

Main table containing school lunch menus for May. It is organized by month (May) and day (Monday to Friday). Each day's menu includes a main dish (主食), a side dish (副食), and a drink (飲み物). The table lists ingredients and their quantities, along with energy and nutrient values. Special days like 'Waka Expo 2025' and 'Waka Expo 2025' are highlighted. There are also illustrations of children and food items.

Nutrient table with columns for Energy (kcal), Protein, Fat, Calcium, Magnesium, Iron, Zinc, Vitamin A, Vitamin B1, Vitamin B2, Vitamin C, Salt, and Fiber. It provides average values for May and comparison with national standards.

※栄養価は「日本食品標準成分表2020年版(8訂)」に基づき算出しています。