

| NOVEMBER 2023 SCHOOL LUNCH MENU INFORMATION | | | | | | | | | | | | | | |
|--|---|--------------------------------|--|-----------------------|--------------------------|--|---------|----------|---|--------------|----------------|--|----------|---------------|
| Origin & Nutrient Amount | Please refer to the school website for detailed country of origin and nutrition linformation.[Nutrition:Energy/Protein/Calcium/Iron] | | | | | | | | | | | | | |
| | Rice (Hattomi) | Kimchi (Cabbage, ChilliPowder) | Beef/Proc essed Goods | Pork/ Processed Goods | Chicken /Processed Goods | Duck/ Processed Goods | Octopus | Mackerel | Pollack Pollack/ Chopped Pollack | Cutlass fish | 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 | | | | | | | | | | | | | |
| | *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) | | | | | | | | | | | | | | |
| Mon (월) | | | Tue (화) | | | Wed (수) –Chat Day | | | Thu (목) | | | Fri (금) | | |
| | | | | | | 1[Student Recommended Meal] | | | 2 | | | 3 | | |
| | | | | | | Bean Sprout Rice5.Wild Chives Sauce5.6.13. Spring Onion Egg Soup5.6. Boneless Chicken Crunch1.2.6.12.13.15. Sauce1.5.6.13. Dried Seaweeds Raddish Kimchi9. Yogurt[Sangha Farm] | | | Corn Rice Kimchi Stew5.6.9.10.13. Mushroom Pancake1.6.seasoned Apple & Squid13.17. Honey Rice Cake Sweet Rice Drink | | | Barley Rice Beef Raddish Soup5.6.16. Braised Pollack5.6.12.13. Seasoned Noodles w/ Veggies5.6. Mixed Veggies5.6. Gold Kiwi | | |
| | | | | | | 781.9/39.7/188.5/2.8 | | | 836.6/39.9/207.2/3.4 | | | 881.6/55.5/253.7/4.7 | | |
| 6[Happy Birthday~] | | | 7[Student Recommended Meal] | | | 8[Paper Evaluation 3rd Grade] | | | 9[Paper Evaluation 3rd Grade] | | | 10[Paper Evaluation 3rd Grade] | | |
| Gluotinous Rice Wild Sesame Seaweed Soup5.6. Braised Ribs2.5.6.10.13. Seasoned Mushroom & Bean Sprout5. Stir-fry Kimchi9. Camembert Cheese Cake1.2.5.6. | | | Millet Rice Acorn Soup(Hot) 5.6.7.9.13.18. Fried Egg 1.2.5.6.9.10.12.15.16. Noodles w/ Sea Snail 5.6.13. Stir-fried Anchovies5.6.13. Apple | | | Seaweed Rice Bokkumbap1.2.5.6.8.10. Ttokpukki[Rolled seaweed] 1.2.5.6.10.12.16. Chicory Citron Salad13. Cabbage Kimchi9. Cheese Hotdog1.2.5.6.10.13. Juicycle11. | | | Hanu Kimchi Bokkumbap5.6.9.16. Miso Bean Paste Soup5.6.9. Stir-fried Dried Seaweeds Monte Cristo Sandwich 1.2.5.6.10.13.15.16. Banana Milk2. Seasoned Cucumber[Choice]13. | | | Fish Cake Udong[Main]1.2.5.6.7.9.13. Jamaican Grilled Chicken 2.5.6.12.13.15.16.18. Tangerines Grapes13. Raddish Kimchi9. | | |
| 797.8/30.5/210.8/2.9 | | | 687.4/30.2/298.1/4.0 | | | 982.4/23.9/219.8/9.5 | | | 860.3/35.9/543.8/3.6 | | | 895.1/56.7/252.5/3.5 | | |
| 13 | | | 14[Student Recommended Meal] | | | 15[Multicultural Day] | | | 16[CSAT] | | | 17 | | |
| Perilla Rice Andong Beef Soup5.6.9.16. Pork Bulgogi 5.6.10.13.18. Bean Sprout Spring Onion Salad5.6. Raddisk Kimchi9. Mini Gratin | | | Barley Rice Potato Ball Soup5.6.9. Braised Tofu5.6.13.18. Kimchi Tteok Japchae5.6.9. Acorn Black Sesame Salad Seasoned Chesnuts Melon | | | Beef Rice Noodle Soup[Main] 5.6.13.15.16.18. Pineapple Bokkumbap[Choice] 1.5.6.9.13.18. Shrimp Roll1.5.6.10.12.13. Cajun Potato Fries5.6. Raddish Kimchi9. Mango Juice13. | | | Curry Rice Bowl 2.5.6.12.13.15.16.18. Cob Salad1.2.5.12. Butter Cheese Pizza2.5.6. Raddish Kimchi9. Organic Citrus Juice13. | | | Brown Rice Sundaeguk2.5.6.9.10.13.16. Grilled Flatfish.6.13. Braised Potato & Quail Eggs1.5.6.13. Cabbage Kimchi[Choice] Raddish Kimchi9. Apples | | |
| 1.2.5.6.10.12.13.15.16. | | | 832.4/23.4/281.7/3.9 | | | 763.6/17.5/90.2/2.8 | | | 856.8/33.0/236.3/2.9 | | | 809.4/42.7/222.5/5.3 | | |
| 20 | | | 21 | | | 22[Paper Evaluation 2nd Grade] | | | 23[Paper Evaluation 2nd Grade] | | | 24[Paper Evaluation 2nd Grade] | | |
| Millet Rice Beef Shabu Shabu 5.6.7.9.13.16. Egg Dumpling1.5.6. Jinmichae1.5.6.13.17. Fish Cake Kimchi Bokkum1.5.6.9.13. Petit Tong Caroon1.2.5.6.16. 752.3/27.4/168.2/4.1 | | | Barley Rice Bean Paste Soup5.6.9. Pork Bossam5.6.10. Cabbage Ssamjang5.6.13. Perilla Oil Makguksu3.5.6.13. Bossam Kimchi9. | | | Ttok Kalbi Mayo Rice Bowl 1.5.6.10.13.15.16.18. Kimchi Bean Sprout Soup5.6.9. Cookie Bun1.2.5.6. Cucumber Kimchi9. Tangerine Juice13. 786.2/25.5/216.2/3.7 | | | Jjajangmyon(Main)5.6.10.13. 15.16. Prinkle Chicken1.2.5.6.13.15. Pickled Raddish Milkam Pudding 878.6/41.2/146.2/2.4 | | | Myeolchi Bokkumbap13. Bean Sprout Cabbage Soup5.6.9. Danish Hotdog1.2.5.6.10.12.13. Radfish Kimchi9. Strawberry Banana Latte2. 940.9/28.7/465.0/2.60 | | |
| 27[Student Recommended Meal] | | | 28 | | | 29 | | | 30 | | | 29 | | |
| Corn Rice Cabbage Bean Paste Soup5.6.9. Iven Grilled Chicken2.5.6.13.15. Sausage Ttok Bokkum 2.5.6.10.12.13.15.16. Seasone Dried Seaweed & Anchovies Kimchi Bokkum9. | | | Black Rice Yeonpotang5.6.9.18. Braised Spicy Pork Bone5.6.10.13. Grilled Squash5.6. Mixed Bean Sprout & Crab Meat1.5.6.8. Jungpyeon 732.0/35.6/232.8/3.5 | | | Ddak Kalbi Bokkumbap 2.5.6.9.12.13.15.16.18. Katsuo Yubujang Soup1.2.5.6.9. Persimmon Salad2. Dried Raddish Kimchi Bavarian Donut1.2.5.6. Apples13. | | | 현미밥 꼬리곰탕5.6.16. 해물떡갈비1.5.6.9.10.12.13.17. 유채나물5.6. 썬박지9. 굴 801.5/44.8/163.4/4.4 | | | | | |
| 830.2/34.8/231.4/2.9 | | | | | | 826.3/29.8/186.5/3.0 | | | | | | | | |

