

Main table containing school lunch menus for each day of the week, including items like 'Main Dish', 'Side Dish', and 'Dessert', along with their nutritional values and preparation methods.

Nutritional summary table with columns for Energy (kcal), Protein (g), Fat (g), Calcium (mg), Magnesium (mg), Iron (mg), Zinc (mg), Vitamin A, B1, B2, C, and Fiber (g).

※栄養価は「日本食品標準成分表2020年版(八訂)」に基づき算出しています