

学校給食予定献立表

食生活を反省しよう

南房総市内房学校給食センター

Table with columns for days of the week (日・曜) and specific dates (1日, 2日, 5日, 6日, 7日, 8日, 9日, 13日, 14日, 15日, 16日). Each date column contains a list of menu items (献立名) and a detailed list of ingredients used in the cooking (料理に使用した食材). Below the menu items, there are columns for energy, protein, and fat values for elementary school (小学生) and middle school (中学生).

Table with columns for days of the week (日・曜) and specific dates (19日, 20日, 21日, 22日, 26日, 27日, 28日, 29日). Each date column contains a list of menu items (献立名) and a detailed list of ingredients used in the cooking (料理に使用した食材). Below the menu items, there are columns for energy, protein, and fat values for elementary school (小学生) and middle school (中学生).

節分 (Setsubun) section featuring illustrations of children celebrating, a character with a bean, and text explaining the festival. It includes a '大豆の栄養パワー' (Soybean Nutrition Power) section with icons for various nutrients and a '大豆からできる食品' (Food from Soybeans) section with images of soy products like tofu, soy milk, and soy sauce.

★ 上記材料は、天候などにより、変更になる場合があります。

Table showing the cost of school lunches for February. It lists '2月分の給食費' (February School Lunch Fees) for elementary school (小学校) at 4,500 yen and middle school staff (中学校・職員) at 5,200 yen. It also includes '振り替え' (Transfer) on 2/29 (Thursday) and a note: '※口座残高にご注意ください。' (Please pay attention to your account balance.)