



学校給食予定献立表



Table with 5 columns (1-5) for days of the week. Each column lists menu items (e.g., 冷豚肉, ごはん・牛乳) and their nutritional values. Includes a '七夕献立' (Shichiyū) section for the 7th day.

堺のめぐみ 小松菜...3日・9日 玉ねぎ...1日・2日・3日・5日・8日・10日・11日・12日・16日・18日 なす...10日・11日 にんじん...8日

Table with 4 columns (8-12) for days of the week. Each column lists menu items and nutritional values. Includes a '万博献立' (Expo) section for the 8th day.

Table with 4 columns (16-19) for days of the week. Each column lists menu items and nutritional values. Includes a '7月7日は『七夕』です' (July 7th is Tanabata) section.

Large section with text and graphics. Includes 'くるで、万博' (Expo 2025), '夏を元気に過ごすために大切なことは?~' (What are the important things to enjoy summer with energy?), and '夏休みも忘れずに!' (Don't forget summer vacation!).

Nutritional summary table with columns for Energy (kcal), Protein, Fat, Calcium, Magnesium, Iron, Zinc, Vitamin A, Vitamin B1, Vitamin B2, Vitamin C, Salt, and Fiber.

※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