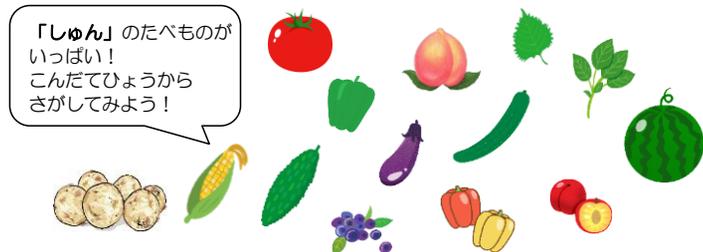


7月学校給食献立予定表

Main table with columns for date, dish name, ingredients, and school activities. Includes rows for 1st to 21st of the month.

*つごうにより、こんだてのないようをへんこうするはあいがあります。

7月の給食目標『健康によい食事を心がけよう～夏の食生活』



Summer food life tips section with 6 panels: 1. Eat more fruits and vegetables. 2. Drink water. 3. Eat slowly. 4. Eat more protein. 5. Eat more fiber. 6. Eat more calcium.