

平成 24 年

7月 給食献立表

Main table for July school lunch menu (left page). Columns include Day, Meal, Snacks, and six food categories: Red (Blood/Meat), Yellow (Heat/Strength), Green (Balance), and others.

Nutritional summary table for the left page, showing energy, protein, fat, calcium, iron, vitamins, fiber, and salt content for the average monthly intake and comparison to standards.

※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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Main table for July school lunch menu (right page). Columns include Day, Meal, Snacks, and six food categories: Red (Blood/Meat), Yellow (Heat/Strength), Green (Balance), and others.

Nutritional summary table for the right page, showing energy, protein, fat, calcium, iron, vitamins, fiber, and salt content for the average monthly intake and comparison to standards.

※1 昼食(主食は家庭より持参)及びおやつで食事摂取基準量の40%(ただし、日常不足しやすいビタミンA、ビタミンD、ビタミンB2は50%)を給与する

※2 質(n-6系脂肪酸、n-3系脂肪酸)にも配慮する

乳児

幼児