

Main table containing school lunch menus for January, organized by date (Monday to Friday). Each day's menu includes a main dish, side dishes, and a drink, along with a detailed list of ingredients and their quantities. Special sections include '給食の記念日を祝おう!' (Celebrating the anniversary of school lunches), 'お正月' (New Year's), and '堺のめぐみ' (Sakai's Treasures).

Nutritional information table at the bottom of the page. It lists various nutrients such as Energy (kcal), Protein, Fat, Calcium, Magnesium, Iron, Zinc, Vitamin A, B1, B2, C, Sodium, and Fiber, along with their average values and recommended intake levels.