

Main table containing school lunch menus for August and September. It is organized by month (8月 and 9月) and day (e.g., 29, 30, 31, 1). Each menu item is listed with its name and weight in grams. The table includes various dishes like soups, salads, and main courses, along with their nutritional values.

Summary table for the 8・9 month average. It lists nutritional values 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), Salt equivalent (食塩相当量), and Fiber (食物繊維).

※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。