

Main menu table with columns for Day, Dish Name, Ingredients, and Energy. Includes weekly notes and illustrations of children.

身の回りの衛生に気をつけよう! (Hygiene tips) with illustrations of hand washing, cleaning, and cooking.

Table showing average nutritional values (平均栄養価) for elementary and middle schools.

◎今月(こんげつ)の地場産物(じばさんぶつ) (Local products) with a list of items and a note about milk and spoons.