

く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 (e.g., Energy, Body Building, Digestion), and associated nutrients (e.g., Carbohydrates, Protein, Vitamins).



☆材料購入の都合により献立を変更することがあります。

朝ごはんは1日の元気の源です。朝ごはんを食べると、午前中に活動するための準備がととのいます。朝ごはんをぬくと、エネルギー不足で集中力が欠けたり、疲れたり、いろいろしたりするなどの影響があります。毎日朝ごはんを欠かさずに食べましょう。



Menu for Day 1 (5/1) with 531kcal. Includes items like Milk, Onigiri, Ajikatsu, Potato Salad, and various side dishes. Includes an illustration of two children eating.

Header row for days 6-10 with calorie counts: 6 (581kcal), 7 (655kcal), 8 (560kcal), 9 (522kcal), 10 (522kcal).

朝ごはんを食べると (Eating breakfast) illustration showing a girl eating and a diagram of the digestive system.

Menu for Day 6 (5/6) with 655kcal. Includes Milk, Onigiri, Nishime, and various side dishes.

Menu for Day 7 (5/7) with 560kcal. Includes Milk, Onigiri, Sauce, and various side dishes.

Menu for Day 8 (5/8) with 522kcal. Includes Milk, Onigiri, Gyoza, and various side dishes.

Menu for Day 9 (5/9) with 522kcal. Includes Milk, Onigiri, Chikin Raisu, and various side dishes.

Header row for days 13-14 with calorie counts: 13 (581kcal), 14 (672kcal).

Menu for Day 13 (5/13) with 581kcal. Includes Milk, Onigiri, Hoikou Rou, and various side dishes.

Menu for Day 14 (5/14) with 672kcal. Includes Milk, Onigiri, Curry Raisu, and various side dishes. Includes a 'Fruit Snack' icon.

Header row for days 15-16 with calorie counts: 15 (516kcal), 16 (530kcal).

Menu for Day 15 (5/15) with 516kcal. Includes Milk, Onigiri, Tamago Yakis, and various side dishes.

Menu for Day 16 (5/16) with 530kcal. Includes Milk, Onigiri, Hatate Mufurai, and various side dishes.

Header row for days 17-20 with calorie counts: 17 (592kcal), 20 (578kcal).

Menu for Day 17 (5/17) with 592kcal. Includes Milk, Onigiri, Tori Ume Miso Yakis, and various side dishes.

Header row for days 21-22 with calorie counts: 21 (596kcal), 22 (545kcal).

Menu for Day 20 (5/20) with 578kcal. Includes Milk, Onigiri, Omase, and various side dishes.

Menu for Day 21 (5/21) with 596kcal. Includes Milk, Onigiri, Ramen, and various side dishes.

Menu for Day 22 (5/22) with 545kcal. Includes Milk, Onigiri, Nikudango, and various side dishes.

Header row for days 23-24 with calorie counts: 23 (628kcal), 24 (619kcal).

Menu for Day 23 (5/23) with 628kcal. Includes Milk, Onigiri, Akakou, and various side dishes.

Menu for Day 24 (5/24) with 619kcal. Includes Milk, Onigiri, Bimbaba, and various side dishes.

Header row for days 27-28 with calorie counts: 27 (586kcal), 28 (605kcal).

Menu for Day 27 (5/27) with 586kcal. Includes Milk, Onigiri, Chikin Katsu, and various side dishes.

Menu for Day 28 (5/28) with 605kcal. Includes Milk, Onigiri, Sanma Katsuobushi, and various side dishes.

Header row for days 29-30 with calorie counts: 29 (604kcal), 30 (522kcal).

Menu for Day 29 (5/29) with 604kcal. Includes Milk, Onigiri, Hamburger, and various side dishes.

Menu for Day 30 (5/30) with 522kcal. Includes Milk, Onigiri, Entou Iwakame Gohan, and various side dishes.

Header row for day 31 with calorie count: 31 (555kcal).

Menu for Day 31 (5/31) with 555kcal. Includes Milk, Onigiri, Futadon, and various side dishes.