

3月 給食献立表

Main table with columns for Date, Meal, Side Dish, Protein, Fat, Green, and Nutrition. It lists daily menu items and their corresponding nutritional values.

☆ 今月の平均給与栄養量 ☆

Summary table showing average nutritional intake for the month, including Energy (507 kcal), Protein (19.6 g), Fat (16.3 g), Carbohydrates (70.9 g), Calcium (204 mg), Iron (1.9 mg), Vitamin A (135 µgRAE), Vitamin B1 (0.28 mg), Vitamin B2 (0.33 mg), Vitamin C (23 mg), Fiber (3.9 g), and Salt Equivalent (1.7 g).

仕入れ状況によりメニューが変更する場合があります。