



Main menu table with columns for Day, Dish Name, Ingredients, and Energy. It lists daily meals from June 3rd to June 28th, including items like Gohan, Soup, and various side dishes.

Handwashing guide: '手を洗ってから食べよう!' (Wash your hands before eating!). Includes an illustration of hands being washed and text explaining the importance of hygiene to prevent food poisoning.

Average nutrition table (平均栄養価) comparing energy, protein, and fiber content for elementary and middle schools.

Local products for the month (◎今月(こんげつ)の地場産物). Lists items like Deep River (ふかがわさん) rice, tomato juice, lettuce, and green asparagus.

Milk and spoon information: '*牛乳は毎日付きます。' (Milk is provided daily). Includes a cartoon milk carton character and instructions on how to use the spoon.

