

Main table containing school lunch menus for November 2018, organized by month (November) and day (Monday to Sunday). Each day's menu includes a main dish, side dishes, and a drink, with detailed ingredient lists and quantities. Includes illustrations of various food items like vegetables, fruits, and bread.

Nutritional value table (栄養価) showing average values for 11 months and comparison with national standards (文部科学省基準). Columns include Energy (kcal), Protein, Fat, Calcium, Magnesium, Iron, Zinc, Vitamin A, B1, B2, B12, Vitamin C, Salt, and Fiber.