

Main table containing 12 columns of menu items (Monday to Sunday) with detailed ingredient lists, quantities, and nutritional information. Includes images of various food items like fish, vegetables, and bread.

★...オープン献立

Nutritional summary table with columns for Energy, Protein, Fat, Calcium, Magnesium, Iron, Zinc, Vitamins A, B1, B2, B12, C, Sodium, and Fiber. Rows include 6-month average and Ministry of Education standards.

※栄養価は「日本食品標準成分表2020年度版(八訂)」に基づき算出しています。