



Minato City, Nanzan ES  
Principal  
Nutritionist  
School Lunch Newsletter  
May Edition

#### Notice Regarding the School Lunch Fee Withdrawal

The withdrawal of the school lunch fee for June of this school year will be on June 4 (Thu). Please ensure the funds are available in your registered bank account at least one day before the withdrawal.

The season is refreshing and full of pleasant days. Early to bed, early to rise, and eat a full breakfast so that you have fuel for the day and are full of energy when coming to school.

#### Hygiene Management of School Lunch

As school lunch restarts, the food preparation, distribution, and other procedures are carried out based on the "Standards for School Lunch Hygiene." For ensuring that students and teachers who are serving lunch are capable to do so, checks will be conducted to confirm that they are in a good state of health (no diarrhea, fever, stomach pain, vomiting etc.), their clothes are sanitary, and that their hands are properly washed. If it is determined that someone is not able to perform the lunch server duties on a given day, steps will be taken to address the situation, such as having a substitute take their place.

Not only the school lunch servers, but also every student in the class will properly wash their hands and show appropriate discretion when coughing or sneezing, and rather than eating in groups with their desks pushed together, the students will eat facing forward just like they would during class.

In Japan, there are various "Events" in each season. Also, there are "Traditional Foods" that are eaten during these events or other special occasions. Events and Traditional Foods pay homage to the bounty of nature, and embody hopes for happiness and health of family. By deepening our understanding of traditional events and foods as passed down through the ages we can cherish and keep the traditions alive.



#### May 5<sup>th</sup> "Boys Day"

This event expresses hopes for the healthy growth and success in life for boys. "Carp flags" are flown and "Helmets" and "Armor" are put on display. Also, there is a custom of taking a "bath with iris petals" to pray for sound health.

#### Kashiwa Mochi



The way oak trees do not shed their old leaves until the new sprouts appear is likened to the "perpetuation of one's descendants," so this treat wrapped in oak leaves is a lucky charm for prayers of healthy growth.

#### Chimaki



It is made with prayers that prevent bad things from befalling those who eat it, so "chimaki" is a dish that is said to have the power to ward off illness and bad luck.

#### Enjoying Fruity Flavors and Fragrance ☆ Hyuganatsu Cake



##### Ingredients (for 1 serving): Bite sized for one person

- Egg • • 1/2      • Milk • • 15g
- Sugar • • 8g
- Flour • • 20g    • Butter • • 7g
- Baking powder • • 0.7g
- Hyuganatsu • • One half

- ① Squeeze the juice from the *hyuganatsu*, grate the peel.
- ② Sift the flour, baking powder, and sugar together in a bowl.
- ③ Mix the egg, melted butter, and milk with the juice from ① and then mix it together with ②.
- ④ Place ③ into paper cups and bake it in an oven at 180 degrees for 15 minutes.

#### Request No. 1 ☆ Salty Green Onion Sauce



##### Ingredients (for 1 serving): Amount for about 1 tablespoon for 1 person

- Oil • • Small amount
- Garlic • • Small amount
- Green onion • • 15g
- Light soy sauce • • 1.5g
- Salt, pepper • • Small amount
- Mirin • • 0.8g
- Lemon juice • • 1g

- ① After heating the oil and stir-frying the garlic, add the green onion to cook.
- ② Add the lemon juice at the end and turn off the heat.  
\*This is an all-purpose sauce that goes well not only with chicken and pork, but also grilled fish as well.