



NEWSLETTER

2022-2023 家校通讯录

Notes from the HOS Desk 校长寄语



Children's Day Celebration 儿童节庆祝活动



On Friday, we celebrated Children's Day with great enthusiasm and joy. The school organized a series of exciting activities to make the day memorable for our students. We had the pleasure of inviting the Sias University lion dance troupe and a music band to perform, mesmerizing everyone with their vibrant performances. The children also enjoyed engaging in water play activities and a fashion show, adding to the festive spirit of the day. Thank you Sunshine team and teachers to make this happen.

周五，我们热情洋溢地庆祝了儿童节。学校组织了一系列令人兴奋的活动，让我们的学生们对这一天充满了回忆。我们有幸邀请西亚斯大学舞狮团和音乐乐队进行开场表演，他们用活力四溢的演出使每个人都陶醉其中。孩子们还享受了水上游戏活动和时装秀，为这一节日增添了欢快的氛围。感谢阳光团队和教职工们为此付出的努力。

Whole School Photo 全校大合影

This week, we captured a special moment by taking a whole school photo.

本周，我们通过全校合影留下了一个特别的瞬间。



We were delighted to have the participation of our esteemed Board members in this memorable photo session. The photo will be showcased in our yearbook, commemorating the unity and togetherness of our school community.

我们很高兴能够在这次难忘的合影活动中邀请到我们的董事会成员参与其中。照片将在我们的年鉴中展示，纪念我们学校社区的团结和凝聚力。

Summer Camp Enrollment in Full Swing 暑期夏令营报名火热进行中

I would like to remind you that our summer camp enrollment is ongoing. Our summer camp offers a wide range of engaging and enriching activities for children. We encourage everyone to sign up and make the most of this exciting opportunity for summer fun and learning.

再次提醒大家，我们的暑期夏令营报名正在火热进行中。我们的暑期夏令营为孩子们提供了各种有趣和丰富的活动。我们鼓励每个人报名参加，充分利用这个令人兴奋的夏令营机会，享受夏日的乐趣和学习的机会。

 **Sias IS**
西亚斯外籍学校

2023 SUMMER CAMP

西亚斯外籍学校夏令营

- Summer Camp lasts 5 weeks from 6/26 to 7/28
- 夏令营为期5周 6/26-7/28
- The 5 elements will inspire our inquiry into the mystical, magical world around us. 我们将通过5大元素（金木水火土）来激发我们对身边神秘、神奇世界的探究。
- AMAZING Sias IS teaching staff 超赞的西亚斯外籍教学团队。

All Inclusive 全包式服务

Breakfast, lunch, snacks, specialized classes, field trips, English language development, and insurance!

早餐、午餐、加餐、专业课程、实地考察、英语语言发展、保险、以及令人惊叹的校园体验。

Early birds special 早鸟优惠

Register before May 20 and get a free camp package including a Summer Camp T-shirt, hat, water bottle, backpack, and mascot!

5月20日前提前报名，可免费获得夏令营套餐，包括夏令营的T恤、帽子、水杯、背包和吉祥物！

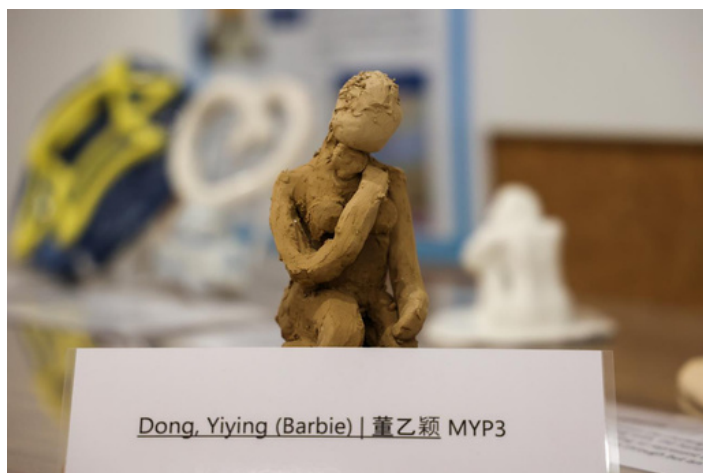
Sleep Over Package 过夜套餐

Campers that have completed Grade 3 (9 years old and above) can register for an overnight extension camp. Popcorn and a movie, scavenger hunts, game nights, sports tournaments, pool parties and more! The Sleep Over Package includes dinner, snacks, evening activities, and boarding. (additional 2000 RMB/week)

