PICT MODEL SCHOOL - MENU SEPTEMBER 2026

DATE	DAY	BREAKFAST	Total approx. Calories/Protein per serving	LUNCH	Total approx. Calories/Protein per serving	Snacks	2.5-5 yrs	6-10 yrs	10-17 yrs
Fruits: Sweet Lime, Papaya, Banana and Guava will be served in rotation throughout the week									
01/09/2026	Tuesday	Vegetable Poha with Peas /Peanut + Fruit	420 kcal / 10g	Roti + Dal Palak + Mix Veg with Paneer + Jeera Rice + Green Salad	830 kcal/24g	Chakali	2	4	4
02/09/2026	Wednesday	Dal Chilla + Chutney + Fruit	460 kcal/14g	Roti + Rajma Masala + Aloo Methi Veg + Peas Pulao + Boondi Raita	900 kcal/27g	Banana Chips	30g	50g	50g
03/09/2026	Thursday	Methi Besan Paratha + Curd + Fruit	440 kcal/13g	Roti + Tomato Toor Dal + Tendli Fry + Mint-Coriander Rice + Veg Soup	850 kcal/24g	Soya Sticks	50 gm	75gm	75gm
04/09/2026	Friday	Veg Rawa Upma + Chutney+ Fruit	380 kcal / 10 g	Roti + Mix Dal + Gajar Peas Aloo Sabzi + Steamed Rice + Gulab Jamun	870 kcal/23g	Coconut & Peanut Laddoo	1	2	2
Fruits: Sweet Lime, Papaya, Banana and Guava will be served in rotation throughout the week									
07/09/2026	Monday	Vegetable Vermicelli with Peanuts + Fruit	440 kcal/12g	Roti + Chole Masala + Stuffed Capsicum + Jeera Rice+ Mixed Beetrooot Salad	840 kcal/22g	Shakkarpara	30g	50g	50g
08/09/2026	Tuesday	Multigrain Paratha + Curd + Fruit	420 kcal/11g	Roti + Matki Usal + Shukto Veg + Coriander Rice + Tomato & Onion Raita	850 kcal/24g	Cake Slice	1	2	2
09/09/2026	Wednesday	Veg Onion Cheese Ragi Uttapam + Chutney + Fruit	430 kcal/13g	Roti+ Black Chana Masala + Dum Aloo + Onion Rice + Sevai Kheer	980 kcal / 27g	Tetra Pack Buttermilk	1	1	1
10/09/2026	Thursday	Vegetable Upma + Green Chutney + Fruit	420 kcal/16g	Roti + Plain Kadhi + Bhindi Masala + Dal Khichdi + Grated Carrot/cucumber/tomato tadka salad	860 kcal/23g	Peanut and Jaggery Bar	2	3	3
11/09/2026	Friday	Millet Veg Noodles + Fruit	450 kcal/12g	Roti + Dal Makhani + Palak Paneer + Mint Rice + Veg Corn Soup	960 kcal/26g	Rava ladoo	1	1	1
12/09/2026	Saturday	Sambhar Vada (3 pc) + Fruit	470 kcal/15g	Roti + Mixed Dal Tadka + Methi Matar Malai + Steamed Rice + Roasted Corn Salad	840 kcal/25g	Bread Jam	1 No.	2 No.	2 No.
Fruits: Sweet Lime, Papaya, Banana and Guava will be served in rotation throughout the week									
15/09/2026	Tuesday	Vegetable Poha with Peas / Peanut + Fruit	450 kcal/13g	Roti + Chana Lauki Dal+ Paneer veg + Jeera Rice + Fruit Custard	880 kcal/22g	Soya Sticks	50 gm	75gm	75gm
16/09/2026	Wednesday	Puri+ Aloo Sabzi +Fruit	420 kcal/10g	Roti + Black Chana Masala + Beans Dry + Onion Rice + Cucumber Onion Raita	890 kcal/26g	Mathri	2	4	4
17/09/2026	Thursday	Veg Rawa Upma + Chutney+ Fruit	380 kcal / 10 g	Roti + Plain Mung Dal+ Gravy Veg Kofta + Corn Pulao + Tomato & Onion Raita	870 kcal/22g	Rajgira Laddoo	1	2	2
18/09/2026	Friday	Rava Idli (3 pc) +Sambhar+ Fruit	450 kcal / 15g	Roti + Panchmel Dal + Tawa Mix Veg + Moti Pulao + Tangy Corn Salad with Herbs	850 kcal/25g	Tetra Pack Buttermilk	1	1	1
19/09/2026	Saturday	Veg Onion cheese Uttapam + Chutney + Fruit	470 kcal/ 16g	Roti + Veg Biryani with Paneer + Chole + Cucumber Raita	840 kcal/25g	Shakkarpara	30g	50g	50g
Fruits: Sweet Lime, Papaya, Banana and Guava will be served in rotation throughout the week									
21/09/2026	Monday	Aloo Paratha + Curd + Fruit	420 kcal / 10g	Veg Noodles + Veg Manchurian + Veg Paneer Schezwan Rice	860 kcal/ 26g	Banana Chips	30g	50g	50g
22/09/2026	Tuesday	Masala Idli with Fried Vegetables + Tamarind Chutney + Fruit	450 kcal / 12g	Roti + Lobia Masala + Turai Dry + Veg Biriyani + Gajar ka Halwa	870 kcal/25g	Peanut and Jaggery Bar	2	3	3
23/09/2026	Wednesday	Semiya Upma + Chutney + Fruit	420 kcal/11g	Roti + Black Masoor dal + Masala Bhindi +Jeera Rice + Tossed Mix Veg Salad	850 kcal/23g	Finger Cake	30g	50g	50g

