

Main table containing daily school lunch menus (献立表) for September, organized by day of the week (曜日) and date (日). Each entry includes a menu name, a list of ingredients, a small illustration of the dish, and a table with energy (エネルギー) and protein (たんぱく質) values for small and medium portions.

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 meats, vegetables, and other ingredients with their respective 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.
赤 (あか) ... 赤のグループ【血や筋肉や骨をつくる食べ物】 (Red) ... Red group [Food that creates blood, muscle, and bones]
黄 (き) ... 黄のグループ【熱や力のもととなる食べ物】 (Yellow) ... Yellow group [Food that provides heat and energy]
緑 (みどり) ... 緑のグループ【からだの調子をととのえる食べ物】 (Green) ... Green group [Food that restores the body's rhythm]
☺ ... 松山とれたて食品を使った料理 (食材は太字にしています) (Smiley face) ... Matsuyama local food used in the recipe (ingredients are in bold)

