

<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, Body Regulation), Nutrient (e.g., Carbohydrates, Protein, Fat, Vitamins, Minerals), and corresponding symbols (circle, triangle, square).



☆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 Day 1 (金) with 1 kcal and 713kcal. Lists menu items like 牛乳, ごはん, ちくわのカレー揚げ, 酢醤油和え, すき焼き煮, and their ingredients.

Main menu table with 5 columns (days 4-8, 11-15, 18-22, 25-29) and 4 rows. Each cell contains a meal name, kcal, and a list of ingredients. Includes special days like '文化の日' and '期末テスト'.