



Main table with columns for Date, Day, Milk, Dish Name, Ingredients, Energy, Protein, Fat, Carbohydrates, Vitamins, and Nutritional Value. Includes a summary table for 6 months of school lunch intake.

学校栄養士と作る「夏休み親子料理教室」募集のお知らせ. Includes date (July 26), time (10:00-13:00), location (Kitchen Studio), and QR code.

家庭での食中毒予防のポイント. Six numbered points with illustrations: 1. Food purchase, 2. Home storage, 3. Preparation, 4. Cooking, 5. Eating, 6. Leftover food.