



Main table containing the school lunch menu (献立表) with columns for date, main dish, beverage, and food groups (たんぱく質, 無機質, カロテン, ビタミン・食物繊維, 炭水化物, 脂質) and energy/nutrient values.

* 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

Hygiene checklist for school lunch duty. Includes instructions like 'Wash hands properly', 'Wear a clean apron', 'Cover hair with a cap', and 'Wash dishes with clean water'. Includes illustrations of a person in a uniform and various hygiene items.

給食時間の約束

Rules for school lunch time. Includes 'Eat with good posture', 'Talk to friends while eating', 'Finish eating within the time', and 'Don't talk about embarrassing things'. Includes illustrations of children eating and talking.

Notice about school lunch duty rotation. States that the duty is a 1-week rotation system and that the person on duty should bring their own lunch clothes and wash/iron them. Includes an illustration of a person with a house icon.