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

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	1.70	84	5.5
	3	Oil	5 gms	0.35	45	-
		Vegetables (Root & tubers, GLV & others)	60 gms			
	4	Condiment & Salt (Iodised) as required.		1.01	28.8	1.19
	5	Fuel	-	0.40		
		Total =	-	3.46	503.8	13.09

Average ration cost : ₹ 3.46 x 2 days = ₹ 6.92

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	-
		Vegetables (Root & tubers, GLV & others)	60 gms			
	4	Condiment & Salt (Iodised) as required.		1.01	28.8	1.19
	5	Fuel	-	0.40	-	-
		Total =	-	2.66	470.8	14.09

Average ration cost : ₹ 2.66 x 2 days = ₹ 5.32

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.	4.75	86.5	6.7
	3	Oil	5 gms	0.35	45	
		Vegetables (Root & tubers, GLV & others)	60 gms			
	4	Condiment & Salt (Iodised) as required.		1.01	28.8	1.19
	5	Fuel	-	0.40	-	-
		Total =	-	6.51	506.3	14.29

Average ration cost : ₹ 6.51 x 2 days = ₹ 13.02

Average Protein content : 13.8 gms

Average K. Calorie content : 493.6

Total Average Ration Cost of Primary Students : ₹ 4.21