

Main table containing school lunch menus for October. It is organized into columns for days of the week (Monday to Sunday) and rows for weeks. Each menu item is listed with its name and nutritional value. Special sections include 'Seasonal Vegetables' (季節の野菜) featuring carrots and 'Local Products' (堺のめぐみ) featuring local vegetables. A '献立表について' (About the Menu) section provides guidelines for portion sizes and food types.

Nutritional summary table at the bottom of the page. It lists various nutrients such as Energy (エネルギー), Protein (たんぱく質), Fat (脂質), Calcium (カルシウム), Magnesium (マグネシウム), Iron (鉄), Lead (亜鉛), Vitamin A (ビタミンA), Vitamin B1 (ビタミンB1), Vitamin B2 (ビタミンB2), Vitamin C (ビタミンC), and Fiber (食物繊維). It provides average values for the month and standard values for elementary school children.