



学校給食予定献立表



Main table containing school lunch menus for days 2 through 31, including meal names, ingredients, and nutritional values. Includes a 'えいよう三色' (Healthy Three Colors) section and a '旬の食べ物' (Seasonal Food) section.

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