

Table for the first week of the school lunch menu. It includes columns for the month (May), day (Monday), and food items categorized by energy and nutrient content. The main dish is 'えいよう三色' (Healthy Three Colors). It lists ingredients like chicken, egg, and various vegetables, along with their quantities and nutritional values.

Table for the second week of the school lunch menu. It includes columns for the month (May), day (Tuesday), and food items. The main dish is 'ミニパン・揚げパン' (Mini Bread and Fried Bread). It lists ingredients like chicken, beef, and various vegetables, along with their quantities and nutritional values.

Table for the third week of the school lunch menu. It includes columns for the month (May), day (Wednesday), and food items. The main dish is '黒糖パン・牛乳' (Black Sugar Bread and Milk). It lists ingredients like chicken, beef, and various vegetables, along with their quantities and nutritional values.

Table for the fourth week of the school lunch menu. It includes columns for the month (May), day (Thursday), and food items. The main dish is 'コッペパン・牛乳' (Coppepan and Milk). It lists ingredients like chicken, beef, and various vegetables, along with their quantities and nutritional values.

A detailed section for the final week of the school lunch menu, focusing on the theme of 'Seasonal Vegetables' (季節の野菜). It features a character illustration and text explaining the importance of seasonal produce. The main dish is 'たまねぎ' (Onion). It includes information about the 'New Onion' (新たまねぎ) and its benefits, along with a list of ingredients and their quantities.

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Table showing the average nutritional values for the month of May. It includes columns for the month, average values, and comparison with the Ministry of Health standards. The table lists energy, protein, fat, calcium, magnesium, iron, zinc, vitamins A, B1, B2, and C, as well as salt and fiber intake.