

Shivalik Public School, Sector-78, Mohali

SPS78/2024-25/C-02

Dated: 08.07.2024

Guidelines for Packing School Tiffin Boxes:

Dear Parents,

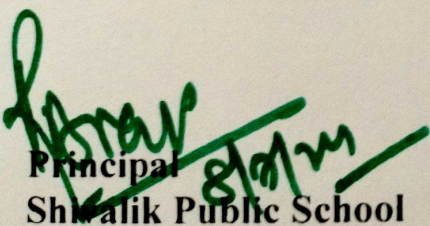
In our continued effort to ensure that our students enjoy a healthy, balanced, and enjoyable lunchtime, we would like to provide the following guidelines for packing school tiffin boxes. We appreciate your cooperation in adhering to these guidelines to promote a nutritious diet and proper hygiene for our students.

Tiffin Box Ideas:

1. Vegetable Pulao
 - Please prepare vegetable pulao using a variety of vegetables such as carrots, peas, beans.
2. Sandwiches
 - Pack sandwiches made with whole grain bread and healthy fillings such as cucumber, tomato, lettuce, cheese.
3. Stuffed Parathas
 - Include stuffed parathas with fillings like potatoes, paneer, or mixed vegetables.

Items Not Permitted:

1. Liquid- Liquids such as dal or curd.
 2. Pickles are not allowed in the tiffin.
- A fresh napkin must be included in the tiffin box daily to maintain hygiene.
 - Ensure all fruits and vegetables are washed thoroughly before packing.


Principal
Shivalik Public School
Sector-78, Mohali(Pb.)