

月 火 水 木 金

中学年(3・4年生)の一人一食あたりの平均栄養価

Table with 6 columns: Energy, Protein, Fat, Sodium, Calcium, Magnesium. Rows: Intake, Standard, Sufficiency.

Table with 6 columns: Iron, Zinc, Vitamin A, B1, B2, C, Fiber. Rows: Intake, Standard, Sufficiency.

*牛乳は毎食つきます
*諸事情により使用食材の数量を変更することがあります
*揚げ油は、菜種油を複数回使用します

今月使用する枚方産の野菜

大根・白菜・キャベツ・人参・青ねぎ 黒米を使用する予定です。

給食食材の産地について

主な食材の産地情報を記した「給食食材の産地について」を、枚方市のホームページ(学校給食)に掲載しています。

給食食材に関する問い合わせ先
おいしい給食課 電話:050-7105-8030



Menu for Thursday (木) featuring 'Gohan Iriridaisu' (ごはん いりだいず) with ingredients like rice, miso, and vegetables.

Menu for Friday (金) featuring 'Gohan' (ごはん) with ingredients like ramen, tamagoyaki, and various side dishes.

Menu for Monday (1) featuring 'Apple Pan' (アップルパン) with ingredients like apples, raisins, and bread.

Menu for Tuesday (2) featuring 'Gohan' (ごはん) with ingredients like rice, miso, and vegetables.

Menu for Wednesday (3) featuring 'Shokupan' (しよくパン) with ingredients like ham, potatoes, and bread.

Menu for Thursday (4) featuring 'Gohan Minifishu' (ごはん ミニフィッシュ) with ingredients like fish, rice, and vegetables.

Menu for Friday (5) featuring 'Kakugohan' (かやくごはん) with ingredients like miso, rice, and various side dishes.

Menu for Saturday (6) featuring 'Hot Hot Gohan' (ホカホカ ごはん) with ingredients like rice, miso, and vegetables.

Menu for Sunday (7) featuring 'Happishudo Boku' (ハッピッシュドボーク) with ingredients like pork, ham, and bread.

Menu for Monday (8) featuring 'Onion Soup' (オニオンスープ) with ingredients like onions, soup, and bread.

Menu for Tuesday (9) featuring 'Kakigohan' (かきたまじる) with ingredients like miso, rice, and various side dishes.

Menu for Wednesday (10) featuring 'Lentil Soup' (レンズまめのジンジャースープ) with ingredients like lentils, ginger, and soup.

Menu for Thursday (11) featuring 'Wakame Gohan' (わかめごはん) with ingredients like wakame, rice, and miso.

Menu for Friday (12) featuring 'Parker Pan' (パーカーパン) with ingredients like chicken, ham, and bread.

Menu for Saturday (13) featuring 'Miso Shiru' (みそしる) with ingredients like miso, rice, and vegetables.

Menu for Sunday (14) featuring 'Uzutama Gouri' (うずらたまごいり) with ingredients like quail, egg, and rice.

Information box about recycling milk cartons, including instructions and a recycling symbol.

Menu for Monday (15) featuring 'Isono' (いそに) with ingredients like rice, miso, and vegetables.

Menu for Tuesday (16) featuring 'Maree Dainikon' (マーボーだいこん) with ingredients like beef, radish, and sauce.

Menu for Wednesday (17) featuring 'Hakusai' (はくさい) with ingredients like radish, soup, and bread.

Menu for Thursday (18) featuring 'Gujiru' (ぐじる) with ingredients like miso, rice, and vegetables.

Information box about recycling school lunch items, including instructions and a recycling symbol.