








Circular Ref no: 007/PPS/2014-15

5th August, 2014

Dear Parents,

Greetings!

This is a suggested list of healthy snacks that you could send in your child's snack box. This will help you in planning your snack list for the month of **AUGUST**.

<u>MONDAY</u>	Upma or Cheese pasta	
<u>TUESDAY</u>	Mini Uttappa with carrots or Fresh fruits and walnuts.	
<u>WEDNESDAY</u>	Dhoklas or Paneer-Veg Wrap.	
<u>THURSDAY</u>	Veg. Parathas or any home made sweet of your choice.	
<u>FRIDAY</u>	Potato cutlet or wheat flour/lentil pancakes.	

- Junk food and aerated drinks are not permitted in school.

Regards

Sd/-

Principal