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| **Days** | **Short Break** | **Long Break** |
| MONDAY | Dry fruits,Groundnuts | Cabbage Sabji, Chapati and Salad |
| TUESDAY | Upma | Lady Finger Sabji and Chapati, Salad |
| WEDNESDAY | Sprout Salad/Bhel | Brinjal Sabji Chapati and Salad |
| THURSDAY | Poha | Any Leafy vegetable, Chapati and Salad |
| FRIDAY | Any Fruit/Fruit Salad | Cauliflower Sabji, Chapati and Salad |
| SATURDAY | ------- | Any paratha (Aloo,Mooli,Cabbage)/Thalipeeth and Curd |

Academic Heights Public school and Jr College, Karad

Nutritious Tiffin Chart