

6月分 予定献立表

(中学校)



Main table with columns for Date, School, Event, Dish Name, Main Dish, Side Dish, Red Food, Green Food, Yellow Food, Energy, and Protein. Includes a vertical sidebar for health weeks: 6/4-10 (Tooth and Mouth Health Week), 6/15-19 (Local Product Utilization Week).

Summary section containing monthly average nutrition (Energy: 823Kcal, Protein: 31.9g, Fat: 25.4g, Salt: 2.8g) and a list of general notes regarding menu changes and allergen information.

6月 (June) section with sub-sections: '5日(金) 食育の日メニュー' (Nutrition Day Menu), '25日(木) はしを上手に使う日' (Using Cutlery Day), '今月の地場産品' (Local Products), and 'よくかんで食べると 体にいいことがたくさん!' (Chewing well is good for the body!).