



こんげつのもくひょう: すききらいをしなないでのこさずたべよう

Main menu table with columns for date, name, food type (red/yellow/green), and nutrition (kcal, protein, fat, carbs). Includes items like 'ちゅうかおこわ きびなごのあまからあげ' and 'ハヤシライス キャロットソースサラダ'.

Summary table with columns for month, energy (kcal), protein (%), fat (%), carbohydrate (g), calcium (mg), magnesium (mg), iron (mg), vitamins A, B1, B2, C, and fiber (g).

Footer section containing '今月の予定産地' (This month's planned production areas) listing various prefectures, and two illustrations: a child eating and a hand being washed.