

Main menu table with columns for dates (3日 to 18日) and rows for ingredients and quantities. Includes a callout box about 30-second handwashing and a note about food safety during the 6th month health week.

ひとくち30回を目安にかみましよう。
食べた後の歯磨きも忘れずに!

6月4日~10日は歯と口の健康週間です!

食べるときに注意が必要な食品
さくらんぼはよくかんで
気を付けて食べましよう。

Continuation of the menu table for days 19 to 28, including detailed ingredient lists and calorie counts for elementary and middle school students.

Informational section for the 6th month nutrition month. Includes a star icon for 'Eat food carefully on the 26th (Water)', a list of food items with their weights for different age groups, and a QR code for more information.