





Circular Ref NO:0010/PPS/2014

5th Sept, 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 **SEPTEMBER.**

<u>MONDAY</u>	Puri Bhaji or Sabudana khichdi.	
<u>TUESDAY</u>	Aloo/Paneer tikki mini burger or Veg. Pulao.	
<u>WEDNESDAY</u>	Theplas or Porridge with fruits	
<u>THURSDAY</u>	Veg./ corn nuggets and carrot sticks or Poha	
<u>FRIDAY</u>	Dosa and Dry fruits or Cereals.	

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

Regards

Sd/-

Principal