

Main menu table with columns for dates (10日 to 24日) and rows for menu items and ingredients with their respective quantities and colors.

給食が始まります (School lunch starts) section. Includes text about the start of the school year, seasonal fruits (seasonal fruits), and fish (spring fish). Features images of a salmon, a bowl of food, and a basket of vegetables.

Summary table for average nutrient intake per meal. Columns include kcal, protein, fat, carbohydrates, calcium, magnesium, iron, vitamins A, B1, B2, C, and fiber.

Contact information for the school lunch center, including phone numbers and QR codes for social media and website.