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| <div> <div>リクエスト給食</div> <div> <p>小学校・中学校で過去の給食に出たメニューのリクエストアンケートを実施しました。</p> <p>主食、主菜、副菜、汁物、デザート、飲み物からそれぞれ1位に輝いた料理を集めた献立です。</p> <p>たくさんの応募ありがとうございました。</p> <div> <div>アンケート</div> <div> </div> </div> </div> </div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <div> <div>給食費</div> <table> <tr> <th>学年</th><th>年間給食回数</th><th>年間給食費</th><th>2月給食費</th><th>手数料</th><th>合計</th></tr> <tr> <td>3歳児</td><td>162回(@210)</td><td>34,020</td><td>2,520</td><td>55</td><td>2,575円</td></tr> <tr> <td>4歳児</td><td>173回(@210)</td><td>36,330</td><td>4,830</td><td>55</td><td>4,885円</td></tr> <tr> <td>5歳児</td><td>170回(@210)</td><td>35,700</td><td>4,200</td><td>55</td><td>4,255円</td></tr> </table> <p>2月分の振替日は10日(月)です。(再振替日は26日(水)です。)未納者「0」にご協力願います。</p> <p>※園外活動等による清算を行っているので、給食費の徴収額が、学年により異なります。</p> <p>＜参考＞</p> <p>2月分の給食費＝年間給食費÷31.500(3.500×9か月)</p> <div> </div> </div> | 学年     | 年間給食回数 | 年間給食費 | 2月給食費  | 手数料 | 合計     | 3歳児    | 162回(@210) | 34,020 | 2,520    | 55  | 2,575円 | 4歳児      | 173回(@210) | 36,330  | 4,830 | 55  | 4,885円 | 5歳児   | 170回(@210) | 35,700   | 4,200 | 55   | 4,255円   | <div> <div>「あか」のたべものからだをつくるもと</div> <div>「きいろ」のたべものげんきいっぱい！！</div> <div>エネルギーのもと</div> <div>「みどり」のたべものびょうきにまけないからだのちょうしをどとのえる</div> </div> | <div> <div>あか</div> <div> </div> <div>き</div> <div> </div> <div>みどり</div> <div> </div> </div> |      |     |        |      |     |      |      |      |     |         |        |     |      |     |       |          |      |    |     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  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| 4歳児                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 173回(@210)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 36,330 | 4,830  | 55    | 4,885円 |     |        |        |            |        |          |     |        |          |            |         |       |     |        |       |            |          |       |      |          |                                                                                                                                            |                                                                                               |      |     |        |      |     |      |      |      |     |         |        |     |      |     |       |          |      |    |     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             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|       |      |      |      |          |      |       |      |        |     |      |      |      |       |        |     |     |       |     |        |          |      |     |      |      |       |      |      |      |        |      |      |         |       |         |     |          |   |      |     |         |        |     |       |      |      |          |      |         |      |         |      |       |      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        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     |      |          |      |         |      |         |      |       |      |      |        |      |        |       |        |      |      |       |      |    |      |      |      |     |        |    |     |      |      |        |     |      |      |     |      |        |       |     |       |          |      |    |      |      |      |        |     |     |        |          |     |         |     |       |     |     |       |     |     |      |      |      |     |     |        |    |      |          |      |       |      |       |   |    |      |       |     |     |       |      |        |      |      |      |      |      |     |        |     |     |        |      |      |       |      |       |     |         |       |          |     |      |      |        |       |      |      |    |       |       |        |      |        |    |       |      |       |     |       |    |     |      |       |     |        |      |        |         |        |     |     |     |        |          |      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|      |          |      |       |      |       |   |    |      |       |     |     |       |      |        |      |      |      |      |      |     |        |     |     |        |      |      |       |      |       |     |         |       |          |     |      |      |        |       |      |      |    |       |       |        |      |        |    |       |      |       |     |       |    |     |      |       |     |        |      |        |         |        |     |     |     |        |          |      |      |        |
| 5歳児                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 170回(@210)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 35,700 | 4,200  | 55    | 4,255円 |     |        |        |            |        |          |     |        |          |            |         |       |     |        |       |            |          |       |      |          |                                                                                                                                            |                                                                                               |      |     |        |      |     |      |      |      |     |         |        |     |      |     |       |          |      |    |     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             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     |      |          |      |         |      |         |      |       |      |      |        |      |        |       |        |      |      |       |      |    |      |      |      |     |        |    |     |      |      |        |     |      |      |     |      |        |       |     |       |          |      |    |      |      |      |        |     |     |        |          |     |         |     |       |     |     |       |     |     |      |      |      |     |     |        |    |      |          |      |       |      |       |   |    |      |       |     |     |       |      |        |      |      |      |      |      |     |        |     |     |        |      |      |       |      |       |     |         |       |          |     |      |      |        |       |      |      |    |       |       |        |      |        |    |       |      |       |     |       |    |     |      |       |     |        |      |        |         |        |     |     |     |        |          |      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|      |          |      |       |      |       |   |    |      |       |     |     |       |      |        |      |      |      |      |      |     |        |     |     |        |      |      |       |      |       |     |         |       |          |     |      |      |        |       |      |      |    |       |       |        |      |        |    |       |      |       |     |       |    |     |      |       |     |        |      |        |         |        |     |     |     |        |          |      |      |        |
