

9月1日は
防災の日
(ぼうさいのひ)



Table with 4 columns (火, 水, 木, 金) and 1 row (9月1日). Each cell contains a menu with items and kcal values.

Table with 4 columns (7, 8, 9, 10, 11) and 1 row. Each cell contains a menu with items and kcal values. Includes 'フルーツ給食' (Fruit Lunch) on days 9 and 11.

Table with 4 columns (14, 15, 16, 17, 18) and 1 row. Each cell contains a menu with items and kcal values. Includes 'フルーツ給食' (Fruit Lunch) on days 15 and 18.

Table with 4 columns (21, 22, 23, 24, 25) and 1 row. Each cell contains a menu with items and kcal values. Includes '敬老の日' (Respect for the Aged Day) on day 21 and '秋分の日' (Autumn Equinox Day) on day 22.

Table with 4 columns (28, 29, 30) and 1 row. Each cell contains a menu with items and kcal values. Includes a 'フルーツきゅうしょくも、あきのくだものになってきました。' (Fruit lunch, autumn fruits are here) section.

Section titled 'フルーツきゅうしょくも、あきのくだものになってきました。' (Fruit lunch, autumn fruits are here). It includes text about the lunch menu and a table showing the nutritional benefits of the fruit groups.