

Main table containing school lunch menus for May. Each row represents a day with columns for the month (May), day of the week (e.g., 火, 水, 木, 金), and specific menu items with their respective energy and nutrient values. Includes special days like 'Expo 2025' and '19th School Lunch Day'.

Nutrient summary table with columns for Energy (kcal), Fat, Calcium, Magnesium, Iron, Lead, Vitamin A, B1, B2, C, Salt, and Fiber. It provides average and standard values for the month.

※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