



# **The Bharat School Menu & Lifestyle Plan**

(July 2025)

**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, with more Indian languages on the way.

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	<p>Daliya (Broken/Cracked Wheat) Vegetable Peas Upma + Boiled Egg or Steamed Moong + Coriander Chutney</p>	<p><b>Seasonal Fruits (as per availability)</b> + <b>Nuts &amp; Seeds Mix (avoid if allergic):</b></p> <ul style="list-style-type: none"> <li>• 1 tsp sunflower &amp; sesame seeds</li> <li>• 2 soaked almonds, 1 walnut</li> <li>• 2 raisins or 1 chopped date</li> <li>• Handful roasted makhana</li> </ul> <p>+ <b>Immunity Drink Recipe:</b> Boil ¼ tsp each ajwain, jeera, saunf &amp; 5-6 tulsi leaves in 1 cup water for 5-7 minutes. Strain &amp; serve.</p>	<p>Carrot, Corn (Non-GMO) &amp; Cucumber Salad + Cabbage Poriyal (Tempered with mustard seeds, curry leaves &amp; grated coconut) + Chicken Curry with Grated Coconut or Moong-Masoor Dal Tadka with Garlic &amp; Tomato + Amaranth Roti (Rajgira Flour)</p>	<p>Seasonal Fruit Bowl (A colorful mix of fresh seasonal fruits with a dash of cumin powder)</p>	<p>Broccoli Soup + Stuffed Vegetable &amp; Dal Paratha + Mint Chutney</p>

<b>Tuesday</b>	Ragi Idli + Mint-Coriander Chutney + Vegetable Sambar (With bottle gourd, carrot & drumstick)	Same as above	Onion & Tomato Slices + Bhindi Sabzi (Okra Stir-Fry) + Rajma Curry + Khapli Wheat Roti or Steamed Rice	Cucumber & Carrot Sticks (With mint-curd dip)	Kachumber Salad + Moringa, Pumpkin & Vegetable Khichdi + Tomato Rasam
<b>Wednesday</b>	Onion Thalipeeth (Made with rice & jowar flour) + A2 Paneer Bhurji or Egg Bhurji	Same as above	Carrot, Cucumber & Tomato Slices (With cumin powder) + Mix Veg Mushroom Curry or Fish Curry + Jowar Roti or Steamed Rice	Corn Chaat (Non-GMO) (Steamed sweet corn tossed with lemon juice, pink salt, roasted cumin powder & coriander)	Steamed Vegetable Salad + Dal Palak or Homestyle Chicken Curry + Choice of Jowar Onion Paratha or Masala Thepla

<p><b>Thursday</b></p>	<p>Beetroot &amp; Spinach Besan Chilla + Tomato Peanut Chutney</p>	<p>Same as above</p>	<p>Beetroot Kosimbir + Sama Millet Mix Veg &amp; Dal Khichdi + Gujarati Kadhi</p>	<p>Boiled Sweet Potato (Soft-boiled sweet potato cubes lightly tossed with lemon juice, a pinch of chaat masala &amp; cumin powder)</p>	<p>Onion Rings (Drizzled with lemon juice) + Ridge Gourd &amp; Peas Stir-Fry + (Non-GMO) Soybean Curry + Jeera Rice</p>
<p><b>Friday</b></p>	<p>Ragi &amp; Sattu Savoury Pancake (With grated carrots) or Ragi &amp; Egg Savoury Pancake (With grated carrots) + Coriander Chutney</p>	<p>Same as above</p>	<p>Steamed Moong Sprouts Salad + Lauki Kofta Curry + Lobia Curry or Chicken Kheema + Jowar Roti or Jeera rice</p>	<p>Puffed Rice &amp; Roasted Chana Mix (A crunchy mix of murmura/puffed rice &amp; roasted black chana, lightly tossed with a pinch of cumin powder, rock salt &amp; a few curry leaves)</p>	<p>Tomato Soup + A2 Paneer Roll (Soft grilled wheat roti filled with marinated paneer cubes, fresh cucumber, beetroot &amp; coriander-mint chutney) or Grilled Chicken Roll (Wheat roti stuffed with flavorful grilled chicken, veggies &amp; tangy mint chutney)</p>

