



令和3年3月 西区 学校給食予定献立表



堺市教育委員会

Main table containing school lunch menus for March, organized by date (1st to 26th) and day (Monday to Friday). Each entry lists ingredients, quantities, and energy values. Includes special notices for graduation and nutrition.

Nutritional information table with columns for Energy, Protein, Fat, Calcium, Magnesium, Iron, Zinc, Vitamin A, Vitamin B1, Vitamin B2, Vitamin C, Salt, and Fiber. Includes a note about menu changes.

堺のめぐみ (Sakai no Megumi) section featuring local products like 'Kaniwa' and 'Wakayama Beef' with usage instructions.

6年生 もういちど食べたい給食アンケート結果 (6th Grade: Results of the 'I'd Like to Eat This School Lunch Again' Survey). Includes a bar chart and a message from the school.

ピックアップ 世界の料理 (Pickup: World Cuisine) section highlighting international dishes like 'Vietnam Fish Sauce Noodle' and 'Chili Con Carne'.