

Main table containing school lunch menus for February, organized by date (Monday to Friday). Each day's menu includes a main dish, side dishes, and a dessert. The table also includes nutritional information and a '堺のめぐみ' (Sakai's Treasures) section highlighting local products.

Nutritional information table with 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), Salt (g), and Fiber (g). It provides average values and compares them to the Japanese Food Standard Composition Table 2020.

*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