

Main table containing school lunch menus for November. It is organized by month (November) and day (Monday to Friday). Each day's menu includes a main dish, side dishes, and a drink. The table also includes nutritional information and a list of ingredients used in the meals.

Nutritional information table at the bottom of the page. It lists various nutrients such as Energy (kcal), Protein (g), Fat (%), Calcium (mg), Magnesium (mg), Iron (mg), Zinc (mg), Vitamin A, B1, B2, and C, along with food equivalents and fiber content. It compares the 11-month average and the national standard (Wakayama Prefecture).