

Main table containing school lunch menus for October. It is organized by month (October) and day (Monday to Friday). Each day's menu includes a main dish, side dishes, and a drink. The table also features seasonal information, such as 'Sea's Blessing' (海の幸を味わおう) and 'Autumn's Blessing' (秋の味覚), along with nutritional data and a list of ingredients.

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Nutritional information table with columns for energy (kcal), protein (g), fat (%), calcium (mg), magnesium (mg), iron (mg), zinc (mg), vitamins A, B1, B2, C, and fiber (g).