| <div> <div>3</div> <table> <tr> <th>エネルギーkcal</th><th>たんぱく質g</th><th>しつぷg</th></tr> <tr> <td>377</td><td>14.1</td><td>6.7</td></tr> </table> <div>おにっごはん</div> <table> <tr><td>こめ</td><td>41 黄</td></tr> <tr><td>もちこめ</td><td>6.4 黄</td></tr> <tr><td>うすくちしょうゆ</td><td>3.2</td></tr> <tr><td>さけ</td><td>2.56</td></tr> <tr><td>やきぶた</td><td>8 赤</td></tr> <tr><td>ひよこまめ</td><td>8 赤</td></tr> <tr><td>ひじき</td><td>1.2 赤</td></tr> <tr><td>あおねぎ</td><td>1.2 緑</td></tr> <tr><td>みりん</td><td>2.69</td></tr> <tr><td>こいくちしょうゆ</td><td>1.65</td></tr> <tr><td>さけ</td><td>2.24</td></tr> <tr><td>あぶら</td><td>0.64 黄</td></tr> </table> <div>おひたし</div> <table> <tr><td>にんじん</td><td>4 緑</td></tr> <tr><td>はくさい</td><td>24 緑</td></tr> <tr><td>こまつな</td><td>8 緑</td></tr> <tr><td>こんぶパウダー</td><td>0.01 赤</td></tr> <tr><td>みりん</td><td>0.72</td></tr> <tr><td>さとう</td><td>0.4 黄</td></tr> <tr><td>うすくちしょうゆ</td><td>1.92</td></tr> </table> <div>ミニゼリー</div> <table> <tr><td>もも</td><td>1 赤</td></tr> </table> <div>【節分献立】</div> </div> | エネルギーkcal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | たんぱく質g | しつぷg   | 377   | 14.1   | 6.7 | こめ     | 41 黄   | もちこめ       | 6.4 黄  | うすくちしょうゆ | 3.2 | さけ     | 2.56     | やきぶた       | 8 赤     | ひよこまめ | 8 赤 | ひじき    | 1.2 赤 | あおねぎ       | 1.2 緑    | みりん   | 2.69 | こいくちしょうゆ | 1.65                                                                                                                                       | さけ                                                                                            | 2.24 | あぶら | 0.64 黄 | にんじん | 4 緑 | はくさい | 24 緑 | こまつな | 8 緑 | こんぶパウダー | 0.01 赤 | みりん | 0.72 | さとう | 0.4 黄 | うすくちしょうゆ | 1.92 | もも | 1 赤 | <div> <div>4</div> <table> <tr> <th>388</th><th>13.1</th><th>11.3</th></tr> </table> <div>わかめごはん</div> <table> <tr><td>こめ</td><td>56.3 黄</td></tr> <tr><td>わかめごはん</td><td>2.32 赤</td></tr> </table> <div>ABCスープ</div> <table> <tr><td>ハム</td><td>3.34 赤</td></tr> <tr><td>たまねぎ</td><td>13.3 緑</td></tr> <tr><td>にんじん</td><td>6.66 緑</td></tr> <tr><td>キャベツ</td><td>16.7 緑</td></tr> <tr><td>しめじ</td><td>3.34 緑</td></tr> <tr><td>ABCマカロニ</td><td>3.34 黄</td></tr> <tr><td>パセリ</td><td>0.02 緑</td></tr> <tr><td>ブイヨン</td><td>0.64</td></tr> <tr><td>やさいだし</td><td>1.76</td></tr> <tr><td>こしょう</td><td>0.02</td></tr> <tr><td>うすくちしょうゆ</td><td>0.64</td></tr> <tr><td>しろワイン</td><td>0.66</td></tr> </table> <div>うみと</div> <table> <tr><td>ツナフレーク</td><td>8 赤</td></tr> <tr><td>キャベツ</td><td>12 緑</td></tr> <tr><td>にんじん</td><td>4.8 緑</td></tr> <tr><td>ホールコーン</td><td>4 緑</td></tr> <tr><td>ひじき</td><td>0.8 赤</td></tr> <tr><td>あぶら</td><td>0.24 黄</td></tr> <tr><td>うすくちしょうゆ</td><td>0.77</td></tr> </table> <div>はたけのサラダ</div> <table> <tr><td>トマト</td><td>24 赤</td></tr> <tr><td>にんじん</td><td>0.4 黄</td></tr> <tr><td>たまねぎ</td><td>28 緑</td></tr> <tr><td>にんじん</td><td>6.66 緑</td></tr> <tr><td>かぼちゃ</td><td>20 