

Main menu table with columns for date, dish name, energy/nutrient values, ingredients, and side dishes for 10am and 3pm.

Nutritional information table showing kcal, protein, fat, calcium, iron, and other nutrients for different age groups.

\*10時のおやつは、3歳未満児のみです。
\*都合により献立が変更になる場合があります。

給食だより (Menu Bulletin) section including a recipe for '朝食簡単レシピ' and a list of ingredients.

子どもの食べる意欲を育む (Cultivating Children's Appetite) section with illustrations and text explaining how to encourage eating habits.

献立からのメッセージ (Message from the Menu) section with circular graphics and text about the benefits of soybeans and asparagus.