

令和6年 10月 学校給食予定献立表 (中区)

堺市教育委員会

Main table containing school lunch menus for October. It is organized by date (e.g., 10/1, 10/7, 10/15) and includes columns for meal type (main, side, drink), ingredients, and energy/nutrient values. Special features include 'Eye Care Day' (10/10), 'Eye Health Day' (10/15), and 'Welfare Day' (10/19).

Nutritional information table with columns for Energy (kcal), Protein (g), Fat (g), Carbohydrate (g), Calcium (mg), Magnesium (mg), Iron (mg), Zinc (mg), Vitamin B1, B2, C, and Dietary Fiber. It includes monthly averages and comparison with national 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