

Table with 5 columns: 月, 火, 水, 木, 金. Includes 'えいよう三色' and 'あのお土地 この土地 ご当地グルメ! 6月 和歌山 梅'.

Table with 7 columns (3-7) listing menu items and their nutritional values (エネルギー, たんぱく質, 脂質, etc.).

Table with 7 columns (10-14) listing menu items and their nutritional values. Includes '毎月19日 食育の日'.

Table with 7 columns (17-21) listing menu items and their nutritional values.

Table with 7 columns (24-28) listing menu items and their nutritional values.

☆...オープン献立

Summary table of nutritional values (栄養価) for the month, including Energy, Protein, Fat, and various vitamins/minerals.