

Main table of school lunch menus for June, including columns for days of the week (1日(月) to 18日(木)), dish names, and detailed ingredient lists with quantities.



Summary table showing total calories for each day (e.g., 661kcal for 19日(金), 592kcal for 24日(水)).

Continuation of the school lunch menu table, covering days 19 through 30, including detailed ingredient lists.

※材料の都合により献立を変更することがあります。

Color-coded food guide: 赤色の食品 (Red) for body building, 黄色の食品 (Yellow) for heat and strength, 緑色の食品 (Green) for body adjustment.

給食物資内容表の公表について (Disclosure of food supply content table) with specific weight recommendations for children and adults.

6月 食育月間 (June Food Education Month) graphic with a bowl of food and text about eating for health.

アレルギーのあるお子様へ (For children with allergies) notice regarding allergen information and a QR code for more details.