



Main table containing school lunch menus for October, organized by date (e.g., 10/2, 10/10, 10/18, 10/28) and day of the week. Each menu includes a list of ingredients and their quantities, such as '冷鶏肉 20g', 'たまねぎ 10g', etc. It also features special sections like '目の愛護デー献立' (Eye Protection Day Menu) and '10月の食育の日' (October Food Education Day).

Nutritional information table with columns for '栄養価' (Nutritional Value), 'エネルギー (kcal)' (Energy), 'たんぱく質 (g)' (Protein), '脂質エネルギー比 (%)' (Fat Energy Ratio), 'カルシウム (mg)' (Calcium), 'マグネシウム (mg)' (Magnesium), '鉄 (mg)' (Iron), '亜鉛 (mg)' (Zinc), 'ビタミンA (μgRAE)', 'ビタミンB1 (mg)' (Vitamin B1), 'ビタミンB2 (mg)' (Vitamin B2), 'ビタミンC (mg)' (Vitamin C), '食塩相当量 (g)' (Salt Equivalent), and '食物繊維 (g)' (Dietary Fiber). It includes average values for October and comparison with national standards.

※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