



2. Description and Assessment of the Programme Implemented in the previous Year (2007-08) with reference to :

2.1 Calorific / Protein Value of the Mid Day Meal Provided along with menu prescribed

- The meal served under the MDM programme for both at Primary & Upper primary stage is rice based depending upon the choice of the students of the area. It is as far as possible Rice - Dal for three days, Vegetable Pulao for two days and Sweet Rice for one day.
- The SDMC of the school will decide the weekly menu to be served in the school keeping in view the choice and liking of the children of the area, in order to make the meal more acceptable and have been advised to use fresh seasonal vegetables.
- *The scale of different ingredients with Standard Protein & Calorie Content included in the Menu, in r/o each student per day and the item wise Average Calorie & Protein Content as per Standard Chart, for Primary & Upper primary stage is given as under :-*

A. For Primary Schools

" Table - 2.1 A "

Sr. No.	Name of Ingredients.	Quantity in gram	Average calories	Protein Content
1.	Rice	100 g	345 cal	6.80 g
2.	Dal OR Seasonal fresh Local vegetable OR Dry Fruits such as Saunf +Dakh +Gari Gola etc. OR Eggs or Fruit	20*g 50 g @ 2 g each	75* cal -- --	3.86* g -- --
3.	Edible oil / Vanaspati Ghee	5 g	45 cal	--
4.	Masala	2 g	--	--
5.	Onion	10 g	5 cal	0.12 g
6.	Salt	2.5 g	--	--
7.	Sugar	40 g	--	--
Average Calorie and Protein Content			470 cal	10.78 g