

Table for the first week of the school lunch menu. It includes columns for days (Monday to Friday), main dishes, and detailed ingredient lists with quantities. A central section titled '節分' (Setsubun) features a '豆まき' (bean-throwing) activity and a list of reasons for eating beans, such as '鬼を払い、福を招く' (drive away evil spirits and bring good fortune).

Table for the second week of the school lunch menu. It continues with daily meal plans and ingredient lists. A section titled '姉妹都市献立' (Sister City Menu) highlights a special menu for the city of Dunedin, New Zealand, featuring items like 'クマラスープ' (Curry Soup) and 'ハンバーグ' (Hamburger).

Table for the third week of the school lunch menu. It includes a section titled '堺のめぐみ' (Treasures of Sakai) which lists local agricultural products like '小松菜' (Komatsuna) and '大根' (Daikon) available for use in school lunches. The table also provides daily meal plans and ingredient lists.

Table for the fourth week of the school lunch menu. It features a section titled 'クマラスープ' (Curry Soup) with a detailed description of the recipe and its origin in Dunedin, New Zealand. The text mentions that the soup is made with local ingredients and is a popular dish in the region. The table also includes daily meal plans and ingredient lists.

Table for the fifth week of the school lunch menu. It includes a section titled '旬の食べもの' (Seasonal Food) which discusses the benefits of eating seasonal produce, particularly in winter. The text highlights that seasonal food is rich in nutrients and helps maintain health. The table also provides daily meal plans and ingredient lists.

★オープン献立

Nutritional information table showing the average and standard values for various nutrients. The table includes 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), and Dietary Fiber (g). The values are compared against the Japanese Food Standards Table 2020 (8th revision).

※栄養価は「日本食品標準成分表2020年版(8訂)」に基づき算出しています