

Revised ration cost for Primary students under MDM for 2014-15

Days	Sl. No.	Name of the content	Quantity	Cost of Ration	Energy (in K. cal)	Protein (in gms)
Mon & Thu	1	Rice	100 gms	Free of cost	346	6.4
	2	Dal	25 gms	1.50	84	5.5
	3	Oil	5 gms	0.35	45	-
	4	Vegetables (Root & tubers, GLV & others)	60 gms	0.99	28.8	1.19
		Condiment & Salt (Iodised) as required.				
5	Fuel	-	0.40			
Total =			-	3.24	503.8	13.09

Average ration cost : ₹ 3.24 x 2 days = ₹ 6.48

Days	Sl. No.	Name of the content	Quantity	Cost of Ration	Energy (in K. cal)	Protein (in gms)
Tue & Fri	1	Rice	100 gms	Free of cost	346	6.4
	2	Soya	12 gms	0.90	51	6.5
	3	Oil	5 gms	0.35	45	-
	4	Vegetables (Root & tubers, GLV & others)	60 gms	0.99	28.8	1.19
		Condiment & Salt (Iodised) as required.				
5	Fuel	-	0.40	-	-	
Total =			-	2.64	470.8	14.09

Average ration cost : ₹ 2.64 x 2 days = ₹ 5.28

Days	Sl. No.	Name of the content	Quantity	Cost of Ration	Energy (in K. cal)	Protein (in gms)
Wed & Sat	1	Rice	100 gms	Free of cost	346	6.4
	2	Egg	1 no.	4.50	86.5	6.7
	3	Oil	5 gms	0.35	45	
	4	Vegetables (Root & tubers, GLV & others)	60 gms	0.99	28.8	1.19
		Condiment & Salt (Iodised) as required.				
5	Fuel	-	0.40	-	-	
Total =			-	6.24	506.3	14.29

Average ration cost : ₹ 6.24 x 2 days = ₹ 12.48

Average Protein content : 13.8 gms

Average K. Calorie content : 493.6

Total Average Ration Cost of Primary Students : ₹ 4.04

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