

Main menu table with columns for month (月), fire (火), water (水), wood (木), and metal (金). Each cell contains a meal name, ingredients list, and nutritional information. Includes illustrations of children and food items.

Summary table for August-September average nutrition. Columns include: 栄養価 (Nutritional Value), エネルギー (Energy), たんぱく質 (Protein), 脂質エネルギー比 (Fat Energy Ratio), カルシウム (Calcium), マグネシウム (Magnesium), 鉄 (Iron), 亜鉛 (Zinc), ビタミンA (Vitamin A), ビタミンB1 (Vitamin B1), ビタミンB2 (Vitamin B2), ビタミンC (Vitamin C), 食塩相当量 (Salt Equivalent), 食物繊維 (Dietary Fiber).