

## Supplementary Materials

Table S1. School Lunch Meal Plan of 14 Menu (Cycles).

Cycle	Breakfast	Lunch	Dinner
1	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Boiled vegetables and fried tofu with peanut sauce (<i>Pecel</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Fried mackerel</li> <li>• Boiled mix vegetables with grated coconut (<i>Urap</i>)</li> <li>• Banana</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Tofu and oyster mushroom soup</li> </ul>
2	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Mix long bean and tempeh stir fry</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Fried tofu with sweet and sour sauce</li> <li>• Sprouts stir fry with mushroom</li> <li>• Papaya</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Vegetable and tempeh cooked with coconut milk (<i>Lodeh</i>)</li> </ul>
3	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Mix green bean and tofu stir fry</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Fried eggs</li> <li>• Boiled Mix vegetables with peanut sauce (<i>Pecel</i>)</li> <li>• Snake fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Fried tofu</li> <li>• Chayote stir fry with corn</li> </ul>
4	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Vegetable and tempeh cooked with coconut milk (<i>Lodeh</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Fried tempeh coated with wheat flour (<i>Tempe mendoan</i>)</li> <li>• Mix vegetables in tamarind soup (<i>Sayur asem</i>)</li> <li>• Orange</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Mix vegetables soup</li> </ul>
5	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Fried tempeh</li> <li>• Pak coi stir fry</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Fried chicken</li> <li>• Cassava leave cooked with coconut milk (<i>Gulai daun singkong</i>)</li> <li>• Water melon</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Tempeh cooked with palm sugar sauce (<i>Tempe bacem</i>)</li> <li>• Water Spinach (<i>Kangkung</i>) stir fry</li> </ul>
6	<ul style="list-style-type: none"> <li>• Fried rice (made from steamed rice, vegetable and seasoning)</li> <li>• Fried egg</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Chicken liver cooked with chili sauce and coconut milk (<i>Rendang hati ayam</i>)</li> <li>• Spinach soup with corn</li> <li>• Melon</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Chayote and tempeh with curry soup</li> </ul>
7	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Stir fry tempeh with soy sauce</li> <li>• Chinese cabbage stir fry</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Mix green bean and tofu stir fry</li> <li>• Banana</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Fried tofu</li> <li>• Spinach soup</li> </ul>
8	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Tofu and oyster mushroom soup</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Mackerel with chili sauce (<i>Tongkol balado</i>)</li> <li>• Vegetable and tempeh cooked with coconut milk (<i>Lodeh</i>)</li> <li>• Mangosteen</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> <li>• Fried tempeh</li> <li>• Mix vegetables in tamarind soup (<i>Sayur asem</i>)</li> </ul>
9	<ul style="list-style-type: none"> <li>• Steamed rice</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed rice</li> </ul>

	<ul style="list-style-type: none"> <li>Fried tempeh</li> <li>Mix vegetable stir fry (<i>Capcay</i>)</li> </ul>	<ul style="list-style-type: none"> <li>Chicken soup with vegetable</li> <li>Rambutan</li> </ul>	<ul style="list-style-type: none"> <li>Chayote and boiled egg with curry soup</li> </ul>
10	<ul style="list-style-type: none"> <li>Steamed rice</li> <li>Fried tofu</li> <li>Pak coi stir fry</li> </ul>	<ul style="list-style-type: none"> <li>Steamed rice</li> <li>Fried eggs with sweet and sour sauce</li> <li>Water Spinach (<i>Kangkung</i>) stir fry</li> <li>Orange</li> </ul>	<ul style="list-style-type: none"> <li>Steamed rice</li> <li>Fried tempeh</li> <li>Oyster mushroom soup with carrot</li> </ul>
11	<ul style="list-style-type: none"> <li>Steamed rice</li> <li>Fried tempeh</li> <li>Jack fruit cooked with coconut milk (<i>Gulai nangka</i>)</li> </ul>	<ul style="list-style-type: none"> <li>Steamed rice</li> <li>Tempeh cooked with palm sugar sauce (<i>Tempe bacem</i>)</li> <li>Chinese okra/Luffa soup</li> <li>Papaya</li> </ul>	<ul style="list-style-type: none"> <li>Steamed rice</li> <li>Fried Tofu</li> <li>Mix vegetables in tamarind soup (<i>Sayur asem</i>)</li> </ul>
12	<ul style="list-style-type: none"> <li>Steamed rice</li> <li>Sprouts stir fry with tofu</li> </ul>	<ul style="list-style-type: none"> <li>Steamed rice</li> <li>Fried chicken with oyster sauce</li> <li>Mix oyster mushroom and corn stir fry</li> <li>Snake fruit</li> </ul>	<ul style="list-style-type: none"> <li>Steamed rice</li> <li>Fried Tempeh</li> <li>Chinese cabbage stir fry</li> </ul>
13	<ul style="list-style-type: none"> <li>Steamed rice</li> <li>Vegetable and tempeh cooked with coconut milk (<i>Lodeh</i>)</li> </ul>	<ul style="list-style-type: none"> <li>Steamed rice</li> <li>Chicken liver cooked with soy sauce (<i>Semur hati ayam</i>)</li> <li>Mix vegetable stir fry (<i>Capcay</i>)</li> <li>Banana</li> </ul>	<ul style="list-style-type: none"> <li>Steamed rice</li> <li>Chayote and tofu with curry soup</li> </ul>
14	<ul style="list-style-type: none"> <li>Steamed rice</li> <li>Pak coi stir fry with tofu</li> </ul>	<ul style="list-style-type: none"> <li>Steamed rice</li> <li>Tempeh cooked with coconut milk (<i>Opor tempe</i>)</li> <li>Green bean stir fry</li> <li>Orange</li> </ul>	<ul style="list-style-type: none"> <li>Steamed rice</li> <li>Fried tempeh</li> <li>Spinach soup with corn</li> </ul>