

Newsletter

2022-2023 家校通讯录

October 14, 2022
2022年10月14日

Epidemic Control 疫情防控安全

We are grateful to the Education Bureau for allowing us to choose whether to remain open to students or switch to remote learning. It is important that we all work together to keep our school open to in-person learning. There is no substitute for in-person learning and our teachers are appreciative that they can see their students each day. Please continue to be vigilant in our fight against COVID.



我们非常感谢相关部门允许我们根据实际情况选择继续向学生开放线下教学，还是改为线上学习。更重要的是，我们所有人都要共同努力，保证我们的学生可以继续正常来校上课。没有任何一种学习方法可以代替线下学习，我们的老师很感激可以继续每天见到学生。在抗击新冠肺炎的斗争中，请继续保持警惕。

In-Person Learning at Sias IS 西亚斯外籍学校线下正常教学



By now you have all seen the community lockdowns and increased epidemic controls. We will be changing to remote learning for Monday and Tuesday but intend to re-open to in-person learning as long as we are permitted to do so. If we have any new information, we will communicate it with parents ASAP.

现阶段大家都看到了社区封锁和加大疫情防控力度的现象。下周一、周二学校将转为线上教学，之后只要学校被允许继续开展线下教学，我们打算恢复线下教学。如果有任何新的消息，我们会尽快与家长沟通。



MYP Candidacy MYP 候选学校

Amongst all the challenges and disruptions experienced in the recent past we have great news to celebrate. I am pleased to announce that Sias IS has become a member candidate school for the IB MYP on the 21st of September 2022. Encouraged and supported by the entire school community we begin our journey for the MYP authorization. The MYP and PYP programs will spend the next months preparing for a visit from the IB as we work towards full authorization.

在最近经历的所有挑战和混乱中，我们有一个好消息值得庆祝。我很高兴地宣布，Sias IS 已于 2022 年 9 月 21 日正式成为 IB MYP 的候选学校。在整个学校教职员工的鼓励和支持下，我们开始了获得 MYP 授权的旅程。MYP 和 PYP 项目将在接下来的几个月里为 IB 的访问调查做准备，我们将努力获得全面授权。





Soccer Tournament 足球比赛

During October break, the Sias Soccer team made its debut at the Jing Miao Cup. Sias IS hosted the tournament on our beautiful sports field. From Oct. 1-6, over 400 student-athletes from all over Zhengzhou came to our campus to play soccer. Many regulations were in place to keep those in attendance safe and in compliance with the Education Bureau's Covid Safety Policy.

The Sias Soccer team has eleven players: G8 Mark Channa, G7 Annabelle Channa, Jason Zhai, Wallace Guo, Eason Liu, Aubrey Jing G5 Arthur Wu G4 David Zhao, Jerry Chen, Daniel Zhang G3 Leo Mierzejewski. The team is coached by Matt Inwood and Phillip Channa.

The team showed excellent perseverance playing in the rain and cold.

After six games in six days, the team learned a lot about themselves and a lot about soccer. Coaches boasted that the players continued to improve every game. Players encouraged each other and exemplified our school mission to be "well-balanced with a strong mind, body, and spirit." The team finished the tournament 2-4 winning their last two games. We can't wait to see Sias Soccer back on the field again soon!

国庆节假期休息期间，西亚斯足球队首次亮相菁苗杯。西亚斯外籍学校在我们美丽的运动场举办了比赛。从 10 月 1 日至 6 日，来自郑州各地的 400 多名学生运动员来到校踢球。为了保证学生及员工在疫情期间的安全，我们也制定了一系列安全政策。

西亚斯足球队有 11 名球员：G8 Mark Channa 徐冬儿，G7 Annabelle Channa 徐安仪，Jason Zhai 翟北辰，Wallace Guo 郭泊言，Eason Liu 刘宇森，Aubrey Jing 井一淳 G5 Arthur Wu 吴浩铭 G4 David Zhao 赵汉唐，Jerry Chen 陈嘉雷，Daniel Zhang 张延清 G3 Leo Mierzejewski。该队由马特·因伍德和菲利普·钱纳两位老师担任教练。

该队在雨天和气候寒冷时比赛表现出了出色的毅力。

在六天六场比赛后，球员学到了很多关于团队和足球的知识。教练夸赞球员们每场比赛都在不断提高。球员们互相鼓励，也表现出学校注重学生身心健康平衡发展。球队以 2-4 的比分结束了比赛，赢得了最后两场比赛。我们迫不及待地想看到西亚斯足球队重返赛场！

Seasonal Sports

校队赛季

This year Sias IS began seasonal sports for Grades 4 and above. Our current soccer season is going strong.

