



Main table with columns for date, dish name, red foods, yellow foods, and green foods. Includes special days like '敬老の日' and '秋分の日'.

Nutritional information table with columns for month, energy, protein, fat, calcium, magnesium, iron, vitamins A, B1, B2, C, and fiber.

秋の風物詩 お月見 地域によって違う? 月見団子. Includes text about moon-viewing traditions and a list of regional moon-viewing dango recipes.

家庭配布用献立表の記載について. Includes information about menu changes and a table of vegetable production locations for the month of September.