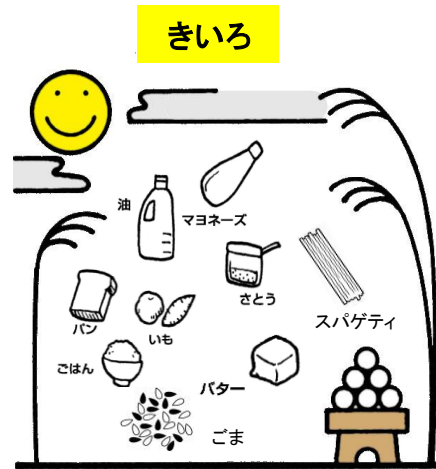


令和5年9月分(Dグループ)

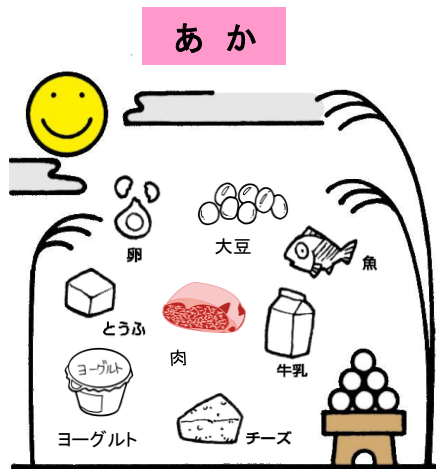
学校給食予定献立表

えいようさんしょく 栄養三色

食べた食べ物は、はたらきによって3つのなかまに分けられます



ねつやエネルギーのもとになる



からだをつくる



からだのちょうしをととのえる

お月見

今年のお月見の日は 9月29日(金)です。

給食では、28日(木)に「みたらしだんご」がでます。

1日(金)

Table for 1st day (Friday) menu including items like Wonton soup, Gyoza, and various nutrients (Energy, Protein, Fat, Salt).

8日(金)

Table for 8th day (Friday) menu including items like Curry, Salad, and various nutrients.

4日(月)

Table for 4th day (Monday) menu including items like Pan, Veggie soup, and various nutrients.

5日(火)

Table for 5th day (Tuesday) menu including items like Milk, Omelette, and various nutrients.

6日(水)

Table for 6th day (Wednesday) menu including items like Milk, Vegetable soup, and various nutrients.

7日(木)

Table for 7th day (Thursday) menu including items like Milk, Salad, and various nutrients.

11日(月)

Table for 11th day (Monday) menu including items like Pan, Spaghetti sauce, and various nutrients.

12日(火)

Table for 12th day (Tuesday) menu including items like Milk, Salad, and various nutrients.

13日(水)

Table for 13th day (Wednesday) menu including items like Milk, Soup, and various nutrients.

14日(木)

Table for 14th day (Thursday) menu including items like Milk, Curry, and various nutrients.

15日(金)

Table for 15th day (Friday) menu including items like Milk, Fry, and various nutrients.

令和5年9月分(Dグループ)

学校給食予定献立表

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 table for breakfast habits.

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.