



Main table containing school lunch menus for October. It is organized by month (October) and day (Monday to Friday). Each day's menu includes a main course, side dishes, and a drink. Nutritional information is provided for each item. Special notes and illustrations are included for certain days, such as '大豆を知ろう!' (Let's know about soybeans!) on October 23rd and '10月 ひきわりだいず' (October ground soybeans) on October 24th. A '目玉愛護デー献立' (Special eye care day menu) is also featured.

Nutritional information table. Columns include: 栄養価 (Nutritional value), エネルギー (kcal) (Energy), たんぱく質 (g) (Protein), 脂質エネルギー比 (%) (Fat energy ratio), カルシウム (mg) (Calcium), マグネシウム (mg) (Magnesium), 鉄 (mg) (Iron), 亜鉛 (mg) (Zinc), ビタミンA (μgRE) (Vitamin A), ビタミンB1 (mg) (Vitamin B1), ビタミンB2 (mg) (Vitamin B2), ビタミンC (mg) (Vitamin C), 食塩相当量 (g) (Salt equivalent), and 食物繊維 (g) (Dietary fiber). Rows show 10月平均 (October average) and 文部科学省基準 (Ministry of Education, Culture, Sports, Science and Technology standards).