

7月 中学校給食予定献立表

Table with 4 columns for days 1, 2, 3, 4. Each column lists menu items, ingredients, and nutritional information (Energy, Protein).

Table with 4 columns for days 5, 8, 9, 10. Each column lists menu items, ingredients, and nutritional information (Energy, Protein).

Table for Day 11 (Thursday) menu items and ingredients.

Table for Day 12 (Friday) menu items and ingredients.

Informational text regarding food safety, allergen information, and QR codes for school websites.

Table titled '6つの基礎食品群' (6 Basic Food Groups) listing categories like grains, proteins, and oils.

Table titled '7月 平均栄養量' (July Average Nutrition) showing energy, protein, fat, and various vitamins.