



学校給食予定献立表



Main table containing school lunch menus for days 3, 4, 5, 6, 7, 10, 11, 12, 13, 14, 18, and 19. Includes columns for day, menu items, and ingredients. Special sections include '堺のめぐみ' (local products) and '七夕献立' (Tanabata menu).

Summer break information section. Title: '夏休みも忘れずに!' (Don't forget summer break!). Includes a graphic about staying healthy in summer and a speech bubble about the start of the 2nd semester lunch on August 29th (Tuesday).

Nutritional value table with columns: 栄養価 (Nutritional value), エネルギー (kcal), たんぱく質 (g), 脂質エネルギー比 (%), カルシウム (mg), マグネシウム (mg), 鉄 (mg), 亜鉛 (mg), ビタミンA (μgRAE), ビタミンB1 (mg), ビタミンB2 (mg), ビタミンC (mg), 食塩相当量 (g), 食物繊維 (g). Rows show 7月平均 (July average) and 文部科学省基準 (MEXT standard).

※栄養価は「日本食品成分表2020年版(八訂)」に基づき算出しています