



Table for January 1st (1月1日) featuring 'えいよう三色' (Healthy Three Colors) theme. Columns include Energy, Protein, Fat, and Carbohydrate values for various food items like meat, vegetables, and dairy.

Table for January 14th (1月14日) featuring '全国学校給食週間' (National School Lunch Week). Includes a note about the school lunch schedule and a list of menu items with their nutritional values.

Table for January 20th (1月20日) featuring 'ごはんと牛乳' (Rice and Milk) theme. Lists menu items such as 'みそ汁' (Miso Soup) and 'おひたし' (Blanched Vegetables) with nutritional data.

Table for January 27th (1月27日) featuring 'ごはんと牛乳' (Rice and Milk) theme. Lists menu items such as 'はくさいと春雨のトロロ煮' (Chestnut and Spring Rain Noodle Stew) with nutritional data.

Section titled '堺のめぐみ' (Sakai's Treasures) promoting local products. Includes information about '小松菜' (Komatsuna) and 'キャベツ' (Cabbage) and a '食育の日' (Food Education Day) on the 19th.

Section titled '春の七草' (Seven Herbs of Spring) and 'お正月料理' (New Year Cuisine). Explains the significance of eating seven herbs for good health and lists traditional New Year dishes like 'にしめ' (Nishime) and 'こぶまき' (Kobumaki).

Section titled '大豆を知ろう！' (Let's know Soybeans!) and '1月 豆乳' (January Soy Milk). Encourages drinking soy milk and provides information about its nutritional benefits.

Summary table of nutritional values for the month. Columns include Energy (kcal), Protein (g), Fat (%), Calcium (mg), Magnesium (mg), Iron (mg), Lead (mg), Vitamin A, B1, B2, C, and Fiber (g).