

平成 24 年

6月 給食献立表

Table with 6 columns: Day, Meal, Lunch, Snacks, Red (Blood/Meat), Yellow (Heat/Strength), Green (Balance). Rows include days from 1st to 16th.

平成 24 年

6月 給食献立表

Table with 6 columns: Day, Meal, Lunch, Snacks, Red (Blood/Meat), Yellow (Heat/Strength), Green (Balance). Rows include days from 18th to 30th.

Nutritional summary table with columns for Energy, Protein, Fat, Calcium, Iron, Vitamin A, B1, B2, C, Fiber, and Salt. Includes monthly averages and target values.

※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