

G.D.GOENKA PUBLIC SCHOOL, ARRAH

NOTICE -09 2023/24

03-07-2023

Dear parents

You all are being informed that tomorrow we are going to organise 'Healthy Tiffin Competition' to aware the students of healthy nutritious food and to say 'NO' to junk food. To be the part of the competition students have to bring healthy food in lunch. Please avoid oily paratha, puri- bhaji and fast food.

Following are some dishes that can be brought in lunch-

Oats Idli

Chapati and Vegetables

Poha

Upma

Utthapam

Sandwich (brown bread garnished with carrots and cucumbers) etc.

Along with healthy tiffin children from G1 to G7 must bring fruits for fruit break as well.

Regards

Principal