



1月の献立表

| 月 | | 火 | | 水 | | 木 | | 金 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <div>【1月の平均栄養量】</div> <div>(上段：給与量 下段：基準量)</div> <table><tr><td></td><td>小学部</td><td>中学部</td><td>高等部</td></tr><tr><td>エネルギー</td><td>529kcal</td><td>690kcal</td><td>843kcal</td></tr><tr><td></td><td>542kcal</td><td>698kcal</td><td>869kcal</td></tr><tr><td>たんぱく質</td><td>23.1g</td><td>28.5g</td><td>32.7g</td></tr><tr><td></td><td>22.3g</td><td>28.8g</td><td>35.8g</td></tr><tr><td>脂 質</td><td>17.6g</td><td>20.5g</td><td>22.3g</td></tr><tr><td></td><td>15.9g</td><td>20.8g</td><td>24.2g</td></tr><tr><td>塩 分</td><td>2.2g</td><td>2.8g</td><td>3.1g</td></tr><tr><td></td><td>2.0g</td><td>2.5g</td><td>2.5g</td></tr></table> <div>献立表はこちらから御覧になれます</div> <div>ブログはこちらから御覧になれます</div> <div>1月24日～30日は 【全国学校給食週間】です。 この週間は、学校給食の意義や役割について理解を深め、関心を高めることを目的としています。 本校では21日の“みやぎ水産の日”と26日～30日に、気仙沼及び宮城県と東北地方の郷土料理や食材を使用した献立を実施します。 詳しくは裏面の「給食だより」を御覧下さい。</div> <div>9</div> <div><div>・チキンカレーライス</div><div>・ブロッコリーサラダ</div><div>・ミニようなしゼリー</div></div> <table><tr><td>赤</td><td>鶏肉</td><td>豚肉</td><td>まぐろ水煮</td></tr><tr><td>黄</td><td>米</td><td>油</td><td>じゃが芋 ゼリー</td></tr><tr><td>緑</td><td>玉ねぎ</td><td>にんじん</td><td>トマト りんご きゅうり</td></tr><tr><td></td><td>ブロッコリー</td><td>キャベツ</td><td></td></tr><tr><td>栄養量</td><td>小学部 551kcal・20.7g</td><td>中学部 711kcal・25.4g</td><td>高等部 904kcal・30.6g</td></tr></table> | | | | | | | | | | | 小学部 | 中学部 | 高等部 | エネルギー | 529kcal | 690kcal | 843kcal | | 542kcal | 698kcal | 869kcal | たんぱく質 | 23.1g | 28.5g | 32.7g | | 22.3g | 28.8g | 35.8g | 脂 質 | 17.6g | 20.5g | 22.3g | | 15.9g | 20.8g | 24.2g | 塩 分 | 2.2g | 2.8g | 3.1g | | 2.0g | 2.5g | 2.5g | 赤 | 鶏肉 | 豚肉 | まぐろ水煮 | 黄 | 米 | 油 | じゃが芋 ゼリー | 緑 | 玉ねぎ | にんじん | トマト りんご きゅうり | | ブロッコリー | キャベツ | | 栄養量 | 小学部 551kcal・20.7g | 中学部 711kcal・25.4g | 高等部 904kcal・30.6g | 12 | 13 | 14 | 15 | 16 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 小学部 | 中学部 | 高等部 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エネルギー | 529kcal | 690kcal | 843kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 542kcal | 698kcal | 869kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たんぱく質 | 23.1g | 28.5g | 32.7g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 22.3g | 28.8g | 35.8g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 脂 質 | 17.6g | 20.5g | 22.3g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 15.9g | 20.8g | 24.2g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 塩 分 | 2.2g | 2.8g | 3.1g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2.0g | 2.5g | 2.5g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 赤 | 鶏肉 | 豚肉 | まぐろ水煮 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 黄 | 米 | 油 | じゃが芋 ゼリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 緑 | 玉ねぎ | にんじん | トマト りんご きゅうり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブロッコリー | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 栄養量 | 小学部 551kcal・20.7g | 中学部 711kcal・25.4g | 高等部 904kcal・30.6g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| せいじんのひ 成人の日 | <div>・ごはん</div> <div>・ぶりのみそづけフライ</div> <div>・すきこんぶのもの</div> <div>・かきたまじる</div> | <div>・ソフトパン</div> <div>・チリコンカン</div> <div>・ふゆやさしいシチュー</div> <div>・りんご</div> | りんじきゅうぎょうび 臨時休業日 | 【小正月献立】 <div>・ごはん</div> <div>・れんこんとチーズいりまつかぜやき</div> <div>・ゆきなのおかかあえ</div> <div>・しらたまどうに</div> <div>・いよかん</div> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | <table><tr><td>赤</td><td>ブリ</td><td>昆布</td><td>凍り豆腐</td><td>豚肉</td><td>豆腐</td><td>卵</td></tr><tr><td>黄</td><td>米</td><td>油</td><td>ごま</td><td></td><td></td><td></td></tr><tr><td>緑</td><td>にんじん</td><td>大豆</td><td>もやし</td><td></td><td></td><td></td></tr><tr><td></td><td>たけのこ</td><td>玉ねぎ</td><td></td><td></td><td></td><td></td></tr><tr><td></td><td>えのきだけ</td><td>小松菜</td><td></td><td></td><td></td><td></td></tr><tr><td>栄養量</td><td>小学部 517kcal・21.2g</td><td>中学部 676kcal・26.3g</td><td>高等部 831kcal・29.7g</td><td></td><td></td><td></td></tr></table> | 赤 | ブリ | 昆布 | 凍り豆腐 | 豚肉 | 豆腐 | 卵 | 黄 | 米 | 油 | ごま | | | | 緑 | にんじん | 大豆 | もやし | | | | | たけのこ | 玉ねぎ | | | | | | えのきだけ | 小松菜 | | | | | 栄養量 | 小学部 517kcal・21.2g | 中学部 676kcal・26.3g | 高等部 831kcal・29.7g | | | | <table><tr><td>赤</td><td>大豆</td><td>豚肉</td><td>ベーコン</td></tr><tr><td>黄</td><td>パン</td><td>油</td><td>じゃが芋 小麦粉</td></tr><tr><td>緑</td><td>玉ねぎ</td><td>とうもろこし</td><td>にんじん</td></tr><tr><td></td><td>かぶ</td><td>白菜</td><td>マッシュルーム</td></tr><tr><td></td><td>ブロッコリー</td><td>りんご</td><td></td></tr><tr><td>栄養量</td><td>小学部 569kcal・25.0g</td><td>中学部 779kcal・32.1g</td><td>高等部 825kcal・34.9g</td></tr></table> | 赤 | 大豆 | 豚肉 | ベーコン | 黄 | パン | 油 | じゃが芋 小麦粉 | 緑 | 玉ねぎ | とうもろこし | にんじん | | かぶ | 白菜 | マッシュルーム | | ブロッコリー | りんご | | 栄養量 | 小学部 569kcal・25.0g | 中学部 779kcal・32.1g | 高等部 825kcal・34.9g |  | <table><tr><td>赤</td><td>鶏肉</td><td>豚肉</td><td>チーズ</td><td>なると</td><td>凍り豆腐</td></tr><tr><td>黄</td><td>米</td><td>油</td><td>ごま</td><td>白玉餅</td><td></td></tr><tr><td>緑</td><td>れんこん</td><td>ねぎ</td><td>雪菜</td><td></td><td></td></tr><tr><td></td><td>もやし</td><td>しいたけ</td><td>にんじん</td><td></td><td></td></tr><tr><td></td><td>大根</td><td>ごぼう</td><td>セリ</td><td>いよかん</td><td></td></tr><tr><td>栄養量</td><td>小学部 479kcal・25.6g</td><td>中学部 625kcal・30.7g</td><td>高等部 803kcal・37.2g</td><td></td><td></td></tr></table> | 赤 | 鶏肉 | 豚肉 | チーズ | なると | 凍り豆腐 | 黄 | 米 | 油 | ごま | 白玉餅 | | 緑 | れんこん | ねぎ | 雪菜 | | | | もやし | しいたけ | にんじん | | | | 大根 | ごぼう | セリ | いよかん | | 栄養量 | 小学部 479kcal・25.6g | 中学部 625kcal・30.7g | 高等部 803kcal・37.2g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 赤 | ブリ | 昆布 | 凍り豆腐 | 豚肉 | 豆腐 | 卵 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 黄 | 米 | 油 | ごま | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 緑 | にんじん | 大豆 | もやし | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たけのこ | 玉ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | えのきだけ | 小松菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 赤 | 大豆 | 豚肉 | ベーコン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 黄 | パン | 油 | じゃが芋 小麦粉 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 緑 | 玉ねぎ | とうもろこし | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | かぶ | 白菜 | マッシュルーム | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブロッコリー | りんご | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 赤 | 鶏肉 | 豚肉 | チーズ | なると | 凍り豆腐 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 黄 | 米 | 油 | ごま | 白玉餅 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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|  | <table><tr><td>赤</td><td>豆腐</td><td>豚肉</td></tr><tr><td>黄</td><td>米</td><td>油</td></tr><tr><td>緑</td><td>ごぼう</td><td>れんこん</td></tr><tr><td></td><td>玉ねぎ</td><td>もやし</td></tr><tr><td></td><td>とうもろこし</td><td>ねぎ</td></tr><tr><td>栄養量</td><td>小学部 509kcal・21.5g</td><td>中学部 686kcal・27.5g</td><td>高等部 845kcal・30.9g</td></tr></table> | 赤 | 豆腐 | 豚肉 | 黄 | 米 | 油 | 緑 | ごぼう | れんこん | | 玉ねぎ | もやし | | とうもろこし | ねぎ | 栄養量 | 小学部 509kcal・21.5g | 中学部 686kcal・27.5g | 高等部 845kcal・30.9g | <table><tr><td>赤</td><td>笹かまぼこ</td><td>豚肉</td><td>豆腐</td></tr><tr><td>黄</td><td>米</td><td>油</td><td>マヨネーズ</td></tr><tr><td>緑</td><td>玉ねぎ</td><td>にんじん</td><td></td></tr><tr><td></td><td>さやえんどう</td><td>白菜</td><td></td></tr><tr><td></td><td>えのきだけ</td><td>ねぎ</td><td>バナナ</td></tr><tr><td>栄養量</td><td>小学部 528kcal・22.0g</td><td>中学部 677kcal・27.3g</td><td>高等部 845kcal・31.4g</td></tr></table> | 赤 | 笹かまぼこ | 豚肉 | 豆腐 | 黄 | 米 | 油 | マヨネーズ | 緑 | 玉ねぎ | にんじん | | | さやえんどう | 白菜 | | | えのきだけ | ねぎ | バナナ | 栄養量 | 小学部 528kcal・22.0g | 中学部 677kcal・27.3g | 高等部 845kcal・31.4g | <table><tr><td>赤</td><td>ベーコン</td><td>チーズ</td></tr><tr><td>黄</td><td>スパゲティ</td><td>油</td></tr><tr><td>緑</td><td>玉ねぎ</td><td>にんじん</td></tr><tr><td></td><td>ピーマン</td><td>しめじ</td></tr><tr><td></td><td>かぼちゃ</td><td>きゅうり</td></tr><tr><td>栄養量</td><td>小学部 554kcal・21.5g</td><td>中学部 669kcal・25.8g</td><td>高等部 794kcal・30.3g</td></tr></table> | 赤 | ベーコン | チーズ | 黄 | スパゲティ | 油 | 緑 | 玉ねぎ | にんじん | | ピーマン | しめじ | | かぼちゃ | きゅうり | 栄養量 | 小学部 554kcal・21.5g | 中学部 669kcal・25.8g | 高等部 794kcal・30.3g |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 【全国学校給食週間献立 ～宮城県と東北地方を味わおう～】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26 | 27 | 28 | 29 | 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【青森県を味わおう】 <div>・ごはん</div> <div>・ぶたにくのとわだばらやき</div> <div>・ゆでブロッコリーマヨネーズそえ</div> <div>・せんべいじる</div> <div>・ミニりんごゼリー</div> | 【気仙沼・山形・岩手県を味わおう】 <div>・ひびきまいのごはん</div> <div>・こうようこうこうのさんまかん</div> <div>・にくやさしいため</div> <div>・いもにじる</div> <div>・みそがんづき</div> | 【宮城県を味わおう】 <div>・あぶらふどん</div> <div>・わかめとツナのサラダ</div> <div>・おくずかけ</div> <div>・チーズ</div> | 【岩手・秋田県を味わおう】 <div>・ごはん</div> <div>・とりにくのなんぶみそやき</div> <div>・きりぼしだいこんのカレーに</div> <div>・だまこなべ</div> <div>・スイートスプリング</div> | 【福島県を味わおう】 <div>・ごはん</div> <div>・あいづソースカツ</div> <div>・キャベツのおかかあえ</div> <div>・こづゆ</div> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 大根 | ごぼう | さやいんげん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | ごぼう | さやいんげん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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○学校行事及び食材料購入の都合により、献立を変更することがあります。牛乳は毎日つきます。

○裏面は給食だよりです。是非御覧ください。

○学校ホームページに献立表を掲載しておりますので、外出先からも確認することができます。 また、給食を写真で紹介しておりますので、是非御覧ください。