



Main table of school lunch menus with columns for date, menu items, ingredients, and nutritional values.

Informational section including '給食の献立紹介' (Menu Introduction), 'ナスとツナのサラダ (7日)' (Eggplant and Tuna Salad), '愛媛で採れるナス' (Eggplants from Ehime), and '夏野菜を食べて、夏を乗り切ろう!' (Eat summer vegetables to get through summer!).

Summary table for average nutrient intake and energy values for elementary and middle school students.

Notes regarding menu changes and the use of the food composition table.