三年级及以上的营员（9岁以上）可以报名参加过夜延长营。爆米花和电影，寻宝游戏，游戏之夜，体育比赛，泳池派对等等！过夜套餐包括晚餐、加餐、晚间活动和寄宿。（额外每周2000元）

Weeks 周	Price 价格
5 Weeks 周	4488RMB/周 week
4 Weeks 周	4688RMB/周 week
3 Weeks 周	4888RMB/周 week
2 Weeks 周	5088RMB/周 week
1 Week 周	5288RMB

Registration deadline: June 10 报名截止日期: 6月10日



Opening of the Whole School Visual Arts Exhibition 校园视觉艺术展览开幕

We are pleased to announce the grand opening of our Whole School Visual Arts Exhibition. This exhibition showcases the exceptional artistic talents of our students across all grade levels. The artworks on display demonstrate creativity, imagination, and skill, reflecting the dedication and hard work of our young artists. The Art Exhibition will remain open until Thursday, June 8th at 12:00 PM.

我们很高兴地宣布全校视觉艺术展览的盛大开幕。这次展览展示了我们所有年级学生非凡的艺术才华。展览上的作品展示了创造力、想象力和技巧，反映了我们年轻艺术家的奉献和努力。艺术展览将持续开放至6月8日(星期四)中午。





Swimming Pool Membership 泳池会员



We are VERY excited to have our 25m pool open! We have already started having classes and want to see our Sias Community becoming familiar with water safety and having fun.

我们非常激动地宣布我们的25米泳池已经开放！我们已经开始举办各种课程，并希望让Sias社区的成员都能熟悉水上安全知识并享受乐趣。

In order to provide more opportunities for our community we are offering Individual and Family Membership Passes. With ASAs finishing up, this is a great time to sign up and go to the pool every day after school! Please scan the QR below to sign up, just for the summer or for the best rates buy a year long pass!

为了给社区提供更多机会，我们提供个人和家庭会员通行证。随着学校活动的结束，现在正是报名并在放学后每天来泳池游泳的最佳时机！请扫描下方的二维码报名，可以选择仅夏季通行证，或者购买年卡通行证以享受最优惠的价格！



POOL HOURS

Monday CLOSED
Tuesday 15:00-18:00
Wednesday 15:00-18:00
Thursday 15:00-18:00
Friday 15:00-18:00
Saturday 9:00-18:00
Sunday 9:00-18:00



Important Reminders 重要提醒

ASAs: June 6th, last day of regular ASAs. Please check your ASA Dingtalk groups messages and get the updated announcement. There will be a short end of year ASA performance on Thursday at 3:30 in the Lecture Hall.

ASA提醒：6月6日（周二）是本学期ASA课程的一天。请及时查看钉钉ASA群聊信息，关注最新更新。周四下午3:30在演讲厅将有一场简短的年终ASA表演。

School Holiday: As a reminder, Sias IS will be closed for the Summer holiday on June 16th. We hope you and your family enjoy summertime together. On June 16th we will dismiss students at 11:30 AM.

学校假期：温馨提示，6月16日将为本学年的最后一天，随即开始放暑假。我们希望您和您的家人共度一个愉快的假期。6月16日上午11:30放学。

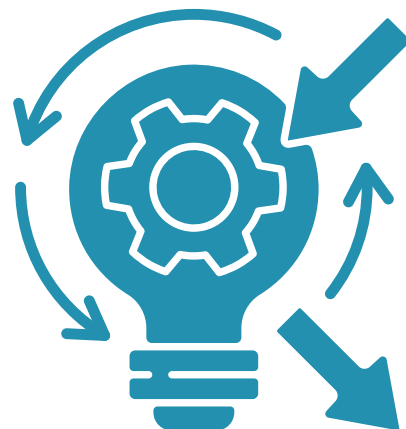
JUNE 2023						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

* 12 Student Contact Days

Theme of the Month: Reflective 本月主题：善于反思

They consider their learning and experience. They can assess and understand their strengths and limitations to support their learning and personal development.

他们考虑他们的学习和经验。他们可以评估和了解自己的优点和局限性，以支持他们的学习和个人发展。



Activity for parents 家长活动

Use the travel time at the end of vacations and activities to reflect on the significance of the activity.

