

月

火

水

木

金

Table for menu item 1: かやくごはん (Energy: 594 kcal, Protein: 22g). Includes ingredients like soybean paste, miso, and various vegetables.

Table for menu item 2: コッペパン (Energy: 572 kcal, Protein: 31g). Includes ingredients like cabbage soup, bacon, and various vegetables.

Nutritional information table for middle school students (3-4 years old) showing average nutrient intake for energy, protein, fat, sodium, calcium, and magnesium.

Information box about vegetable usage for the month, mentioning 'えんどう豆・玉ねぎ' and providing contact info for the school nutrition office.

Table for menu item 8: ごはん ミニフィッシュ (Energy: 570 kcal, Protein: 24g). Includes ingredients like fish, soybean paste, and vegetables.

Table for menu item 9: コッペパン (Energy: 575 kcal, Protein: 26g). Includes ingredients like cabbage and tomato soup, and various vegetables.

Table for menu item 10: ごはん (Energy: 591 kcal, Protein: 24g). Includes ingredients like miso, soybean paste, and vegetables.

Table for menu item 11: ごはん のりかつおふりかけ (Energy: 573 kcal, Protein: 23g). Includes ingredients like nori, bonito, and various vegetables.

Table for menu item 12: コッペパン (Energy: 619 kcal, Protein: 26g). Includes ingredients like egg, corn soup, and various vegetables.

Table for menu item 15: げんまいごはん ふくじんづけ (Energy: 603 kcal, Protein: 23g). Includes ingredients like pork, soybean paste, and various vegetables.

Table for menu item 16: しょくパン スライスチーズ (Energy: 667 kcal, Protein: 27g). Includes ingredients like ham, cheese, and various vegetables.

Table for menu item 17: ごはん しそこんぶ (Energy: 580 kcal, Protein: 25g). Includes ingredients like perilla, soybean paste, and various vegetables.

Table for menu item 18: わかめごはん (Energy: 575 kcal, Protein: 30g). Includes ingredients like wakame, soybean paste, and various vegetables.

Table for menu item 19: アップルパン (Energy: 712 kcal, Protein: 23g). Includes ingredients like apple, soybean paste, and various vegetables.

Table for menu item 22: ごはん ゆかりふりかけ (Energy: 574 kcal, Protein: 20g). Includes ingredients like soybean paste, miso, and various vegetables.

Table for menu item 23: うずまきパン ミニフィッシュ (Energy: 593 kcal, Protein: 27g). Includes ingredients like soybean paste, fish, and various vegetables.

Table for menu item 24: ごはん (Energy: 641 kcal, Protein: 35g). Includes ingredients like soybean paste, miso, and various vegetables.

Table for menu item 25: ごはん あじつけのり (Energy: 581 kcal, Protein: 21g). Includes ingredients like soybean paste, bonito, and various vegetables.

Table for menu item 26: しょくパン (Energy: 642 kcal, Protein: 26g). Includes ingredients like ham, cheese, and various vegetables.

Table for menu item 29: ごはん こくとうビーンズ (Energy: 607 kcal, Protein: 27g). Includes ingredients like soybean paste, miso, and various vegetables.

Table for menu item 30: コッペパン (Energy: 658 kcal, Protein: 26g). Includes ingredients like cream soup, ham, and various vegetables.

Table for menu item 31: ごはん (Energy: 615 kcal, Protein: 28g). Includes ingredients like soybean paste, miso, and various vegetables.

Summary section for the month's menu, listing 'かやくごはん', 'げんまいごはん', and 'わかめごはん' with their respective energy and protein values.

Information box for the 4th School Nutrition Contest, including the theme '大豆と豚肉のトマト煮' and details about the award ceremony.