24/09/2026	Thursday	Besan Puri + Bhaji + Fruit	460 kcal/13g	Roti+ Moong Dal + Lasooni Methi + Steamed Rice + Veg Corn Soup	970 kcal/24kg	Tetra Pack Buttermilk	1	1	1
Fruits: Sweet Lime, Papaya, Banana and Guava will be served in rotation throughout the week									
28/09/2026	Monday	Mix dal Dosa + Aloo Bhaji + Fruit	420 kcal / 10g	Roti + Kadhi with Onion Pakode + Tendli Masala Dry + Khichdi + Cucumber Raita	970 kcal/24kg	Chakali	2	4	4
29/09/2026	Tuesday	Vegetable Poha with Peas /Peanut+ Fruit	420 kcal / 10g	Roti+ White Pea Masala + Flat Beans with Aloo + Onion Pulav + Payasam	890 kcal/24kg	Chikki (Peanut and Jaggery Bar)	2	3	3
30/09/2026	Wednesday	Veg Stuffed Multigrain Paratha +Curd + Fruit	440 kcal/13g	Roti + Moong Usal + Mix veg + Mint Rice + Green Salad	950 kcal/24kg	Soya Sticks	50 gm	75gm	75gm

- This plan aims to meet the nutritional needs of students (ages 2.5 to 18) and staff (up to 55 years old) by ensuring a balanced intake of macronutrients (carbohydrates, proteins, and fats) and micronutrients (vitamins and minerals).
- The plan is designed to be culturally appropriate, inclusive of diverse dietary preferences, and aligned with modern nutritional standards to promote overall health, well-being, and academic performance.
- Balanced Caloric Intake: Each breakfast is designed to provide 350-450 kcal of energy and 10-15 grams of protein.
- Each lunch is designed to provide 700-800 kcal of energy and 25-30 grams of protein.
- The meal plan aligns well with the recommended dietary allowance (RDA) for school-aged children as per ICMR.
- Appealing and Delicious: Meals are designed to be visually appealing and flavorful while ensuring optimal nutrition, encouraging children to enjoy their meals without compromise.

KEY CONSIDERATIONS BY ICMR FOR MEETING THE DAILY DIETARY REQUIREMENT

The table below provides a clear overview of the ideal macronutrient balance for a typical breakfast/lunch for schoolchildren, teens, or adults.