<p><b>Saturday</b></p>	<p>Spinach &amp; A2 Paneer Rice Flour Chilla + Tomato Chutney</p>	<p>Same as above</p>	<p>Onion-Carrot Salad + Vegetable Mushroom Pulao or Egg Pulao + Bottle Gourd</p>	<p>Rainbow Fruits  (Colorful bite-sized pieces of banana, apple, grapes or any fruit as per availability threaded on a skewer)</p>	<p>Cucumber Koshimbir + Capsicum, Green Peas &amp; Aloo Curry + Dal Makhani or Chicken Stew + Rajgira Phulka (Amaranth Flour) or Steamed Rice</p>
<p><b>Sunday</b></p>	<p>Soya (Non-GMO) Veggie Tikki Roll (Served with khapli wheat roti &amp; mint chutney)</p>	<p>Same as above</p>	<p>Beetroot Salad + Aloo Gobi Sabzi + Chole Curry or Fish Korma + Khapli Wheat Ajwain Paratha</p>	<p>Sesame &amp; Sattu Chikki  (Crunchy sesame seeds mixed with roasted sattu/chickpea flour, sweetened naturally with organic jaggery)*</p>	<p>Vegetable Sticks + Mix Vegetables Do Pyaza + Green Moong Dal or Chicken Bharta + Khapli Wheat Phulka Roti</p>

## Week 2

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	Stuffed Mini Idli + Coconut Chutney + Drumstick Sambar	<b>Seasonal Fruits (as per availability)</b> + <b>Nuts &amp; Seeds Mix (avoid if allergic):</b> <ul style="list-style-type: none"> <li>• 1 tsp pumpkin &amp; chia seeds</li> <li>• 2 soaked cashews</li> <li>• 1 walnut</li> <li>• 3 raisins or 1 chopped fig</li> <li>• Handful roasted chana</li> </ul> + <b>Immunity Drink Recipe:</b> Boil 1 tsp grated ginger, 1/2 tsp turmeric, pinch of black pepper & 5 tulsi leaves in 1 cup water for 5 minutes. Strain, add a dash of lemon & serve warm.	Grated Beetroot & Carrot Salad + Mixed Vegetable Sabzi (Carrot, beans, peas & potato sautéed with jeera & turmeric - soft & lightly spices) + Masur Dal or Fish Curry + Khapli Wheat Phulka or Jeera Rice	Mixed Fruit Yogurt	Cucumber & Carrot Salad + Lauki-Pumpkin Sabzi + Dal Tadka + Steamed Rice

<p><b>Tuesday</b></p>	<p>Spinach Masala Uttapam + Tomato Peanut Chutney</p>	<p>Same as above</p>	<p>Pumpkin Raita + Cucumber Sticks (With chaat masala) + A2 Paneer Curry or Egg Curry + Choice of Bajra Roti or Missi Paratha</p>	<p>Boiled Masala Chana Chaat</p>	<p>Baby Corn Masala Soup + Mushroom Matar Curry or Chicken Kheema Curry + Sprouts Vegetable Pulao</p>
<p><b>Wednesday</b></p>	<p>Vegetable Upma + Steamed Moong Sprouts or Boiled Egg + Mint-Coriander Chutney</p>	<p>Same as above</p>	<p>Beetroot Salad + Bhindi Aloo Masala + Moong Dal Tadka + Khapli Wheat Ajwain Paratha</p>	<p>Roasted Poha Chiwda + Sattu Chaas</p>	<p>Aloo Peas Tikki (With mint chutney) + Mini Veg Wrap (With A2 paneer or minced chicken)</p>

<p><b>Thursday</b></p>	<p>Moong Dal Rice Chilla (With grated carrot) + Coconut Chutney</p>	<p>Same as above</p>	<p>Carrot Salad (With lemon &amp; cumin powder) + Aloo Methi Sabzi + Yellow Moong Dal Tadka or Egg Curry + Jowar Ajwain Paratha or Steamed Rice</p>	<p>Date &amp; Seeds Ladoo + Mint Ginger Water</p>	<p>Mix Vegetable Soup + Whole Wheat Roti Pizza (Topped with veggies &amp; choice of mushroom or boiled egg crumble) + Fresh Tomato-Garlic Spread</p>
<p><b>Friday</b></p>	<p>Besan Veg Cheela or Masala Egg Cheela on Whole Wheat Toast with Mint Chutney</p>	<p>Same as above</p>	<p>Grated Carrot &amp; Beetroot Salad (With lemon-jeera tadka) + Palak Paneer or Fish Curry + Choice of Khapli Wheat Phulka or Steamed Rice</p>	<p>Homemade (Non-GMO) Popcorn + Refreshing Chaas</p>	<p>Tomato Slices with Rock Salt + Mixed Vegetable Khichdi (With A2 ghee) + Sattu Kadhi</p>

