



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.

Large informational section about eating vegetables and the festival of Tanabata. Includes text like '野菜を食べよう' and '7月7日は七夕です' with illustrations of children and food.

あ：あかいろのたべもの・・・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