

Main table containing school lunch menus for November. It is organized by month (Nov) and day (1-30). Each day's menu includes a main dish, side dishes, and a drink. Nutritional values are provided for each item. Special days like 'Good Teeth Day' (11/8) and 'Corn Bread Day' (Nov 7) are highlighted with illustrations and additional information.

☆・・・オープン献立

Nutritional value 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 shows average values for the month and standards set by the Ministry of Education, Culture, Sports, Science and Technology.

※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