



Main table containing school lunch menus for November. It is organized by date (11/1 to 11/29) and day of the week (Monday to Friday). Each day's menu includes a main dish, side dishes, and a drink, with detailed ingredient lists and quantities. Special events like 'Good Teeth Day' (11/8) and 'World Expo 2025' (11/19) are highlighted. The table also includes a 'Nutritional Value' section at the bottom.

Nutritional Value Table (栄養価) showing average values for energy, protein, fat, calcium, magnesium, iron, zinc, vitamins, and fiber. It compares the school lunch menu against the Ministry of Health's standards for elementary school children.

※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