

Main table containing school lunch menus for November. It is organized by month (November) and day (1st to 30th). Each day's entry includes a menu title, a list of ingredients with quantities, and a table of nutritional values. The table is divided into columns for days of the week (Monday to Sunday) and includes special days like 'Thanksgiving' (11/23) and 'National Nutrition Day' (11/19). Illustrations of various foods and ingredients are interspersed throughout the menu items.

Nutritional summary table at the bottom of the page. It lists various nutrients and their average values for the month of November. The columns include: 栄養価 (Nutritional Value), エネルギー (Energy), たんぱく質 (Protein), 脂質エネルギー比 (Fat Energy Ratio), カルシウム (Calcium), マグネシウム (Magnesium), 鉄 (Iron), 亜鉛 (Zinc), ビタミンA (Vitamin A), ビタミンB1 (Vitamin B1), ビタミンB2 (Vitamin B2), ビタミンC (Vitamin C), 食塩相当量 (Salt Equivalent), and 食物繊維 (Dietary Fiber). The values are compared against the Ministry of Health standards (文部科学省基準).