

Main table containing monthly menus (e.g., 8月, 9月) with columns for meal type (main, side, drink, dessert), ingredients, and nutritional values. Includes a large illustration of a fish (sardine) and text about '海の幸を味わおう' (Enjoy the bounty of the sea).

Nutritional summary table with columns for nutrient name (e.g., エネルギー, カルシウム) and values for 8・9月平均 and 文部科学省基準.