

Main table for October school lunch menu (left page). Columns include Day, Meal, Side Dish, and categories: Red (Blood/Meat), Yellow (Heat/Strength), Green (Balance). Rows include 1st (Sports Day), 3rd (Salad), 4th (Chicken), 5th (Chinese), 6th (Birthdays), 7th (Fish), 8th (Rice), 11th (Ramen), 12th (Pork), 13th (Ramen), 14th (Tofu), 15th (Bento), 17th (Ramen), 18th (Chinese).

Main table for October school lunch menu (right page). Columns include Day, Meal, Side Dish, and categories: Red (Blood/Meat), Yellow (Heat/Strength), Green (Balance). Rows include 19th (Rice), 20th (Salad), 21st (Ham), 22nd (Rice), 24th (Rice), 25th (Chicken), 26th (Garden), 27th (Ramen), 28th (Pork), 29th (Ramen), 31st (Rice).

Nutritional information table with columns for Energy, Protein, Fat, Calcium, Iron, Vitamin A, B1, B2, C, Fiber, and Equivalents. Includes rows for average intake, standards, and percentage breakdowns.

※1 昼食及びおやつで食事摂取基準量の50%を給与する(昼食:1日全体の概ね1/3 おやつ:1日全体の10~20%)

※2 質(n-6系脂肪酸、n-3系脂肪酸)にも配慮する