

## A cartoon drawing of a witch with a yellow face, wearing a black witch's hat and a black robe. She is holding a broomstick in her right hand. To her left is a jack-o'-lantern with a carved face. The text "Trick or Treat" is written on her robe.

しょう がっ こう よう  
小 学 校 用

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|          |            |      |           |     |                 |      |            |
|----------|------------|------|-----------|-----|-----------------|------|------------|
| * 今月の栄養価 | エネルギー kcal | 561  | マグネシウム mg | 76  | レチノール当量 $\mu$ g | 263  | 食塩<br>相当量g |
|          | たんぱく質 g    | 23.3 | 鉄 mg      | 2.0 | ビタミン B1 mg      | 0.33 |            |
|          | 脂質 g       | 17.8 | 亜鉛 mg     | 2.6 | ビタミン B2 mg      | 0.39 |            |
|          | カルシウム mg   | 317  | 食物繊維 総量 g | 5.6 | ビタミン C mg       | 13   | 2.1        |