



Main menu table for July 3rd to 12th. Columns include date, meal name, and nutritional information (kcal, protein, fat, etc.).



7日食育の日

11日 まほろばの日



Menu table for July 13th to 18th, including meal names and nutritional data.

野菜を食べよう (Eat more vegetables) campaign with illustrations of various vegetables and a child eating.

7月7日は七夕です (July 7th is Tanabata) campaign with illustrations of children and the legend of the stars.

Local food promotion section featuring 'こだいちゃん' (Kodai-chan) and 'ならのしか' (Nara no Shika) with illustrations of children and a deer.

あ:あかいのたべもの...からだをつくるものになるもの、き:きいろのたべもの...ねつやちからになるもの、み:みどりいろのたべもの...からだのちようしをととのえるもの