



The Bharat School Menu & Lifestyle Plan

(February 2026)

By Luke Coutinho & Team Luke



From the tiffin box to the classroom, from home kitchens to school canteens – the future of India is on our plates. As part of our Honorable Prime Minister Shri Narendra Modi ji’s vision for a Healthier and Fitter Bharat, Team Luke is proud to present The Bharat School Menu & Lifestyle Plan—a free monthly initiative. This plan is designed to nourish children from the grassroots level—at home, in schools, and within families.

Created by a team of integrative experts and meal analysts, the menu is backed by science and years of practical experience. It offers a balanced, holistic, and kid-friendly approach to nutrition, with both vegetarian and non-vegetarian options, simple local ingredients, and culturally relevant meals. Easy lifestyle tips are included to encourage better daily habits in children, and the menu is available in English and Hindi.

This is more than just a menu—it’s a movement to rethink how we feed and care for young Bharat, one meal at a time.

Become a part of a nationwide movement – to raise a generation that is healthier, stronger, and more mindful.

Week 1

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Spinach Ragi Dosa + Tomato Peanut Chutney + Brinjal & Drumstick Sambar	<p>Seasonal Fruits (as available) +</p> <p>Nuts & Seeds Mix (avoid if allergic):</p> <ul style="list-style-type: none"> • 1 tsp pumpkin & chia seeds • 2 soaked almonds • 1 walnut • 1 chopped fig • Handful roasted chana <p>+</p> <p>Immunity Drink: Boil 1 tsp grated ginger, ½ tsp turmeric, a pinch of black pepper, and 5 tulsi leaves in 1 cup water for 5 minutes. Strain, add a dash of lemon, and serve warm.</p>	Carrot & Cucumber Slices (with lemon & rock salt) + Cabbage & Capsicum Stir-Fry + Chole Masala + Jeera Paratha	Roasted Bengal Gram Poha Chiwda + Ragi Malt	Pumpkin Lentil Soup or Clear Chicken Soup + Mixed Lentil Vegetable Khichdi + Sattu Kadhi

<p>Tuesday</p>	<p>Daliya (broken wheat or cracked wheat) Vegetable Peas Upma + Boiled Egg or Steamed Moong + Coriander Chutney</p>	<p>Same as above</p>	<p>Cucumber Sesame Salad + Okra Potato Curry + Chicken Curry or Masoor Dal Tadka + Khapli Wheat Roti or Rice</p>	<p>Fruit Bowl (with a sprinkle of flaxseed powder)</p>	<p>Tomato Soup + Paneer Tikka or Chicken Tikka + Wheat Roti Sandwich (A tasty grilled roti sandwich made of boiled potatoes, beetroot, & cucumber with a spread of coriander/mint chutney)</p>
<p>Wednesday</p>	<p>Mix Vegetable & Soya (non-GMO) Uttapam or Mix Vegetable & Egg Uttapam + Peanut Garlic Chutney</p>	<p>Same as above</p>	<p>Carrot & Beans Poriyal + Mixed Vegetable & Peas Korma or Fish Korma + Lentil Moringa Rasam + Rice</p>	<p>Homemade Non-GMO Popcorn + Sesame Seeds Chikki</p>	<p>Steamed Vegetable Salad + Dal Palak or Home-Style Chicken Bharta + Choice of Jowar Onion Paratha or Masala Methi Thepla</p>

