

Main table containing 24 days of school lunch menus with columns for date, menu items, and nutritional information.

今年度は、旬を生かした献立を紹介しします。「旬の食材」を太字にしています。

給食の献立紹介 ★ おもぶり(24日) ★

Recipe section for 'おもぶり' (24th day) including ingredients for 5 people and step-by-step cooking instructions.

減塩ポイント! (Low Salt Point!) section explaining how to use concentrated soy sauce to reduce salt intake by 30%.

集中力を高める食事とは? (What is a meal that improves concentration?) section featuring a plate of food with labels for fruits, main dishes, and side dishes.

Summary table showing average energy intake (637 kcal) and protein intake (26.3g) for elementary school 4th graders.

引用: 「学校給食」2023年12月号 ※ 栄養価は食品成分表七訂を使用しています。