今年，西亚斯外籍学校 4 年级及以上的学生开始了季节性运动。我们当前的足球赛季也越来越强。



Moving forward team sports will continue to have practices on Tuesdays and Fridays from 3:15-5:15. Games and tournaments will be held during holidays, weekends, or practice times. Please plan for these times as you make decisions about other elective classes your child may be registering for. Thank you for your continued support of the ASA program. Please contact Ms. Kalu (wechat ID : carolcline or email kalu@siasinternationalschool.org) if you have any questions or concerns.

团队运动将继续在周二和周五的 3:15-5:15 进行练习。游戏和比赛将在节假日、周末或练习时间举行。如果您决定为孩子报名的其他选修课，请为这些课程做好计划。

感谢您对 ASA 计划的持续支持。如果你有任何问题或担忧请联系卡路女士（微信 ID:carolcline 或电子邮件 kalu@siasinternationalschool.org）





Student Council Elections 学生会选举

This week saw the election of the Student Executive who will lead the Student Council. Those that were elected by the student body (grades 1-8) are:

本周，我们见证了学生会主席的选举。由学生团体（1-8 年级）选出的学生包括：

- Nadia Mierzejewska -President 主席
- Barbie Dong 董乙颖 -Vice President 副主席
- Aubrey Jing 井一淳 - Secretary 秘书
- Jason Zhai 翟北辰 - Treasurer 财务
- Vincent Wang 王文森 -Public Relations Officer (PRO) 公共关系

Congratulations to all those that took part in the elections! The three week long election process is now complete.

祝贺所有参加选举的人！为期三周的选举现已完成。



The Sias International School Student Council gives students an opportunity to develop innovative leadership by organizing and carrying out school activities and service projects. They also inspire students to be well balanced by planning events that contribute to school spirit, community welfare and individual wellbeing. In addition, the student council is the voice of the student body.

西亚斯外籍学校学生委员会通过组织和开展学校活动和服务项目，为学生提供了发展创新领导力的机会。他们还通过策划有助于学校精神、社区福利和个人幸福的活动，激励学生保持良好的平衡。此外，学生会是学生团体的声音。

Full Sias International School Student Council for 2022-23 2022-2023 学年西亚斯外籍学校学生会

- Nadia Mierzejewska -President 主席
- Barbie Dong 董乙颖 -Vice President 副主席
- Aubrey Jing 井一淳 - Secretary 秘书
- Jason Zhai 翟北辰 - Treasurer 财务
- Vincent Wang 王文森 -Public Relations Officer (PRO) 公共关系
- Yuki Cheng 程钰琪 - Class Representative 班级代表
- Angela Chen 陈嘉乐 - Class Representative 班级代表
- Jerry Shi 石松禾 -Class Representative 班级代表
- Kevin Hao 郝凯文 -Class Representative 班级代表
- Lisa Han 韩忆菲 -Class Representative 班级代表
- Mark Channa 徐冬儿 -Class Representative 班级代表
- Carlton Jackson- CEO (Honorary member) 名誉成员

Well done to all those that took part in the process and congratulations once again to our new Student Executive.

The opportunity for innovative student leadership does not stop here. As the year progresses there will be opportunities for other students to develop as future school leaders whilst assisting the student council in its goals.

大家都表现出色，再次祝贺我们的新学生会成立。

创新型学生领导力的机会不止于此。随着这一年的进展，其他学生将有机会加入未来的学校领导小组，同时协助学生会实现其目标。

Learner Profile for the Month

本月培养者目标

Theme of the Month: Open-minded 本月主题：开放思想

Open-minded people are more curious about why there is disagreement. They understand that there is always the possibility that they might be wrong and that it's worth the little bit of time it takes to consider the other person's views.

思想开放的人更好奇为什么会有分歧。他们知道自己总是有犯错的可能，所以花点时间去考虑别人的观点是值得的。

Activities for parents 家长小活动

Expose your child to different festivals, celebrations and traditions and be sure to present them in a non-judgmental way.

让你的孩子接触不同的节日、庆祝活动和传统，并确保以一种不带偏见的方式呈现它们。



Spring Enrollments 春季招生

Building on the momentum from the Grand Opening Ceremony, the incredible teaching staff, and our growing reputation, we are excited to see new enrollments for the spring semester. Please continue sharing with family and friends about our school. The more students we have the more programs, classes, and specialties we can offer at Sias IS. I truly appreciate that we are all working together to grow Sias IS into a world-class school. Thank you!

