

Main table containing school lunch menus for May. It is organized by month (May) and day (Monday to Friday). Each day's menu includes a main dish, side dishes, and a drink. The table also includes a 'Kids' Day' (こどもの日) section with a special menu for May 5th. Each menu item is accompanied by its ingredients and nutritional information. There are also some images of food items and a small illustration of a child.

Nutritional information table. It lists various nutrients and their average daily intake for May. The nutrients include Energy (kcal), Protein, Fat, Calcium, Magnesium, Iron, Lead, Vitamin A, Vitamin B1, Vitamin B2, Vitamin C, Salt equivalent, and Dietary Fiber. The table compares the average intake to the Japanese Food Standards Table 2020 (JFST 2020) values.

*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