



～食事のマナーを身につけよう!～



なんと! なんぼろ!



今月の平均栄養価
熱量: 667 kcal
蛋白質: 27.0 g
脂質: 23.2g 塩分: 3.0g
\*麺類の汁含む

Main menu table with columns for dates (日曜, こんだてめい, ざいりょうめい) and rows for months (2月, 9月, 16月, 23月, 30月). Includes illustrations of children eating and a character for 'こどもの日' (Children's Day).

Announcement box: '今月は運動会の練習が始まりますね。水分補給もしっかりとしましょう!' (This month is the start of sports festival practice. Let's hydrate properly!). Includes an illustration of a girl in a lab coat.