

| 月  |     |           | 火   |     |      | 水 |     |           | 木   |     |           | 金  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
|--|-----|-----------|---|-----|------|---|-----|-----------|---|-----|-----------|--|-----|------|--|-----|------|---|-----|------|---|-----|------|---|-----|------|--|--|--|---|-----|------|---|-----|------|---|--|--|---|-----|------|---|-----|------|
| <p>北秋田市のホームページで学校給食を紹介しています。</p> <p>北秋田市のゆるキャラ「パタもち」</p>   |     |           | <p>こんだてちゅうすじ 献立中の数字は</p> <p>ひだりがわ 左側がエネルギー (kcal)</p> <p>みぎがわ 右側がたんぱく質 (g)</p> <p>あらわ を表しています。</p> <p>【基準値】</p> <table border="1"> <tr> <td>小</td> <td>650</td> <td>21.1~32.5</td> </tr> <tr> <td>中</td> <td>830</td> <td>27.0~41.5</td> </tr> </table> |     |      | 小 | 650 | 21.1~32.5 | 中   | 830 | 27.0~41.5 | <p>こめ・もち米<br/>清流米</p> <p>しおこうじ・だいす<br/>ふき水煮・阿仁みそ<br/>おろしにんにく</p> |     |      | <p>1  端午の節句給食</p> <ul style="list-style-type: none"> <li>たけのこごはん</li> <li>かつおカツ</li> <li>五目きんぴら</li> <li>わかめのみそ汁</li> <li>かしわもち</li> </ul> <table border="1"> <tr> <td>小</td> <td>688</td> <td>23.3</td> </tr> <tr> <td>中</td> <td>813</td> <td>27.8</td> </tr> </table> |     |      | 小   | 688 | 23.3 | 中 | 813 | 27.8 |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 小  | 650 | 21.1~32.5 |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 830 | 27.0~41.5 |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 小  | 688 | 23.3      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 813 | 27.8      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| <p>4  <p>5  <p>6  <p>7 </p> <ul style="list-style-type: none"> <li>キンパ風丼</li> <li>韓国のに</li> <li>わんたんスープ</li> <li>サイダーゼリー</li> </ul> <table border="1"> <tr> <td>小</td> <td>697</td> <td>27.0</td> </tr> <tr> <td>中</td> <td>906</td> <td>35.6</td> </tr> </table> </p></p></p> |     |           | 小   | 697 | 27.0 | 中 | 906 | 35.6      | <p>8 </p> <ul style="list-style-type: none"> <li>山菜うどん</li> <li>野菜のかきあげ</li> <li>原宿ドック チーズ</li> </ul> <table border="1"> <tr> <td>小</td> <td>655</td> <td>21.8</td> </tr> <tr> <td>中</td> <td>781</td> <td>28.2</td> </tr> </table>                     |     |           | 小  | 655 | 21.8 | 中  | 781 | 28.2 |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 小  | 697 | 27.0      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 906 | 35.6      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 小  | 655 | 21.8      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 781 | 28.2      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| <p>11  <p>12 </p> <ul style="list-style-type: none"> <li>ごはん</li> <li>豆っこローフ</li> <li>小松菜のソテー</li> <li>きゃべつのみそ汁</li> </ul> <table border="1"> <tr> <td>小</td> <td>665</td> <td>25.9</td> </tr> <tr> <td>中</td> <td>847</td> <td>32.3</td> </tr> </table> </p>                  |     |           | 小   | 665 | 25.9 | 中 | 847 | 32.3      | <p>13 </p> <ul style="list-style-type: none"> <li>ポークカレー</li> <li>コーンソテー</li> <li>ぴぴぴチーズ</li> </ul> <table border="1"> <tr> <td>小</td> <td>735</td> <td>23.3</td> </tr> <tr> <td>中</td> <td>907</td> <td>28.0</td> </tr> </table>                       |     |           | 小  | 735 | 23.3 | 中  | 907 | 28.0 | <p>14 </p> <ul style="list-style-type: none"> <li>ごはん</li> <li>赤魚のピリッとジャン</li> <li>切り干し大根エスニック風</li> <li>もやしのみそ汁</li> </ul> <table border="1"> <tr> <td>小</td> <td>617</td> <td>26.4</td> </tr> <tr> <td>中</td> <td>774</td> <td>31.5</td> </tr> </table> |     |      | 小 | 617 | 26.4 | 中 | 774 | 31.5 | <p>15 </p> <ul style="list-style-type: none"> <li>ピタパン</li> <li>とり肉のマスタード焼き</li> <li>ミートソースパンネ</li> <li>きゃべつとお豆のスープ</li> </ul> <table border="1"> <tr> <td>小</td> <td>622</td> <td>29.4</td> </tr> <tr> <td>中</td> <td>786</td> <td>37.4</td> </tr> </table>       |  |  | 小 | 622 | 29.4 | 中 | 786 | 37.4 |   |  |  |   |     |      |   |     |      |
| 小  | 665 | 25.9      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 847 | 32.3      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 小  | 735 | 23.3      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 907 | 28.0      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 小  | 617 | 26.4      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 774 | 31.5      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 小  | 622 | 29.4      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 786 | 37.4      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| <p>18 </p> <ul style="list-style-type: none"> <li>ごはん</li> <li>棒ぎょうざ</li> <li>ピーフンいり野菜いため</li> <li>中華風コーンスープ</li> </ul> <table border="1"> <tr> <td>小</td> <td>675</td> <td>21.3</td> </tr> <tr> <td>中</td> <td>920</td> <td>27.8</td> </tr> </table>                          |     |           | 小   | 675 | 21.3 | 中 | 920 | 27.8      | <p>19 </p> <ul style="list-style-type: none"> <li>清流米ごはん</li> <li>とり肉のからあげ</li> <li>ふきの甘辛煮</li> <li>じゃがいものみそ汁</li> </ul> <table border="1"> <tr> <td>小</td> <td>681</td> <td>25.9</td> </tr> <tr> <td>中</td> <td>856</td> <td>31.0</td> </tr> </table>  |     |           | 小  | 681 | 25.9 | 中  | 856 | 31.0 | <p>20 </p> <ul style="list-style-type: none"> <li>カレーピラフ</li> <li>肉だんごあますあん</li> <li>きゃべつのスープ</li> <li>ミニ豆乳プリン</li> </ul> <table border="1"> <tr> <td>小</td> <td>576</td> <td>21.2</td> </tr> <tr> <td>中</td> <td>784</td> <td>27.3</td> </tr> </table>   |     |      | 小 | 576 | 21.2 | 中 | 784 | 27.3 | <p>21 </p> <ul style="list-style-type: none"> <li>ごはん</li> <li>ほっけのピリッと焼き</li> <li>塩肉じゃが</li> <li>とうふのみそ汁</li> </ul> <table border="1"> <tr> <td>小</td> <td>601</td> <td>26.4</td> </tr> <tr> <td>中</td> <td>791</td> <td>32.3</td> </tr> </table>                 |  |  | 小 | 601 | 26.4 | 中 | 791 | 32.3 | <p>22 </p> <ul style="list-style-type: none"> <li>野菜たっぷり</li> <li>塩ラーメン</li> <li>かぼちゃといものコロック</li> <li>まるむきみかん</li> </ul> <table border="1"> <tr> <td>小</td> <td>666</td> <td>25.8</td> </tr> <tr> <td>中</td> <td>837</td> <td>32.7</td> </tr> </table> |  |  | 小 | 666 | 25.8 | 中 | 837 | 32.7 |
| 小  | 675 | 21.3      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 920 | 27.8      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 小  | 681 | 25.9      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 856 | 31.0      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 小  | 576 | 21.2      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 784 | 27.3      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 小  | 601 | 26.4      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 791 | 32.3      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 小  | 666 | 25.8      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 837 | 32.7      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| <p>25 </p> <ul style="list-style-type: none"> <li>ごはん</li> <li>白身魚のフライ</li> <li>大豆とひじきの煮物</li> <li>とん汁</li> </ul> <table border="1"> <tr> <td>小</td> <td>677</td> <td>26.5</td> </tr> <tr> <td>中</td> <td>849</td> <td>32.1</td> </tr> </table>                                |     |           | 小   | 677 | 26.5 | 中 | 849 | 32.1      | <p>26 </p> <ul style="list-style-type: none"> <li>ごはん</li> <li>とり肉のごまみそ焼き</li> <li>切り干し煮つけ</li> <li>とうふの中華風スープ</li> </ul> <table border="1"> <tr> <td>小</td> <td>618</td> <td>24.9</td> </tr> <tr> <td>中</td> <td>803</td> <td>31.6</td> </tr> </table> |     |           | 小  | 618 | 24.9 | 中  | 803 | 31.6 | <p>27 </p> <ul style="list-style-type: none"> <li>とりごぼう丼</li> <li>高野豆腐のみそ汁</li> <li>ぶどうゼリー</li> </ul> <table border="1"> <tr> <td>小</td> <td>621</td> <td>22.5</td> </tr> <tr> <td>中</td> <td>791</td> <td>27.5</td> </tr> </table>                       |     |      | 小 | 621 | 22.5 | 中 | 791 | 27.5 | <p>28 </p> <ul style="list-style-type: none"> <li>わかめごはん</li> <li>とりつくねおろしソース</li> <li>もやしとあつあげのピリ辛いため</li> <li>葉だいこんのみそ汁</li> </ul> <table border="1"> <tr> <td>小</td> <td>673</td> <td>26.1</td> </tr> <tr> <td>中</td> <td>814</td> <td>31.0</td> </tr> </table> |  |  | 小 | 673 | 26.1 | 中 | 814 | 31.0 | <p>29 </p> <ul style="list-style-type: none"> <li>バーガーパン</li> <li>ポークメンチカツ</li> <li>野菜のカレーいため</li> <li>ポトフ風スープ</li> </ul> <table border="1"> <tr> <td>小</td> <td>602</td> <td>23.1</td> </tr> <tr> <td>中</td> <td>778</td> <td>29.2</td> </tr> </table> |  |  | 小 | 602 | 23.1 | 中 | 778 | 29.2 |
| 小  | 677 | 26.5      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 849 | 32.1      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 小  | 618 | 24.9      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 803 | 31.6      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 小  | 621 | 22.5      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 791 | 27.5      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 小  | 673 | 26.1      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 814 | 31.0      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 小  | 602 | 23.1      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |
| 中  | 778 | 29.2      |   |     |      |   |     |           |   |     |           |  |     |      |  |     |      |   |     |      |   |     |      |   |     |      |  |  |  |   |     |      |   |     |      |   |  |  |   |     |      |   |     |      |

\*材料などの都合により、献立や食材の産地が変更になる場合があります。ご了承ください。  
\*振替休業日や校外学習などによる欠食については、各校の行事予定表を確認してください。

