



Main table of school lunch menus with columns for date, menu items, and nutritional values. Includes a special request for Sakurai Junior High School 2nd graders on July 18th.

Summary table for the 12 days of menus, showing daily energy and protein intake.

給食の献立紹介 (Introduction to the menu) featuring a recipe for タこボール (Tako Ball) with ingredients and instructions. Includes a cartoon character and a note about calcium intake.

なつやすみ、けんこうに! (Summer vacation, health!) section with a grid of tips for staying healthy during summer, such as eating cold foods, drinking water, and staying active.

なつやすみをたべよう! (Let's eat during summer vacation!) section with a message about eating vegetables to stay healthy and energetic during the summer.