

Month header table with columns for 月 (Month), 火 (Tuesday), 水 (Wednesday), 木 (Thursday), 金 (Friday).

Table for '今月の炊き込みごはん' (Monthly Cooked Rice) with sub-sections for 'くろまいごはん' (1 day), 'かやくごはん' (10 days), and 'わかめごはん' (21 days).

Table for '1 ごはん' (1st Lunch) listing ingredients like ホイコウロウ, しゅうまい, and their energy/nutrient values.

Table for '2 くろまいごはん ふくじんづけ' (2nd Lunch) listing ingredients like チキンカレー, こしょう, and their energy/nutrient values.

Table for '3 コッペパン' (3rd Lunch) listing ingredients like レタススープ, こいくちしょうゆ, and their energy/nutrient values.

Table for '4 ごはん ミニフィッシュ' (4th Lunch) listing ingredients like きりぼしだいこん, うすあげ, and their energy/nutrient values.

Table for '7 コッペパン' (7th Lunch) listing ingredients like どうもろこしスープ, ベーコン, and their energy/nutrient values.

Table for '8 ごはん' (8th Lunch) listing ingredients like だんごじる, あかうおのうめふうみ, and their energy/nutrient values.

Table for '9 ごはん つぼづけ' (9th Lunch) listing ingredients like そぼろにぶたミンチ, ひじきピーマン, and their energy/nutrient values.

Table for '10 しょくパン' (10th Lunch) listing ingredients like やさいいため, あつあげのチリソース, and their energy/nutrient values.

Table for '11 かやくごはん' (11th Lunch) listing ingredients like うどん, かまぼこ, and their energy/nutrient values.

Table for '14 コッペパン' (14th Lunch) listing ingredients like スープに, なすのソテー, and their energy/nutrient values.

Table for '15 ごはん' (15th Lunch) listing ingredients like ごじる, ししゃも, and their energy/nutrient values.

Table for '16 ごはん あじつけのり' (16th Lunch) listing ingredients like タツリタン, ビーフンのいためもの, and their energy/nutrient values.

Table for '17 コッペパン' (17th Lunch) listing ingredients like キャベツのスープ, ホキのカラフルソース, and their energy/nutrient values.

Table for '18 ごはん わらさきいもチップス' (18th Lunch) listing ingredients like ちゅうかどうふ, なすのいためもの, and their energy/nutrient values.

Table for '21 こくとうパン' (21st Lunch) listing ingredients like おきなわそば, ぶたにくとキャベツのピリカラいため, and their energy/nutrient values.

Table for '22 わかめごはん' (22nd Lunch) listing ingredients like かきたまじる, やきざかな(ほっけ), and their energy/nutrient values.

Table for '23 ごはん' (23rd Lunch) listing ingredients like もずくのりょうりしゅ, りょうりしゅ, and their energy/nutrient values.

Table for '24 コッペパン' (24th Lunch) listing ingredients like トマトスープ, とりにくのマーレードやき, and their energy/nutrient values.

Table for '25 ごはん はつがげんまいふりかけ' (25th Lunch) listing ingredients like かんどうに, レタスのボンズいため, and their energy/nutrient values.

Table for '28 しょくパン' (28th Lunch) listing ingredients like キーマカレー, コーンソテー, and their energy/nutrient values.

Table for '29 ごはん' (29th Lunch) listing ingredients like どうがんじる, きびなごのなんぼんづけ, and their energy/nutrient values.

Table for '30 ごはん' (30th Lunch) listing ingredients like みそしる, ギョウザ, and their energy/nutrient values.

Table for '31 給食栄養情報' (31st Lunch) containing nutrition information for elementary school students and a list of vitamins.

Information section including '今月使用する枚方産の農産物' (Local products used this month), '給食食材の産地について' (About food ingredients), and '給食食材に関する問い合わせ先' (Contact information).