

Meal plan for Nursery Wing for February 2026

FRAC

BREAKFAST IN THE CLASSROOM

INCREASED

- standardized tests scores
- concentration
- alertness
- comprehension
- memory
- learning
- cognitive function
- attention
- memory
- participation
- student nutrition
- sense of community

DECREASED

- tardiness
- behavioral issues
- absenteeism
- stigma

THE SCHOOL BREAKFAST PROGRAM IS A GREAT WAY TO START A SUCCESSFUL DAY

WHAT HAPPENS TO YOUR BODY WHEN YOU SKIP MEALS?

WTS 8819447435
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Date	Mid-morning Snack	Lunch (chapatti, rice and salad in daily menu besides menu given below)	Evening Refreshment
02.02.26	Samosa	Tomato soup, urad channa, mixed vegetable	Biscuit
03.02.26	Cucumber, carrot mayonnaise sandwiches	Lobia, aloo gobi, vegetable raita	Savory Snack
04.02.26	Suji halwa & black channa	Aloo subji, besan methi poori, pulao, salad, pickle, suji halwa	Fruit
05.02.26	Vegetable Poha	Tomato soup, black channa, carrot pea	Biscuit
06.02.26	Bread Pakora	Rajmah, aloo capsicum, vegetable raita	Savory Snack
07.02.26	Vegetable corn moth chaat	Moong sabut, mixed vegetable, bhoondi raita	Fruit
09.02.26	Vegetable Macaroni	Arhaar dal, aloo bean, carrot kheer	Biscuit
10.02.26	Dal kachori & aloo subji	Urad dal curry, palak paneer	Savory Snack
11.02.26	Aloo bhoonda	Mixed dal, carrot pea, cucumber raita	Fruit
12.02.26	Stuffed dal vegetable parantha with mint coriander chutney	Urad rajmah, aloo capsicum, bhoondi raita	Biscuit
13.02.26	Idli sambar	Masoor dal, aloo gobi, custard	Savory Snack
16.02.26	Samosa	Kadhi, aloo spinach, papad	Fruit
17.02.26	Burger	Rajmah, aloo gobi, bhoondi raita	Biscuit
18.02.26	Vegetable Poha	Black channa, aloo capsicum, cucumber raita	Savory Snack

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19.02.26	Vada with coconut chutney	Stuffed veggies prantha, masoor dal, bhoondi raita, zeera rice & pickle	Fruit
20.02.26	Moong dal stuffed veggies cheela	Arhaar dal, mixed vegetable, cucumber raita	Biscuit
21.02.26	Bread pakora	Chole spinach poori, bhoondi raita, zeera rice, salad	Savory Snack
23.02.26	Ram laddoo	Aloo subji, besan poori, pumpkin, pulao, salad, suji halwa	Fruit
24.02.26	Idli sambar	Urad rajmah, aloo capsicum, bhoondi raita	Biscuit
25.02.26	Aloo pea chaat	Vegetable noodles, vegetable manchurian, veg fried rice, channa dal, chapatti, zeera aloo	Savory Snack
26.02.26	Suji halwa & black channa	Kadhi aloo methi, papad	Fruit
27.02.26	Sandwiches	Vada sambar, lemon rice, zeera aloo, chapatti, salad	Biscuit
28.02.26	Samosa	Kabuli channa, aloo bean, bhoondi raita	Savory Snack

