

Main table containing school lunch menus for June, organized by day (Monday to Friday). Each day's menu includes a main dish, side dishes, and a drink, with detailed ingredient lists and quantities. Includes a '給食で学ぼう堺の食と文化part2~堺の海~' section with an image of a night market and text about local fish and culture.

☆...オープン献立

Nutritional information table with columns for Energy (kcal), Protein (g), Fat (g), Calcium (mg), Magnesium (mg), Iron (mg), Lead (mg), Vitamin A (μgRE), Vitamin B1 (mg), Vitamin B2 (mg), Vitamin C (mg), Salt (g), and Fiber (g). Rows show 6-month averages and minimum standards for elementary school children.