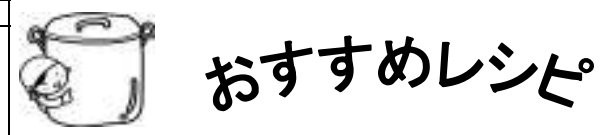


Main table showing school lunch menus for the period of 9/29 to 10/13. Columns include date, menu items, and energy/nutrient values. A legend for '栄養三色' (Nutrition Colors) is provided at the bottom right of the table.

Summary row for the period 9/29 to 10/13, showing total energy and nutrient values for each day.

Main table showing school lunch menus for the period of 10/14 to 10/25. Columns include date, menu items, and energy/nutrient values.



おすすめレシピ

いも子汁 10月7日(金)

Recipe for 'いも子汁' (Sweet Potato Soup) for 4-5 people. Includes ingredients like sweet potatoes, beef, and soybean paste, and step-by-step instructions.

いも子汁は、山形県の郷土料理です。秋のはじめに、川原で芋煮会がひらかれます。芋煮会とは、山形県をはじめとする東北地方で行われる季節行事で、川原などの野外に集まり、さといもを使った鍋料理などを作って食べる行事です。

Summary row for the period 10/14 to 10/25, showing total energy and nutrient values for each day.

学校給食費: 1食あたり 220円