

MANVITA - Ages 6–8 Morning Tiffin's with Descriptions & Nutrition

Fueling the School Years: Give Your Growing Explorer the Focus, Strength, and Stamina They Deserve

Mothers, as your child steps into the active world of primary school, their body and brain encounter unprecedented challenges. From sitting attentively in the classroom to sprinting across the playground, their daily nutritional requirement expands dramatically. You no longer just need a meal you need a sustained energy strategy. The MANVITA Premium Subscription provides the ultimate peace of mind. We have scaled up the protein, optimized the complex fibers, and loaded every breakfast with natural brain foods to power their focus and growth. Do not compromise on their foundational years. Join hands with us today, unlock our expertly curated primary school menus, and watch your child shine!

Dish Name	Food Description	Portion Size	Calories	Nutrition Highlights
Mega Moon Idli Platter	Soft, protein-enriched steamed rice and lentil cakes scaled to support active school mornings. Lightly rubbed with pure cow ghee and served with a comforting, mild vegetable-loaded lentil sambar.	180 - 220 g	210 kcal	Protein 6-8g Fiber 4-5g Bioavailable B-Complex & Sustained Carbohydrates
Power-Packed Sprouts Poha	Thick-flaked beaten rice lovingly tossed with golden roasted peanuts, soft micro-chopped vegetables, and sprouted moong for active enzyme support. (Jain option substitutes potatoes with green plantain mash).	160 - 200 g	240 kcal	Protein 7-9g Fiber 5-6g High-Grade Non-Heme Iron & Vitamin C Absorption
Champion Wheat & Almond Halwa	A rich whole wheat halwa made with stone-ground flour, slowly roasted in pure desi ghee, infused with crushed blanched almonds, and gently sweetened with pure organic jaggery syrup.	140 - 180 g	290 kcal	Protein 6-8g Fiber 4-5g Brain-Boosting Healthy Fats & High Vitamin E
Mighty Green Moong Dal Paneer Cheela	A thin, protein-dense golden crepe made from whole green gram batter, seasoned gently with roasted cumin, and stuffed generously with calcium-rich crumbled paneer and fresh herbs.	180 - 230 g	260 kcal	Protein 12-14g Fiber 5-7g High-Velocity Lean Protein & Bone-Building Zinc
Super-Scholar Savory Oats Upma	Wholesome rolled oats cooked to an easily swallowable, moist consistency, densely packed with antioxidant-rich grated carrots,	180 - 220 g	215 kcal	Protein 7-9g Fiber 6-8g Soluble Beta-

	sweet green peas, and fine French beans.			Glucan for Strong Gut Immunity
Ironman Paneer & Spinach Paratha	A soft, multi-layered whole wheat flatbread made with fresh spinach puree kneaded directly into the dough, packed with seasoned grated cottage cheese, and toasted lightly with fresh white butter.	150 - 190 g	285 kcal	Protein 10-12g Fiber 4-6g Dual-Source Calcium & Plant-Based Iron Vitality
Bright Horizon Vermicelli Upma	Fiber-rich wheat vermicelli strings roasted golden and steamed soft with a medley of colorful, school-friendly garden vegetables, creating an inviting look that guarantees an empty tiffin box.	170 - 210 g	230 kcal	Protein 6-8g Fiber 4-6g High Caloric Efficiency & Essential Trace Minerals
Golden Rocket Dosa Roll	A crispy, extended golden rice and lentil crepe lightly brushed with homemade ghee, rolled firmly for easy school-box packing, and paired with a mild, creamy coconut dip.	140 - 170 g	195 kcal	Protein 4-6g Fiber 3-4g Quick-Absorbing Clean Carbs & Complete Amino Acids
Grandmaster Ragi & Dry Fruit Sheera	A deeply rich, ultra-smooth iron pudding crafted from premium finger millet flour, slow-roasted in pure cow ghee, sweetened with organic jaggery, and enhanced with micro-milled cashew flour.	140 - 180 g	270 kcal	Protein 5-7g Fiber 6-8g Structural Skeletal Calcium & Superb Hemoglobin Support
Starlight Sabudana & Peanut Khichdi	Premium pearl tapioca thoroughly soaked and sauteed to soft, translucent perfection with roasted crushed peanut powder and whole cumin. Provides immediate, stable energy without stomach heaviness.	150 - 190 g	250 kcal	Protein 4-6g Fiber 3-4g Maximum Clean Glycogen Supply for Physical Play

INVEST IN YOUR CHILD'S FUTURE INTELLECT & JOIN THE MANVITA FAMILY TODAY

Unlock the comprehensive meal planner crafted exclusively for growing primary school students. All meal modules feature seamless alternative blueprints for direct Jain dietary compliance by replacing root components, ensuring your child receives pure, uncompromised nourishment.

Let's power their potential together!