

Table with 5 columns (Month, Day, Meal, Ingredients, Nutrition) for the first meal. Includes a large graphic for 'えいよう三色' (Healthy Three Colors) and '11月11日 (月) コーンブレッド' (November 11th Corn Bread).

Table with 5 columns (Meal, Ingredients, Nutrition) for the second meal. Includes a graphic for '堺のめぐみ' (Sakai's Treasures) and a list of ingredients like corn, soybeans, and wheat.

Table with 5 columns (Meal, Ingredients, Nutrition) for the third meal. Includes a graphic for 'ごはんと牛乳' (Rice and Milk) and a list of ingredients like pork, chicken, and vegetables.

Table with 5 columns (Meal, Ingredients, Nutrition) for the fourth meal. Includes a graphic for 'ごはんと牛乳' (Rice and Milk) and a list of ingredients like salmon, chicken, and vegetables.

Table with 5 columns (Meal, Ingredients, Nutrition) for the fifth meal. Includes a graphic for 'ごはんと牛乳' (Rice and Milk) and a list of ingredients like salmon, chicken, and vegetables.

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Nutrition table with 11 columns: 栄養価, エネルギー (kcal), たんぱく質 (g), 脂質エネルギー比 (%), カルシウム (mg), マグネシウム (mg), 鉄 (mg), 亜鉛 (mg), ビタミンA (μgRAE), ビタミンB1 (mg), ビタミンB2 (mg), ビタミンC (mg), 食塩相当量 (g), 食物繊維 (g). Rows include 11月平均 and 文部科学省基準.