

月

火

水

木

金

今月の炊き込みごはん

「わかめごはん」(2日)

こめ 80g
たきこみわかめ 2.3g

「げんまいごはん」(13日)

こめ 65g
げんまい 10g

今月使用する旬の野菜

チンゲン菜・青ねぎ・ほうれん草・里芋・大根・白菜・キャベツ・れんこんを使用する予定です。



中学年(3・4年生)の一人一食あたりの平均栄養価

Table with 6 columns: Energy, Protein, Fat, Carbohydrate, Sodium, Magnesium. Rows include intake, average, and adequacy rates.

Table with 6 columns: Iron, Zinc, Vitamin A, Vitamin B1, Vitamin B2, Vitamin C. Rows include intake, average, and adequacy rates.

*牛乳は毎食つきます
*諸事情により使用食材の数量を変更することがあります
*揚げ油は、菜種油を複数回使用します

給食食材の産地について

主な食材の産地情報を記した「給食食材の産地について」を、枚方市のホームページ(学校給食)に掲載しています。

給食食材に関する問い合わせ先
おいしい給食課 電話:050-7105-8030

アップルパン

Menu for Apple Bread day including items like wakame soup, tamago, and various breads with their quantities.

わかめごはん

Menu for Wakame Rice day including items like wakame rice, tamago, and various side dishes with their quantities.

5 パーカーパン

Menu for Parker Bread day including items like kabu soup, bacon, and various breads with their quantities.

6 ごはん

Menu for Rice day including items like mackerel, beef, and various side dishes with their quantities.

7 ごはん

Menu for Rice day including items like shirataki, chicken, and various side dishes with their quantities.

8 コッペパン

Menu for Koppo Bread day including items like cream soup, chicken, and various breads with their quantities.

9 ごはん

Menu for Rice day including items like chicken, beef, and various side dishes with their quantities.

12 しょくパン

Menu for Shokupan day including items like vegetable soup, chicken, and various breads with their quantities.

13 げんまいごはん

Menu for Genmai Rice day including items like chicken, beef, and various side dishes with their quantities.

14 ごはん

Menu for Rice day including items like chicken, beef, and various side dishes with their quantities.

15 コッペパン

Menu for Koppo Bread day including items like chicken, beef, and various breads with their quantities.

16 ごはん

Menu for Rice day including items like chicken, beef, and various side dishes with their quantities.

19 しょくパン

Menu for Shokupan day including items like ham, chicken, and various breads with their quantities.

20 ごはん

Menu for Rice day including items like chicken, beef, and various side dishes with their quantities.

21 ごはん

Menu for Rice day including items like chicken, beef, and various side dishes with their quantities.

22 しょくパン

Menu for Shokupan day including items like chicken, beef, and various breads with their quantities.

セレクトデザートについて



毎年12月にセレクトデザートを提供しています。今年はいちごチョコレート、スイートポテト、ぶどうゼリーの中から1つ好きなものを選んでもらいます。

