

令和6年3月分(Bグループ)

学校給食予定献立表

えいようさんしよく
栄養三色

3つのなかまに分けられます
食べ物、はたらきによって

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

はしの持ち方レッスン



①えんぴつを持つように1本を持つ。②点線の部分にもう1本を入れる。③上手に持てたら上の

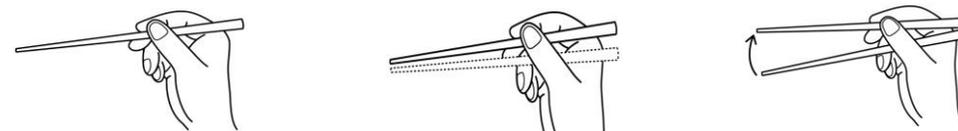


Table with columns for nutrients: Energy, Protein, Fat, Sodium, Calcium, Magnesium, Iron, Vitamin A, B1, B2, C, and Food Fiber. It compares the average intake of 3rd grade students in Osaka City with the national standard.

◎加工食品の配合内容については、学校にお知らせしています。
◎ただし、同一工場で製造している他製品の使用原材料については、記載しておりません。

4日(月)

1~5年生

Menu for 1-5th graders on Monday. Includes items like Lettuce Soup, Tonkatsu, and Roll Cake with nutritional values.

6年生

Menu for 6th graders on Monday. Includes items like Lettuce Soup, Hamburger, and Select Dessert. A note mentions that the Select Dessert is a roll cake, donut, or jelly.

1日(金)

Red Rice Day (せきはん) information. Includes a message about the history of red rice in Japan and a menu for the day featuring Red Rice Soup and Miso Ramen.

5日(火)

4th grade graduation message (4日(月)は卒業・修了お祝い献立です). Includes a menu for the graduation celebration.

Menu for 5th and 6th graders on Tuesday. Includes items like Chicken Curry, Gobo Salad, and Yakitori with nutritional values.

6日(水)

Menu for 6th graders on Wednesday. Includes items like Gobo Salad, Bunjinjiru, and Wonton Soup with nutritional values.

7日(木)

Menu for 7th graders on Thursday. Includes items like Potato Salad, Sliced Cheese, and Red Rice with nutritional values.

8日(金)

Menu for 7th graders on Friday. Includes items like Wonton Soup, Potato Salad, and Sliced Cheese with nutritional values.

令和6年3月分(Bグループ)

学校給食予定献立表

Table with columns for dates 11日(月), 12日(火), 13日(水), 14日(木). Rows list menu items like コッペパン, 牛乳, ごはん, and their ingredients with quantities and colors.

卒業・修了おめでとう! Illustration of two children in graduation gowns holding diplomas, surrounded by flowers.

Table with columns for dates 18日(月), 19日(火), 21日(木). Rows list menu items like 練乳ツイストパン, 牛乳, ごはん, and their ingredients with quantities and colors.

菜の花のあえもの 8日(金) Information about the '菜の花のあえもの' menu item, including its benefits and a photo of the dish.

地産地消の取り組み Information about local food production, including a list of rice varieties and a QR code for more information.

セルフキンパ 5日(火) Information about the 'セルフキンパ' menu item, explaining it is a Korean-style rolled rice cake.

ふり返ってみよう。 Information about the 'ふり返ってみよう' menu item, which is a '振り返り' (reflection) on the year's school meals.

広告 Advertisement for 'JAグリーン大阪 農産物直売所「フレッシュ・クラブ」' (JA Green Osaka Fresh Club) with contact information and a QR code.