

Main menu table with columns for days of the week (月, 火, 水, 木, 金) and rows for dates (2, 3, 4, 5, 6, 9, 10, 11, 12, 13, 16, 17, 18, 19, 20, 23). Each row lists the meal name (e.g., ごはん, コッペパン) and ingredients with their respective energy and protein values.

Menu for December 23rd (23) featuring 'コッペパン' and 'ぎゅうにゅう'. Includes a table for 'ハッシュドポーク' and 'ハムポテト' ingredients.

Nutritional information table for middle school students (3-4 years old). Includes tables for '平均栄養価' (Average Nutritional Value) and 'ビタミン' (Vitamin) content.

Section titled 'セレクトデザートについて' (About Select Desserts). Explains that students can choose one dessert from three options (Gato-Shokora, Sweet Potato, Boudoirゼリー) provided in December.

Section titled '12月4日(水)' (Wednesday, December 4th). Announces the 5th 'Maikawa Yashii' (まごわやさしい) contest theme and lists the winning entry: '樟葉小学校の児童が考えてくれました' (Thought up by children of Shōhwa Elementary School).