

令和5年9月分(Dグループ)

学校給食予定献立表

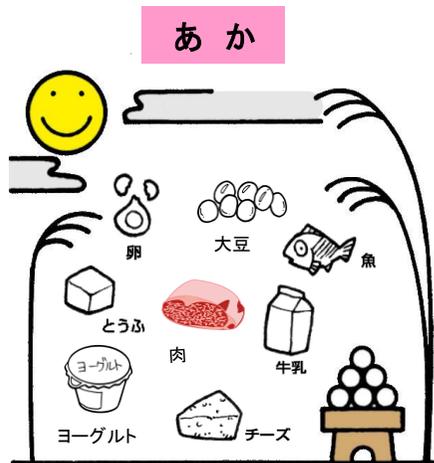
えいようさんしょく
栄養三色

食べたものは、はたらきによって
3つのなかまに分けられます



きいろ

ねつやエネルギーのもとになる



あか

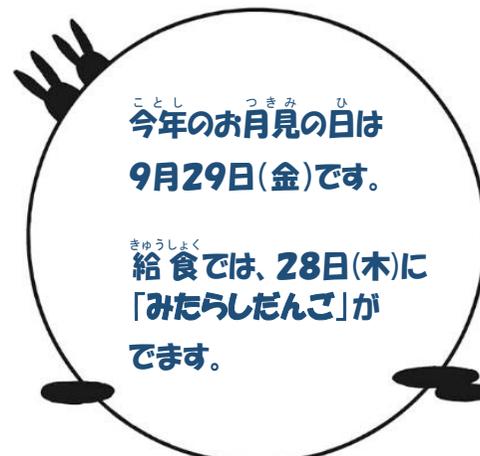
からだをつくる



みどり

からだのちょうしをととのえる

お月見



1日(金)

Table for 1st day (Friday) menu including items like Wonton soup, Gyoza, and various meats with kcal and nutrient values.

4日(月)

Menu for 4th day (Monday) including Coppa pan, Veggie soup, and Milk.

5日(火)

Menu for 5th day (Tuesday) including Rice, Milk, and various meats.

6日(水)

Menu for 6th day (Wednesday) including Rice, Milk, and various meats.

7日(木)

Menu for 7th day (Thursday) including 10g reduced black bread, Milk, and various meats.

8日(金)

Menu for 8th day (Friday) including Rice, Milk, and various meats.

11日(月)

Menu for 11th day (Monday) including Spaghetti meat sauce, Milk, and various meats.

12日(火)

Menu for 12th day (Tuesday) including Rice, Milk, and various meats.

13日(水)

Menu for 13th day (Wednesday) including Rice, Milk, and various meats.

14日(木)

Menu for 14th day (Thursday) including Coppa pan, Milk, and various meats.

15日(金)

Menu for 15th day (Friday) including Rice, Milk, and various meats.

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Table with 4 columns for dates: 19日(火), 20日(水), 21日(木), 22日(金). Each column lists menu items like 'カレーパンのぐ', 'ごはん', '牛乳', and their nutritional values.

Table with 4 columns for dates: 25日(月), 26日(火), 27日(水), 28日(木), 29日(金). Each column lists menu items like 'たまごスープ', 'ジャーマンポテト', 'ごはん', '牛乳', and their nutritional values.

地産地消のとりくみ. 6月~7月に以下の農家の方々にご協力いただき、様々な野菜を使うことができました. Includes photos of farmers and a table of nutritional data for energy, calcium, and iron.

「朝ごはんを食べていますか」. 朝ごはんは一日のはじめの大事なスイッチ!!!. Includes text about energy and a diagram showing the benefits of eating breakfast.

JAグリーン大阪 農産物直売所「フレッシュ・クラブ」. 毎日の食卓に、健康野菜! Includes QR code and contact information.