

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

Days	Sl. No.	Name of the content	Quantity	Cost of Ration (in ₹)	Energy (in K. cal)	Protein (in gms)
Mon & Thu	1	Rice	150 gms	Free of cost	519	9.6
	2	Dal	30 gms	1.80	111	6.6
	3	Oil	7.5 gms	0.52	67.5	-
	4	Vegetables (Root & tubers, GLV & others) Condiment & Salt (Iodised) as required.	100 gms	2.10	48	2.02
	5	Fuel	-			
<b>Total =</b>			-	<b>5.11</b>	<b>745.5</b>	<b>18.2</b>

Average ration cost : ₹ 5.11 x 2 days = ₹10.22

Days	Sl. No.	Name of the content	Quantity	Cost of Ration	Energy (in K. cal)	Protein (in gms)
Tue & Fri	1	Rice	150 gms	Free of cost	519	9.6
	2	Soya	25 gms	1.87	85	13.5
	3	Oil	7.5 gms	0.52	67.5	-
	4	Vegetables (Root & tubers, GLV & others) Condiment & Salt (Iodised) as required.	100 gms	2.10	48	2.02
	5	Fuel	-			
<b>Total =</b>			-	<b>5.18</b>	<b>719.5</b>	<b>25.12</b>

Average ration cost : ₹ 5.18 x 2 days = ₹10.36

Days	Sl. No.	Name of the content	Quantity	Cost of Ration	Energy (in K. cal)	Protein (in gms)
Wed & Sat	1	Rice	150 gms	Free of cost	519	9.6
	2	Egg	1 no.	4.50	86.5	6.7
	3	Oil	7.5 gms	0.52	67.5	-
	4	Vegetables (Root & tubers, GLV & others) Condiment & Salt (Iodised) as required.	100 gms	2.10	48	2.02
	5	Fuel	-			
<b>Total =</b>			-	<b>7.81</b>	<b>721.0</b>	<b>18.3</b>

Average ration cost : ₹7.81 x 2 days = ₹15.62

Average protein content : 20.5 gms

Average K. Calorie content : 728.67

**Total Average Ration Cost of Upper Primary Students : ₹ 6.03**

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