

Table with 5 columns (Month 2-6) and 2 rows. Each cell contains a menu for a specific day with food items and their kcal values.

Table with 5 columns (Month 9-13) and 2 rows. Each cell contains a menu for a specific day with food items and their kcal values.

Table with 5 columns (Month 16-20) and 2 rows. Each cell contains a menu for a specific day with food items and their kcal values.

Table with 5 columns (Month 23-27) and 2 rows. Each cell contains a menu for a specific day with food items and their kcal values.

Bottom section containing a disaster preparedness message, a table of nutrients (Energy, Protein, Fat, Carbohydrates, Fiber, Vitamins, Minerals), and a seasonal message about summer holidays.