

Main table containing school lunch menus for October. It is organized by month (October) and day (1st to 31st). Each day's menu includes a main dish, side dishes, and a drink. Nutritional values are provided for each item. Special days like 'Eye Protection Day' (10/10) and 'Typhoon Day' (10/19) are highlighted. The table also includes a '堺のめぐみ' (Sakai no Megumi) section for local products and a '万博!' (Expo 2025) section for Osaka Expo 2025.

Nutritional information table with columns for Energy (kcal), Protein, Fat, Calcium, Magnesium, Iron, Zinc, Vitamin A, Vitamin B1, Vitamin B2, Vitamin C, Salt, and Fiber. It compares the 10-month average and the national standard (Wakayama Prefecture).

※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