

Main table containing school lunch menus for October 16th to 31st, organized by day and column. Each entry includes the dish name, ingredients, and quantities. Includes illustrations of food items like fish, vegetables, and bread.

Recipe 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!). Features a 'Pork Beans' recipe with ingredients list (豚肉, じゃがいも, etc.) and step-by-step instructions for preparation.

徳川家康と交野 (Tokugawa Iyeyasu and Iwano) section. Includes a story about the historical site of Tokugawa Iyeyasu's birthplace in Iwano, with QR codes and photos related to the location.