

Main table containing school lunch menus for August and September. It is organized by month (8月 and 9月) and day (Monday-Friday). Each entry includes a main dish name, ingredients, and nutritional values. There are also sections for '旬の食べもの' (Seasonal food) and 'おかずの内容' (Side dish content) with detailed lists of items and their quantities.

Nutritional information table at the bottom of the page. It lists various nutrients such as Energy (kcal), Protein (g), Fat (g), Calcium (mg), Magnesium (mg), Iron (mg), Lead (mg), Vitamin A, B1, B2, and C, along with food equivalent and fiber content. It includes average values for the 8-9 month period and reference values from the Japanese Food Standard Composition Table (2020 edition).

※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