

Calorie Chart (Nutritional value):

Sl. No.	Food item	Lower Primary			Upper Primary		
		Quantity (in gms.)	Calories	Protein content (in gms.)	Quantity (in gms.)	Calories	Protein content (in gms.)
1	Food grains (Wheat/Rice)	100	340	8	150	510	12
2	Pulses	20	70	5	40	140	9.36
3	Vegetables	50	25	-	80	46	-
4	Oil & Fat	5	45	-	8	54	-
5	Salt & Condiments	As per need	-	-	As per need	-	-
6	Fuel	-	-	-	-	-	-
7	Any other item	-	-	-	-	-	-
Total		175	480	13	278	750	21.36

Weekly Menu (Suggested):

Day	Item
Monday	Rice, Dal, Leafy Vegetables
Tuesday	Khisidi/ Soya, Leafy Vegetables
Wednesday	Rice, Egg Curry/ Local option/Leafy Vegetables
Thursday	Rice, Dal, Leafy Vegetables
Friday	Rice, Dal, Leafy Vegetables
Saturday	Khisidi/ Pulao/Local option/Leafy Vegetables

Right to children per child per day:

Cooking cost (per child per day):

- LPS : Rs.4.13; UPS & NCLP : Rs.6.18

Rice (per child per day):

- LPS : 100 gm; UPS & NCLP : 150 gm

Honorarium to Cook-cum-Helper: Rs.1,000/- per cook-cum-helper per month for 10 months in a financial year**Cost of food grains (rice):** Rs.3,000/- per MT**Transportation cost :** Rs.1,360/- per MT**Days to be served MDM:**

- LPS : 210 days in a financial year.
- UPS : 220 days in a financial year.
- NCLP : 312 days in a financial year.

Sampriti Bhojan:

“Sampriti Bhojan” has been implemented throughout the State for providing supplementary nutritive items/foods like sweets, fruits, snacks and biscuits etc. to the children of the schools in addition to Mid-day-meal. It is a voluntary support from the community to create large scale community participation for generating social harmony, equity and brotherhood amongst school children. People may serve quality meals/sweets/fruits/supplementary nutritive items like sprouted beans/cooked snacks/ egg etc. during observance of birthdays, marriage anniversary, success in examination, festivals in the family etc.

TOLL FREE No.: 18003453525 (For any complaint/grievances, queries, information/suggestion etc.)