

【盛りつける食器】(大)→大皿 (小)→小皿 (わ)→おわん

Main table with columns for Date, Day, Dish Name, Description, Energy, Protein, Fat, Salt, and Points. Includes illustrations of Santa Claus and a cow.

【今月の給食目標】

食事から風邪を予防しよう



◎「♥」がついている献立は、給食ポストにリクエストがあったメニューです。

Continuation of the menu table for December, including items like Mexican rice, pasta, and soups.

Summary table for December with columns for 12月の平均値 (Average for Dec) and 栄養量の基準値 (Nutritional Standard). Rows include Energy, Protein, Fat, and Salt.

行事食を楽しみましょう (Enjoy Special Occasion Foods). Includes text about Christmas and New Year, a recipe for soba, and a list of New Year's dishes (osechi) with their health benefits.

給食パクパクデーの取り組みについて (About the Lunchbox Day Initiative). Details the goals and implementation of the initiative, including posture and portion control.