在假期和活动结束时利用旅行时间来反思活动的意义。



Student Learning for the Week 本周教学

Grade 4

How the Economy Works 经济是如何运作的



The grade 4 students are inquiring into how the economy works! Each Friday, the students focus their learning on economic concepts and are active participants in a classroom economy simulation. As members of the classroom economy, the students earn and pay money for their classroom jobs, behavior, academics, and expenses.

四年级的学生正在探讨经济是如何运作的！每个星期五，学生们将学习重点放在经济概念上，并积极参与课堂经济模拟。作为课堂经济的一员，学生们为他们的课堂工作、行为、学术和开支赚钱并付钱。



Last week, the students took a field trip to Sias University to learn more about how to run a business. The students met with a Sias university teacher to visit the student run businesses and ask the owners questions.

上周，学生们到Sias大学实地考察，了解更多关于如何经营企业的知识。学生们会见了一位Sias大学的老师，拜访了学生经营的企业，并向业主提出了问题。





This Friday, the 4th grade culminated their unit by applying their learning at a class market day! On market day, students became producers and sold goods and services. Students were also consumers when they shopped at their classmates' stalls. Additionally, a few students worked in operational positions to ensure that the market day ran smoothly. The 4th grade market day was visited by some 5th grade students and staff from around the school.

这个星期五，四年级通过在课堂市场日上应用他们的学习达到了高潮！在市场日，学生成为生产者和销售商品和服务。学生在同学的摊位购物时也是消费者。此外，一些学生在操作岗位上工作，以确保市场日顺利进行。学校五年级学生和教职员工参观了四年级市场日。





College & Career 大学 & 职业 Connections 关联

Helping Sias IS Students & Families Find Their Future
帮助Sias IS学生和家庭构建未来

Enrich your summer with top summer online programs

参与高质量的夏季在线课程丰富你的暑假

Many top US universities offer summer programs open to children 13 yrs. and older. These programs are geared toward teenagers with contemporary topics taught by professors from the university.

许多顶尖的美国大学都提供面向 13 岁以上的孩子的暑期课程。这些课程面向青少年，由大学教授讲授跟当代社会主题相关的内容。



This week's college and career section will highlight four of these programs.
本周的大学和职业部分将重点介绍其中的四个项目。



The screenshot shows the Georgetown University Pre-College Online Program website. The header includes the Georgetown University logo, 'Pre-College Online Program', and navigation links for 'Courses', 'FAQ', 'Summer Programs', 'Login', 'Apply Now', and 'Request Information'. The main content area features the Georgetown University logo and the title 'Pre-College Online Program'. Below this, a blue banner with the text 'Explore Your Intellectual Passions Before College' is displayed. The banner includes a paragraph about the program's goals and a button that says 'Apply to the Pre-College Online Program'.

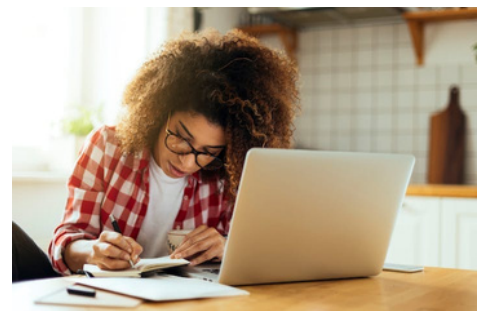
Georgetown University Pre-College Online Program 乔治敦大学大学预科在线课程

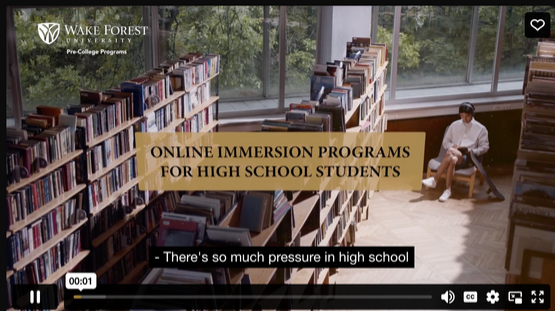
Choose from a range of courses spanning the fields of medicine, STEM, business, law, and government, designed by Georgetown professors. Their course in cybersecurity looks very interesting, allowing students to learn more about how cybersecurity is applied to banks, energy grids, the healthcare industry, and other businesses. They also offer exciting courses in business and investing.

