

Main table containing school lunch menus for May, organized by date (e.g., 2, 9, 16, 23, 30) and day of the week (e.g., 月, 火, 水, 木, 金). Each menu includes a list of ingredients and their quantities, and a '献立表について' (About the menu) section with nutritional information and preparation notes.

☆...オープン献立

Nutritional information table with columns for '栄養価' (Nutritional Value), 'エネルギー' (Energy), 'たんぱく質' (Protein), '脂質エネルギー比' (Fat Energy Ratio), 'カルシウム' (Calcium), 'マグネシウム' (Magnesium), '鉄' (Iron), '亜鉛' (Zinc), 'ビタミンA' (Vitamin A), 'ビタミンB1' (Vitamin B1), 'ビタミンB2' (Vitamin B2), 'ビタミンC' (Vitamin C), '食塩相当量' (Salt Equivalent), and '食物繊維' (Dietary Fiber).