



今月の給食目標：よくかんで食べよう

小学校・県立特別支援学校用

Main table with columns for Date, Day, Dish Name, Ingredients, Food Groups (1-6), Energy (kcal), Protein (g), and Food Type. Includes rows for 1st to 30th of the month.

Footer containing nutritional information (塩分, 脂肪), school names (藤岡市, 藤岡北高等学校), and specific menu items for the month.