

Table with 5 columns: 月 (Month), 火 (Tuesday), 水 (Wednesday), 木 (Thursday), 金 (Friday). Each column contains a menu for a specific day, including items like コッペパン, ごはん, しょうパン, and ごはん, with their respective energy and protein values.

Table with 5 columns: 10, 11, 12, 13, 14. Each column contains a menu for a specific day, including items like しょうパン, くらまいごはん, ごはん, うずまきパン, and ごはん, with their respective energy and protein values.

給食食材の産地について (About the origin of school food ingredients). Includes text about the origin of ingredients and contact information for the school nutrition office.

Table for 18th day menu: コッペパン (Coppelpan) and ごはん (Rice). Lists ingredients like ナポリタン, キャベツ, and カレーソテー with their energy and protein values.

Table for 19th day menu: ごはん (Rice). Lists ingredients like だんごじる, こしょう, and じゃこピーマン with their energy and protein values.

中学年(3・4年生)の一人一食あたりの平均栄養価 (Average nutrition per person per meal for middle school students). Includes a table with columns for Energy, Fat, Protein, Carbohydrates, Calcium, Magnesium, Iron, and Vitamins A, B1, B2, C.

今月の炊き込みごはん (This month's炊き込みごはん). Lists items like 「くらまいごはん」(11日) with ingredients like こめ and くらまい.

今月使用する旬の野菜 (This month's seasonal vegetables). Lists items like かぼちゃ and なす, and states they will be used.

第4回 学校給食コンテスト入賞作 (第4回枚方市学校給食コンテストを実施しました) (4th School Lunch Contest Winning Dish (4th枚方市 School Lunch Contest was held)). Includes text about the contest and a QR code.

会計年度任用職員(学校給食臨時調理員)登録募集中 (Recruitment for Accounting Year Appointed Staff (School Lunch Temporary Cooks)). Includes location, working hours, and contact information.

枚方市学校給食会 令和5年度 定期総会が開催されました (枚方市 School Lunch Association 2023 Annual Meeting was held). Includes text about the meeting and a QR code.