

Table with 5 columns (days 2-6) and 1 row. Each cell contains a menu for a specific day, including items like '牛乳', 'ごはん', and 'サラダ' with their respective kcal values.

Table with 5 columns (days 9-13) and 1 row. Each cell contains a menu for a specific day, including items like '牛乳', 'ごはん', and 'サラダ' with their respective kcal values. Includes an illustration of raspberries.

Table with 5 columns (days 16-20) and 1 row. Each cell contains a menu for a specific day, including items like '牛乳', 'ごはん', and 'サラダ' with their respective kcal values. Includes an illustration of an eggplant.

Table with 5 columns (days 23-27) and 1 row. Each cell contains a menu for a specific day, including items like '牛乳', 'ごはん', and 'サラダ' with their respective kcal values. Includes an illustration of a peach.

Table with 5 columns (days 30) and 1 row. Each cell contains a menu for a specific day, including items like '牛乳', 'ごはん', and 'サラダ' with their respective kcal values. Includes an illustration of a hamburger.

☆材料購入の都合により献立を変更することがあります。

<3つの食品グループと多くふくまれる栄養素>

Table with 4 columns and 2 rows. Columns represent food groups: ①おもにエネルギーのもとになる食品, ②おもに体をつくるもとになる食品, ③おもに体の調子を整えるもとになる食品. Rows list nutrients: 炭水化物, 脂質, たんぱく質, 無機質, ビタミン, 無機質.

かむって、ごんぱんにすばらしい (>w<)/

Illustrations of children and food-related concepts with text: '記憶力を高める!', 'リラックスできる!', 'むし歯を予防する!', '消化・吸収をよくする!', '食べ過ぎを防ぐ!', '運動能力をフルに発揮できる!', '表情が豊かになる!'.