在盛大的开学典礼、优秀的教师队伍和我们日益强大的声誉的推动下，我们很高兴看到春季学期的良好的招生情况。请继续与家人和朋友分享关于学校更多的信息。学生越多，就能开展更多的项目、课程和专业。非常感谢在大家共同努力下，将西亚斯外籍学校发展成为一所世界级的学校。谢谢大家！



Student Learning for the Week 本周教学

Music at Sias IS 音乐课



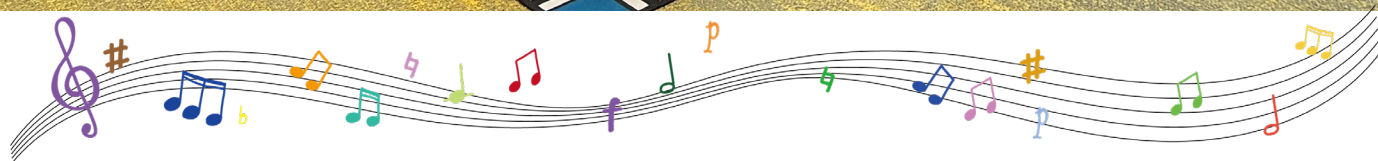
Music at Sias is in full swing! We had a lovely week filled with movement, singing, and instruments.

In PYP music this week we have been working on our rhythmic literacy while beginning our preparations for the winter concerts. We can be concert-ready and continue working on musicianship! Students in all grades have been practicing reading grade level appropriate rhythms. Some classes transfer the rhythms to their voice, some transfer it to clapping, and some transfer the rhythms to unpitched percussion. Additionally, students are working on ear training. This means they are sharpening their ears to hear musical elements that they then write in true musical notation. Students listen to the teacher read a rhythm, then they write the rhythm using rhythmic notation. They can check their own work by reading it back to themselves and listening to the teacher repeat the phrase.

西亚斯外籍的音乐课如火如荼的进行着！我们度过了一个充满活力、音乐和乐器的愉快一周。

在本周 PYP 音乐课中，我们在为冬季音乐会做准备的同时，一直在提高自己的音乐素养。我们为音乐会做好准备，也将继续致力于音乐事业！所有学生都在练习阅读与学生水平匹配的韵律。一些课程学生用声音传达韵律，一些课程用拍手传达韵律，还有一些课程用无节拍的打击乐器来传达韵律。学生们也在进行听力训练。他们通过耳朵来聆听判断音乐元素，然后将其用音乐符号书写出来。学生们听老师朗读节奏，然后用节奏符号写出节奏韵律，学生通过背诵来检查自己的作业是否与老师重复的节奏一致。





In MYP Music this week, MYP 1 and 2 have begun learning basic ukulele. We learned the chords C, Am, F, and G7. The classes are also beginning to learn a style of ukulele called “Campanella” ukulele. Campanella ukulele uses fingerpicking instead of strumming to play a melody. MYP 3 students are working hard on music theory. They learned the pitches of the treble clef which led them to intervals, and finally to harmonization. This means they take a melody and write chords to accompany the melody. They are using a digital music notation software to write their harmonization. This week they harmonized “Twinkle Twinkle” and next week they will be writing their own melodies to harmonize as a class.

Music at Sias is focused on sharpening musical skills and literacy. We can use our concert repertoire to highlight various techniques and elements that are important in building a good foundation of musicianship.

在本周的 MYP 音乐课中，MYP 1 和 MYP 2 的学生已经开始学习基本的尤克里里和弦。学生学习了 C、Am、F 和 G7 的和弦。学生们也开始学习一种叫做“Campanella”的尤克里里。Campanella 尤克里里是用手指敲击来代替弹奏旋律。MYP3 的学生们正在努力学习音乐理论。他们学习了高音谱号的音高，学习了音程，学会了和弦。他们可以通过一个旋律写出和弦来伴奏旋律。他们也正在用数字音乐软件来编写和声。本周他们为《小星星》编写和声。下周他们将使用书写自己的旋律作为下次课程的和声任务。

