

BHUBANESWAR MODEL PUBLIC SCHOOL
Circular no. 11/2026
SCHOOL NUTRITION CHART

Date: 04.07.2026

Dear Parents

At present, junk and unhygienic food trend that has swept our country. Children and adults alike enjoy street food, fast food or hotel food, which has very little nutritional value. The result of this has been quite alarming, as we see rapid rise in cases of obesity, juvenile diabetes and other such diseases among school-going children in India.

Our school tries to inculcate healthy food habits among our children. In this initiative, support from parents and guardians is paramount. Try to send healthy lunch to school on all days and we'd advise that at home also home-cooked balanced meals should be served to children.

We are hereby sharing the '**School Nutrition Chart**', which should be followed by all parents to the extent possible. We have tried to include mostly home-cooked food, which has all necessary nutrients like Carbohydrate, Fat, Protein, Vitamins and Minerals as well as fruits and dry fruits. When kids see their friends eating the same food, they are also encouraged.

DAY	MAIN FOOD	ACCOMPANIMENT	HEALTHY SIDE DISH
Monday	Rawa Upma/Halwa/ Sewai Upma	Sauce / Chutney	Fruits / Dry fruits
Tuesday	Poori / Paratha / Roti	Sabzi	Salad / Fruits
Wednesday	Pitha / Dosa / Idli / Uthapam	Aloo Sabzi / Chutney	Milk / Flavoured Milk
Thursday	Stuffed Paratha / Poha / Pulao	Sauce / Chutney	Fresh Fruit Juice
Friday	Sandwich/Bread- Butter/Bread-Jam	Boiled egg / Veg cutlet	Sprouts

Please note:

- All food should be home-cooked except sauce, bread, etc.
- Junk food / fast food and aerated drinks (Coke, Pepsi, Sprite, etc.) are **STRICTLY PROHIBITED**.
- In case fresh fruit juice is difficult to make on a day, send a fruit.
- **Don't send preserved juices purchased from market.**
- Don't send toffees/chocolates except on Birthdays.
- Send a with your ward, which will remain in school.
- Send a food-mat / cloth napkin and necessary fork and spoon everyday.
- This Nutrition Chart is an advisory, but parents must understand the importance of healthy food and support the school's initiative.

W.P.
04/07/2026

PRINCIPAL