

1月の予定献立表

※食物アレルギーのある児童・生徒は、給食を食べる前に「詳細献立表」で内容を必ず確認しましょう。
家庭・学級においても毎日確認してください。
※今月のアレルギー除去食(卵)には◎がついています。



Table with 2 columns: 食品群 (Food Group) and 体内ではたらく (Function in the body). Rows include 赤の食品 (Red food), 黄の食品 (Yellow food), and 緑の食品 (Green food).

Table with 4 columns: 学校給食の栄養基準量 (School lunch nutrition standards), 小学校 (Elementary school), 中学校 (Middle school), and 栄養素 (Nutrients: C=Energy, P=Protein, F=Lipid).

Main menu table for the first week (6th to 8th). Includes columns for day (e.g., 6(水)), meal type (e.g., こんだて), and nutritional data for elementary and middle schools.

Main menu table for the second week (11th to 15th). Includes '成人の日' (Coming of Age Day) on the 11th and '中学校残量調査' (Middle school lunch survey) on the 12th, 13th, and 14th.

Main menu table for the third week (18th to 22nd). Includes '食育の日' (Food Education Day) on the 19th and various lunch items like 'かぼちゃとナッツのサラダ' and 'うのはな'.

Main menu table for the fourth week (25th to 29th). Includes '学校給食週間' (School Lunch Week) from the 25th to 29th with various lunch items like 'グンボーイリチー' and 'パルダマ'.

Section titled '栄養指導目標：じばさんぶつをせっきょくてきにとりいれよう' (Nutrition guidance goal: Let's eat local products). Lists items like 黒小豆, パルダマ, 冬瓜, 美ら恋紅, 島豆腐, セーイカ, and なまりぶし with illustrations.

Section titled '1月24～30日は全国学校給食週間です!' (January 24-30 is National School Lunch Week!). Text explains the history and current activities, including the use of local products.

Section titled '県産水産物のプレゼント' (Gift of locally produced aquatic products). Announces a promotion for 'いかすみじる' (squid miso) provided by local businesses.