

Main table containing school lunch menus for October 2018, organized by date (Monday to Friday) and meal type (Breakfast, Lunch, Dinner). Each entry includes a menu name, ingredients with quantities, and nutritional values. Includes special notices like 'Sports Day' and 'Reading Week'.

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Nutritional value summary table with columns for Energy, Protein, Fat, Calcium, Magnesium, Iron, Zinc, Vitamin A, B1, B2, C, Salt, and Fiber. Includes a note about cold food items.