Introduction

National Programme of Mid Day Meal in Schools (MDMS) is a flagship programme of the Government of India aiming at enhancing enrolment, retention and attendance and simultaneously improving nutritional levels among children studying in Government, Local Body and Government-aided primary and upper primary schools and the Centres run under Education Guarantee Scheme (EGS)/Alternative & Innovative Education (AIE) and National Children Labour Project (NCLP) schools of all areas across the country. MDM is also served in drought-affected areas during summer vacation also.

Cooked mid-day meals provides

To achieve the objectives of the Scheme, the guidelines prescribe the following nutritional content in the mid day meal:

Components	Primary	Upper Primary
Calories	450 Cal	700 Cal
Protein	12 gms.	20 gms.
Micro-nutrients	Adequate quantities of micro-nutrients like Iron, Folic Acid , Vitamin-A etc.	

The component-wise break up of above nutrition value of food items constituting Mid Day Meal (MDM), both for primary and upper primary, are as under:-

S. No.	Items	Primary			Upper Primary		
		Require-ment under MDM (in gms)	Energy content (in calories)	Protein Content (in gms)	Require-ment under MDM (in gms)	Energy content (in calories)	Protein Content (in gms)
1.	Foodgrains (Rice / Wheat)	100	340	8	150	510	14
2.	Pulses	20	70	5	30	105	6.6
3.	Vegetables	50	25	--	75	37	--
4.	Oil & Fat	5	45	--	7.5	68	--
5.	Salt & Condiments	As per need	--	--	As per need	--	--
			480	13		720	20.6

Convergence

Mid Day Meal Scheme envisages supply of adequate quantities of micro nutrients such as iron, folic acid, zinc and these micro nutrients are to be supplemented through convergence with the school health and other programmes of the National Rural Health Mission (NRHM) of the Ministry of Health and Family Welfare, for this, no budgetary support is provided under the Mid Day meal scheme. These appropriate supplementations are provided depending on common deficiencies found only in the local areas to the target beneficiary group.