



VIVEKANAND
INTERNATIONAL SCHOOL

VIVEKANAND INTERNATIONAL SCHOOL, VASHI

Plot no 6A, Kopari, MAFCO Rd, Sector 26, Vashi, Navi Mumbai - 400703

Contact No: 8108432121 / 8108832121

Ref no : _____

DATE : _____



VIVEKANAND
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Nutrition Chart

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
























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SCHOOL NUTRITION CHART (Grades 1–10)

★ **Note: Chocolates, chips, non veg. items and packed food items (like instant noodles, packaged snacks, soft drinks, etc.) are not allowed.**

Grade	Small Break (10–15 min)	Lunch Break (30–40 min)
Grades 1–2	 Milk / Buttermilk / Fresh fruit juice  1 seasonal fruit or  Sandwich with veggies or paneer	 Rice + Dal or  Vegetable khichdi or  Chapati + Veg Subji  Curd / Salad optional
Grades 3–5	 Veg sandwich / roti roll  Fruit (Apple, Banana)  Milk / Chaas	 Roti + Sabji + Dal/Curd or  Idli with sambar or  Lemon rice / Veg pulao
Grades 6–8	 Sprouts / Corn salad  Homemade muffin / dhokla / upma  1 fruit	 Roti/paratha with Veggies or  Vegetable pasta (homemade) or  Rice + Dal + Subji  Buttermilk optional
Grades 9–12	 Dry fruits (handful)  Fruit or  Roasted sweet potato  Light poha/upma	 Balanced meal: Roti/Rice + Sabji + Dal/Protein or  Homemade wraps / paneer tikka  Curd/Buttermilk optional

✓ Healthy Snack Options for Small Break (All Grades):

- Fresh fruits (banana, apple, orange, pear)
- Vegetable sticks (carrot, cucumber) with homemade dip
- Boiled eggs (for non-vegetarians)
- Nuts & seeds (in moderation)
- Mini dosa, idli with chutney
- Dhokla, poha, upma, or thepla




Principal
Vivekanand International
School, Vashi
Affiliation No: 1131085

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X Restricted Items:

- Chocolates, toffees, candy
- Chips, Kurkure, fried packed snacks
- Soft drinks / energy drinks
- Instant noodles or ready-to-eat packaged meals
- Packaged cakes, cookies, pastries
- Non veg.

📦 School Break Guidelines:

- Send water in a labelled water bottle daily
- Encourage natural drinks like coconut water or homemade lemonade (avoid packaged juices)
- Use reusable containers (no foil/plastic wraps)

✓ Healthy Tiffin Tips for Parents:

- Use colourful veggies to make food attractive
- Avoid very spicy, oily, or fried items
- Ensure the food is fresh and easy to eat by small children
- Introduce one new item per week to develop taste variety































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Healthy Snack Options for Small Break (All Grades):

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