



Main table with columns for Day (日), Dish Name (献立名), and Ingredients (材料名) for each day of the week (Monday to Friday).

How to use the menu table (こんだて表の活用法). Includes an illustration of a child checking the menu and text about checking for allergies.

Example of a family using the menu (ジローさんの家では...). Includes an illustration of a child and text about checking for favorite menu items.

Example of a family using the menu (くみこさんの家では...). Includes an illustration of two children and text about nutritional balance.

Example of a family using the menu (サプローさんの家では...). Includes an illustration of a child and text about checking the bottom of the menu.

How are the menu items distributed? (献立表はどうして配られるの?). Explains the distribution process and includes a note about monthly distribution.

Table showing average nutrition (4月の平均栄養価) for elementary and middle schools, including energy, protein, and fiber.