

Main table containing school lunch menus for August and September. It is organized by month (8月 and 9月) and day (Monday to Friday). Each day's menu includes a main dish, side dishes, and a drink. Nutritional information is provided for each item. Special days like '防災の日' (Disaster Preparedness Day) and '敬老の日' (Respect for the Aged Day) are highlighted. The table also includes illustrations of food items and a '食育の日' (Food Education Day) section.

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Summary table of nutritional values for the school lunches. 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), and 食物繊維 (Dietary Fiber). Rows show 9月平均 (September Average) and 文部科学省基準 (Ministry of Education, Culture, Sports, Science and Technology Standards).