

Main table containing school lunch menus for May, organized by date (e.g., 5/7, 5/8, 5/9, 5/10, 5/13, 5/14, 5/15, 5/16, 5/20, 5/21, 5/22, 5/23, 5/24, 5/27, 5/28, 5/29, 5/30, 5/31). Each entry includes the menu name, ingredients, and a detailed list of items with quantities and units.

Nutritional information table with columns for 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). It provides values for the 5-month average and the national standard (文科科学省基準).