



Main table with columns for Day (日), Dish Name (献立名), Main Food (主食), Dairy (牛乳), Side Dish (おかず), Food Groups (1群 to 6群), and Energy Value (栄養価). It lists daily menus from 1st to 30th of September.

Summary table titled '1日に必要な食品群別摂取量のめやす (上段男子・下段女子)'. It shows recommended intake amounts for various food groups and average energy intake (平均栄養量) in kcal for 1st, 2nd, and 3rd year students.

Textual information including: '今月から献立表を変更いたしました' (Menu changes from this month), '毎日の給食を6つの基礎食品群に分けています' (Daily school meals are divided into 6 basic food groups), and '浦和中の生徒の身体測定から、全国の体格から比較してやや「痩せ」傾向です' (From physical measurements of students in Urawa, compared to national averages, they tend to be 'slender').

