrition:Energy/Protein/Calcium/Iron]

Origin & Nutrient Amount	Rice (Hattomi)	Kimchi(Cabbage,Chilli Powder)	Beef /Processed Goods	Pork /Processed Goods	Chicken /Processed Goods	Duck /Processed Goods	Octopus	Mackerel	Pollack /Pollack/Chopped Pollack	Cutlassfish	Yellow Corbina	Squid	Crab	Tofu/Soybean
	Domestic	Domestic	Domestic (Hanu)	Domestic	Domestic	Domestic	China	Domestic	Russia	Domestic	Domestic	Domestic	Domestic	Domestic

Mixed grains and glutinous rice: eco-friendly products // Vegetables and fruits:eco-friendly products (Regular products if supply is not available)

Allergy Information	1.Egg, 2.Milk, 3.Buckwheat, 4.Nuts, 5.Soybean, 6.Wheat, 7.Mackerel, 8.Crab, 9.Shrimp, 10.Pork, 11.Peach 12.Tomato 13.Sulfites,14.Walnut, 15.Chicken, 16.Beef, 17.Squid, 18.Clams(Oysters,Abalone,Mussel) 19.Pine Nuts
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* *Students with allergies to specified foods, please check the daily menu in advance and take special care.

☞ The menu below is subject to change due to school circumstances or price fluctuations

☞ Please refer to the country of origin and nutrition label of food ingredients by state on the school website (Alimmadang> Meal News)

(월)	(화)	(수)-Chat Day	(목)	(금)
7	8	9	10	11
Barley Rice Yukkaejang5.6.16. Stir Fried Udong 1.2.5.6.9.10.13.15.16.17.18. Steamed Egg1.5.6. Seasoned Pigweed 5.6. Raddish Kimchi9.13. Green Apple 727.3/32.2/261.1/4.7	Millet Rice Bean Sprout Soup5.6.9. Seasoned Pollack 5.6.12.13. Stir Fried Anchovies 5.6.13.₩ Pickled Celtose Mini Sausage Pastry 1.2.5.6.10.12.16.18.	Beef Hash Rice 1.2.5.6.10.12.13.16. Butter Cheese Pizza2.5.6.13. Corn Salad1.5.13. Raddish Kimchi9.13. Calamansi Lemon 753.7/25.9/340.0/2.4	Glutinous Rice Deodeok Chicken Soup5.6.13.15.18. Rose Meatballs 1.2.5.6.10.12.13.15.16. Seasoned Mushroom & Cucumber5.6.13. Raddish Kimchi9.13. Ice Bar(Strawberry,Melon)1.2.5. 849.1/34.9/222.3/3.6	Gondre Rice5.6 .⊕Seasoned Chives5.6.13. Kimchi Fish Cake Soup1.5.6.9. Sprinkle Chicken 1.2.5.6.13.15. Baby Radish Kimchi9.13. Melon 932.7/40.1/331.3/5.1
14[Happy Birthday~]	15	16[Multicultural Day]	17	18
Glutinous Rice Seaweed Soup5.6 Spicy Galbijim2.5.6.10.13 Seasoned Crab & Bean Sprout1.5.6.8. Stir Fry Butter Kimchi2.9.13. Camembert Cheese Cake1.2.5.6.13.16. 807.9/39.8/221.8/3.6	Liberation Day	Beef Rice Noodles[Main] 5.6.13.15.16. Pizza Toast 1.2.5.6.10.12.13.18. Cajun French Fries5.6. Raddish Kimchi9.13. Mango Juice13. 741.1/25.18329.5/2.5	Barley Rice Spicy Tuna Stew 5.6.9.13.18. Braised Beef and Quail Eggs 1.5.6.13.16. Squid Kimchi Pancake 1.6.9.13.17. Seasoned Cabbage & Cucumber5.6. Dried Seaweed13. 720.5/38.1/293.6/6.7	Mapa Tofu Rice Bowl 5.6.10.12.13.18. Egg Spring Onion Soup 1.5.6.13.18. Chicken Salad 1.2.5.6.12.13.15.16 Seasoned Bean Sprout 5. White Kimchi 9.13. Juicycle11. 1007.0/46.4/241.4/16.4
21	22	23	24	25[국없는날]
Brown Rice Kimchi Jjageul 5.6.9.10.13. Pollack Tofu Pancake 1.5.6. Stir Fried Mushroom5.6. Stir Fried Dried Seaweed 13. Plum Juice 822.1/39.9/267.5/6.2	Perilla Rice Cabbage Soybean Soup 5.6.9.13. Braised Pork Bone 5.6.10.13. Hamburg Steak 1.2.5.6.10.12.13.16. ⊕Toowomba Sauce1.2.5.6.12. Stir Fried Chwinamul 5.6.13. 872.0/48.3/252.2/4.9	Spam Fried Rice 1.5.6.9.12.13.16. Cold Wheat Noodles[Main] 3.5.6.13. Danish Potato1.2.5.6.13.16. Raddish Kimchi9.13. Yogurt2. 813.1/24.5/136.6/2.3	Glutinous Rice Bean Sprout Soup5.9.13.17 Grilled Boneless Fish 2.5.6.12.13.16. Sausage Ricecake Stri Fry2.5.6.10.12.13. Cucumber Kimchi9.13. Mango Pine Jelly 2.11. 835.9/36.1/240.2/2.5	Radish Kimchi Bibimbab 9.13. Scorched Rice Chicken Cutlet1.2.5.6.15. ⊕Sauce1.2.5.6.12.13.16. Cabbage Kimchi9.13. Orange Juice13. 747.5/26.8/182.7/1.9
28	29	30	31	
Barley Rice Dumpling Soup 1.5.6.10.16.18. Braised Tofu1.5.6. Potato Fish Cake Mixed1.5.6. Cabbage Kimchi9.13. Fresh Pineapple 859.1/30.1/182.2/15	Corn Rice Soybean Soup5.6.9.13. Spicy Pork Stir Fry 5.6.10.13. Lettuce Salad5.6. Grilled Seaweed13. Buldakk Quessadilla 2.5.6.12.13.15.18. 789.4/46.9/337.5/3.5	Rice Bowl1.5.6.9.10.13.18. Miso Soybean Souo5.6.9.13. Fried Potato Stick Dried Seaweed Stir Fry13. Raddish Kimchi9.13. Tangerine Juice 747.5/31.7/284.2/4.3	Black Rice Dalkbokkumtang[Soup]2.5.6. 12.13.15.16. Stir Fried Beans5.6.13. Grilled Squash.6.13. Cabbage Kimchi9.13. Cookie Bun1.2.5.6. 879.8/50.6/152/4.3	