西亚斯外籍的音乐课更专注于提高学生的音乐技能和文化素养。学校会通过音乐会曲目来突显各种技巧和元素，这对于建立良好的音乐基础来说是至关重要的。



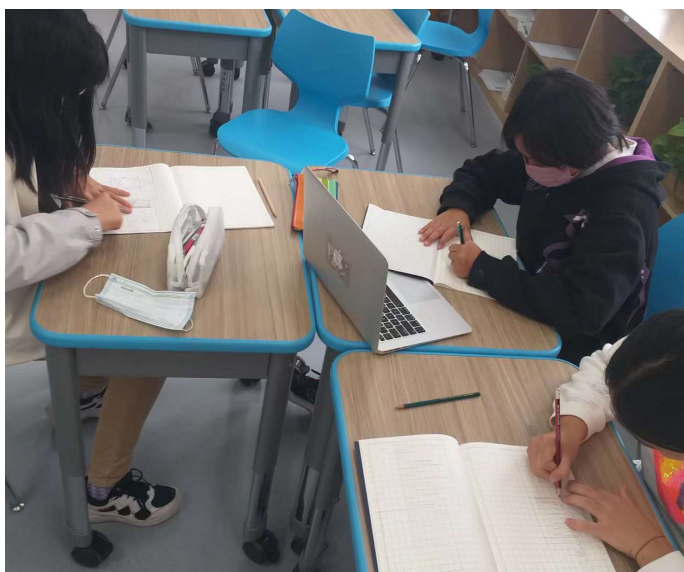
MYP Mathematics

中学数学

In MYP Mathematics, students have all started working on their term projects for the term. The projects are designed to give students a glimpse of how Mathematics can be applied to the wider world, and perhaps give them an appreciation of how it connects with our world.

在 MYP 的数学课程中，全部学生都已开始本学期的研究项目。这个项目旨在让学生们了解数学如何应用于更广阔的领域，或许可以让他们了解到数学如何与我们的世界联系起来。





MYP 1 have just started working on conversions for the term, and for their project, they have been asked to share a favorite recipe of theirs with their class. This also gives a chance for them to learn how to make the recipe with their family. After that we will compare the recipes to examine some of the different measurements used for cooking and discuss how we can make it more ‘standardized’ and the difficulties of doing so.

MYP 2 are well into their project and are looking at applying the Golden Ratio in an area of interest. This follows on from the ideas of ratio and proportion. As part of their class, they have learned how to approximate the Golden Ratio using successive terms of the Fibonacci sequence, modelling that with Excel, using the Fibonacci sequence outward from a focal point and determining the focal point of a picture. Over the next week, they should be using the last two ideas and studying how it is used in their area of interest.

MYP 3 are looking at a telecommunication project. The focus will be on error correction and the use of Mathematics to do so. At this stage, it has only been introduced. Students will have a look at the binary number system, ASCII coding and applying polynomials to error correction.

MYP1 这个学期开始研究“转换”。对于研究项目，他们跟班级同学分享了最喜欢的食谱。同时，他们也有机会可以学习跟家人一起制作食谱。之后，我们将把食谱进行比较，检查一些用于烹饪的不同尺寸，我们还会讨论如何使其更加“标准化”以及这样做的困难。

MYP 2 的项目进展顺利，学生们正在考虑将“黄金比例”应用于感兴趣的领域。这源于比例和比例的概念。作为课程的一部分，他们已经学习了如何使用斐波那契数列的连续项来接近“黄金比例”，用 Excel 建模，以及使用从焦点向外的斐波那契数列，并确定图片的焦点。在接下来的一周，学生会运用所学的两点内容，并研究如何在他们感兴趣的领域使用它。

MYP 3 正在进行“通讯”项目。他们会重点研究纠错和数学的使用。目前，学生只是初步了解这个重点。接下来他们将了解二进制数字体系、ASCII 编码，并将多项式应用于纠错。

G1 一年级

Unit of Inquiry, 探究单元主题:

WHO WE ARE 我们是谁



This has been a big week for our fantastic first graders! To wrap up their first unit of inquiry, Who We Are, students have been creating books about what it means to be a balanced, caring and open-minded first grader. For this assignment, each student chose a topic they wanted to write about, and worked together in groups to write, draw and publish their stories. Through discussions and collaboration, groups decided how they wanted their book to look like, what their titles should be, what their title pages should look like, how their pages should be ordered, how their book should be binded, etc. Students created drafts of their ideas and worked hard creating their final copies, before learning to laminate their papers and publishing their books. Finally, in order to prepare for the presentations of their books, students talked about what presenters look like, sound like and feel like, before practicing and ultimately presenting and reading their books to the class.

