

令和7年2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

食べ物のほたらきによって 3つのなかまに分けられます



White heart graphic with ingredients: ごはん, 小麦粉, パン, うどん, マカロニ, マヨネーズ, じゃがいも, バター, スパゲティ.

Pink heart graphic with ingredients: 海そう, 豆腐, 魚, 肉, 牛乳, 大豆, たまご, のり.

Green heart graphic with ingredients: じゃがいも, 人参, ほうれん草, 白菜, 大根, 人参, 白菜, レタス, きのこ, しいたけ, しいたけ, しいたけ.

きれいに手を洗おう

Handwashing points diagram showing: 手の間, 指先とつめ, 手首, 指の間.

Text about handwashing: 石けんを必ず使おう. Includes illustration of a child washing hands and a list of effects.

Table with 5 columns for days 3 (Mon), 4 (Tue), 5 (Wed), 6 (Thu), 7 (Fri). Each column lists menu items and their nutritional values (kcal, protein, etc.).

Table with 4 columns for days 10 (Mon), 12 (Wed), 13 (Thu), 14 (Fri). Each column lists menu items and their nutritional values. Includes a 'かぜ予防' (Cold prevention) section with a pig illustration.

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Table with columns for dates 17日(月) through 21日(金). Each column lists menu items like 'ごはん', '牛乳', '食パン', 'コッペパン' and their respective quantities and colors.

Table with columns for dates 25日(火) through 28日(金). Each column lists menu items like 'ごはん', '牛乳', 'コッペパン', '10g減量コッペパン' and their respective quantities and colors.

給食のレシピ 7日(金) 小まつなとベーコンの Pasta. Includes text instructions for cutting and cooking, and a small illustration of a child.

カルシウムが多い食品大集合. Includes illustrations of milk, cheese, yogurt, fish, and tofu. Below is a table showing calcium and other nutrient content for various food items.

JA大阪中河内 畑のつづき. Includes an illustration of a character and text promoting local agricultural products.