



平成24年

5月 E.F

学校給食基準献立予定表

今月の指導目標

食事のマナーの大切さを知り、身につけることができる

- よい姿勢で食べましょう。
●はしやスプーンを正しく使しましょう。
●食事の場に入った会話を楽しみながら食べましょう。

月

火

水

木

金

バランスイサー



顔のおにぎりは日本型の食事を表し、髪は緑色、服は赤色、袖と靴は黄色とそれぞれ3つの栄養の色を表しています。日本型の食事を中心に3つの栄養の食べ物を組み合わせ、バランスのよい食事をとりましょうというメッセージがこめられています。

Table 1: Cheese pan with milk and vegetable salad. Ingredients include cheese, milk, and various vegetables. Energy: 618 kcal, Protein: 24.5g.

Table 2: Five-piece sushi with chicken and sweet soy sauce. Includes nigiri sushi like salmon, tuna, and chicken. Energy: 682 kcal, Protein: 28.0g.

Instructional section for chopstick use. Title: 'はしの正しい持ち方を知って、上手に使おう'. Includes diagrams and text for correct grip and usage.

Table 7: Hijiki gohan (hijiki rice) with miso soup. Includes hijiki, rice, and miso. Energy: 611 kcal, Protein: 22.2g.

Table 8: Hairyan pan with milk and vegetable soup. Includes hairyan, milk, and vegetable soup. Energy: 584 kcal, Protein: 26.1g.

Table 9: Strawberry pan with milk and apple sauce. Includes strawberry, milk, and apple sauce. Energy: 671 kcal, Protein: 25.8g.

Table 10: Hairyan gohan with pork and miso. Includes hairyan, rice, and miso. Energy: 620 kcal, Protein: 25.7g.

Table 11: Macaroni with milk and vegetable salad. Includes macaroni, milk, and vegetable salad. Energy: 686 kcal, Protein: 25.3g.

Table 14: Gohan with milk and vegetable soup. Includes rice, milk, and vegetable soup. Energy: 688 kcal, Protein: 27.6g.

Table 15: Termerikku raisu (termerikku rice) with vegetable soup. Includes termerikku, rice, and vegetable soup. Energy: 695 kcal, Protein: 23.0g.

Table 16: Gohan with milk and soybean paste. Includes rice, milk, and soybean paste. Energy: 713 kcal, Protein: 32.2g.

Table 17: Roll pan with milk and vegetable soup. Includes roll pan, milk, and vegetable soup. Energy: 640 kcal, Protein: 23.7g.

Table 18: Miso gohan with milk and vegetable soup. Includes miso, rice, milk, and vegetable soup. Energy: 667 kcal, Protein: 27.8g.

Table 21: Gohan with milk and vegetable soup. Includes rice, milk, and vegetable soup. Energy: 588 kcal, Protein: 20.7g.

Table 22: Hairyan gohan with milk and vegetable soup. Includes hairyan, rice, milk, and vegetable soup. Energy: 599 kcal, Protein: 21.6g.

Table 23: Dog pan with milk and vegetable soup. Includes dog pan, milk, and vegetable soup. Energy: 632 kcal, Protein: 29.2g.

Table 24: Miso gohan with milk and vegetable soup. Includes miso, rice, milk, and vegetable soup. Energy: 626 kcal, Protein: 24.9g.

Table 25: Age pan with milk and vegetable soup. Includes age pan, milk, and vegetable soup. Energy: 630 kcal, Protein: 22.2g.

Table 28: Miso gohan with milk and vegetable soup. Includes miso, rice, milk, and vegetable soup. Energy: 667 kcal, Protein: 27.9g.

Table 29: Black pan with milk and vegetable soup. Includes black pan, milk, and vegetable soup. Energy: 607 kcal, Protein: 23.8g.

Table 30: Miso gohan with milk and vegetable soup. Includes miso, rice, milk, and vegetable soup. Energy: 618 kcal, Protein: 27.9g.

Table 31: Nan pan with milk and vegetable soup. Includes nan pan, milk, and vegetable soup. Energy: 663 kcal, Protein: 28.7g.