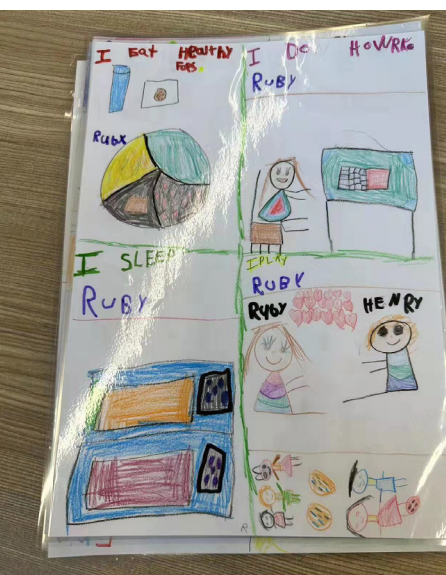
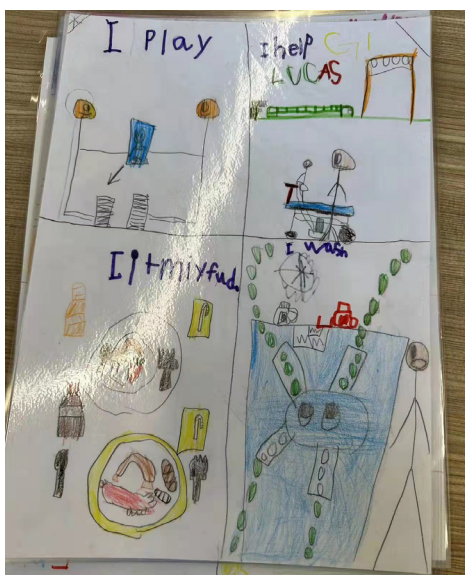
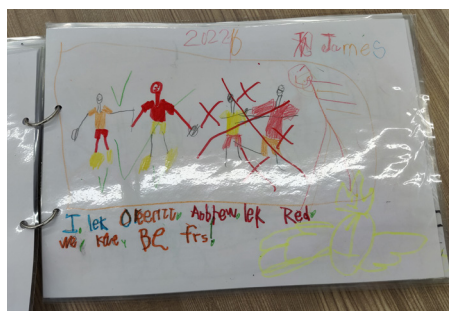
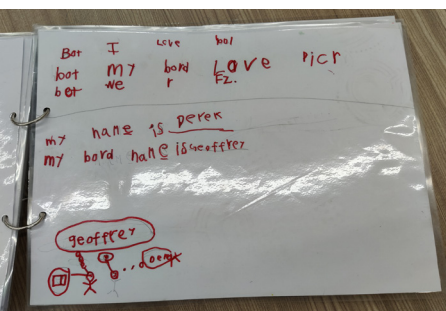
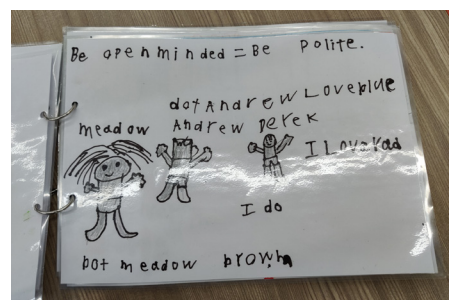
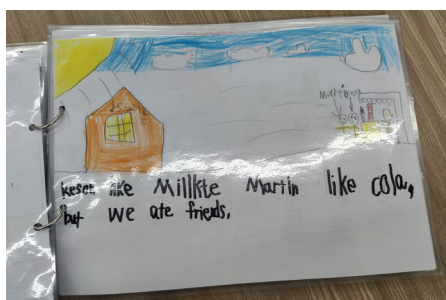
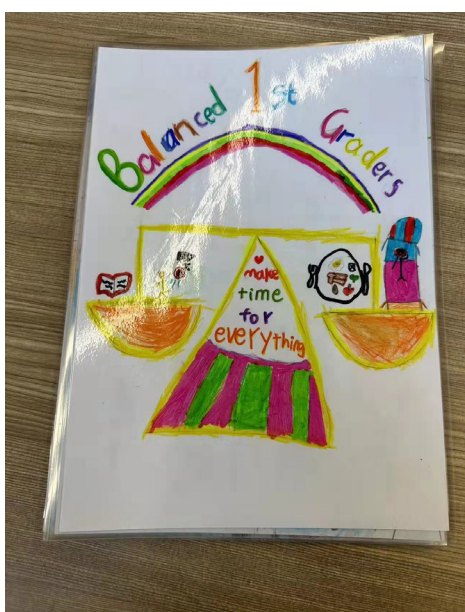
对于我们出色的一年级学生来说，这是重要的一周！为了结束他们的第一个探究单元主题：我们是谁。学生们一直在创作自己的书本作品关于如何成为一个全面发展，关怀和开放思想的学生。对于这个作品，每个学生选择一个他们想写的主题，分组协作完成，创作和展示他们的作品。通过讨论和协作，小组决定他们所希望最后作品的呈现，以及作品的标题，页码，排序和装订方式等等。学生们在制作作品集并展示之前，先提出他们的想法，整理草稿并努力创建自己作品的最终版本。最后，为了准备他们的作品展示，学生们练习阅读自己的作品，讨论了演讲者的样子，声音和感觉。



