



※材料、その他の都合により献立を変更することがあります。
※アレルギー食材が使用されているメニューには★印がついています。

Table with 2 columns: 食品群 (Food Group) and 体内では (In the body). Rows include 赤の食品 (Red), 黄の食品 (Yellow), 緑の食品 (Green).

Table with 4 columns: 学校給食栄養基準 (School Nutrition Standards), 小学 (Elementary), 中学 (Middle), and 栄養成分 (Nutritional Components).

大豆が変身していくよ! (Soybeans are transforming!). Includes a flowchart showing soybean products like 豆腐 (tofu), 納豆 (natto), しょうゆ (soy sauce), etc., and a list of processing methods.

Main menu table for days 5 (Wed) to 9 (Sun). Each day's entry includes a list of dishes and a small text box with a tip or note.

振替休日 (Substitute Holiday) section for days 12 (Wed) to 16 (Sun). Features a snowman illustration and a list of menu items.

Main menu table for days 19 (Wed) to 23 (Sun). Each day's entry includes a list of dishes and a small text box with a tip or note.

節分 (Setsubun) section for days 26 (Wed) to 28 (Fri). Includes illustrations of a scary face and a woman, and text explaining the festival's significance.