

7月の予定献立表

※食物アレルギーのある児童・生徒は、給食を食べる前に裏面の「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。
※児童生徒の給食費(小学校4200円、中学校4600円)は市が負担しています。

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), 黄の食品 (Yellow), and 緑の食品 (Green).

Table with 4 columns: 学校給食の栄養基準量 (School Nutrition Standards), 小学校 (Elementary School), 中学校 (Middle School), and 栄養素 (Nutrients: C=エネルギー, P=タンパク質, F=脂質).

Introduction section titled '【栄養指導目標】「地産地消について知ろう」'. Includes a '魅力たっぷり県産品' (Charming Local Products) graphic and text about local food consumption. Nutrition data for 1(金) is provided.

Meal schedule for days 4(月) through 8(金). Each day includes a list of dishes with illustrations and a small nutrition table for elementary and middle schools.

Meal schedule for days 11(月) through 15(金). Day 14 is '琉球料理の日' (Ryukyuan Cuisine Day) and Day 15 is 'マンゴーの日' (Mango Day). Includes illustrations of mango and text about mango production in Miyako.

Meal schedule for days 19(火) and 20(水). Day 19 is '海の日' (Sea Day) and Day 20 is '夏バテを防ぐ食事のポイント' (Points for Preventing Summer Fatigue). Includes a QR code and information about the Okinawa School Lunch Association website.

Information box for the Okinawa School Lunch Association website. Includes QR code, website URL, and details about the website's content (introduction of the kitchen, food quiz, etc.).

Health tips section titled '夏バテを防ぐ食事のポイント' (Points for Preventing Summer Fatigue). Focuses on Vitamin B1 intake and eating seasonal vegetables. Includes illustrations of various foods like rice, meat, fish, and vegetables.

※材料・天候によって献立を変更することがあります。