

Main menu table with columns for days of the week (月, 火, 水, 木, 金) and numbered boxes (2-31) containing food items and nutritional information.

中学生(3・4年生)の一人一食あたりの平均栄養価

Nutritional value table with columns for energy, protein, fat, carbohydrates, and fiber.

第4回 学校給食コンテスト入賞作《チキンハンバーグ カラフルソース》

Text describing the 4th school lunch contest award-winning dish, including the theme and date.

Informational box about milk recycling, including a logo and text about reducing waste and CO2 emissions.

Box 30: Menu for 'Coppa Pan' (Coppa Pan) with ingredients and nutritional info.

Box 31: Menu for 'Gohan' (Gohan) with ingredients and nutritional info.

Box for 'October Vegetables' (10月の野菜) listing items like 'Satsumaimo' and 'Shinobu'.