



学校給食予定献立表(西部・中央部)



Table with 5 columns (Month, Day, Meal Name, Ingredients, Nutrition) and 5 rows (Days 22-26, 28-31). Each row lists the meal name, ingredients, and nutritional values (Energy, Protein, Fat, Carbohydrate, Fiber).



児童生徒の皆さんへ苦小牧の魅力をもっと知ってもらうため、市内の企業が集まり、様々な取り組みをしていく事業です。活動についてはHPをご確認ください。

Advertisement for 'Hachijou Ramen' (八王子ラーメン) featuring a bowl of ramen and text celebrating the 50th anniversary of sister city ties with Hachioji City, Tokyo.

Summer health tips section titled '夏バテ予防' (Prevention of Summer Fatigue) and '夏休みの食生活チェック' (Check on Summer Vacation Diet). Includes 6 numbered tips: 1. Cold drinks, 2. Breakfast, 3. Summer vegetables, 4. Milk, 5. Refrigerator, 6. Nighttime rest.

'8月31日は「野菜の日」' (August 31st is 'Vegetable Day'). Promotes eating vegetables with tips like 'Eat vegetables with every meal', 'Use a variety of vegetables', and 'Eat vegetables with the season's produce'.