



学校給食予定献立表



Main table containing school lunch menus for August and September. It is organized by month (8月 and 9月) and day (e.g., 8/28, 8/29, 8/30). Each entry includes a main dish, ingredients, and nutritional values. Special days like 'お月見の日' (Moon Viewing Day) and '堺のめぐみ' (Sakai no Megumi) are highlighted with specific notes and images.

Nutritional information table with columns for Energy, Protein, Fat, Calcium, Magnesium, Iron, Lead, Vitamin A, Vitamin B1, Vitamin B2, Vitamin C, Salt, and Fiber. It provides average values for the 8-9 month period and compares them to the Japanese Food Standards Association (JFSA) 2020 standards.

※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