

Main table containing school lunch menus for August and September. It is organized by month (8月 and 9月) and day (e.g., 月曜日, 火曜日). Each entry includes a menu name, a list of ingredients with quantities, and a table of nutritional values. Some entries include photos of the food or illustrations of children. A '月見献立' (Moon-viewing menu) is featured in September. A '給食で学ぼう堺の食と文化part2~月見祭 ふとん太鼓~' section is also included, with text about the festival and a photo of a festival float.

Summary table for the '献立' (Menu) section. It lists nutritional values for the 8・9月平均 (Average for August and September) and 文部科学省基準 (Ministry of Education, Culture, Sports, Science and Technology Standards). The values include energy (kcal), protein (g), fat (g), calcium (mg), iron (mg), zinc (mg), vitamins A, B1, B2, and C, and fiber (g).