G1 一年级

Unit of Inquiry,
探究单元主题:

WHO WE ARE 我们是谁



Menu 菜单

10.17-10.21 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 Time 7:30-7:55	Lotus-Leaf-Shaped Pancake Boiled Radish Asparagus egg Red bean millet congee	Wheat flour 40 White radish 40 Colored Pepper 10 Soybean oil 3 Asparagus (green) (asparagus, asparagus) 35 Egg (X) 15 Peanut oil 3 Millet (yellow) 10 Red bean filling 5	White toast with jam Potato with tuna Braised Seasonal Vegetables Borscht	Wheat flour 40 Applesauce 10 Potatoes 20 Dragonfish 20 Soybean oil 5 Broccoli 30 Butter 3 Tomatoes 10 Onion 5 Beef (slim) 10	Spicy Salt Rolls Stir fried Beans with Shredded Pork Braised Diced Pork in Soy Sauce Sweet potato and glutinous rice porridge	Wheat flour 25 Scallion 2 Beans 20 Beef (slim) 15 Rapeseed oil (green oil) 3 Pork Tenderloin 30 Beef (for Muslim) 3 Soybean oil 3 Glutinous rice (glutinous rice) 10 Lily (dehydrated) 2	Whole wheat pumpkin bun American Style Scrambled Egg with Beans Potato with lettuce Western style Walnut Soup	Wheat flour 30 Pumpkin 20 Green soybean 30 Egg (X) 15 Soybean oil 4 Potatoes 30 Lettuce 30 Walnut (dry) 10 Milk (X) 100	Multi-grain mantou Stir-fried celery Fried eggs with fanges Eight treasures porridge	Sorghum Noodles 5 Starch (wheat) 20 Color Pepper 25 Celery 50 Soybean oil 4 Dry agaric 15 Egg (X) 30 Black rice 1 Rice (X) 2 Mung beans (dried) 1 Jujube (fresh) 1 Longan 1 Almond 1 Lotus seeds (dried) 1 Peanuts (fresh) 1
Snack	Orange Pear	Orange (X) 75 Pear (X) 70	Hami melon Grapes	Hami melon 75 Grapes (X) 75	Banana Pitaya	Banana 75 Pitaya 75	Cherry tomato Pear	Cherry tomato 75 Pear 75	Mango Snow Lotus Fruit	Mango 75 Snow Lotus Fruit 75
Lunch	Roast chicken wings Shredded chicken and cabbage Stir-Fried Rice Noodles with Beef Beef and vegetable soup	Chicken wings 20 Rapeseed oil (green oil) 3 Cabbage 60 Chicken (X) 15 Soybean oil 3 Wheat flour 60 Radish 10 Beans 10 Soybean sprouts 10 Pork (slim) 15 Beef (for Muslim) 15 Peanut oil 3 Scallion 5 Cabbage 20 Beef (loin) 10	Vegetable salad with dressing Scallop with Minced Garlic and Vermicelli Mushroom cream noodles Corn Soup Japanese style chicken chops	Mini Tomatoes 5 Mini Cucumber 10 Tomatoes 10 Lettuce 30 Vermicelli 15 Scallops (fresh) 20 Noodles 60 Carrots 10 Celery 20 Mushrooms (fresh mushrooms) 20 Beef (loin) 20 Dry yellow corn 20 Chicken (X) 15 Peanut oil 5	Steamed Chicken with Mushroom Fried Lamb with Cumin Stir fried green vegetable Mixed-rice Almond tofu soup	Fresh shiitake mushroom 30 Chicken (X) 35 Soybean oil 9 Onion 10 Scallion 10 Coriander 3 Mutton Slices 15 Green vegetable 30 Millet (yellow) 20 Starch (rice) 50 Lactone Tofu 20 Scallion 3 Almond (plain) 5 Egg (X) 20	Papaya and shrimps Fried Solefish with Sesame Italian Seafood Fried Rice Hungarian Beef Soup	Papaya 40 Shrimp 10 Olive oil 2 Butter 2 Dragonfish 10 Rice (X) 60 Yellow dried corn kernels 5 Egg (X) 10 Shrimp 5 Tomatoes 2 Onion 3 White Mushroom 3 Beef Brisket 5	Stewed Beef Brisket with Tomato Kung Pao Chicken Garlic Chrysanthemum coronarium Thai fragrant rice Seafood soup	Tomatoes 40 Scallion Coriander 5 Beef Brisket 30 Peanut oil 2 Ketchup 10 Garlic bolt (round) 30 Fresh Lettuce 5 Dry agaric 5 Peanuts (fried) 3 Pork Tenderloin 20 Beef (for Muslim) 1 Carrot 15 Baby Cabbage 30 Soybean oil 3 Rice (X) 60 Scallion 3 White Mushroom 10 Shrimp 10
Snack	Milk Steamed yam	Milk 200 Yam 15	Yogurt Sesame biscuit	Yogurt 200 Starch (wheat) 15 Sesame seed (white) 3 Butter 3 Egg (white shell) 5	Milk Yellow Peach Egg Tart	Milk 200 Yellow Peach 5 Milk 15 Egg (white shell) 1	Yogurt Salted peanut	Yogurt (X) 200 Peanuts (fresh) 15	Milk Cashew nut	Milk 200 Cashew nut 15

