

Table for January 9th (Tuesday) to 12th (Friday). Includes menu items like '鶏肉のから揚げ', 'わかめごはん', '麻婆豆腐', and 'デミグラスソース'. Includes a '始業式' (Opening Ceremony) illustration and a 'おけましておめでとう' (Happy New Year) message.

Table for January 15th (Monday) to 19th (Friday). Includes menu items like 'カレーライス', 'マカロニサラダ', 'ホキの竜田揚げ', and 'コーヒー牛乳'. Includes a '福神漬け' (Fukushin-zuke) illustration and a 'ごはんにかけて食べましょう' (Let's eat with rice) message.

Table for January 22nd (Monday) to 26th (Friday). Includes menu items like '炊き込みご飯', 'かぼちゃサラダ', '豚肉のしょうが炒め', and '豚丼'. Includes a 'もやし' (Moyashi) illustration and a 'ごはんにかけて食べましょう' (Let's eat with rice) message.

Table for January 29th (Monday) to 31st (Wednesday). Includes menu items like '鶏肉のしょうが炒め', 'ほうれん草のおかか和え', 'ささみの炒め物', and 'チキン南蛮'. Includes a '七草' (Shichihime) illustration and a 'ごはんにかけて食べましょう' (Let's eat with rice) message.

※栄養価は、左からエネルギー(kcal)、たんぱく質(g)、脂質(g)の順に記載しています。

Table with 4 columns: 文部科学省基準 (Ministry Standard), エネルギー (Energy), たんぱく質 (Protein), 脂質 (Fat). Values: 830kcal, 27~42g, 18~28g.

全国学校給食週間 (National School Lunch Week) announcement for January 24th to 30th. Includes a '七草' (Seven Herbs) illustration and a 'ごはんにかけて食べましょう' (Let's eat with rice) message.

新献立 (New Dish) announcement for January 26th (Miso Kanpura), 29th (Uzushimpira), and 30th (Gamenage). Includes a 'ごはんにかけて食べましょう' (Let's eat with rice) message.