

Main table containing school lunch menus for October. It is organized by day (Monday to Friday) and includes columns for meal type (Main, Side, Dessert), ingredients, and nutritional values. Each menu item is accompanied by a small illustration of the food.

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Nutritional summary table with columns for Energy (kcal), Protein (g), Fat (g), Calcium (mg), Magnesium (mg), Iron (mg), Lead (mg), Vitamin A (μgRE), Vitamin B1 (mg), Vitamin B2 (mg), Vitamin C (mg), Salt (g), and Fiber (g). It provides average values for the month and compares them to national standards.