

Main table containing school lunch menus for June, organized by month (火, 水, 木, 金) and week (1-11). Each entry includes a main dish, ingredients, and nutritional information. Includes a '季節の野菜' (Seasonal Vegetables) section for tomatoes with a recipe and nutritional benefits.

☆...オープン献立 ★予定献立は内容を一部変更する場合があります

Nutritional information table with columns for 栄養価 (Nutritional Value), エネルギー (Energy), たんぱく質 (Protein), 脂質 (Fat), 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).