<p>Thursday</p>	<p>Steamed Rice & Lentil Dhokla (with grated vegetables) + Tamarind-Date Chutney</p>	<p>Same as above</p>	<p>Sliced Onion Salad (with lemon & a pinch of salt) + Mixed Veg & Soya (Non-GMO) Pulao or Chicken Pulao + Beetroot Raita</p>	<p>Boiled Chana Chaat + Kokum Sharbat (kokum pulp with jaggery, cumin powder & pink salt)</p>	<p>Cabbage-Carrot Koshimbir + Palak Peas Curry or Fish Curry + Choice of Jowar/Ragi Roti or Rice</p>
<p>Friday</p>	<p>Besan & Rice Flour Vegetable Chilla or Egg Omelet (with vegetables & wholemeal toast) + Mint Chutney</p>	<p>Same as above</p>	<p>Steamed Moong Sprouts Salad + Tendli Aloo Sukhi Sabzi + Lobia Curry or Fish Curry + Bajra or Jowar Roti</p>	<p>Roasted Chana + Boiled Sweet Potato Chaat (with chopped vegetables, mint chutney & dates chutney)</p>	<p>Carrot Salad + Lauki & Paneer Kofta Curry or Chicken Kofta Curry + Missi Roti (Khapli wheat + besan)</p>

<p>Saturday</p>	<p>Vegetable & Peas-Mushroom Curry (with wheat pao) + Boiled Egg or Scrambled Egg</p>	<p>Same as above</p>	<p>Onion & Tomato Rings (with a sprinkle of lemon) + Mixed Veg & Paneer Curry or Chicken Korma + Phulka Roti or Steamed Rice + Lauki (Bottle Gourd) Halwa (sweetened with organic jaggery)</p>	<p>Apple & Banana Slices (with crushed almonds & flax powder)</p>	<p>Tomato Soup + Stuffed Vegetable & Mushroom Paratha Roll or Stuffed Veg Egg Roll + Mint Chutney</p>
<p>Sunday</p>	<p>Aloo & Dal Paratha or Chicken Keema Paratha + Curd Dip</p>	<p>Same as above</p>	<p>Cucumber Raita + Special Hyderabad Paneer Biryani or Special Hyderabad Chicken Biryani + Sliced Onion Rings (with jeera powder)</p>	<p>Dry Fruit & Seed Ladoo + Ginger Lemonade</p>	<p>Spinach & Dal Soup + Wheat roti pizza (with a spread of Indian homemade sauce, assorted vegetables, kidney beans/ mushroom/chicken, garnished with A2 paneer)</p>

Week 2

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Grated Bottle Gourd & Methi Sattu Thepla or Egg Thepla with Carrot & Methi + A2 Curd Dip	Seasonal Fruit (as available) + Dry Fruit & Seed Mix (avoid if allergic) <ul style="list-style-type: none"> • 1 tsp pumpkin & sunflower seeds • 1 tsp sesame seeds • 2-3 cashews • 1 walnut • 3-4 unsalted pistachios + Drink Option (choose 1) <ul style="list-style-type: none"> • Beetroot & Carrot Refresher • Amla Ginger Shot • Lemon Tulsi Water • Warm Ajwain & Jeera Water 	Cucumber, Tomato & Onion (with a squeeze of lemon) + Aloo Baingan Sabzi + Dal Tadka or Egg Bhurji + Amaranth Roti or Rice (as per choice)	Fruit Salad (with roasted pumpkin seeds)	Vegetable Sticks + Mixed Vegetables Sabzi + Green Moong Dal or Chicken Bharta + Bajra-Sattu Roti

Tuesday	Moong Dal & Crushed Poha Chilla (with vegetables like carrots, onions, capsicum) + Coconut & Roasted Bengal Gram Chutney	Same as above	Dahi Pyaaz (onion & yogurt salad with a dash of cumin & coriander) + Cauliflower Curry + Rajma Curry + Choice of Khapli Wheat Roti or Rice	Boiled Masala Chana Chaat	Steamed Sprouts Moong & Corn Chaat (Non-GMO) + Mix Vegetable Millet Pulao (with choice of paneer, mushroom, or chicken) + A2 Curd Kadhi
Wednesday	Veggie Omelette (Besan-based with whole wheat pav) or Egg Omelette (with whole wheat pav) + Mint Dip	Same as above	Carrot & Beans Poriyal + Mixed Vegetable & Peas Korma or Chettinad Chicken Curry + Lentil Garlic Rasam or Drumstick Sambar + Rice	A2 Yogurt Parfait (a mix of yogurt, fruits & nuts)	Broccoli & Sattu Tikki + Mint Chutney + Nutri Pav Bhaji (a wholesome mash of seasonal vegetables, moong dal & mild Indian garam masala) + Mini Whole Wheat Pav or Soft Phulka

