



BBPSRH/PARENT/2024-25/77

January 18, 2025

Dear Parents,

As part of our ongoing commitment to the health and well-being of our students, we are pleased to inform you about our participation in the **FSSAI Eat Right Programme**, an initiative aimed at promoting healthier eating habits among children. This program encourages the inclusion of nutritious, balanced meals to support students' physical and cognitive development. To complement this initiative, we kindly request your cooperation in adopting a healthy menu for your child's daily meals. Below are some suggestions for preparing wholesome and balanced meals:

MENU PLAN

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Vegetable upma with coconut chutney + milk	Poha with peanuts and lemon + orange juice	Whole-grain toast with peanut butter + banana	Idli with sambar + fresh fruit salad	Oats porridge with nuts and raisins + apple	Multigrain paratha with curd + guava	Moong dal chilla with mint chutney + papaya
Lunch	Rice, dal, paneer curry, and salad	Roti, mixed vegetable curry, and curd	Lemon rice with cucumber raita and carrot sticks	Rice, rajma, spinach stir-fry, and salad	Roti, aloo-methi, and vegetable soup	Rice, chana masala, steamed broccoli, and salad	Roti, vegetable pulao, curd, and fresh fruit
Evening Snacks	Sprouts chaat with lemon juice	Boiled corn with a dash of butter and salt	Roasted makhana and a glass of buttermilk	Whole-grain crackers with cheese and a fruit	Fresh fruit smoothie with nuts	Vegetable sandwich with mint chutney	Homemade granola bar and coconut water
Dinner	Khichdi with ghee, mixed vegetable curry	Roti, dal, and sautéed vegetables	Rice, fish curry (or veg curry), and salad	Roti, palak paneer, and lentil soup	Rice, vegetable curry, and a small piece of jaggery	Roti, dal, pumpkin sabzi, and cucumber salad	Rice, vegetable stew, and a glass of warm milk

We encourage you to minimize the consumption of processed foods, sugary drinks, and fried snacks, as these can adversely affect your child's health and academic performance. Instead, focus on fresh, home-cooked meals rich in fruits, vegetables, whole grains, and lean proteins that include a mix of carbohydrates, proteins, fats, vitamins, and minerals.

By working together, we can help our children build healthy habits that last a lifetime. Let us take this step towards creating a healthier and happier generation!

Thank you for your support in making this initiative a success.