

Table with columns for dates 11日, 12日, 13日, 14日, 15日. Each column lists menu items like 'マーボー豆腐', '焼きぎょうざ', 'ポークビーンズ', '春巻き', 'かす汁', '大和煮', 'じゃがいもとベーコン', 'ナポリタン風炒め', '千切り野菜のスープ', '鶏むね肉の竜田揚げ' with their respective quantities and nutritional information.

Section titled 'おうちで給食のメニューを作ってみよう!' (Let's try making school lunch menus at home!). Includes recipes for 'カレーうどん' and 'かつおの混ぜご飯' (Katsuo no Maise Gohan) with ingredients and instructions. Also features a '1年間どのような食生活を送りましたか?' (How was your diet over the past year?) section with 10 numbered questions and illustrations of children eating.

Section titled '「むかしばなし」～交野八景～' (Olden Days ~ 8 Views of Interchange ~). Tells the story of '源氏の滝' (Genji no Taki) and '赤飯の歴史' (History of Red Rice). The text describes the legend of the waterfall and the historical significance of red rice, mentioning its use in the Edo period and its connection to the 'Red Rice' festival.