

＜3つの食品グループと多くふくまれる栄養素＞

Table with 4 columns: Food Group (Energy, Body Building, Body Adjustment), Nutrient, and corresponding food types (Carbohydrates, Fats, Proteins, etc.).



☆材料購入の都合により献立を変更することがあります。

Table for the 11th (金) with 1 column and 1 row, listing menu items like '牛乳ごはん' and 'ちくわのカレーあけ' with their kcal values.

Main menu table with 5 columns (days 4-8, 11-15, 18-22, 25-29) and 1 row per day. Each cell contains a meal name, ingredients, and kcal. Includes illustrations of children and autumn leaves.