

Table with columns for month (月), day (日), and food items (食品). Rows include dates 1 through 19, listing various meals like [ごはん], [カレーライス], [ハンバーグ], etc., with their ingredients and nutritional values.

Table for November 22nd (11月22日), listing food items like [コッペパン], [かぼちゃのポターージュ], [白身魚フライ], etc.

November 23rd (11月23日) is Labor Thanksgiving Day (勤労感謝の日). Includes an illustration of a scarecrow and text about the day's significance.

“食事のあいさつ”に込められた思い (Thoughts put into meal greetings). Includes an illustration of children eating and text explaining the importance of saying 'thank you' before and after meals.

Table for November 29th (11月29日), listing food items like [玄米入りご飯], [わかめスープ], [酢豚], etc.

Table for November 30th (11月30日), listing food items like [さつまいもご飯], [太刀魚のしょうがあん], [塩糍入りみそ汁], etc.

給食味めぐり 山口県 (Menu rotation Yamaguchi Prefecture). November 11th (11/11) features a special menu from Yamaguchi Prefecture, including a description of 'Daibo' (大平) and 'Chicken Chicken Gobo' (チキンチキンごぼう).

チキンチキンごぼう (Chicken Chicken Gobo). Includes a recipe with ingredients (鶏肉, 塩, しょうゆ, etc.) and preparation steps (揚げる, 水につけておく, etc.).