



Main table containing school lunch menus for October, organized by date (e.g., 2, 3, 4, 5, 6, 10, 11, 12, 13, 16, 17, 18, 19, 20, 23, 24, 25, 27) and meal type (breakfast, lunch, dinner). Each entry lists ingredients and quantities, often with small icons for specific items like carrots or apples.

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