

【盛りつける食器】(大)→大皿 (小)→小皿 (わ)→おわん



Main menu table with columns for Date, Day, Dish Name, Description, Energy, Protein, Fat, Salt, and Points. Includes special days like 'Hinamatsuri' and 'Disaster Day'.

【今月の給食目標】

自分の食事をふり返ろう



「♥」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。

Menu table for the month of March, including dates 16, 17, and 18, with dish names and nutritional information.

Summary table for March: 3月の平均値 (Average for March) and 栄養量の基準値 (Nutritional Reference Values).

3月11日は『防災の日』です (March 11th is 'Disaster Prevention Day'). Text explaining the significance of the day and providing disaster preparedness information.

給食の1年間を振り返って (Looking back on the 1 year of school lunches). Summary of lunch waste (残菜) and a list of requested dishes (リクエスト).