

Main table for the first half of the month (Feb 1-15). Columns include献立名 (Menu Name), 材料名および使用量 (g) (Ingredients and Usage), and 栄養価 (Nutritional Value). Rows are organized by day (1日(木) to 15日(木)).

Main table for the second half of the month (Feb 16-29). Columns include献立名 (Menu Name), 材料名および使用量 (g) (Ingredients and Usage), and 栄養価 (Nutritional Value). Rows are organized by day (16日(金) to 29日(木)).

食品名横のマークの説明 (Food name mark explanation). Includes logos for 'ならのしか' (Nara no Shika), 'こだいちゃん' (Kodai-chan), and 'STREET FIGHTER'. Text explains that these are local products from Nara Prefecture and that the menu for the 14th is a tribute to the Street Fighter series.

食材の「個」「本」「袋」「切」と入っているもの以外はgです (Ingredients listed as 'individual', 'whole', 'bag', or 'cut' are in grams, others are in g). 2月分栄養素等平均摂取量 (Average monthly nutrient intake for February). 1群...たんぱく質, 2群...無機質, 3群...カロテン・ビタミン, 4群...ビタミン, 5群...炭水化物, 6群...脂質. 米・米粉・米粉のカレールウ(奈良県)・星型マカロニ(奈良県)・お米のカップケーキ(奈良県)・錦糸卵(奈良県)・米粉のニョッキ(奈良県)・青ねぎ(五條市・御所市)・じゃがいも(五條市・高取町)・しめじ(吉野町)・小松菜(五條市・高取町)