

Main table containing school lunch menus for 9 months, including ingredients, quantities, and nutritional information for each day.

Continuation of the school lunch menu table, showing days from the 21st to the 29th of the month.

※牛乳は毎日ついています。
※材料の都合により献立を変更することがあります。

Information box regarding the 11th of the month, including a note about the school lunch menu and a list of menu items for that day.

Information box titled '旬の食べ物' (Seasonal Food) featuring 'なす すだち' (Eggplant and Daidai) and 'きのこ 巨峰 かつお ラ・フランス さけ' (Mushrooms, Grapes, Bonito, French Brandy, and Saké).



○赤色の食品…体をつくるものになるもの
□黄色の食品…熱や力になるもの
△緑色の食品…体の調子を整えるもの