

Main table containing 13 days of school lunch menus (献立表) with columns for date, menu items, and nutritional value (栄養価).

入学・進級おめでとう (Welcome to school/Congratulations on promotion) message with illustrations of children and school staff.

給食の献立紹介 (Introduction of school lunch menu) and 春キャベツのメンチカツ (11日) (Spring Cabbage Meat Cutlet on 11th) announcement.

Recipe for Spring Cabbage Meat Cutlet (春キャベツのメンチカツ) including ingredients (材料) and cooking instructions (作り方).

減塩ポイント! (Salt reduction points!) section with a cartoon character and tips for eating the cutlet.

給食費について (About school lunch fees) section explaining fee adjustments and collection methods.