<p>Thursday</p>	<p>Mushroom Dosa (with vegetables) or Egg Dosa (with vegetables) + Tomato Peanut Chutney</p>	<p>Same as above</p>	<p>Fresh Carrot & Ginger Pickle + Bottle Gourd Chana Dal Sabzi + Punjabi Kadhi (with vegetables) + Steamed Rice</p>	<p>Rajgeera Ladoo + Sattu Smoothie</p>	<p>Warm Vegetable Salad + Vegetable or Egg Frankie (Whole grain roti filled with a soft veggie mash of potatoes, carrots, peas with optional sprouts, mushrooms, or egg. Spread with mild mint-curd chutney for flavor) + Pickled Onions</p>
<p>Friday</p>	<p>Aloo, Gobi & Peas Paratha or Aloo, Gobi & Egg Paratha + Mint-Curd Dip</p>	<p>Same as above</p>	<p>Cucumber Sticks + Sol Kadhi + Methi or Palak & Peas Curry + Masur Dal Tadka or Egg Curry + Choice of Ragi Roti or Steamed Rice</p>	<p>Roasted Peanut Poha Chiwda + Ginger Lemon Water</p>	<p>Boiled Chana Salad + Masoor Dal with Ridge Gourd or Coconut Chicken Stew + Methi Thepla (with sesame seeds)</p>

<p>Saturday</p>	<p>Mini Cabbage, Spinach, & Carrot Pancakes (made of idli or ragi batter) + Peanut Garlic Chutney</p>	<p>Same as above</p>	<p>Cucumber Dill Salad + Parwal Curry (Tender Pointed Gourd) + Kala Chana Curry + Choice of Jowar Bhakri or Rice Flour Bhakri</p>	<p>Rainbow Fruits (colorful bite-sized pieces of banana, apple, grapes)</p>	<p>Baby Corn Masala Soup + Mushroom Matar Curry or Chicken Kheema Curry + Sprouts Vegetable Pulao</p>
<p>Sunday</p>	<p>Baked Lobia Beans on Wholemeal Vegetable Toast (with mint dip) or Baked Scrambled Eggs on Wholemeal Vegetable Toast (with mint dip)</p>	<p>Same as above</p>	<p>Onion & Tomato Ring Stack (with a sprinkle of lemon) + Mixed Veg & Paneer Curry or Mild Fish Fingers (served with tomato-date chutney) + Khapli Wheat Phulka Roti + Makhana Kheer</p>	<p>Besan Ladoo + Carrot & Beet Juice (naturally sweetened with jaggery or raw honey)</p>	<p>Mix Vegetable Clear Soup + Paneer Tikka or Chicken Tikka + Wholemeal Toast Sandwich (a tasty grilled sandwich made of boiled potatoes, beetroot & cucumber with a spread of coriander/mint chutney)</p>

Week 3

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Spinach Ragi Dosa + Tomato Peanut Chutney + Brinjal & Drumstick Sambar	<p>Seasonal Fruits (as available) +</p> <p>Nuts & Seeds Mix (if not allergic):</p> <ul style="list-style-type: none"> • 1 tsp pumpkin & chia seeds • 2 soaked almonds • 1 walnut • 1 chopped fig • Handful roasted chana <p>+</p> <p>Immunity Drink: Boil 1 tsp grated ginger, ½ tsp turmeric, a pinch of black pepper, and 5 tulsi leaves in 1 cup water for 5 minutes. Strain, add a dash of lemon, and serve warm.</p>	Carrot & Cucumber Slices (with lemon & rock salt) + Cabbage & Capsicum Stir-Fry + Chole Masala + Jeera Paratha	Roasted Bengal Gram Poha Chiwda + Ragi Malt	Pumpkin Lentil Soup or Clear Chicken Soup + Mixed Lentil Vegetable Khichdi + Sattu Kadhi

