

Main table containing school lunch menus for February. It is organized by month (February) and day (Monday to Friday). Each day's menu includes a main dish, a soup, and a side dish, with detailed ingredient lists and nutritional values. Special sections include '節分' (Feb 3rd), '堺のめぐみ' (Local products), and 'クマラスープ' (Curry soup). A '6年生の好きな献立アンケート' (6th grade favorite menu survey) is also featured.

Nutritional information table. Columns include: 栄養価 (Nutritional value), エネルギー (Energy), たんぱく質 (Protein), 脂質エネルギー比 (Fat energy ratio), カルシウム (Calcium), マグネシウム (Magnesium), 鉄 (Iron), 亜鉛 (Zinc), ビタミンA (Vitamin A), ビタミンB1 (Vitamin B1), ビタミンB2 (Vitamin B2), ビタミンC (Vitamin C), 食塩相当量 (Salt equivalent), and 食物繊維 (Dietary fiber). Rows show 2月平均 (February average) and 文部科学省基準 (Ministry of Education, Culture, Sports, Science and Technology 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。