



令和5年度 12月分 学校給食予定献立表(中)

宮代町教育委員会

Main table with columns for date, main dish, beverage, side dishes, ingredients, and nutrition. Includes a '給食回数' (Meal Frequency) section at the bottom right showing 14 meals per month.

2学期の平均摂取栄養量

Table showing average nutrient intake for elementary and middle schools across various categories like energy, protein, fat, sodium, calcium, iron, zinc, vitamins, and fiber.