

546kcal

A photograph of a Japanese school lunch (kyushoku) served on a green tray. The meal includes a bowl of white rice, a bowl of miso soup with green onions, a plate of fried fish (kani) and a vegetable medley (kani), a small bowl of pickled vegetables (kani), a small bowl of red miso soup, and a small bowl of brown miso soup. A spoon and chopsticks are also visible.

、葉酸

