



8月 給食献立表



Main table with columns for Date, Day, Breakfast, Lunch, Dinner, and three categories of ingredients: Red (Blood/Meat), Yellow (Hot/Spicy), and Green (Seasoning/Flavor). Rows 1-31 contain specific menu items and ingredients.

☆ 今月の平均給与栄養量 ☆

Summary table for average nutrition: Energy (549 kcal), Protein (22.3 g), Fat (15.8 g), Calcium (193 mg), Iron (2.6 mg), Vitamin A (328 µg), Vitamin B1 (0.39 mg), Vitamin B2 (0.39 mg), Vitamin C (32 mg).

★食材の納入により献立変更がございます