

Main table containing 30 days of school lunch menus. Each day's entry includes a 'concrete' (concrete) section with a main theme (e.g., 'えいよう三色'), a 'nutritional value' (栄養価) table, and a detailed list of ingredients and quantities. It also features 'local products' (堺産農産物) and 'specialty' (お月見献立) sections with illustrations.

☆...オープン献立

Summary table for October average nutritional values. Columns include: 栄養価 (Energy: 649 kcal), たんぱく質 (Protein: 23.6g), 脂質エネルギー比 (Fat energy ratio: 27%), カルシウム (Calcium: 332mg), マグネシウム (Magnesium: 77mg), 鉄 (Iron: 1.7mg), 亜鉛 (Zinc: 2.6mg), ビタミンA (Vitamin A: 205 μgRAE), ビタミンB1 (Vitamin B1: 0.33mg), ビタミンB2 (Vitamin B2: 0.48mg), ビタミンC (Vitamin C: 18mg), 食塩相当量 (Salt equivalent: 2.27g), 食物繊維 (Dietary fiber: 3.7g). Reference values are also provided.