

Main table containing school lunch menus for October. It is organized by date (e.g., 10/1, 10/4, 10/5, etc.) and lists various dishes like 'えいよう三色', 'ごはんと牛乳', and '季節の野菜'. Each menu item includes a list of ingredients and their quantities in grams. There are also illustrations of carrots and fish, and a '食育の日' (Food Education Day) logo.

☆...オープン献立

Nutritional information table with columns for '栄養価' (Nutritional Value), 'エネルギー' (Energy), 'たんぱく質' (Protein), '脂質エネルギー比' (Fat Energy Ratio), '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). It provides average values for October and compares them to the Ministry of Health standards.