



Main menu table with columns for Date, Day, Milk, Dish Name, Ingredients, and Nutritional Value. Includes a detailed table for 10/10/2024 with a note about menu changes.

★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。
○7月の給食費の振替日は8月31日になります。

◆この献立表のおもな材料は食物アレルギーのための食品表記ではありません。食物アレルギーのある方は必ず詳細献立表をご確認ください。

Table showing school lunch intake standards (基準) for energy, protein, fat, and salt, along with monthly averages (月平均).

夏を元気に過ごすには

朝・昼・夕の3食を規則正しくとる. Includes icons of a clock and plates of food, and text about eating at regular intervals.

早寝・早起きをし、日中は体を動かす. Includes an icon of a child running and text about getting enough sleep and exercise.

主食・主菜・副菜をそろえた食事を心がける. Includes an icon of a plate with rice, meat, and vegetables, and text about a balanced diet.

夏にとりたいた栄養素と多く含む食べ物. Lists foods rich in Vitamin B1 and Vitamin C, such as pork, rice, and vegetables.

冷たい物のとり過ぎに気をつける. Includes an icon of a child drinking a cold drink and text about avoiding overconsumption of cold items.

こまめな水分補給を心がける. Includes an icon of a child drinking water and text about staying hydrated.

「夏休み親子料理教室」募集のお知らせ. A large pot-shaped graphic containing details about a summer holiday parent-child cooking class, including date, time, location, and contact information.

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