What is Food Poisoning?

Food poisoning refers to an infectious or toxin-type disease caused or judged to be caused by microorganisms or toxic substances harmful to the human body due to the intake of food. Health problems occur mainly when water or food contaminated with bacteria, viruses, or toxic substances is consumed.

Types and Symptoms of Food Poisoning

Classification		Types and Causes
Microbial Food Poisoning	Bacterial	Infectious type: Salmonella, Vibrio Enteritis, Cholera, etc.
	Viral	Toxin type: Staphylococcus aureus, etc.
	Protozoal	Noro, Rota, Astro, etc.
Natural Food Poisoning		Animal: puffer fish poison, cigar terradock Vegetable: Potato poison, conch, yellowtail, etc Mold: yellow fecal mildew, maltose, etc
Chemical Food Poisoning		Food additive added intentionally and misappropriately Hazardous substances such as residual pesticides that are unintentionally residual and mixed Hazardous substances produced during manufacturing, processing, and storage Addiction by cooking utensils, packaging, and other substances

Common symptoms of food poisoning are stomach pain, diarrhea, vomiting, and fever. Depending on the causative agent, the degree of symptoms differs, and the incubation period varies from 1 to 6 hours to 2 to 6 days. However, depending on the cause or condition, diseases such as dehydration, dyspnea, sepsis, jaundice, rash, and meningitis may occur, and in severe cases, death may occur.



Eat Colorful Fruits and Vegetables Everyday

Vegetables and fruits have their own color, and depending on the color of the food, they provide health benefits.

- Ingredients: Lycopene, Polyphenol, Capsaicin
- It plays a role in preventing cell damage and aging in our body by purifying the blood and keeping the heart healthy.



- Ingredients: Beta Carotene, Lutein
- It has the effect of preventing cancer by eliminating free radicals and plays a role in boosting immunity.



- Ingredient: Chlorophyll
- It relieves fatigue and removes toxins by discharging harmful substances out of the body.



- Ingredients: Flavonoids
- It improves immunity by developing resistance to bacteria and viruses, and prevents colds and respiratory diseases.



- Ingredients: Anthocyanins
- It improves blood circulation and helps with diet.



Data Reference: Ministry of Education Student Health Information Center, Nutrition and Dietary Life (4th grade, Gyeonggi-do Office of Education)
Child obesity prevention and management project 'Healthy Care Playground' Nutritional health information magazine (Korea Institute for Health Promotion and Development),

Photo (picture) Source: Nutrition and dietary life (4th grade, Gyeonggi-do Office of Education), Gyeonggi-do On Sharing Contents