

※食物アレルギーのある児童・生徒は、給食を食べる前に裏面の「詳細献立表」で内容を必ず確認しましょう。家庭・学級においても毎日確認してください。
※児童生徒の給食費(小学校4200円、中学校4600円)は市が負担しています。



Table with 2 columns: 食品群 (Food Group) and 体内での働き (Function in the body). Rows include 赤の食品 (Red food), 黄の食品 (Yellow food), 緑の食品 (Green food).

Table with 4 columns: 学校給食の栄養基準量 (School lunch nutrition standards), 小学校 (Elementary school), 中学校 (Middle school), and 栄養素 (Nutrients) C=エネルギー, P=タンパク質, F=脂質.

Main menu table for Dec 1st (Monday). Includes meal name, ingredients, and nutritional data for elementary and middle schools.

Main menu table for Dec 6th (Saturday) to Dec 10th (Thursday). Includes meal name, ingredients, and nutritional data for elementary and middle schools.

Main menu table for Dec 13th (Sunday) to Dec 17th (Thursday). Includes meal name, ingredients, and nutritional data for elementary and middle schools.

Main menu table for Dec 20th (Wednesday) to Dec 24th (Sunday). Includes meal name, ingredients, and nutritional data for elementary and middle schools.

冬に美味しい野菜を食べよう (Eat delicious winter vegetables). Text about winter weather and nutrition, accompanied by illustrations of carrots, daikon, and broccoli.

トウジンジー 冬至 (Winter Solstice). Text about the winter solstice and eating kabocha squash, accompanied by an illustration of a child in a hot bath.

※材料・天候によって献立を変更することがあります。