



Main menu table with columns for day, name, ingredients, and nutritional value. Includes items like 'えひめポークのアーヒージョ', 'たこのマリネ', 'FCIMBARI', etc.

Menu table for July 19th (Tuesday) with columns for day, name, ingredients, and nutritional value. Includes items like 'うなぎと きゅうりの酢の物', 'えだまめ わかめ ごぼん'.

給食の献立紹介 (Introduction of the menu) and ★ なすとツナのサラダ (8日) ★ (Eggplant and Tuna Salad). Includes ingredients list, preparation instructions, and a cartoon character.

～愛媛で採れるなす～ (Eggplants grown in Ehime). Features three types of eggplants: 伊予なす (Iyo Eggplant), 松山長なす (Matsuyama Long Eggplant), and 絹皮なす (Silk Skin Eggplant) with their characteristics.

なっやすみ、けんこうに! (Healthy and Delicious!). A grid of 10 tips for healthy eating, such as '生もの、肉の生焼けに注意' (Be careful with raw fish and meat) and '好きな食べ物を克服!' (Overcome your food preferences!).

Summary table showing average monthly intake of energy (801 kcal) and protein (30.6g) for middle school students, compared to the school standard (800 kcal, 32.0g).

※ 材料の都合により、献立を変更することがあります。 ※ 栄養価は食品成分表七訂を使用しています。