

Main table containing school lunch menus for August and September. It is organized by month (8月 and 9月) and day (Monday to Friday). Each day's menu includes a main dish, side dishes, and a drink. Nutritional values are provided for each menu. The table also includes seasonal information, such as '旬の食べもの' (Seasonal food) for kabocha and '堺のめぐみ' (Sakai no Megumi) local products. Country flags are used to indicate the origin of ingredients.

Summary table of nutritional values. Columns include: 栄養価 (Nutritional value), エネルギー (kcal) (Energy), たんぱく質 (g) (Protein), 脂質エネルギー比 (%) (Fat energy ratio), カルシウム (mg) (Calcium), マグネシウム (mg) (Magnesium), 鉄 (mg) (Iron), 亜鉛 (mg) (Zinc), ビタミンA (μgRAE) (Vitamin A), ビタミンB1 (mg) (Vitamin B1), ビタミンB2 (mg) (Vitamin B2), ビタミンC (mg) (Vitamin C), 食塩相当量 (g) (Salt equivalent), and 食物繊維 (g) (Dietary fiber). Rows show 8・9月平均 (8・9 month average) and 文部科学省基準 (Ministry of Education, Culture, Sports, Science and Technology standards).

※栄養価は、「日本食品標準成分表2020年版(八訂)」に基づき算出しています