

Main table containing school lunch menus for November. It is organized by month (Nov) and day (1st to 30th). Each day's menu includes a main dish, side dishes, and a drink. Nutritional information is provided for each menu item. The table also includes a 'CORN BLEND' section with detailed descriptions and ingredients for a corn-based meal.

Nutritional information table (栄養価) showing average values for 11 months and standards for elementary school children. Columns include Energy (kcal), Fat, Protein, 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