



Table with columns for Date, Day, Milk, Dish Name, Ingredients, and Nutritional Value. Includes a note: '本校小の5年生が皮をむきます' (Our school's 5th graders peel the skin).

暑さに負けない 夏休みの過ごし方

Four panels with illustrations and text: 朝食をとろう (Eat breakfast), 早寝や早起きをしよう (Go to bed early and wake up early), 冷たいものとりすぎに気をつけよう (Be careful not to eat too much cold food), 栄養バランスのよい食事をとろう (Eat a balanced diet).

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

★食材購入の都合により、献立を変更する場合があります。★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。

Local products (今月の地元産) section listing items like small pineapples and green leafy vegetables from local growers.

Notice for the Parent-Cooking Classroom (学校栄養士と作る「夏休み親子料理教室」募集のお知らせ) with a QR code and application form link.

Application details for the Parent-Cooking Classroom, including date (July 25th), time (10:00-13:00), location (Kitchen Studio), and contact information.

Notice (お知らせ) regarding the payment of school meal fees (6th and 7th month) and the start of the 2nd semester school meals (September 2nd).