

Main table containing school lunch menus for October, organized by date (Monday to Friday) and meal type (Breakfast, Lunch, Dinner). Each entry includes a menu name, a list of ingredients with quantities and color codes, and a list of nutrients.

☆...オープン献立

Nutrient comparison 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 compares 10-month averages with national standards.