

Main table containing school lunch menus for October, organized by day (Monday to Friday) and week. Each menu includes a list of ingredients with their quantities and nutritional values. The table is divided into sections for 'Main Course', 'Side Dishes', and 'Dessert'. It also includes a 'Nutritional Value' section at the bottom.

※栄養価は「日本食品標準成分表2020年版(八訂)」に基づき算出しています