

A festive illustration featuring two children and a reindeer. The children, a boy on the left and a girl on the right, are both wearing red Santa hats, red long-sleeved shirts, and patterned shorts. They are smiling and have their arms raised in a celebratory gesture. Between them is a small, brown reindeer with large antlers, also smiling and holding a small red gift box. Above them is a green Christmas garland with gold bells and stars. The entire scene is set against a plain white background.

A festive illustration featuring Santa Claus in a red suit with a white beard, a reindeer with orange antlers, and three wrapped Christmas gifts in red, green, and yellow. They are positioned on a black horizontal line.

★食材の都合により、献立を変更することがあります。



	エネルギー	たんぱく質	脂質	加糖乳	鉄	A	B1	B2	C	食物繊維	食塩
	kcal	g	g	mg	mg	μg	mg	mg	mg	g	g
3歳以上児	506	18.7	16.3	211	1.7	134	0.23	0.31	31	3.9	1.8
目標量	575	23.5	16	288	2.5	250	0.25	0.4	20	4	1.6
3歳未満児	435	16.9	15.5	260	1.3	138	0.21	0.36	26	2.9	1.5
目標量	475	19.5	13.2	213	2	188	0.2	0.28	18	3	1.4

※保育園では一日の必要な栄養量のうち、以上児は45%、未満児は50%を摂取することを目標としています。

もぐもぐ通信～こどもの食メモ～

《 和食の日 ②発酵食品の魅力 》

かかせない食材のひとつ、発酵食品についてお伝えします。



味噌