



AGASTHYA VIDYA MANDIR
Agasthya Garden, TVS Road, Kothur Village, Hosur – 635 109

CIRCULAR TO PARENTS

AVM/CIR-P/21-22/015

14.02.2022

Dear Parents,

Greetings from Agasthya Vidya Mandir

We request you to join hands with us to shape the lifelong healthy eating habits among the children. Eating right food stabilize their energy, improve their mind, even out their moods, help them maintain a healthy weight and also it prevents the onset of disease. Healthy eating habits are more likely to stay with them if they learn as a child. Here are few suggestions / ideas of food menu to enhance the healthy eating habits for your children in the school.

1. **Morning Snack at 10.30am**– Seasonal fruits, Dry fruits, Pulses, Gram varieties, Nuts, Cucumber, Carrot and salads.
2. **Lunch at 12.00 noon** – Variety rice with vegetable, Chapattis with pulses or vegetable, Dhal, Egg, Salads, Vegetable rice, Mushroom, Panneer, curd, White rice with curries and vegetable.

Note: Ensure the quantity of food given for the break and lunch.

Ensure that they carry lunch towel and spoon.

NO PACKED FOOD

Principal
Agasthya Vidya Mandir