緑</td></tr> <tr><td>トマトピューレ</td><td>7.2 緑</td></tr> <tr><td>トマトジュース</td><td>6.4</td></tr> <tr><td>トマトケチャップ</td><td>8</td></tr> <tr><td>ブイヨン</td><td>0.4</td></tr> <tr><td>こんぶパウダー</td><td>0.01 赤</td></tr> <tr><td>さとう</td><td>0.2 黄</td></tr> <tr><td>こしょう</td><td>0.02</td></tr> <tr><td>こいくちしょうゆ</td><td>0.24</td></tr> <tr><td>ウスターソース</td><td>0.56</td></tr> <tr><td>とんかつソース</td><td>0.56</td></tr> <tr><td>あかワイン</td><td>0.66</td></tr> </table> <div>【人気献立】</div> </div> | 388 | 13.1 | 11.3 | こめ | 56.3 黄 | わかめごはん | 2.32 赤 | ハム | 3.34 赤 | たまねぎ | 13.3 緑 | にんじん | 6.66 緑 | キャベツ | 16.7 緑 | しめじ | 3.34 緑 | ABCマカロニ | 3.34 黄 | パセリ | 0.02 緑 | ブイヨン | 0.64 | やさいだし | 1.76 | こしょう | 0.02 | うすくちしょうゆ | 0.64 | しろワイン | 0.66 | ツナフレーク | 8 赤 | キャベツ | 12 緑 | にんじん | 4.8 緑 | ホールコーン | 4 緑 | ひじき | 0.8 赤 | あぶら | 0.24 黄 | うすくちしょうゆ | 0.77 | トマト | 24 赤 | にんじん | 0.4 黄 | たまねぎ | 28 緑 | にんじん | 6.66 緑 | かぼちゃ | 20 緑 | トマトピューレ | 7.2 緑 | トマトジュース | 6.4 | トマトケチャップ | 8 | ブイヨン | 0.4 | こんぶパウダー | 0.01 赤 | さとう | 0.2 黄 | こしょう | 0.02 | こいくちしょうゆ | 0.24 | ウスターソース | 0.56 | とんかつソース | 0.56 | あかワイン | 0.66 | <div> <div>5</div> <table> <tr> <th>361</th><th>15.6</th><th>13.6</th></tr> </table> <div>ぎゅうにゅう</div> <table> <tr><td>ふたにく</td><td>24 赤</td></tr> <tr><td>あぶら</td><td>0.4 黄</td></tr> <tr><td>にんじん</td><td>0.4 緑</td></tr> <tr><td>たまねぎ</td><td>28 緑</td></tr> <tr><td>にんじん</td><td>6.66 緑</td></tr> <tr><td>かぼちゃ</td><td>20 緑</td></tr> <tr><td>トマトピューレ</td><td>7.2 緑</td></tr> <tr><td>トマトジュース</td><td>6.4</td></tr> <tr><td>トマトケチャップ</td><td>8</td></tr> <tr><td>ブイヨン</td><td>0.4</td></tr> <tr><td>こんぶパウダー</td><td>0.01 赤</td></tr> <tr><td>さとう</td><td>0.2 黄</td></tr> 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<tr><td>マーガリン</td><td>0.58 黄</td></tr> <tr><td>たまねぎ</td><td>12 緑</td></tr> <tr><td>じゃがいも</td><td>28 黄</td></tr> <tr><td>しお</td><td>0.08</td></tr> <tr><td>こしょう</td><td>0.02</td></tr> <tr><td>パセリ</td><td>0.01 緑</td></tr> </table> <div>ハムのマリネサラダ</div> <table> <tr><td>ハム</td><td>8 赤</td></tr> <tr><td>キャベツ</td><td>12 緑</td></tr> <tr><td>ホールコーン</td><td>4 緑</td></tr> <tr><td>きゅうり</td><td>12 緑</td></tr> <tr><td>りんご</td><td>1.12</td></tr> <tr><td>なたねあぶら</td><td>0.8 黄</td></tr> <tr><td>さとう</td><td>0.4 黄</td></tr> <tr><td>うすくちしょうゆ</td><td>0.64</td></tr> <tr><td>しお</td><td>0.16</td></tr> <tr><td>こしょう</td><td>0.02</td></tr> </table> <div>【セルフハンバーガー】</div> <table> <tr><td>ハンバーガー</td><td>1 赤</td></tr> <tr><td>あぶら</td><td>0.16 黄</td></tr> <tr><td>トマトケチャップ</td><td>4.6</td></tr> <tr><td>ウスターソース</td><td>2.6</td></tr> <tr><td>あかワイン</td><td>1.8</td></tr> <tr><td>さとう</td><td>0.2 黄</td></tr> </table> <div>【どうふパン】</div> <table> <tr><td>どうふ</td><td>1 黄</td></tr> </table> <div>【やさいソテー】</div> <table> 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きゅうり | 6.66 緑 | こんぶパウダー | 0.01 赤 | みりん | 0.4 | さとう | 0.46 黄 | うすくちしょうゆ | 1.86 | やきのり | 0.08 赤 | <div> <div>6</div> <table> <tr> <th>364</th><th>13.4</th><th>16.5</th></tr> </table> <div>ぎゅうにゅう</div> <table> <tr><td>ふたにく</td><td>24 赤</td></tr> <tr><td>あぶら</td><td>0.4 黄</td></tr> <tr><td>にんじん</td><td>0.4 緑</td></tr> <tr><td>たまねぎ</td><td>28 緑</td></tr> <tr><td>にんじん</td><td>6.66 緑</td></tr> <tr><td>かぼちゃ</td><td>20 緑</td></tr> <tr><td>トマトピューレ</td><td>7.2 緑</td></tr> <tr><td>トマトジュース</td><td>6.4</td></tr> <tr><td>トマトケチャップ</td><td>8</td></tr> <tr><td>ブイヨン</td><td>0.4</td></tr> <tr><td>こんぶパウダー</td><td>0.01 