



Main table with columns for Date, Main Dish, Beverage, Side Dish, and Food Groups (1-6 groups). Includes dates from 8月 to 30日 and various food items like 厚焼き卵, かしわ井の具, etc.

\* 太字の食材は高山産を使用予定です。

\* 材料の都合で献立が変わることがあります。

基準値

エネルギー:650kcal たんぱく質:26.8g 脂質:18.1g 塩分:2.0g

平均値

エネルギー:619kcal たんぱく質:27.3g 脂質:21.6g 塩分:2.5g

給食当番の衛生チェック

Illustration showing hygiene checks for school lunch staff, including wearing a cap, mask, apron, and gloves, and washing hands.

給食時間の約束

Illustration showing rules for school lunch time, such as sitting properly, eating with mouth closed, and finishing within the time.

Illustration titled 'うちのか' (Our Home) providing information about the school lunch rotation system and how to handle leftovers.