Tuesday	Daliya (broken wheat or cracked wheat) Vegetable Peas Upma + Boiled Egg or Steamed Moong + Coriander Chutney	Same as above	Cucumber Sesame Salad + Okra Potato Curry + Chicken Curry or Masoor Dal Tadka + Khapli Wheat Roti or Rice	Fruit Bowl (with a sprinkle of flaxseed powder)	Tomato Soup + Paneer Tikka or Chicken Tikka + Wheat Roti Sandwich (A tasty grilled roti sandwich made of boiled potatoes, beetroot, & cucumber with a spread of coriander/mint chutney)
Wednesday	Mix Vegetable & Soya (non-GMO) Uttapam or Mix Vegetable & Egg Uttapam + Peanut Garlic Chutney	Same as above	Carrot & Beans Poriyal + Mixed Vegetable & Peas Korma or Fish Korma + Lentil Moringa Rasam + Rice	Homemade Non-GMO Popcorn + Sesame Seeds Chikki	Steamed Vegetable Salad + Dal Palak or Home-Style Chicken Bharta + Choice of Jowar Onion Paratha or Masala Methi Thepla

<p>Thursday</p>	<p>Steamed Rice & Lentil Dhokla (with grated vegetables) + Tamarind-Date Chutney</p>	<p>Same as above</p>	<p>Sliced Onion Salad (with lemon & a pinch of salt) + Mixed Veg & Soya (Non-GMO) Pulao or Chicken Pulao + Beetroot Raita</p>	<p>Boiled Chana Chaat + Kokum Sharbat (kokum pulp with jaggery, cumin powder & pink salt)</p>	<p>Cabbage-Carrot Koshimbir + Palak Peas Curry or Fish Curry + Choice of Jowar/Ragi Roti or Rice</p>
<p>Friday</p>	<p>Besan & Rice Flour Vegetable Chilla or Egg Omelet (with vegetables & wholemeal toast) + Mint Chutney</p>	<p>Same as above</p>	<p>Steamed Moong Sprouts Salad + Tendli Aloo Sukhi Sabzi + Lobia Curry or Fish Curry + Bajra or Jowar Roti</p>	<p>Roasted Chana + Boiled Sweet Potato Chaat (with chopped vegetables, mint chutney & dates chutney)</p>	<p>Carrot Salad + Lauki & Paneer Kofta Curry or Chicken Kofta Curry + Missi Roti (Khapli wheat + besan)</p>

<p>Saturday</p>	<p>Vegetable & Peas-Mushroom Curry (with wheat pao) + Boiled Egg or Scrambled Egg</p>	<p>Same as above</p>	<p>Onion & Tomato Rings (with a sprinkle of lemon) + Mixed Veg & Paneer Curry or Chicken Korma + Phulka Roti or Steamed Rice + Lauki (Bottle Gourd) Halwa (sweetened with organic jaggery)</p>	<p>Apple & Banana Slices (with crushed almonds & flax powder)</p>	<p>Tomato Soup + Stuffed Vegetable & Mushroom Paratha Roll or Stuffed Veg Egg Roll + Mint Chutney</p>
<p>Sunday</p>	<p>Tomato Soup + Stuffed Vegetable & Mushroom Paratha Roll or Stuffed Veg Egg Roll + Mint Chutney</p>	<p>Same as above</p>	<p>Cucumber Raita + Special Hyderabad Paneer Biryani or Special Hyderabad Chicken Biryani + Sliced Onion Rings (with jeera powder)</p>	<p>Dry Fruit & Seed Ladoo + Ginger Lemonade</p>	<p>Spinach & Dal Soup + Wheat roti pizza (with a spread of Indian homemade sauce, assorted vegetables, kidney beans/ mushroom/chicken, garnished with A2 paneer)</p>









