

Main table containing school lunch menus for October. It is organized by date (10/2 to 10/31) and includes columns for meal type (e.g., 2, 3, 4, 5, 6, 10, 11, 12, 13, 16, 17, 18, 19, 20, 23, 24, 25, 26, 27, 30, 31), ingredients, and quantities. Special sections include '目を大切にしましょう' (Eye Care) on 10/10, 'えいよう日' (Healthy Day) on 10/20, and 'G7学校給食を実施します' (G7 School Lunch Implementation) on 10/28-29.

Nutritional information table with columns for Energy (kcal), Protein (g), Fat (g), Calcium (mg), Magnesium (mg), Iron (mg), Lead (mg), Vitamin A (μgRAE), Vitamin B1 (mg), Vitamin B2 (mg), Vitamin C (mg), Salt (g), and Fiber (g). It provides average values for the month and compares them to national 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