

Main table containing school lunch menus for October, organized by date (Monday to Friday) and meal type (Breakfast, Lunch, Dinner). Each entry includes the menu name, ingredients with quantities, and nutritional information.

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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 and standard values for the month.