

Main table of school lunch menus for 6 months, organized by day (3-28) and meal type (Gohan, Cuppan, etc.). Each entry includes ingredients, quantities, and energy values.

Table showing average nutrition per person per meal for elementary school children (3-4 years old). Columns include Energy, Protein, Fat, Sodium, Calcium, Magnesium, Iron, Zinc, and Vitamin B1-B3.

Section for 'This month's baked rice' (今月の炊き込みごはん) featuring 'Wakame Gohan' (わかめごはん) with 80g rice and 2.3g wakame. Includes a note about ingredient origin and contact info for the school lunch program.

Section for 'This month's local agricultural products' (今月使用する枚方産の農産物). Features 'Mogoya Sashii' (もごわやさしい) theme, a contest winner announcement from June 24th (Carful Man's vegetable stir-fry), and a note about using local produce like eggplant and carrots.

*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 *揚げ油には、菜種油を複数回使用します