<p><b>Saturday</b></p>	<p>Jowar Pongal (With moong dal &amp; A2 ghee) + Mild Steamed Veggie Stew + Coconut Chutney</p>	<p>Same as above</p>	<p>Cucumber, Onion &amp; Tomato Kachumber Salad + Methi Thepla + Peas &amp; Tomato Sabzi + Curd</p>	<p>Fruit Salad (With roasted pumpkin seeds)</p>	<p>Tomato Carrot Soup + Vegetable Korma or Chicken Korma + Sama Millet Vegetable Pulao</p>
<p><b>Sunday</b></p>	<p>Khapli Wheat Aloo-Peas or Masala Egg Paratha + Mint Yogurt Dip</p>	<p>Same as above</p>	<p>Masala Chana Chaat + Crispy Gobi Stir-Fry + Shahi A2 Paneer Pulao or Chicken Pulao + Cucumber Raita</p>	<p>Homemade Fruit Yogurt Bowl (With chia seeds)</p>	<p>Mixed Vegetable Tikki + Mini Masala Dosas + Coconut Chutney + Vegetable Sambar</p>

## Week 3

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	<p>Daliya (Broken/Cracked Wheat) Vegetable Peas Upma + Boiled Egg or Steamed Moong + Coriander Chutney</p>	<p><b>Seasonal Fruits (as per availability)</b> + <b>Nuts &amp; Seeds Mix (avoid if allergic):</b></p> <ul style="list-style-type: none"> <li>• 1 tsp sunflower &amp; sesame seeds</li> <li>• 2 soaked almonds, 1 walnut</li> <li>• 2 raisins or 1 chopped date</li> <li>• Handful roasted makhana</li> </ul> <p>+ <b>Immunity Drink Recipe:</b> Boil ¼ tsp each ajwain, jeera, saunf &amp; 5-6 tulsi leaves in 1 cup water for 5-7 minutes. Strain &amp; serve.</p>	<p>Carrot, Corn (Non-GMO) &amp; Cucumber Salad + Cabbage Poriyal (Tempered with mustard seeds, curry leaves &amp; grated coconut) + Chicken Curry with Grated Coconut or Moong-Masoor Dal Tadka with Garlic &amp; Tomato + Amaranth Roti (Rajgira Flour)</p>	<p>Seasonal Fruit Bowl (A colorful mix of fresh seasonal fruits with a dash of cumin powder)</p>	<p>Broccoli Soup + Stuffed Vegetable &amp; Dal Paratha + Mint Chutney</p>

<b>Tuesday</b>	Ragi Idli + Mint-Coriander Chutney + Vegetable Sambar (With bottle gourd, carrot & drumstick)	Same as above	Onion & Tomato Slices + Bhindi Sabzi (Okra Stir-Fry) + Rajma Curry + Khapli Wheat Roti or Steamed Rice	Cucumber & Carrot Sticks (With mint-curd dip)	Kachumber Salad + Moringa, Pumpkin & Vegetable Khichdi + Tomato Rasam
<b>Wednesday</b>	Onion Thalipeeth (Made with rice & jowar flour) + A2 Paneer Bhurji or Egg Bhurji	Same as above	Carrot, Cucumber & Tomato Slices (With cumin powder) + Mix Veg Mushroom Curry or Fish Curry + Jowar Roti or Steamed Rice	Corn Chaat (Non-GMO) (Steamed sweet corn tossed with lemon juice, pink salt, roasted cumin powder & coriander)	Steamed Vegetable Salad + Dal Palak or Homestyle Chicken Curry + Choice of Jowar Onion Paratha or Masala Thepla

