



Main menu table with columns for date, meal name, ingredients, and nutritional values (kcal, protein, fat, salt).

Summary table showing average nutritional values for the month, including kcal, protein, fat, and salt.

Materials with star symbols (★) are allergen-free. Includes instructions for students with allergies and those who are absent.

大野小学校の朝食摂取状況 (Breakfast intake status at Ono Elementary School). Includes a bar chart showing percentages for 2017-2021.

朝ごはんを食べる (Eat breakfast). Illustration of a child eating breakfast with text explaining the benefits of eating breakfast.

はしものがたり (Matchstick Story). A story about matchsticks and soybeans, including a recipe for 'はしづかい' (matchstick game) using soybeans.