赤</td></tr> <tr><td>さとう</td><td>0.2 黄</td></tr> <tr><td>こしょう</td><td>0.02</td></tr> <tr><td>こいくちしょうゆ</td><td>0.24</td></tr> <tr><td>ウスターソース</td><td>0.56</td></tr> <tr><td>とんかつソース</td><td>0.56</td></tr> <tr><td>あかワイン</td><td>0.66</td></tr> </table> <div>ポークカレーライス</div> <table> <tr><td>こめ</td><td>56.3 黄</td></tr> <tr><td>ぶたにく</td><td>16 赤</td></tr> <tr><td>あぶら</td><td>1.58 黄</td></tr> 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<tr><td>こめカレーウ</td><td>3.2 黄</td></tr> <tr><td>カレーこ</td><td>0.01</td></tr> </table> <div>【さばのみそに】</div> <table> <tr><td>さば</td><td>1きれ 赤</td></tr> <tr><td>だしこんぶ</td><td>0.24 赤</td></tr> <tr><td>しょうが</td><td>0.96 緑</td></tr> <tr><td>みそ</td><td>1.6 赤</td></tr> <tr><td>しろみそ</td><td>0.8 赤</td></tr> <tr><td>さとう</td><td>1.6 黄</td></tr> <tr><td>さけ</td><td>2.8</td></tr> <tr><td>しろねぎ</td><td>3.2 緑</td></tr> </table> <div>【のりあえ】</div> <table> <tr><td>もやし</td><td>26.7 緑</td></tr> <tr><td>きゅうり</td><td>6.66 緑</td></tr> <tr><td>こんぶパウダー</td><td>0.01 赤</td></tr> <tr><td>みりん</td><td>0.4</td></tr> <tr><td>さとう</td><td>0.46 黄</td></tr> <tr><td>うすくちしょうゆ</td><td>1.86</td></tr> <tr><td>やきのり</td><td>0.08 赤</td></tr> </table> </div> | 436 | 17.5 | 13.7 | ふたにく | 24 赤 | あぶら | 0.4 黄 | にんじん | 0.4 緑 | たまねぎ | 28 緑 | にんじん | 6.66 緑 | かぼちゃ | 20 緑 | トマトピューレ | 7.2 緑 | トマトジュース | 6.4 | トマトケチャップ | 8 | ブイヨン | 0.4 | こんぶパウダー | 0.01 赤 | さとう | 0.2 黄 | こしょう | 0.02 | こいくちしょうゆ | 0.24 | ウスターソース | 0.56 | とんかつソース | 0.56 | あかワイン | 0.66 | ハンバーガー | 1 赤 | あぶら | 0.16 黄 | トマトケチャップ | 4.6 | ウスターソース | 2.6 | あかワイン | 1.8 | さとう | 0.2 黄 | どうふ | 1 黄 | キャベツ | 28 緑 | にんじん | 4 緑 | あぶら | 0.16 黄 | しお | 0.08 | うすくちしょうゆ | 0.32 | じゃがいも | 32 黄 | あけあぶら | 黄 | しお | 0.08 | ヨーグルト | 8 赤 | あぶら | 0.4 黄 | にんにく | 0.08 緑 | たまねぎ | 28 緑 | かぼちゃ | 16 緑 | にんじん | 4 緑 | ブロッコリー | 8 緑 | パセリ | 0.02 緑 | ブイヨン | 0.24 | やさいだし | 1.76 | あかワイン | 0.4 | トマトみずくに | 5.6 緑 | トマトケチャップ | 2.4 | こしょう | 0.02 | こめカレーウ | 3.2 黄 | カレーこ | 0.01 | さば | 1きれ 赤 | だしこんぶ | 0.24 赤 | しょうが | 0.96 緑 | みそ | 1.6 赤 | しろみそ | 0.8 赤 | さとう | 1.6 黄 | さけ | 2.8 | しろねぎ | 3.2 緑 | もやし | 26.7 緑 | きゅうり | 6.66 緑 | こんぶパウダー | 0.01 赤 | みりん | 0.4 | さとう | 0.46 黄 | うすくちしょうゆ | 1.86 | やきのり | 0.08 赤 |
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| <div> <div>10</div> <table> <tr> <th>317</th><th>11.8</th><th>6.9</th></tr> </table> <div>わかめスープ</div> <table> <tr><td>にんじん</td><td>4.66 緑</td></tr> <tr><td>もやし</td><td>4.66 緑</td></tr> <tr><td>ほししいたけ</td><td>0.24 緑</td></tr> <tr><td>えのきたけ</td><td>4.66 緑</td></tr> <tr><td>わかめ</td><td>0.26 赤</td></tr> <tr><td>ちゅうかブイヨン</td><td>1.2</td></tr> <tr><td>とんこつスープ</td><td>2</td></tr> <tr><td>しお</td><td>0.24</td></tr> <tr><td>こしょう</td><td>0.01</td></tr> <tr><td>うすくちしょうゆ</td><td>0.96</td></tr> <tr><td>さけ</td><td>0.4</td></tr> <tr><td>ごまあぶら</td><td>0.04 黄</td></tr> </table> <div>【ピピンバ】</div> <table> <tr><td>こめ</td><td></td></tr></table></div>                                                                                                                                                                                                                                                                                                                                                                    | 317 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