



Main menu table with columns for Date, Day, Milk, Dish Name, Ingredients, Nutrients (Protein, Fat, Carbs, Vitamins), and Energy/Calories.

Health tips section: 'かぜをひかないようにね!' (Don't get sick!) and '体をあたためよう!' (Warm your body!). Includes illustrations of Vitamin A, C, E and a girl washing hands.

Recipe section: '結食レシピ' (Holiday Recipe) for 'とり肉のトマトソース焼き' (Baked Chicken with Tomato Sauce). Includes ingredients and steps.

Table of '学校給食摂取基準（基準）' (School Nutrition Standards) showing monthly averages for energy, protein, fat, and salt.

Illustration of a clock and a girl, with text: 'きそくただ せいかつ いちばん 規則正しい生活が一番!' (Regular, healthy life is the best!).

Additional recipe notes and instructions for the tomato sauce recipe.

Local products section: '今月の地元産' (Local Products of the Month) listing items like 'チンゲン菜' and 'さつま芋' from local growers.