

Main table containing monthly school lunch menus (献立表) for August and September. It includes columns for month, day, menu items, and ingredients. Special sections include 'えいよう三色' (Healthy Three Colors), '堺のめぐみ' (Sakai's Treasures), and 'いも煮' (Sweet Potato Stew).

Nutritional information table (栄養価) showing values for Energy, Protein, Fat, Calcium, Magnesium, Iron, Zinc, Vitamin A, Vitamin B1, Vitamin B2, Vitamin C, Salt, and Fiber.