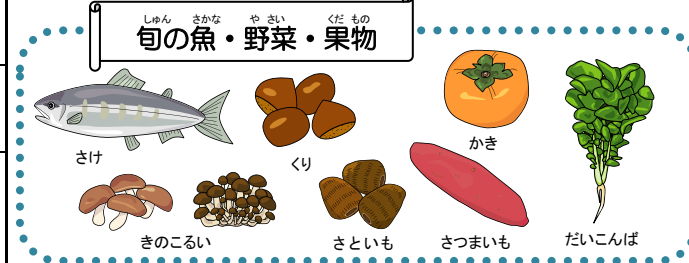


Table with 5 columns (Monday to Friday) and 10 rows (Day 3 to Day 28). Each cell contains a meal plan with illustrations of food items, a color-coded category (赤, 黄, 緑), and a table of energy and protein values. A large 'スポーツの日' (Sports Day) banner is present on Monday, October 10th.



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. 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 food items and their corresponding production regions.

※ (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 about allergen information and a QR code for the school lunch homepage.