Remarks: 1.Slas IS uses the 2016 Chinese Residents Nutritional guidelines-for School-Aged Children to determine weekly meal plans.

2.Chinese food is provided on Monday, Wednesday and Friday, and Western food is served on Tuesday and Thursday.

3. Weekly diet nutritional evaluation criteria (daily): energy 978 kcal, protein 34 grams, animal and soy protein about 17 grams, fat less than 30% of total calories, vitamin A 420 ug, vitamin C 49 mg, vitamin E 3.5 mg, calcium 560 mg, potassium 1050 mg, magnesium 105 mg, iron 8.4 mg, zinc 8.4 mg, phosphorus 350 mg, selenium 17.5 mg.

4. Diet nutrition analysis this week (average daily): energy 1035 kcal, protein 38 grams, high-quality protein functional ratio more than 50%, fat 28% of total calories, vitamin A 305 ug, vitamin C 51 mg, vitamin E15 mg, calcium 426 mg, potassium 1236 mg, magnesium 160 mg, iron 8.9 mg, zinc 5 mg, phosphorus 594 mg, selenium 21 mg.

5. Nutritional evaluation of this week's diet: the average daily energy is close to 978 kcal, protein is more than 37 grams, high-quality protein accounts for more than 1 / 2 of total protein, and the energy supply ratio of fat is less than 30% of total energy; the content of vitamins such as vitamin A, vitamin C, vitamin E and inorganic salts such as calcium, iron and zinc reached the dietary intake of children at this stage.

