

Month header table with columns for 月 (Month), 火 (Tuesday), 水 (Wednesday), 木 (Thursday), 金 (Friday).

中学年(3・4年生)の一人一食あたりの平均栄養価

Nutrition table for middle school students showing energy, protein, fat, sodium, calcium, and magnesium intake.

Nutrition table for iron, calcium, and vitamins A, B1, B2, C, and fiber intake.

*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

Menu for Wednesday (水) featuring Cheese Bread (チーズパン) with ingredients like Cabayetto, Wine, and various vegetables.

Menu for Thursday (木) featuring Kuromai Gohan (くろまいごはん) with ingredients like Pork Curry, Soybean Paste, and various vegetables.

Menu for Friday (金) featuring Gohan (ごはん) with ingredients like Gyoza, Onions, and various vegetables.

Menu for Saturday (6) featuring Apple Bread (アップルパン) with ingredients like Zucchini, Bacon, and Apples.

Menu for Sunday (7) featuring Gohan (ごはん) with ingredients like Anka, Onions, and various vegetables.

Menu for Monday (8) featuring Coppa Pan (コッペパン) with ingredients like Soup, Bread, and various vegetables.

Menu for Tuesday (9) featuring Kayaku Gohan (かやくごはん) with ingredients like Tamagoyaki, Onions, and various vegetables.

Menu for Wednesday (10) featuring Gohan (ごはん) with ingredients like Mince Fish, Onions, and various vegetables.

Menu for Thursday (13) featuring Shokupan (しよくパン) with ingredients like Ham, Bread, and various vegetables.

Menu for Friday (14) featuring Gohan (ごはん) with ingredients like Gyoza, Onions, and various vegetables.

Menu for Saturday (15) featuring Coppa Pan (コッペパン) with ingredients like Soup, Bread, and various vegetables.

Menu for Sunday (16) featuring Gohan (ごはん) with ingredients like Gyoza, Onions, and various vegetables.

Menu for Monday (17) featuring Gohan (ごはん) with ingredients like Gyoza, Onions, and various vegetables.

Menu for Tuesday (20) featuring Coppa Pan (コッペパン) with ingredients like Curry, Bread, and various vegetables.

Menu for Wednesday (21) featuring Gohan (ごはん) with ingredients like Soup, Bread, and various vegetables.

Menu for Thursday (22) featuring Shokupan (しよくパン) with ingredients like Cream Soup, Bread, and various vegetables.

Section for February vegetables (2月使用する旬の野菜) and a notice about the origin of ingredients (給食食材の産地について).

Menu for Friday (24) featuring Gohan (ごはん) with ingredients like Gyoza, Onions, and various vegetables.

Menu for Saturday (27) featuring Gohan (ごはん) with ingredients like Gyoza, Onions, and various vegetables.

Menu for Sunday (28) featuring Parker Pan (パーカーパン) with ingredients like Burger, Bread, and various vegetables.

今月の炊き込みごはん (This month's炊き込みごはん) with recipes for Kuromai Gohan and Kayaku Gohan.

Section for the 4th School Lunch Contest (第4回 学校給食コンテスト) featuring a winning recipe for Winter Vegetables and Soybean Paste Soup.