

【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, Ingredients, Energy, Protein, Fat, and Points. Includes illustrations of Santa Claus and a cow.

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 with columns for Date, Day, Dish Name, Ingredients, Energy, Protein, Fat, and Points. Includes illustrations of a cow and a child.

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

行事食を楽しみましょう (Enjoy Special Occasion Foods) section. Includes text about Christmas and New Year, a recipe for '年越しそば' (New Year's Eve Soba), and 'おせち料理' (Osechi Cuisine). Includes illustrations of food and a child.

給食パクパクデーの取り組みについて (About the Lunch Paka Paka Day Initiative) section. Includes text about the initiative and a list of goals for the month.