



Main table with columns for Date, Day, Milk, Dish Name, Ingredients, Protein, Fat, Carbohydrates, Energy, and Nutrients. Includes a '健康週間' (Health Week) section from June 4th to 10th.

歯と口の健康週間 (Dental and Oral Health Week) notice for June 4th-10th.

かみごたえのある食品をとり入れよう (Let's include foods with calcium) with illustrations of various vegetables and fruits.

食育月間 (Food Education Month) notice for June.

今月の地元産 (Local Products of the Month) list including items like 'さつま芋' and 'ほうれん草'.

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

お知らせ (Notice) regarding school meal fees and payment dates.