

Table for January 1st (火) featuring 'あけましておめでとうございます' (Happy New Year) and 'お正月料理 おせち料理' (Osechi). It lists ingredients like 'ごはん・牛乳', 'みそ雑煮', and '黒豆' with their respective quantities.

Table for January 15th (水) featuring '〜豆博士になろう〜 『黒豆』' (Let's become a bean doctor with black beans). It includes a recipe for '黒豆' and lists ingredients like 'ごはん・牛乳', 'みそ汁', and '白豆'.

Table for January 21st (木) featuring 'ごはん・牛乳 にゆめん汁 切干大根の煮物' (Ramen with cut-dried radish). It lists ingredients like 'ごはん・牛乳', 'ゆめん汁', and '切干大根'.

Table for January 28th (木) featuring 'ごはん・牛乳 八宝菜 ☆焼ギョーザ' (Eight treasures and fried gyoza). It lists ingredients like 'ごはん・牛乳', '八宝菜', and '焼ギョーザ'.

Table for January 24th-30th (木) featuring '1月24日～30日は、全国学校給食週間です。' (National School Lunch Week). It includes information about the week, disaster relief (防災献立 乾パン), and a 'えいよう色' (Healthy Color) section.

Table with nutritional information (栄養価) and energy values (エネルギー) for the meals, including kcal, protein, fat, calcium, magnesium, iron, and zinc.