10.17-10.21 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 时间 7:30-7:55	荷叶饼 开洋葱卜 芦笋鸡蛋 红豆小米粥	小麦粉 40 白萝卜 40 彩椒 10 豆油 3 芦笋 25 鸡蛋 15 花生油 3 小米 10 红豆 5	白土司配果酱 土豆金枪鱼 西式扒时蔬 罗宋汤	小麦粉 40 苹果酱 10 土豆 20 龙利鱼 20 豆油 5 西兰花 30 黄油 3 番茄 10 洋葱 5 牛肉(瘦) 10	椒盐卷 肉丝炒豆角 酱烧肉丁 红薯糯米粥	小麦粉 25 小葱 2 豆角 20 牛肉(瘦) 15 菜籽油(青油) 3 牛肉 30 豆油 3 糯米 10 红薯 5	全麦南瓜小面包 美式杂豆炒蛋 里昂土豆配西生菜 西式核桃汤	小麦粉 30 南瓜 20 青大豆 30 鸡蛋(X) 15 豆油 4 土豆 30 生菜 30 核桃(干) 10 牛乳(X) 100	杂粮馒头 清炒小芹菜 木耳炒鸡蛋 八宝粥	高粱面包条 5 淀粉(小麦) 20 彩椒 25 西芹 50 豆油 4 干木耳 15 鸡蛋(X) 30 黑米 1 稻米(X) 2 绿豆(干) 1 枣(鲜) 1 桂圆 1 杏仁 1 莲子(干) 1 花生(鲜)/落花生、长生果] 1
加 点	橙子 皇冠梨	柑橙(X) 75 梨(X) 70	哈密瓜 葡萄	哈密瓜 75 葡萄(X) 75	香蕉 火龙果	香蕉 75 火龙果 75	圣女果 雪梨	圣女果 75 雪梨 75	芒果 雪莲果	芒果 75 雪莲果 75
中 餐	烤鸡翅 鸡丝包菜 广式炒牛河 牛肉蔬菜汤	鸡翅 20 菜籽油(青油) 3 圆白菜、卷心菜 60 鸡(X) 15 豆油 3 河粉+60 红萝卜 10 豆角 10 黄豆芽 10 牛肉(瘦) 15 花生油 3 小葱 5 小白菜 20 牛肉(里脊) 10	蔬菜沙拉配千岛酱 蒜蓉粉丝扇贝 南乳奶油面 玉米浓汤 日式鸡排	小西红柿 5 迷你黄瓜 10 番茄 10 生菜 30 粉丝 15 扇贝(鲜) 20 面条 60 胡萝卜 10 西兰花 20 蘑菇(鲜菇) 20 牛肉(里脊) 20 干玉米米 20 鸡(X) 15 花生油 5	香菇粉蒸鸡 孜然羊肉 清炒上海青 双米饭 杏仁豆腐羹	鲜香菇 30 鸡(X) 35 豆油 9 洋葱 10 大葱 10 香菜 3 羊肉片 15 上海青 30 小米(黄) 20 淀粉(大米) 50 肉糜豆腐 20 细香葱 3 杏仁(原味) 5 鸡蛋(X) 20	木瓜虾仁 芝麻煎龙利鱼 意大利海鲜炒饭 匈牙利牛肉汤	木瓜(番木瓜) 40 基围虾 10 嫩槐油 2 黄油 2 龙利鱼 10 稻米(X) 60 黄干玉米粒 5 鸡蛋(X) 10 海虹 5 香菇 2 洋葱 3 白蘑菇 3 牛腩 5	牛腩 30 花生油 2 番茄酱 10 蒜薹(属) 30 鲜蘑菇 5 干木耳 5 花生(炒) 3 香菇青菜 泰国香米饭 海鲜汤 宫保鸡丁 鸡肉 15 萝卜卜素丁 青蒜 30 泰国香米 60 小葱 3 白蘑菇 10 基围虾 10	
加 点	牛奶 燕山药	牛奶 200 山药 15	酸奶 芝麻饼干	酸奶 200 面粉 15 芝麻子 3 黄油 3 鸡蛋 5	牛奶 黄桃蛋挞	牛奶 200 黄桃 5 牛奶 15 鸡蛋 10	酸奶 盐水处理	酸奶(X) 200 花生(鲜) 15	牛奶 腰果	牛奶 200 腰果 15

备注：1、我牧草种《中国优良牧草品种》为少年儿童食用草种，进行计划膳食。2、每1斤、3、5提供维生素D、2、4提供维生素E。
 营养价值评价标准（每日） 能量 1020千卡，蛋白质 35克，动物蛋白约占17.5克，脂肪 占50.2%，碳水化合物 30%，维生素 A2400μg，维生素 C49mg，维生素 E35mg，钙 560mg，磷 350mg，钾 1050mg，镁 105mg，铁 8.4mg，锌 8.4mg，硒 17.5mg。
 3、维生素类评价分（平均每头） 能量 1020千卡，蛋白质 35克，优质蛋白能占14.5%，脂肪占50.2%的26%，维生素 A87μg，维生素 C67mg，维生素 E16mg，钙 392mg，磷 325mg，钾 1419mg，镁 168mg，铁 7.9mg，锌 5mg，硒 27.7mg。
 本牧草营养价值评价（平均每头）每1000千卡干物质，白质能达 30克以上，优质蛋白白质能达总蛋白的 3/2 以上，脂肪的比值比低于总蛋白的 30%，维生素 A、维生素 C、维生素 E 等维生素和钾、铁、锌等矿物质的含量均达到此评价的 50%以上，符合食用草要求。