



学校給食予定献立表



Main table containing school lunch menus for Monday through Friday. Each day's menu includes a main dish, side dishes, and a drink, with detailed ingredient lists and energy values. Special days like 'Good Teeth Day' and 'Corn Bread Day' are also featured.

Nutritional information table with columns for Energy (kcal), Protein, Fat, Calcium, Magnesium, Iron, Zinc, Vitamin A, B1, B2, B12, Sodium, and Fiber. It provides average values for the month and comparison to 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