



Main table containing 20 days of school lunch menus (献立表) with columns for day, date, and meal items. Each day includes a main dish, side dish, and dessert, along with energy and protein values.

山梨県の味めぐり (Yamanashi Prefecture's Flavorful Journey) section featuring a photo of a bowl of food and text describing the 'Houtou' (ほうとう) dish, a traditional Yamanashi specialty.

旬の魚・野菜・果物 (Seasonal Fish, Vegetables, and Fruits) section with illustrations of various seasonal ingredients like fish, vegetables, and fruits.

松山市学校給食の今月の主な食品の予定産地 (Main food production areas for this month in Matsuyama City School Lunch). Includes a list of ingredients and their origins, such as beef from Hokkaido, chicken from Aomori, and various vegetables from different regions.