



Table with columns: 日曜 (Day/Week), 給食がない学校 (School without lunch), 行事など (Events), 献立 (Menu) with sub-columns for 主食 (Main), おかず (Side), 赤色の食品 (Red food), 緑色の食品 (Green food), 黄色の食品 (Yellow food), 栄養価 (Nutrition) with kcal and g.

Summary row for 7 months: 月平均栄養価 (Monthly average nutrition), エネルギー (Energy), たんぱく質 (Protein), しじょう (Carbohydrate), えんぷん (Fiber).

Notes and search information: 都合により、献立内容を変更することがあります。 (Changes may occur). Includes a search icon and a cartoon character.

7月 今月の給食目標...「夏の食事について考えよう」 (July: This month's lunch goal... 'Thinking about summer meals').



Health tips section: 暑さに負けない体づくりを! (Don't lose to heat, build a strong body!). Includes tips on eating 3 meals, hydration, staying cool, and sleeping, along with a list of summer vegetables.

1日(火) はしを上手に使う日 (1st Tuesday: Day to use chopsticks skillfully). Includes an illustration of chopsticks and a bowl of food.

7日(月) 食育の日メニュー (7th Monday: Nutrition Day menu). Includes an illustration of a child and a bowl of food.

おいしく食べよう! 今月の地場産品 (Eat deliciously! This month's local products). Includes an illustration of children and local produce like tomatoes and okra.