

Main table containing school lunch menus for June. It is organized by month (June) and day (Monday to Friday). Each day's menu includes a main dish, side dishes, and a drink. Nutritional information is provided for each menu item. The table also includes a 'Field's Treasure' (堺のめぐみ) section with product photos and usage instructions.

Nutritional information table. Columns include: 栄養価 (Nutritional Value), エネルギー (Energy), たんぱく質エネルギー比 (Protein Energy Ratio), 脂質エネルギー比 (Fat Energy Ratio), カルシウム (Calcium), マグネシウム (Magnesium), 鉄 (Iron), 亜鉛 (Zinc), ビタミンA (Vitamin A), ビタミンB1 (Vitamin B1), ビタミンB2 (Vitamin B2), ビタミンC (Vitamin C), 食塩相当量 (Salt Equivalent), and 食物繊維 (Dietary Fiber). Rows show 6月平均 (June Average) and 文部科学省基準 (MEXT Standard).

※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。