Week 4

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Grated Bottle Gourd & Methi Sattu Thepla or Egg Thepla with Carrot & Methi + A2 Curd Dip	Seasonal Fruit (as available) + Dry Fruit & Seed Mix (avoid if allergic) <ul style="list-style-type: none"> • 1 tsp pumpkin & sunflower seeds • 1 tsp sesame seeds • 2-3 cashews • 1 walnut • 3-4 unsalted pistachios + Drink Option (choose 1) <ul style="list-style-type: none"> • Beetroot & Carrot Refresher • Amla Ginger Shot • Lemon Tulsi Water • Warm Ajwain & Jeera Water 	Cucumber, Tomato & Onion (with a squeeze of lemon) + Aloo Baingan Sabzi + Dal Tadka or Egg Bhurji + Amaranth Roti or Rice (as per choice)	Fruit Salad (with roasted pumpkin seeds)	Vegetable Sticks + Mixed Vegetables Sabzi + Green Moong Dal or Chicken Bharta + Bajra-Sattu Roti

Tuesday	Moong Dal & Crushed Poha Chilla (with vegetables like carrots, onions, capsicum) + Coconut & Roasted Bengal Gram Chutney	Same as above	Dahi Pyaaz (onion & yogurt salad with a dash of cumin & coriander) + Cauliflower Curry + Rajma Curry + Choice of Khapli Wheat Roti or Rice	Boiled Masala Chana Chaat	Steamed Sprouts Moong & Corn Chaat (Non-GMO) + Mix Vegetable Millet Pulao (with choice of paneer, mushroom, or chicken) + A2 Curd Kadhi
Wednesday	Veggie Omelette (Besan-based with whole wheat pav) or Egg Omelette (with whole wheat pav) + Mint Dip	Same as above	Carrot & Beans Poriyal + Mixed Vegetable & Peas Korma or Chettinad Chicken Curry + Lentil Garlic Rasam or Drumstick Sambar + Rice	A2 Yogurt Parfait (a mix of yogurt, fruits & nuts)	Broccoli & Sattu Tikki + Mint Chutney + Nutri Pav Bhaji (a wholesome mash of seasonal vegetables, moong dal & mild Indian garam masala) + Mini Whole Wheat Pav or Soft Phulka

<p>Thursday</p>	<p>Mushroom Dosa (with vegetables) or Egg Dosa (with vegetables) + Tomato Peanut Chutney</p>	<p>Same as above</p>	<p>Fresh Carrot & Ginger Pickle + Bottle Gourd Chana Dal Sabzi + Punjabi Kadhi (with vegetables) + Steamed Rice</p>	<p>Rajgeera Ladoo + Sattu Smoothie</p>	<p>Warm Vegetable Salad + Vegetable or Egg Frankie (Whole grain roti filled with a soft veggie mash of potatoes, carrots, peas with optional sprouts, mushrooms, or egg. Spread with mild mint-curd chutney for flavor) + Pickled Onions</p>
<p>Friday</p>	<p>Aloo, Gobi & Peas Paratha or Aloo, Gobi & Egg Paratha + Mint-Curd Dip</p>	<p>Same as above</p>	<p>Cucumber Sticks + Sol Kadhi + Methi or Palak & Peas Curry + Masur Dal Tadka or Egg Curry + Choice of Ragi Roti or Steamed Rice</p>	<p>Roasted Peanut Poha Chiwda + Ginger Lemon Water</p>	<p>Boiled Chana Salad + Masoor Dal with Ridge Gourd or Coconut Chicken Stew + Methi Thepla (with sesame seeds)</p>

