

Main table containing school lunch menus for November. It is organized by date (e.g., 11月8日, 11月11日) and includes columns for '主食' (Main Dish), '副食' (Side Dish), and 'デザート' (Dessert). Each menu item is accompanied by a color-coded icon (red, green, yellow) and a small image. The table also includes nutritional information and a '栄養価' (Nutritional Value) section at the bottom.

Summary table for nutritional values. Columns include: 栄養価 (Nutritional Value), エネルギー (kcal) (Energy), たんぱく質 (g) (Protein), 脂質 (g) (Fat), カルシウム (mg) (Calcium), マグネシウム (mg) (Magnesium), 鉄 (mg) (Iron), 亜鉛 (mg) (Zinc), ビタミンA (μgRAE) (Vitamin A), ビタミンB1 (mg) (Vitamin B1), ビタミンB2 (mg) (Vitamin B2), ビタミンC (mg) (Vitamin C), 食塩相当量 (g) (Salt Equivalent), and 食物繊維 (g) (Dietary Fiber). Rows show 11月平均 (November Average) and 文部科学省基準 (MEXT Standard).

※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