<p><b>Thursday</b></p>	<p>Beetroot &amp; Spinach Besan Chilla + Tomato Peanut Chutney</p>	<p>Same as above</p>	<p>Beetroot Kosimbir + Sama Millet Mix Veg &amp; Dal Khichdi + Gujarati Kadhi</p>	<p>Boiled Sweet Potato (Soft-boiled sweet potato cubes lightly tossed with lemon juice, a pinch of chaat masala &amp; cumin powder)</p>	<p>Onion Rings (Drizzled with lemon juice) + Ridge Gourd &amp; Peas Stir-Fry + (Non-GMO) Soybean Curry + Jeera Rice</p>
<p><b>Friday</b></p>	<p>Ragi &amp; Sattu Savoury Pancake (With grated carrots) or Ragi &amp; Egg Savoury Pancake (With grated carrots) + Coriander Chutney</p>	<p>Same as above</p>	<p>Steamed Moong Sprouts Salad + Lauki Kofta Curry + Lobia Curry or Chicken Kheema + Jowar Roti or Jeera rice</p>	<p>Puffed Rice &amp; Roasted Chana Mix (A crunchy mix of murmura/puffed rice &amp; roasted black chana, lightly tossed with a pinch of cumin powder, rock salt &amp; a few curry leaves)</p>	<p>Tomato Soup + A2 Paneer Roll (Soft grilled wheat roti filled with marinated paneer cubes, fresh cucumber, beetroot &amp; coriander-mint chutney) or Grilled Chicken Roll (Wheat roti stuffed with flavorful grilled chicken, veggies &amp; tangy mint chutney)</p>

<p><b>Saturday</b></p>	<p>Spinach &amp; A2 Paneer Rice Flour Chilla + Tomato Chutney</p>	<p>Same as above</p>	<p>Onion-Carrot Salad + Vegetable Mushroom Pulao or Egg Pulao + Bottle Gourd</p>	<p>Rainbow Fruits  (Colorful bite-sized pieces of banana, apple, grapes or any fruit as per availability threaded on a skewer)</p>	<p>Cucumber Koshimbir + Capsicum, Green Peas &amp; Aloo Curry + Dal Makhani or Chicken Stew + Rajgira Phulka (Amaranth Flour) or Steamed Rice</p>
<p><b>Sunday</b></p>	<p>Soya (Non-GMO)-Veggie Tikki Roll (Served with khapli wheat roti &amp; mint chutney)</p>	<p>Same as above</p>	<p>Beetroot Salad + Aloo Gobi Sabzi + Chole Curry or Fish Korma + Khapli Wheat Ajwain Paratha</p>	<p>Sesame &amp; Sattu Chikki  (Crunchy sesame seeds mixed with roasted sattu/chickpea flour, sweetened naturally with organic jaggery)*</p>	<p>Vegetable Sticks + Mix Vegetables Do Pyaza + Green Moong Dal or Chicken Bharta + Khapli Wheat Phulka Roti</p>









## Week 4

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner
Monday	<p>Stuffed Mini Idli + Coconut Chutney + Drumstick Sambar</p>	<p><b>Seasonal Fruits (as per availability)</b> + <b>Nuts &amp; Seeds Mix (avoid if allergic):</b></p> <ul style="list-style-type: none"> <li>• 1 tsp pumpkin &amp; chia seeds</li> <li>• 2 soaked cashews</li> <li>• 1 walnut</li> <li>• 3 raisins or 1 chopped fig</li> <li>• Handful roasted chana</li> </ul> <p>+ <b>Immunity Drink Recipe:</b> Boil 1 tsp grated ginger, 1/2 tsp turmeric, pinch of black pepper &amp; 5 tulsi leaves in 1 cup water for 5 minutes. Strain, add a dash of lemon &amp; serve warm.</p>	<p>Grated Beetroot &amp; Carrot Salad + Mixed Vegetable Sabzi (Carrot, beans, peas &amp; potato sautéed with jeera &amp; turmeric - soft &amp; lightly spices) + Masur Dal or Fish Curry + Khapli Wheat Phulka or Jeera Rice</p>	<p>Mixed Fruit Yogurt</p>	<p>Cucumber &amp; Carrot Salad + Lauki-Pumpkin Sabzi + Dal Tadka + Steamed Rice</p>

