

Main table for the 8th and 9th months, listing daily school lunch menus (献立名), ingredients (材料名), and their quantities (使用量) in grams. The table is organized by date from 28th to 14th.



Summary table showing total calories (kcal) for each day and the average for the month, categorized by year (4年) and middle school (中学).

Table for the 15th (September 15th), listing the menu (献立名) and ingredients (材料名) with quantities (使用量).

Color-coded food categories: 赤色 (Red) for body-building, 黄色 (Yellow) for heat energy, 緑色 (Green) for body adjustment. Includes a note about material changes.

Main table for the 16th to 28th, listing daily school lunch menus (献立名), ingredients (材料名), and their quantities (使用量).

Notice regarding portion sizes for kindergartens and middle schools. Lists specific amounts for various days: 4th (Sawara), 12th (Ajifire), 14th (If skinless chicken), 22nd (Melon Pan), 22nd (Iwashi), 28th (Corocque).

給食物資内容表 (School Lunch Material Content Table) with a QR code and contact information (TEL: 072-766-0219).



十五夜と行事食 (Jūgoniya and Festival Food) section with a moon illustration and text about the 15th night moon viewing tradition.