

Table for the first week of the school lunch menu, including columns for days (Monday to Friday), main dishes, and detailed ingredient lists with quantities.

Table for the second week of the school lunch menu, including columns for days (Monday to Friday), main dishes, and detailed ingredient lists with quantities.

Table for the third week of the school lunch menu, including columns for days (Monday to Friday), main dishes, and detailed ingredient lists with quantities.

Table for the fourth week of the school lunch menu, including columns for days (Monday to Friday), main dishes, and detailed ingredient lists with quantities.

Table for the fifth week of the school lunch menu, including columns for days (Monday to Friday), main dishes, and detailed ingredient lists with quantities.

★オープン献立

Table showing nutritional values for the menu, including energy, protein, fat, calcium, magnesium, iron, and vitamins.

※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