学生可以从一系列由乔治敦大学教授设计的课程中进行选择，这些课程涵盖医学、STEM、商业、法律和政府领域。他们的网络安全课程将会很有趣，能够让学生更多地了解网络安全如何应用于银行、能源网络、医疗保健行业和其他业务。他们还提供能够激发学生的商业和投资课程。

Click Here for More Details
点击这里了解更多详情

https://georgetown.precollegeprograms.org/utm_source=teenlife&utm_medium=email&utm_campaign=gu_mayresend23





Online Immersion Programs For High School Students

EXPLORE YOUR INTERESTS BEFORE COLLEGE

Are there subjects you're thinking about taking in college but would like to know more about? The Online Immersion Program, designed for high school students ages 13 and up, has been created for this purpose. It offers exciting topics, covered in-depth, through online coursework led by Wake Forest University professors. The program is available year-round, and the online format allows you to study anywhere, anytime, while working at your own pace.

[APPLY NOW](#)

PROGRAM DATES

Multi-length courses available throughout the year

ELIGIBILITY

For students ages 13+.

FEES

\$995

Wake Forest University Pre-College Programs 维克森林大学大学预科课程

Video lessons created by Wake Forest professors highlight their online courses in subjects like medicine, psychology, business, and law. Suppose your son or daughter might be interested in medicine. In that case, they offer some exciting courses in sports medicine, cancer causes and treatments, and help students explore the process of becoming a doctor. Two of their leading psychology professors will offer a course teaching students about the relationship between the human brain and behavior.

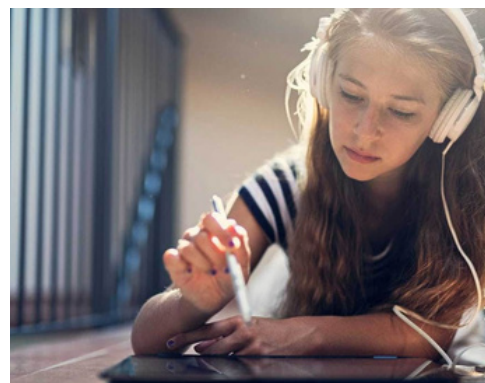
维克森林大学教授制作的视频课程重点是关于他们在医学、心理学、商业和法律等学科的在线课程。假设您的儿子或女儿可能对医学感兴趣，在这种情况下，他们会提供一些关于运动医学、癌症病因和治疗的精彩课程。这些课程能够帮助学生探索成为医生的过程。他们的两位主要心理学教授将开设一门课程，向学生讲授人脑与行为之间的关系。

[Click Here for More Details](#)

[点击这里了解更多详情](#)

https://wfuonline.precollegeprograms.org/?utm_source=teenlife&utm_medium=email&utm_campaign=wf_mayresend23

www.siasinternationalschool.org



Enrichment Program

Pursue Your Career Interests

Whether you are just thinking about what you'll take in school, already majoring in business, or starting on your professional path, this program helps you discover the business area that's right for you. You will experience Ivy League faculty through one of the nation's top business schools and the top ranked global MBA program according to Financial Times. At the center of world commerce, we offer a faculty of leaders renowned in their fields. You will acquire the tools you need for your future from expert practitioners. All programs are 100 percent online, allowing you to study at your own pace. You'll be guided by mentors and collaborate with motivated peers from around the globe. You will also complete a final project and receive a certificate of participation from Columbia Business School.

Apply Now →

Columbia University Business School Enrichment Programs 哥伦比亚大学商学院强化课程

Columbia University is part of the Ivy League and is considered one of the top universities in the world. Their business school has enrichment courses that anyone can be eligible to take. Students will receive a certificate of participation. Some of the courses available are: The Business of Luxury, The Business of Sports, The Business of Film and TV, The Business of Hospitality and Dining.

哥伦比亚大学是常春藤联盟的一员，被认为是世界顶尖大学之一。他们的商学院开设的强化课程对任何人开放。参加课程的学生将获得参与证书。大学可以提供的课程有：奢侈品业务、体育业务、电影和电视业务、酒店和餐饮业务。

Click Here for More Details

点击这里了解更多详情

https://kup.gsb.columbia.edu/?utm_source=teenlife&utm_medium=email&utm_campaign=cb_mayresend23



Rochester Pre-College Online Program for High School Students

Explore your interests before college

If you have a passion for a certain subject and would like to explore it before college, here is your chance to do so—with one of the world's leading research universities. The Rochester Pre-College Online Program offers courses designed for high school students ages 13 and up. Each course features engaging video by Rochester faculty and access to mentors. The program is available year-round, and the online format lets you study anywhere, anytime, at your own pace.