<b>Tuesday</b>	Spinach Masala Uttapam + Tomato Peanut Chutney	Same as above	Pumpkin Raita + Cucumber Sticks (With chaat masala) + A2 Paneer Curry or Egg Curry + Choice of Bajra Roti or Missi Paratha	Boiled Masala Chana Chaat	Baby Corn Masala Soup + Mushroom Matar Curry or Chicken Kheema Curry + Sprouts Vegetable Pulao
<b>Wednesday</b>	Vegetable Upma + Steamed Moong Sprouts or Boiled Egg + Mint-Coriander Chutney	Same as above	Beetroot Salad + Bhindi Aloo Masala + Moong Dal Tadka + Khapli Wheat Ajwain Paratha	Roasted Poha Chiwda + Sattu Chaas	Aloo Peas Tikki (With mint chutney) + Mini Veg Wrap (With A2 paneer or minced chicken)

<b>Thursday</b>	Moong Dal Rice Chilla (With grated carrot) + Coconut Chutney	Same as above	Carrot Salad (With lemon & cumin powder) + Aloo Methi Sabzi + Yellow Moong Dal Tadka or Egg Curry + Jowar Ajwain Paratha or Steamed Rice	Date & Seeds Ladoo + Mint Ginger Water	Mix Vegetable Soup + Whole Wheat Roti Pizza (Topped with veggies & choice of mushroom or boiled egg crumble) + Fresh Tomato-Garlic Spread
<b>Friday</b>	Besan Veg Cheela or Masala Egg Cheela on Whole Wheat Toast with Mint Chutney	Same as above	Grated Carrot & Beetroot Salad (With lemon-jeera tadka) + Palak Paneer or Fish Curry + Choice of Khapli Wheat Phulka or Steamed Rice	Homemade (Non-GMO) Popcorn + Refreshing Chaas	Tomato Slices with Rock Salt + Mixed Vegetable Khichdi (With A2 ghee) + Sattu Kadhi

<b>Saturday</b>	Jowar Pongal (With moong dal & A2 ghee) + Mild Steamed Veggie Stew + Coconut Chutney	Same as above	Cucumber, Onion & Tomato Kachumber Salad + Methi Thepla + Peas & Tomato Sabzi + Curd	Fruit Salad (With roasted pumpkin seeds)	Tomato Carrot Soup + Vegetable Korma or Chicken Korma + Sama Millet Vegetable Pulao
<b>Sunday</b>	Khapli Wheat Aloo-Peas or Masala Egg Paratha + Mint Yogurt Dip	Same as above	Masala Chana Chaat + Crispy Gobi Stir-Fry + Shahi A2 Paneer Pulao or Chicken Pulao + Cucumber Raita	Homemade Fruit Yogurt Bowl (With chia seeds)	Mixed Vegetable Tikki + Mini Masala Dosas + Coconut Chutney + Vegetable Sambar

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

### 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*

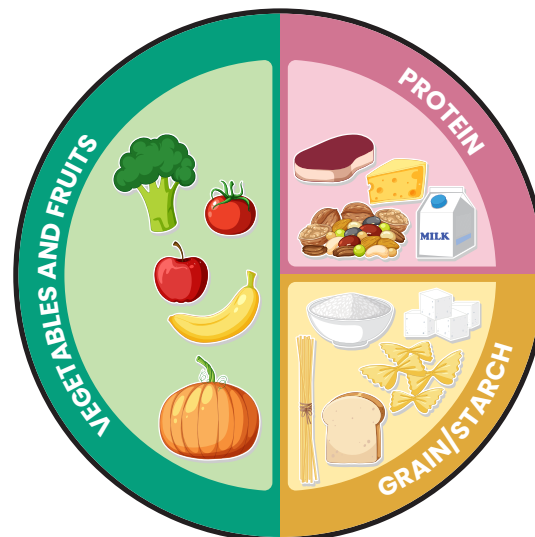
**\*Important Note:** Organic jaggery and raw honey may be natural, but they still act like sugar in your body. Enjoy them in small amounts—**even healthy sugars need healthy limits!**



## 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.

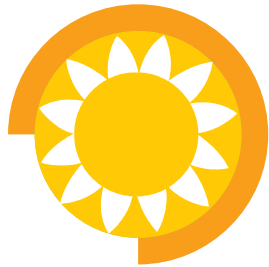


**What does a balanced nutritional plate look like?**



## 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.