

月

火

水

木

金

Table for Monday (1) featuring 'コッペパン' (Coppa Pan) with ingredients like bacon, egg, and cheese, and nutritional information.

Table for Tuesday (2) featuring 'かやくごはん' (Cayaku Gohan) with ingredients like soybean paste, egg, and vegetables, and nutritional information.

Table for Wednesday (3) featuring '水' (Water) with nutritional information for middle school students (3-4 years old) including energy, protein, fat, and vitamins.

Table for Thursday (4) featuring '金' (Gold) with information about vegetables used in the menu and contact information for the school nutrition office.

Table for Friday (5) featuring 'コッペパン' (Coppa Pan) with ingredients like egg, cheese, and vegetables, and nutritional information.

Table for Saturday (6) featuring 'ごはん' (Gohan) with ingredients like egg, soybean paste, and vegetables, and nutritional information.

Table for Sunday (7) featuring 'ごはん' (Gohan) with ingredients like egg, soybean paste, and vegetables, and nutritional information.

Table for Monday (8) featuring 'コッペパン' (Coppa Pan) with ingredients like egg, cheese, and vegetables, and nutritional information.

Table for Tuesday (9) featuring 'げんまいごはん' (Genmai Gohan) with ingredients like egg, soybean paste, and vegetables, and nutritional information.

Table for Wednesday (10) featuring 'しょうパン' (Shou Pan) with ingredients like egg, cheese, and vegetables, and nutritional information.

Table for Thursday (11) featuring 'ごはん' (Gohan) with ingredients like egg, soybean paste, and vegetables, and nutritional information.

Table for Friday (12) featuring 'わかめごはん' (Wakame Gohan) with ingredients like egg, soybean paste, and wakame, and nutritional information.

Table for Saturday (13) featuring 'アップルパン' (Apple Pan) with ingredients like egg, cheese, and apples, and nutritional information.

Table for Sunday (14) featuring 'ごはん' (Gohan) with ingredients like egg, soybean paste, and vegetables, and nutritional information.

Table for Monday (15) featuring 'うずまきパン' (Uzumaki Pan) with ingredients like egg, cheese, and vegetables, and nutritional information.

Table for Tuesday (16) featuring 'ごはん' (Gohan) with ingredients like egg, soybean paste, and vegetables, and nutritional information.

Table for Wednesday (17) featuring 'ごはん' (Gohan) with ingredients like egg, soybean paste, and vegetables, and nutritional information.

Table for Thursday (18) featuring 'しょうパン' (Shou Pan) with ingredients like egg, cheese, and vegetables, and nutritional information.

Table for Friday (19) featuring 'ごはん' (Gohan) with ingredients like egg, soybean paste, and vegetables, and nutritional information.

Table for Saturday (20) featuring 'コッペパン' (Coppa Pan) with ingredients like egg, cheese, and vegetables, and nutritional information.

Table for Sunday (21) featuring 'ごはん' (Gohan) with ingredients like egg, soybean paste, and vegetables, and nutritional information.

Table for Monday (22) featuring 'ごはん' (Gohan) with ingredients like egg, soybean paste, and vegetables, and nutritional information.

Table for Tuesday (23) featuring 'ごはん' (Gohan) with ingredients like egg, soybean paste, and vegetables, and nutritional information.

Announcement for the 4th School Nutrition Contest, including the winning entry '大豆と豚肉のトマト煮' (Soybean and Pork Tomato Stew) and details about the contest.