

Main table containing school lunch menus for November. It is organized by day (Monday to Friday) and includes columns for meal type (e.g., こんだて, おかず), menu items, and nutritional values. A central section features a '給食で学ぼう堺の食と文化part2' theme with a map of Sakai and a list of local products.

☆...オープン献立

Nutritional summary table with columns for '栄養価' (Nutritional Value) and '食物繊維' (Dietary Fiber). It lists values for 11-month averages and national standards across various nutrients like energy, protein, fat, calcium, iron, and vitamins.