



Main menu table for April, showing daily meals from 10th to 21st. Includes columns for meal type, ingredients, and energy values. Includes illustrations of a boy and a girl.

Menu table for April 24th to 28th. Includes columns for meal type, ingredients, and energy values. Includes a '適塩給食' (Moderate Salt Meal) note.

《配布献立表の見方》 (How to Read the Distribution Menu Table)

Informational section containing: 1. 19th (Water) menu details. 2. 'まほろばの日' (Maboroshi no Hi) explanation. 3. '19日 食育の日' (19th Food Education Day) details. 4. '配布献立表の見方' (How to Read the Distribution Menu Table) instructions. 5. '牛乳は、毎日つきます。' (Milk is provided daily) note. 6. 'このマークは「奈良のしか」' (This mark is 'Nara no Shika') note. 7. '地産地消の取り組み' (Local production and consumption) note. 8. '食べたいものは、大きく3つの働きに分けられます。' (What you want to eat is divided into 3 types of work). 9. 'きれいに洗った「おはし」を持って' (Bring clean chopsticks) note. 10. '1食の栄養価(エネルギーとたんぱく質)を書いています。' (We write the nutritional value (energy and protein) of one meal).