



Main menu table with columns for Date, Day, Milk, Main Dish, Side Dish, Main Ingredients, and Nutritional Value. Includes special notices for 3/3 and 3/11.

★献立は食材購入の都合により、変更となる場合があります。

Table showing school nutrition intake standards for middle schools, including energy, protein, fat, and salt equivalents.

健康を考えた食事、しつかりできた？

自分の健康を考えて食事ができたかな？



できている？ できなかったことはこれから気をつけていこう！

Notice about local products (今月の地元産) including items like 'satsumaimo' and 'shimane' with dates.

Notice about school fees (お知らせ) regarding the 3-month fee and payment date.



Message to 9th graders (9年生のみなさん、ご卒業おめでとうございます) and a health message about daily nutrition.