

Table for December 1st (12月1日) featuring 'えいよう三色' (Healthy Three Colors) and '旬の食べもの' (Seasonal Food). It includes a list of ingredients like 豚肉, 人参, and 豆腐, and a detailed list of nutrients such as エネルギー, たんぱく質, and 脂質.

Table for December 4th (12月4日) through December 8th (12月8日). It lists various menu items like 冷たいお好み焼き and 肉団子のトマト煮, along with their respective nutrient values.

Table for December 11th (12月11日) through December 15th (12月15日). It includes menu items like じゃがいものそば煮 and 卵入り野菜スープ, with associated nutrient data.

Table for December 18th (12月18日) through December 21st (12月21日). It features menu items like かやく団子 and 鶏肉の香草焼, and includes a '冬至献立' (Winter Solstice Menu) section.

Informational section for the Winter Solstice (冬至). It includes the text '冬至(今年は12月22日)', '冬休みも元気にすごしましょう!', and '冬至献立' (Winter Solstice Menu) with a list of items like 小松菜, 春菊, and 大根.

Nutrient summary table for December, listing values for Energy (kcal), Protein (g), Fat (%), Calcium (mg), Magnesium (mg), Iron (mg), Lead (μg), Vitamin A (μgRAE), Vitamin B1 (mg), Vitamin B2 (mg), Vitamin C (mg), Salt (g), and Dietary Fiber (g).

※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