

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 'Seasonal Vegetables' section highlights carrots and provides detailed information on their nutritional benefits and usage. The table also includes a table of contents for each day's menu and a final table of nutritional values.

Table of nutritional values for the school lunch menus. It lists various nutrients such as Energy (kcal), Protein (g), Fat (g), Calcium (mg), Magnesium (mg), Iron (mg), Lead (mg), Vitamin A, B1, B2, C, and Sodium. It also includes 'Equivalent Food Amount' and 'Fiber' values. The table compares the 10-month average and the standard nutritional requirements set by the Ministry of Education, Culture, Sports, Science and Technology.