<p>Saturday</p>	<p>Mini Cabbage, Spinach, & Carrot Pancakes (made of idli or ragi batter) + Peanut Garlic Chutney</p>	<p>Same as above</p>	<p>Cucumber Dill Salad + Parwal Curry (Tender Pointed Gourd) + Kala Chana Curry + Choice of Jowar Bhakri or Rice Flour Bhakri</p>	<p>Rainbow Fruits (colorful bite-sized pieces of banana, apple, grapes)</p>	<p>Baby Corn Masala Soup + Mushroom Matar Curry or Chicken Kheema Curry + Sprouts Vegetable Pulao</p>
<p>Sunday</p>	<p>Baked Lobia Beans on Wholemeal Vegetable Toast (with mint dip) or Baked Scrambled Eggs on Wholemeal Vegetable Toast (with mint dip)</p>	<p>Same as above</p>	<p>Onion & Tomato Ring Stack (with a sprinkle of lemon) + Mixed Veg & Paneer Curry or Mild Fish Fingers (served with tomato-date chutney) + Khapli Wheat Phulka Roti + Makhana Kheer</p>	<p>Besan Ladoo + Carrot & Beet Juice (naturally sweetened with jaggery or raw honey)</p>	<p>Mix Vegetable Clear Soup + Paneer Tikka or Chicken Tikka + Wholemeal Toast Sandwich (a tasty grilled sandwich made of boiled potatoes, beetroot & cucumber with a spread of coriander/mint chutney)</p>

 We say NO to	 We say YES to
<ul style="list-style-type: none">  MSG (ajinomoto)  Colours and preservatives  Refined sugar 	<ul style="list-style-type: none">  Variety of seasonal fruits and vegetables  Healthy fats  Mixed grains

We AIM for

 *Healthy and nutritionally balanced meals for kids with medium activity*

 *Ingredients that are ethically and consciously sourced*

 *Minimal use of refined flour*

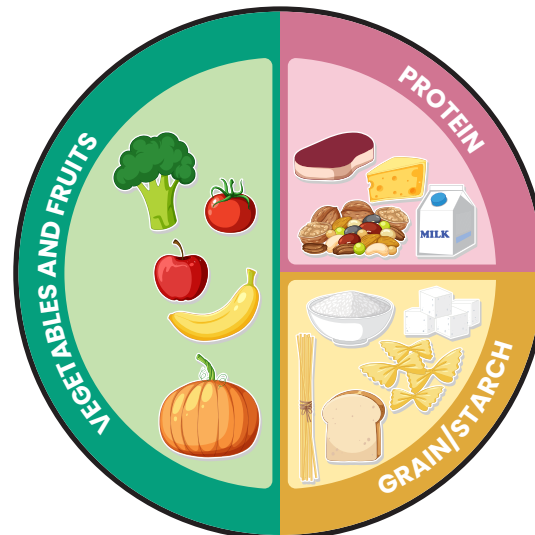
***Important Note:** Organic jaggery and raw honey may be natural, but they still act like sugar in your body. Enjoy them in small amounts—**even healthy sugars need healthy limits!**



Lifestyle Guidelines for Kids By Team Luke

Cellular Nutrition

- Eat a rainbow. Try to include as many colors on your plate as possible. Think red, purple, green, yellow, orange. The more the color, the more the nutrients.
- Chew every bite. Digestion starts in the mouth.
- Eat without distractions. Eating is a sacred act.
- Learn to read labels before buying packaged foods. If the label has ingredients that feel unheard of or difficult to pronounce, it is likely to not be clean.
- Eat with gratitude, not disgust. Bless your food. The simplest prayer can be—Thank you.
- Try to finish your last meal of the day as close to sunset as possible.
- Stay adequately hydrated. Carry a water bottle with you at all times. Taper down water intake post-sunset to reduce visits to the loo at night.

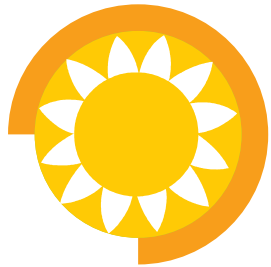


What does a balanced nutritional plate look like?



