

Main table containing school lunch menus for November. It is organized by month (火, 水, 木, 金) and day (e.g., 11月8日). Each entry includes a main dish name, a list of ingredients with quantities, and a table of nutrients. Some items are highlighted as 'local products' (堺産農産物) and include specific product names like '堺のめぐみ'.

Nutrient summary table with columns for '栄養価' (Nutritional Value), 'エネルギー' (Energy), 'たんぱく質' (Protein), '脂質' (Fat), '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). It provides average values and standards for the month.

※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