

Main table for the first 17 days of the month, showing menu items and their corresponding material usage in grams. Columns include dates from 1st (水) to 17th (金).

Summary row for the first 17 days, showing total kcal for 4th grade and middle school.

Main table for the last 5 days of the month (21st to 31st), showing menu items and their corresponding material usage in grams. Columns include dates from 21st (火) to 31st (金).

Summary row for the last 5 days, showing total kcal for 4th grade and middle school.

Information box containing a note about menu changes based on material availability, a star icon, and a table of material weights for different school levels (Kindergarten, Elementary, Middle School).

- Legend for food color coding: Red for body-building foods, Yellow for heat/strength foods, Green for body-balancing foods.

給食物資内容表 (Food Material Content Table) section, including a QR code and contact information for the school nutrition center.

Main table for the last 5 days, showing material usage in grams for each menu item, continuing from the previous table.