Adequate Movement

- Your body is designed to move. Move in any way you can. Make it enjoyable and fun.
- Light walking after meals supports better digestion.
- The right posture matters. Try not to slouch. Keep your shoulders rolled back and relaxed. Keep the spine straight.
- If you are watching something on the television, take short active breaks, like touching your toes, spot jogging, imaginary skipping, or gentle stretches.
- Try to take stairs instead of escalators or elevators.



Quality Sleep

- Try to build a consistent sleep routine. Go to bed and wake up around the same time every day.
- Sleep is a light-sensitive process. Try to minimize gadget use an hour before bedtime.
- Make your room as dark as possible. You shouldn't even be able to see your own hand. Use an eye mask or roll a T-shirt and keep it over your eyes till you drift off to sleep.
- Sleep with a grateful heart. Recap your entire day and offer gratitude for things that went well, no matter how small.
- Avoid waking up to gadgets and screens. Try to get five to 10 minutes of morning sunshine just after waking up.



Emotional Wellness

- Emotions are meant to be expressed, not suppressed. You can paint, draw, journal, or talk to express yourself.
- If you have experienced bullying at school or in your friend circle, express it to your parents, teachers, or a trusted adult. There is always help available.
- If you are experiencing any strong emotions like anger, hatred, or guilt—please talk it out to your parents or a trusted adult. There is always a solution and way to handle it.
- What you watch, read, listen, talk, hear shapes you. Be mindful of the content you are consuming.
- Please, Sorry, Thank you—are magic words. Use them intently, meaningfully, and appropriately.



Spirit

- The best and most powerful ways to feel happy from within are—kindness, giving back, and being grateful and respectful.
- Listen to your inner voice by often checking in with yourself. You can ask yourself questions like—How am I feeling? What do I truly need at this moment?
- Build a habit of daily prayers. It is important to have faith and believe in something more powerful than us.
- Try to stay connected to nature in whatever way you can. It makes us feel closer to our inner spirit.
- Look at yourself in the mirror and practice affirmations like: *"I am enough", "I am worthy of love and success,"* and *"I am safe, guided, and protected."*



Breath

- Breath is the most powerful tool you have. It is free. Use it to your advantage.
- The simplest way to practice breathing is belly breathing. Inhale: belly out. Exhale: belly in. Repeat this a couple of times till you feel calm.
- The two most powerful and effective breathing techniques to feel calm are:
 - **Box breathing:** Inhale for four counts, hold for four counts, exhale for four counts, and hold for four counts. Repeat this four to five times—till you feel calm.
 - **Bee breathing:** Inhale deeply through your belly. When you are ready to exhale, make a humming sound (like mmmmm). Repeat this cycle four to five times—till you feel calm.
- Try to take four to five deep breaths before and after your meals. This supports the digestion, absorption, and assimilation of nutrients.



A Note for Parents:

- *Lead by example. Kids learn by observing, not preaching.*
- *Involve your kids in activities like cooking, grocery shopping, planning, and more.*
- *Begin with one to two habits at a time. Build those up gradually.*
- *Celebrate their small wins. Efforts count more than results.*
- *Try to reward positive behaviors, outside of the culinary zone.*

Disclaimer:

- This menu is thoughtfully designed to support the nutritional needs of children by offering a balanced combination of whole grains, proteins, healthy fats, carbohydrates, and dietary fiber—aligned with general pediatric dietary guidelines.
- However, nutritional needs can vary widely depending on a child's age, activity level, and any existing medical conditions. If your child has a specific health concern or medical condition, we strongly recommend that parents or guardians review the menu and consult a qualified healthcare professional to ensure it meets your child's individual dietary requirements.
- **Please note:** This menu is NOT intended to replace medical advice or treatment prescribed by doctors or healthcare providers. If your child is allergic to any ingredients or if certain items do not suit them, kindly omit or substitute them. Always make informed choices when introducing new foods into your child's routine or lifestyle.