

Main table containing school lunch menus for August and September. It is organized by month (8/28, 9/2, 9/9, 9/16, 9/23, 9/30) and day (Monday-Friday). Each entry includes a menu name, ingredients, and a detailed list of items with their respective energy and nutrient values. There are also sections for '献立表について' (About the menu table) and '大豆を知ろう! 味わおう!' (Let's know and taste soy!).

9月13日は十五夜です。この頃の月は、一年で最も明るく、美しいといわれています。給食では、12日に月見汁と月見だんごが登場します。



Nutrient comparison table for August and September. It compares the average nutrient intake of the school lunch menu against the Japanese Dietary Guidelines (文部科学省基準). The table lists energy (kcal), protein (g), fat (g), calcium (mg), iron (mg), and fiber (g) for both the menu and the guidelines.