

Main menu table for January, listing days of the week, meals, snacks, and ingredients for red, yellow, and green categories.

Nutritional information table showing energy, protein, fat, calcium, iron, vitamins, and fiber for the month and per day.

※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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※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、日常不足しやすいカルシウム、ビタミンA、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