[Apply Now →](#)

Program Dates

Multiple 2- and 4-week sessions

Eligibility

For students ages 13+

Fees

\$995

University of Rochester Pre-College Online Program 罗彻斯特大学大学预科在线课程

The University of Rochester offers online STEM courses like orthopedics, medicine, or engineering from a leading research university. If your son or daughter is interested in possibly exploring the world of video game design, they have an online course hosted by experts in this field.

罗切斯特大学提供来自一流研究型大学的在线 STEM 课程，例如骨科、医学或工程学。如果您的儿子或女儿有兴趣探索视频游戏设计的世界，他们可以参加由该领域的专家教授的在线课程。

[Click Here for More Details](#)

点击这里了解更多详情

https://rochesteronline.precollegeprograms.org/?utm_source=teenlife&utm_medium=email&utm_campaign=ur_mayresend23



Menus 菜单

2023.06.05-06.11 Menu

Note: all weights are in grams

	Monday	Nutritional volume (g)	Tuesday	Nutritional volume (g)	Wednesday	Nutritional volume (g)	Thursday	Nutritional volume (g)	Friday	Nutritional volume (g)
Breakfast	Soy bean sauce with lettuce Scrambled eggs with carrots Multi-layer steamed bread Sweet potato and glutinous rice congee	Bell pepper 10 Oily wheat 40 Soybean oil 5 Carrot 25 Eggs 25 Wheat flour 50 Sweet potatoes 10 Rice 15 Peanut Oil 3	Scrambled eggs with vegetables in butter Pan-fried bacon with asparagus Whole wheat toast Milk oatmeal	Corn 3 Carrot 3 Bell pepper 3 Dehydrated onion 5 White Mushroom 8 Eggs 15 Asparagus 20 Bacon 10 Butter 3 Wheat 25 Milk 100 Oatmeal 20	Fried vermicelli with bean sprouts Stir-fried bean tendon with cabbage Boiled egg Steamed beef roll Red dates and yam congee	Rice noodles 10 Soybean sprouts 75 Corn Oil 7 Bean pkinen 20 Cabbage 70 Eggs 10 Wheat flour 40 Beef 10 Rice 15 Yam 5 Date 5	Grilled German sausage Grilled seasonal vegetables Sunny-side-up Raisin bread Sweet potato milk sapo Sauce	Sausage 30 Broccoli 30 Butter 3 Raisin 5 Bread 40 Sweet potatoes 20 Carissa 10 Whole milk 20 Eggs 30 Soybean oil 2	Stir-fried mixed mushrooms Stir-fried lotus root Steamed bun Mung bean millet congee	Abalone Mushroom 60 Morel mushroom 10 Chicken Leg Mushroom 10 Peanut Oil 5 Bell pepper 15 Lotus 60 Soybean oil 5 Wheat flour 40 Milk 20 Millet 15 Mung Bean 10
Snack	Pineapple Apple	Pineapple 75 Apple 75	Kiwi Nectarine	Kiwi 75 Nectarine 75	Pear Hami melon	Pear 75 Hami melon 75	American Orange Banana	American Orange 75 Banana 75	Watermelon Mango	Watermelon 75 Mango 75
Lunch	Saute Spicy Chicken Fried mao shu pork slices Garlic lettuce Rice Balsamic egg soup	Potato 30 Garlic 10 Onions 3 Black fungus 10 Chicken drumsticks 50 Peanut Oil 3 Carrot 10 Cucumber 10 Dried fungus 10 Pork 10 Beef (Halo) 5 Soybean oil 5 Lettuce 40 Rice 70 Tomato 8 Cabbage 5	Stewed beef with tomato Broccoli Roasted cherry tomatoes with rosemary Baked macaroni with seafood cheese Vegetable soup	Potatoes 10 Beef 25 Cherry tomatoes 10 Olive Oil 2 Macaroni 25 Kidney beans 5 Carrot 5 Onion 5 Shrimp 5 Squid 5 Soybean oil 6	Roasted duck chunks in sauce Yu-Shiang shredded pork Fried cauliflower Tai Chi rice Vegetables and tofu soup	Bell pepper 15 Onion 15 Spring onions 5 Dried shiitake mushroom 5 Duck 30 Carrot 10 Garlic 20 Dried fungus 5 Pork loin 10 Soybean oil 3 Cauliflower 30 Black rice 20 Rice 40 Tofu 15 Pak Choi 15	Fried fruit with butter and rum flavor Fried boneless chicken leg Mix vegetable salad Black pepper beef Spaghetti Potato soup	Cucumber 10 Apple 15 Pineapple 15 Butter 5 Cherry tomatoes 15 Citronella 2 Chicken drumsticks 20 Olive oil 2 Hollandaise 5 Asparagus 5 Lettuce 30 Wheat flour 5 Carrot 10 Onion 10 Beef 15 Potato 20	Braised spareribs with bamboo shoots and winter gourd Scrambled eggs with tomatoes Stir-fried Pak Choi Steamed rice with adzuki beans Cucumber and Schizonepeta soup	Winter melon 60 Bamboo melon 10 Pork chops 60 Beef (Halo) 30 Tomato 30 easos 15 Canola Oil 3 Shanghai Qing 30 Rice 60 Adzuki beans 5 Quadrant 10 Schizonepeta 5
Snack	Mix nuts Milk	Walnuts 5 Cashew 5 Hazelnut 5 Almond 5 Milk 200	Mango egg tarts Yoghurt	Flour 15 Mango 10 Eggs 10 Yogurt 200	Corn Milk	Fresh corn 25 Milk 200	Cake Yoghurt	Flour 20 Eggs 5 Yoghurt 200	Steamed sweet potato Milk	Sweet potato 25 Milk 200