Nutrient	Recommended Intake Breakfast	Source Examples	Recommended Intake Lunch	Source Examples
Total Calories	300-600 kcal (depending on age)	Varies based on age and activity level	500-800 kcal (depending on age)	Varies based on age and activity level
Carbohydrates	45-60% of total calories 40-60 g	Whole grains, fruits, vegetables, and starchy foods	50-60% of total calories 60- 90 g	Whole grains, rice, roti, vegetables, legumes
Protein	15-20% of total calories 10-20 g	Yoghurt, beans, nuts, seeds, Paneer	15-20% of total calories 15-25g	Lentils, paneer, legumes, dairy, nuts
Healthy Fats	15-20% of total calories 10-15 g	Nuts, seeds, refined oil	15-20% of total calories 15-20g	Ghee, refined oil, nuts, seeds

PICT's NESTLING WARDS – MENU SEPTEMBER 2026					
DATE	**DAY**	**BREAKFAST**	**Total approx. Calories/Protein per serving**	**Snacks**	**2.5-5 yrs**
01/09/2026	Tuesday	Vegetable Poha with Peas /Peanut + Fruit	420 kcal / 10g	Chakali	2
02/09/2026	Wednesday	Dal Chilla + Chutney + Fruit	460 kcal/14g	Banana Chips	30g
03/09/2026	Thursday	Methi Besan Paratha + Curd + Fruit	440 kcal/13g	Soya Sticks	50 gm
04/09/2026	Friday	Veg Rawa Upma + Chutney+ Fruit	380 kcal / 10 g	Coconut & Peanut Laddoo	1
Fruits: Mausambi, Papaya, Banana and Guava will be served in rotation throughout the week					
07/09/2026	Monday	Vegetable Vermicelli with Peanuts + Fruit	440 kcal/12g	Shakkarpara	30g
08/09/2026	Tuesday	Multigrain Paratha + Curd + Fruit	420 kcal/11g	Cake Slice	1
09/09/2026	Wednesday	Veg Onion Cheese Ragi Uttapam + Chutney + Fruit	430 kcal/13g	Tetra Pack Buttermilk	1
10/09/2026	Thursday	Vegetable Upma + Green Chutney + Fruit	420 kcal/16g	Peanut and Jaggery Bar	2
11/09/2026	Friday	Millet Veg Noodles + Fruit	450 kcal/12g	Rava ladoo	1
12/09/2026	Saturday	Sambhar Vada (3 pc) + Fruit	470 kcal/15g	Bread Jam	1 No.
Fruits: Sweet Lime, Papaya, Banana and Guava will be served in rotation throughout the week					
15/09/2026	Tuesday	Vegetable Poha with Peas / Peanut + Fruit	450 kcal/13g	Soya Sticks	50 gm
16/09/2026	Wednesday	Puri+ Curry Aloo Sabzi +Fruit	420 kcal/10g	Mathri	2
17/09/2026	Thursday	Veg Rawa Upma + Chutney+ Fruit	380 kcal / 10 g	Rajgira Laddoo	1
18/09/2026	Friday	Rava Idli (3 pc) +Sambhar+ Fruit	450 kcal / 15g	Tetra Pack Buttermilk	1
19/09/2026	Saturday	Veg Onion cheese Uttapam + Chutney + Fruit	470 kcal/ 16g	Shakkarpara	30g
Fruits: Sweet Lime, Papaya, Banana and Guava will be served in rotation throughout the week					
21/09/2026	Monday	Aloo Paratha + Curd + Fruit	420 kcal / 10g	Banana Chips	30g
22/09/2026	Tuesday	Masala Idli with Fried Vegetables + Tamarind Chutney + Fruit	450 kcal / 12g	Peanut and Jaggery Bar	2
23/09/2026	Wednesday	Semiya Upma + Chutney + Fruit	420 kcal/11g	Finger Cake	30g
24/09/2026	Thursday	Besan Puri + Bhaji + Fruit	460 kcal/13g	Tetra Pack Buttermilk	1
Fruits: Sweet Lime, Papaya, Banana and Guava will be served in rotation throughout the week					
28/09/2026	Monday	Mix dal Dosa + Aloo Bhaji + Fruit	420 kcal / 10g	Chakali	2
29/09/2026	Tuesday	Vegetable Poha with Peas /Peanut+ Fruit	420 kcal / 10g	Chikki (Peanut and Jaggery Bar)	2
30/09/2026	Wednesday	Veg Stuffed Multigrain Paratha +Curd + Fruit	440 kcal/13g	Soya Sticks	50 gm

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Healthy Fats	15-20% of total calories 10-15 g	Nuts, seeds, refined oil	15-20% of total calories 15-20g	Ghee, refined oil, nuts, seeds