

平成 23 年

11月 給食献立表

Main menu table for November 2023, listing daily meals (breakfast, lunch, dinner) and snacks, categorized by color-coded nutrients: red (meat/blood), yellow (starch), and green (vegetables).

Nutritional analysis table showing energy (517 kcal), protein (18.7g), fat (16.6g), calcium (229mg), iron (3.5mg), and vitamins A, B1, B2, C, and fiber (3.0g).

※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

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