|  |  |  |
| --- | --- | --- |
| **Days** | **Short Break** | **Long Break** |
| MONDAY | Corn Civda / Corn Bhel | Akka Masoor, Chapati, Salad |
| TUESDAY | Any Chikki Bars / Laddu  | Leafy Vegetable, Chapati, Salad |
| WEDNESDAY | Any Fruit / Salad | Aaloo Sabji, Chapati, Salad |
| THURSDAY | Dry Fruits, Jaggery & Groundnuts  | Any Sprout Sabji, Chapati, Salad |
| FRIDAY | Sandwich | Paneer / Egg Bhurji, Chapati, Salad |
| SATURDAY |  ------- | Idli / Dosa / Utappa, Chutney |

Academic Heights Public school and Jr College, Karad

Nutritious Tiffin Chart