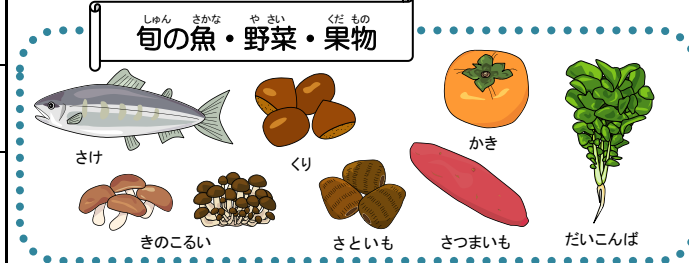


Table with 5 columns (Monday-Friday) and 10 rows (Days 3-31). Each cell contains a meal illustration, ingredients, and nutritional information. Includes a large 'Sports Day' (スポーツの日) section on Monday, October 10th.



味めぐり【愛媛県】 (Taste of Ehime Prefecture) section. Text describes the 'ひじき飯' (Hijiki Rice) and 'ほうちょう汁' (Houchouju) dishes, highlighting their local origin and health benefits. Includes a QR code and a photo of the food.

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). Lists various products and their corresponding production regions across Japan.

※ (小)は小学校のみ、(中)は中学校のみ使用する食品を記載しています。 (Small) is for elementary school only, (middle) is for middle school only. Includes notes on allergen information and a QR code for the school lunch homepage.