

Day wise Menu

Day	Menu Items
Monday	Cooked Rice (Annam), Pappu chaaru, Egg curry (Guddu kooru) Chikki
Tuesday	Tamarind/lemon/mango-rice (Pulihora) Dhal with Tomatoes (Tomato pappu) Boiled Egg (Udikinchina guddu)
Wednesday	Vegetable Rice (Kooragayala annam), Aloo Khurma Boiled Egg (Udikinchina guddu) Chikki
Thursday	Kitchidi (Pesarapappu annam), Tomato chutney Boiled Egg (Udikinchina guddu)
Friday	Cooked Rice (Annam), Dhal with green leaves (Akukoora pappu) Boiled Egg (Udikinchina guddu) Chikki
Saturday	Cooked Rice (Annam), Sambar, Sweet pongal (Theepi pongali)

Present Meals serving Timings for Primary / Upry: - 12.15 to 1.00 PM
for High Schools: - 12.55 to 1.50 PM

Food Norms

INGREDIENTS	I to V Classes	VI to X Classes
Food grains (rice)	100 g / d	150 g / d
Pulse (red gram + Green gram dhal)	16 g / d	23 g / d
Vegetables (leafy also)	57 g / d	87 g / d
Oil & fat	7 g / d	9.7 g / d
Eggs	5 eggs / week	5 eggs/ week
Spices & condiments	As per need	As per need
Peanut-Jaggery	75 g/week	75 g/week