

Main table containing daily menu items, ingredients, and nutritional information. Columns include date, dish name, ingredients, energy/kcal, and food categories.

今月のレシピ紹介 (Recipe Introduction) section featuring a recipe for 'おせち料理' (New Year's Cuisine) with ingredients and instructions.

★お誕生日会の給食レシピ★ (Birthday Party Menu) section with a recipe for 'かぶの葉ご飯' (Cabbage Leaf Rice).

★お誕生日会の給食レシピ★ (Birthday Party Menu) section with a recipe for 'かぶの葉ご飯' (Cabbage Leaf Rice).

★お誕生日会の給食レシピ★ (Birthday Party Menu) section with a recipe for 'かぶの葉ご飯' (Cabbage Leaf Rice).

本年もよろしくお願いたします。 (We hope for a good year ahead.)

季節について...二十四節気 (About Seasons... 24 Solar Terms). Text explaining the seasonal cycle and health tips.

『ラーホー』笛吹市新ソルフード ラーホーってラーメン?ほうとう? (Rahoh Souffle Food Ramen/Houtou?). Article about local food products.

～食材のお話 『今日は●●の日』～ (Ingredient Story 'Today is ●● Day'). Article about seasonal ingredients.

★お誕生日会での試食★ (Tasting at Birthday Party). Section about menu planning and food photography.

★おすすりめ育給本 (Recommended Nutrition Book). Section promoting a book on child nutrition.