



10月分 学校給食献立表 (20回)



Main table containing school lunch menus for October, including items like 'Chickenカツ', 'Pasta', 'Rice', and 'Salad', along with nutritional values and special notes.

旬の食べ物を生かして健康づくり! (Using seasonal food for health!) - Includes text about energy and health benefits of seasonal food, accompanied by an illustration of a fish.

Summary table for average nutrient intake: Energy (kcal) and Protein (g) for October 2018, comparing school standards with actual intake.

10月10日は目の愛護デー (October 10th is Eye Protection Day) - Information about eye health and a note about the ' Spoon Day' (スプーンの日) for October 10th.