

Main table containing 31 days of school lunch menus (献立表) with columns for date, menu items, and nutritional values. Includes special sections like 'えいよう三色' and 'おわんでごはんの日!'.

Nutritional summary table (栄養価) with columns for Energy (kcal), Protein (g), Fat (%), Calcium (mg), Magnesium (mg), Iron (mg), Zinc (mg), Vitamin A, B1, B2, C, Salt, and Fiber.