

10月 学校給食予定献立表

今月の給食目標
好き嫌いしないで食べよう

Table with columns for Day, Meal Name, Red Interval (Body Building), Green Interval (Body Regulation), Yellow Interval (Body Warmth/Strength), and kcal. Rows include meals like ココア揚げパン, チキンソテー, キャベツと生揚げの炒め物, etc.