Global Warming and
Meat-Eating

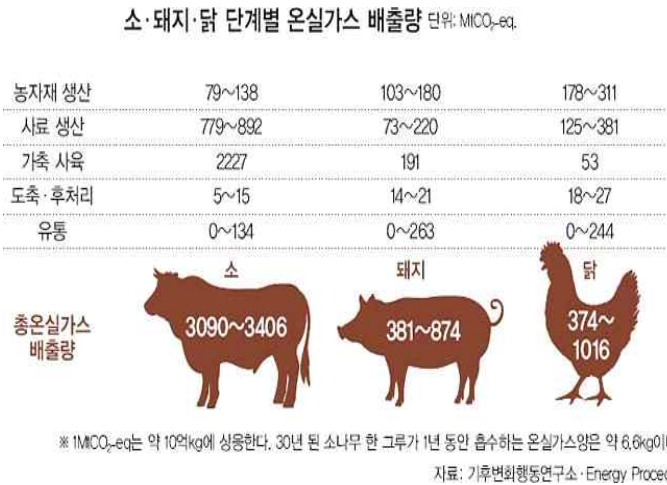
Relationship Between Global Warming and
Meat Eating

1. Food and Greenhouse Gases

Almost all types of greenhouse gases are generated in the process of producing food. In particular, more greenhouse gases are emitted during the process of raising meat, contributing to global warming.



- To produce 1 kg of beef, 7 to 16 kg of grain feed is required, and fertilizer is used during the feed production process.
- Machines used in feed manufacturing plants emit carbon.



Vegetarian Diet that Reduces
Greenhouse Gases

Cow Farts and Greenhouse Gases

1. How does meat emit greenhouse gases?

Methane gas emitted from the burps and farts of cows raised to produce the beef we eat is said to have a greenhouse effect 23 times greater than that of carbon dioxide. In addition, greenhouse gases are also generated during the production of fertilizers used to grow feed for cattle.



[Source: Kyunghyang Newspaper
'Vegetarianism saves the earth'
https://m.khan.co.kr/view.html?art_id=202010171001001

2. Reduce Meat, Increase Vegetables

- Plants absorb carbon dioxide, the main cause of global warming, through photosynthesis, and store carbon in trees and soil in the process of emitting oxygen, preventing carbon from escaping into the atmosphere and suppressing global warming.
- You can also reduce greenhouse gas emissions by eating less meat and vegetables.

[Source: Chungbuk Vegetarian Diet & Heat Wave Diet to Protect the Global Environment (2021)