



# A TO Z PUBLIC SCHOOL

## "HAPPY MEAL MENU"

"EAT HEALTHY GET WEALTHY"

"AN APPLE A DAY KEEPS THE DOCTOR AWAY"

DAYS	DISHES
MONDAY	STUFF PARANTHA WITH BUTTER
TUESDAY	RICE WITH DAL/RAJMA/CHANA
WEDNESDAY	CHAPATI & DAL/ VEG. PRANTHA
THURSDAY	DALIA/KHICHRI/ POHA
FRIDAY	BURGER/BREAD PAKORA/MAGGIE
SATURDAY	BREAD -JAM & BUTTER/ IDLI- VADA

**"PLEASE MAKE HABIT TO EAT FRUITS DAILY"**

### EATING TIPS

1. TRY TO MAKE TIME FOR REGULAR MEAL TOGETHER.
2. TRY TO EAT A RAINBOW OF FRUITS & VEGETABLES EVERY DAY.
3. TAKE TIME TO CHEW YOUR FOOD AND ENJOY MEALTIMES.
4. EAT SLOWLY AND STOP EATING BEFORE YOU FEEL FULL.
5. TAKE BREAKFAST & EAT SMALLER MEALS THROUGHOUT THE DAY.
6. INCLUDE A VARIETY OF WHOLE GRAINS IN YOUR HEALTHY DIET.
7. AVOID EATING AT LATE NIGHT.
8. AVOID PROCESSED & PRE-PACKAGED FOODS
9. AVOID SUGARY DRINKS AND EAT NATURALLY SWEET FRUITS.
10. BE CAREFUL WHEN EATING OUT.