

## MENU:

| S.no. | Week | Menu |
| :--- | :--- | :--- |
| 01 | Monday | Sambar |
| 02 | Tuesday | Vegatables |
| 03 | Wednesday | Da \& Vegetables |
| 04 | Thursday | Sambar |
| 05 | Friday | Vegetables |
| 06 | Saturday | Da \& Vegetables |
| 07 | EGG / Banana | Twice a week |

National Institute of Nutrition (NIN) after an evaluation study has advised that millet based items may be included in the MDM menu. Hon'ble Chief Minister and Hon'ble Minister HRD have also directed that the nutrition value of MDM being served in the schools may be enhanced by including millet based items of food in the existing MDM menu. Some of the suggested millet based items of food, are, Ragi Sankati, Broken Wheet Dhalia, preparations made one of Jowar and Maize, millet based biscuits, etc.

You are requested to offer your comments and suggestions for including which of the millet based food items with regard to your district.

Kindly submit your suggestion by 07.11.2015. So that further necessary action can be taken at this end.

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& \text { K.SANDHYA RANI } \\
& \text { Commissioner of School Education }
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