

Revised ration cost for Upper Primary students under MDM for 2015-16

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	2.04	111	6.6
	3	Oil	7.5 gms	0.52	67.5	-
	4	Vegetables (Root & tubers, GLV & others)	100 gms	2.19	48	2.02
		Condiment & Salt (Iodised) as required.				
	5	Fuel	-	0.71		
		Total =	-	5.46	745.5	18.2

Average ration cost : ₹ 5.46 x 2 days = ₹10.92

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)	100 gms	2.17	48	2.02
		Condiment & Salt (Iodised) as required.				
	5	Fuel	-	0.71	-	-
		Total =	-	5.27	719.5	25.12

Average ration cost : ₹ 5.27 x 2 days = ₹10.54

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.	4.75	86.5	6.7
	3	Oil	7.5 gms	0.52	67.5	-
	4	Vegetables (Root & tubers, GLV & others)	100 gms	2.17	48	2.02
		Condiment & Salt (Iodised) as required.				
	5	Fuel	-	0.71	-	-
		Total =	-	8.15	721.0	18.3

Average ration cost : ₹8.15 x 2 days = ₹16.30

Average protein content : 20.5 gms
Average K. Calorie content : 728.67

Total Average Ration Cost of Upper Primary Students : ₹ 6.29

SA

Khatwa
2.8.15

Danda
3.8.2015

Atul