Remarks:
1. Our school refers to the "Dietary Guidelines for Chinese Residents 2022 - Dietary Guidelines for School-Age Children" to formulate weekly recipes and plan meals.
2. Chinese style meals are provided on Mondays, Wednesdays and Fridays. Western style meals on Tuesday and Saturday. Some dishes or ingredients may be subject to market supply.
3. Weekly diet nutrition evaluation standard (daily): energy 1007 kcal, protein 34 grams, animal and soy protein about 17 grams, fat accounted for less than 30% of total calories, vitamin A420ug, vitamin C49mg, vitamin E 3.5mg, calcium 560mg, phosphorus 350mg, potassium 1050mg, magnesium 105mg, iron 8.4mg, zinc 8.4mg, selenium 13.75mg.
4. Recipe of the Week Nutritional Analysis (Average Daily): Energy 1082 kcal, protein 41 g, high-quality protein function ratio greater than 50%, fat 29% of total calories, vitamin A 350g, vitamin C 71mg, vitamin E 18mg, calcium 421mg, phosphorus 714mg, potassium 1508mg, magnesium 193mg, iron 12mg, zinc 6mg, selenium 21mg.
5. Nutrition evaluation of this week's recipe: the average daily energy is close to 1007 kcal, the protein is more than 40 grams, high-quality protein accounts for more than 1/2 of the total protein, and the energy supply ratio of fat is less than 30% of the total energy; The content of vitamins such as vitamin A, vitamin C, vitamin E and inorganic salts such as calcium, iron and zinc reaches the dietary nutrient intake of children at this stage.

