

Month header table with columns for 月, 火, 水, 木, 金.

Table for '今月の炊き込みごはん' (Monthly Cooked Rice) listing items like 'すしごはん', 'わかめごはん', 'げんまいごはん', 'せきはん' with their respective weights.

Table for 'ごはん' (Rice) on Monday, listing items like 'とうふチゲ', 'ぶたにく', 'ほしいたけ', 'あおねぎ' with quantities and energy values.

Table for 'こくとうパン' (Cocktail Bread) on Tuesday, listing items like 'なののはなの', 'ツナとひじきの', 'ソテー' with quantities and energy values.

Table for 'すしごはん ひなあられ' (Sushi Rice and Hinanare) on Wednesday, listing items like 'すましじる', 'さわらの', 'にんじん', 'かまぼこ' with quantities and energy values.

Table for 'わかめごはん' (Wakame Rice) on Thursday, listing items like 'とりだんご', 'なののはなの', 'かきあげ', 'たまねぎ' with quantities and energy values.

Table for 'コッペパン' (Coppo Pan) on Friday, listing items like 'やさしいスープ', 'みそ', 'やきぶた', 'さとう' with quantities and energy values.

Table for 'げんまいごはん ふくじんづけ' (Genmai Rice with Fuku-jin-zuke) on Saturday, listing items like 'ポークカレー', 'しょう', 'ぶたにく', 'さとう' with quantities and energy values.

Table for 'ごはん' (Rice) on Sunday, listing items like 'かきたまじる', 'やさぎかな(さけ)', 'にんじん', 'さけ' with quantities and energy values.

Table for 'コッペパン' (Coppo Pan) on Monday, listing items like 'ホイコウロウ', 'ビーフの', 'ぶたにく', 'いためもの' with quantities and energy values.

Table for 'ごはん' (Rice) on Tuesday, listing items like 'ちゃんこ', 'ししゃも', 'とりだんご', 'ししゃも' with quantities and energy values.

Table for 'コッペパン かりかりくろまめ' (Coppo Pan with Crispy Black Beans) on Wednesday, listing items like 'やさしいつぶり', 'あつあげの', 'ラーメン', 'チリソース' with quantities and energy values.

Table for 'ごはん' (Rice) on Thursday, listing items like 'ごじる', 'とりにくの', 'だいた', 'からあげ' with quantities and energy values.

Table for 'パーカーパン' (Parker Pan) on Friday, listing items like 'こめこの', 'ミートピーンズ', 'クリームスープ', 'ぎゅうミンチ' with quantities and energy values.

Table for 'せきはん ごましお' (Sehihan with Sesame Dressing) on Saturday, listing items like 'たまねぎのおつゆ', 'くじらにの', 'にんじん', 'ノルウェーふう' with quantities and energy values.

Graduation menu section titled '卒業おめでとう' and '卒業お祝いメニュー' for 3/17 (Thu), featuring '赤飯', '玉ねぎのおつゆ', '鯨肉のノルウェー風', 'みかんゼリー'.

Section for '今月使用する枚方産の農産物' (Agricultural products from Hiraoka used this month) and '給食食材の産地について' (About the origin of school food ingredients).

Table for 'ごはん のりかつおふりかけ' (Rice with Nori and Bonito Dried Dressing) on Sunday, listing items like 'にくじゃが', 'もやし', 'ぎゅうにく', 'ポンずふうみ' with quantities and energy values.

Table for 'しょくパン' (Shokupan) on Monday, listing items like 'ハッシュドポーク', 'ハムポテト', 'ぶたにく', 'ローズハム' with quantities and energy values.

Nutritional information section titled '中学年(3・4年生)の一人一食あたりの平均栄養価' (Average nutritional value per person per meal for middle school students), including tables for energy, protein, and vitamins.