



6月の予定献立表

※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5600円、中学校6000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), 黄の食品 (Yellow), and 緑の食品 (Green).

Table showing school lunch nutrition standards (学校給食の栄養基準量) for elementary and middle schools, categorized by energy (C), protein (P), and fat (F).

Main menu table for June, organized by date (1月 to 30日). Each date entry includes a grid for 'こんだて' (Main course), 'あかき' (Side dish), and 'みどり' (Dessert), along with a table of nutritional values for elementary and middle schools. Special days like '慰霊の日' and '残量調査' are also indicated.

Health and energy awareness section featuring a character named 'のうみそん' (Noumison) and the slogan 'エネルギーが足りない!' (Not enough energy!). It includes numbered tips (1-4) about eating breakfast, drinking water, and eating well to boost energy.