2023.06.05-06.11 菜单

注：重量单位均为克

	星期一	带量(克)	星期二	带量(克)	星期三	带量(克)	星期四	带量(克)	星期五	带量(克)
早餐	豉汁炒时蔬 胡萝卜炒蛋 千层饼 红薯糯米粥	彩椒 10 油菜菜 40 豉油 5 胡萝卜 35 鸡蛋 25 小麦粉 50 红薯 10 大米 15 花生油 3	黄油时蔬炒蛋 培根芦笋 全麦吐司 牛奶燕麦粥	玉米粒 3 胡萝卜 3 彩椒 3 脱水洋葱 5 白蘑菇 8 鸡蛋 15 芦笋 20 培根 10 黄油 3 小麦 25 牛乳 100 燕麦片 20	黄豆芽炒时蔬 小白菜炒豆腐 水煮蛋 牛肉燕麦 红枣山药大米粥	粉条 15 黄豆芽 75 玉米油 7 豆腐 20 小白菜 70 鸡蛋 50 小麦粉 40 牛肉 10 胡萝卜 15 山药 5 枣 5	香烤猪式肉肠 西式扒时蔬太阳煎蛋 提子小面包 蜜薯牛奶西米露	香肠 30 西兰花 30 黄油 3 鸡蛋 30 豆油 2 葡萄干 5 面包 40 红薯 20 木薯 10 牛奶 100	蜜汁三文鱼 炆炒莲藕 奶香馒头 绿豆小米粥	香脆鸡 60 羊肚菌 10 鸡腿菇 10 花生油 5 彩椒 15 藕 60 豆油 5 小麦粉 40 牛乳 20 小米 15 绿豆 10
加奶	菠萝 苹果	菠萝 75 苹果 75	奇异果 油桃	奇异果 75 油桃 75	雪梨 哈密瓜	雪梨 75 哈密瓜 75	美国大甜橙 香蕉	美国大甜橙 75 香蕉 75	西瓜 芒果	西瓜 75 芒果 75
午餐	大盘鸡 清炒木须肉片 蒜香生菜 米饭 香醋鸡蛋汤	土豆 30 蒜薹 10 大葱 3 木耳 10 鸡腿 50 花生油 3 胡萝卜 10 黄瓜 10 黄花草 10 干木耳 10 猪肉 10 牛肉 (四) 10 鸡蛋 10 豆油 5 生菜 40 大米 70 番茄 8 小白菜 5	西式番茄烩牛肉 西兰花 迷迭香煎时蔬培根 海鲜芝士焗通心粉 蔬菜汤	橄榄油 2 通心粉 25 土豆 10 牛肉 25 番茄 10 橄榄油 2 鱼香肉丝 干锅花菜 大米饭 青菜豆腐汤	酱爆鸭块 金香肉丝 干锅花菜 大米饭 青菜豆腐汤	胡萝卜 10 蒜薹 20 干木耳 5 猪里脊 20 豆腐 30 白芸豆 30 黑米 20 胡萝卜 40 豆腐 15 上海青 15	黄油煎时蔬水果疏 圣女果番茄去皮鸡腿 混合蔬菜沙拉 黑椒牛肉意大利面 土豆凉汤	鸡腿 20 橄榄油 2 荷兰豆 5 芦笋 5 生菜 30 小麦粉 5 胡萝卜 10 番茄 10 洋葱 10 牛肉 15 土豆 20	尖笋冬瓜炖排骨 蘑菇炒鸡蛋 清炒上海青 红豆米饭 青瓜芥兰汤	蘑菇 30 鸡腿 15 菜籽油 30 上海青 30 豆油 3 胡萝卜 60 红小豆 5 黄瓜 10 芥兰 5
加奶	混合坚果 牛奶	核桃 5 腰果 5 榛子 5 杏仁 5 牛奶 200	芒果蛋糕 酸奶	小麦粉 15 芒果 10 鸡蛋 10 酸奶 200	糖玉米 牛奶	鲜玉米 25 牛奶 200	蛋糕 酸奶	小麦粉 20 鸡蛋 5 酸奶 200	蒸红薯 牛奶	红薯 25 牛奶 200

备注:
1. 我学校参考《中国居民膳食指南 2022——学龄儿童膳食指南》制定每周带量食谱，进行计划膳食。
2. 每周 1、3、5 提供中餐，2、4 提供西餐。因市场供应问题，部分菜品可能会有所变动，以实际情况为主。
3. 周食谱营养成分标准 (每日)：能量 1007 千卡，蛋白质 34 克，动物及大豆蛋白约 17 克，脂肪占总能量的 30% 以下，维生素 A420ug，维生素 C49mg，维生素 E3.5mg，钙 560mg，磷 350mg，钾 1050mg，镁 105mg，铁 8.4mg，锌 8.4mg，硒 13.75mg。
4. 本周食谱营养分析 (平均每日)：能量 1082 千卡，蛋白质 41 克，优质蛋白质功能比大于 50%，脂肪占总能量的 29%，维生素 A350g，维生素 C71mg，维生素 E18mg，钙 421mg，磷 714mg，钾 1508mg，镁 193mg，铁 12mg，锌 6mg，硒 21mg。
5. 本周食谱营养评价：平均每日能量与 1007 千卡接近，蛋白质达 40 克以上，优质蛋白占总蛋白质的 1/2 以上，脂肪的供能比低于总能量的 30%，维生素 A、维生素 C、维生素 E 等维生素和钙、铁、锌等无机盐的含量达到此阶段儿童的膳食营养摄入量。