

CIR/007/2019-20

Date: 01.08.2019

Dear parents,

Greetings to you!

Childhood is the right time to instill healthy eating habits and we at School have decided to help the children make the right choices with a few suggestions for snacks and lunch. Another important aspect of healthy eating is portion control and cutting down on how much fat your child eats or drinks. This can help children with improved concentration levels and maintaining a healthy weight.

DAY	SNACK/ LUNCH
MONDAY	FRUIT/FLAVOURED RICE
TUESDAY	DOSA/ CHAPATHI/UPMA /RICE/ROTI
WEDNESDAY	VEGGIE (SALAD/SPROUTS) DAL/RICE
THURSDAY	BREAD/ CEREALS/ MILLETS
FRIDAY	CONFECTIONERY/ ANY FOOD OF YOUR CHOICE

We would appreciate if you send the food in steel tiffin boxes with the required cutlery and a napkin.

Look forward to your support.

S/d Principal**Mrs. Anuradha Shivaram**