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### Extension Division

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## CIRCULAR NO. 95

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## THE SCHOOL LUNCH



By

MARGARET WHITTEMORE, DORA SONNENDAY, ELEANOR ENRIGHT

Lexington, Ky.

March, 1921

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Published in connection with the agricultural extension work carried on by cooperation of the College of Agriculture, University of Kentucky, with the U. S. Department of Agriculture, and distributed in furtherance of the work provided for in the Act of Congress of May 8, 1914.

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### THE SCHOOL LUNCH

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In the preparation of this circular the chief idea has been to suggest ways and means helpful to the one-room school just starting its one hot dish for lunch. However, there has also been included material useful for a school which has progressed to serving several dishes or the whole lunch. It will be a simple matter to select from the circular those parts which are adapted to the needs of the individual school. Since conditions vary so much from one school to another, any attempt to make a definite plan for the lunch with detailed directions for carrying it on would be manifestly unwise. Those directing the school lunch constantly find their resourcefulness and ingenuity called upon. One rural school teacher in Kentucky had to begin her recipe for one day's lunch by the old direction, "first catch your hare," when she found that the potatoes on hand were not sufficient to serve the whole school. The afternoon before she was to use the potatoes she asked if some one of the boys could not shoot a rabbit for the next day. As a result she had four brought in and was able to prepare a delicious and ample stew by combining the rabbits with the potatoes.

Another feature of the school lunch for which no one can give definite directions is the best way to secure the educational value and the right atmosphere. The children in the rural schools where a simple grace is always asked before the lunch feel the spirit of a family gathering, and behave with more of that courtesy toward each other which is the ideal of each true family. This same good spirit is felt in the lunch room in a colored public school where a teacher presides at each table and sees that a pleasant conversation is kept up. Before leaving the table each child asks to be excused and walks quietly out.

By a little judicious discussion of the reason for selecting the foods and the way they should be served, the children can be taught the principles of intelligent choice of food and the right attitude toward the service. These ideals are well expressed in the sentence from "The School Lunch Hour," published by the National Bureau of Education, "The school lunch is not just a matter of providing food, but is a means of teaching boys and girls to eat in the right way the foods which are good for them."

In most of the rural schools many or most of the children cannot go home for the noon-day lunch. The desirability of at least one hot dish to supplement the cold lunch brought by the children is now generally accepted, and the rapidly increasing number of schools where one is served proves its popularity. The serious need of the hot lunch, however, is realized by only a few. For years many of our school children have had to work and grow as best they could on little more than two meals a day, for the carelessly prepared and hastily eaten cold lunch which took the place of their noon-day meal could not be expected to do the duty of the substantial dinner which a child should have at noon. Even one nourishing hot dish in winter or cold one in summer, when added to the lunch brought from home, will go far in making it a real meal. The school lunch also offers an opportunity to teach the facts about intelligent eating in a very real way. When a whole lunch is served at the school the child unconsciously learns much about the proper combination of foods into a good meal, and will learn much more if the simple facts of nutrition are presented to him. Even when the most of the lunch is brought from home, by encouraging the children to take home the list of the foods to be served at school the next week, and by discussing with them suitable sandwiches and other foods to go with them, much can be done in the development of a school child's good lunch. By insistence on clean hands, neat and attractive arrangements of foods, care of foods and protection from dirt and flies, sanitation and hygiene may be introduced as well as a feeling for the "beauty of cleanliness." Of course good table manners will be taught also by the

wideawake woman who has charge of the lunch. The use of a napkin, tho a paper one, at school, and other niceties to which some may not be accustomed may well be taught.

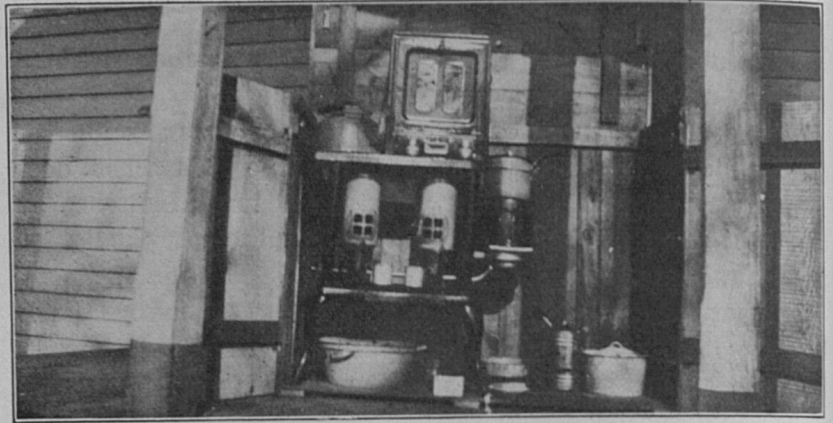
The overworked mother who must pack one or more lunches daily will also share in the benefit. Even where the school does not provide the whole lunch her work will be much lightened by having the part that she must prepare reduced to only the lighter sandwiches and fruit or sweets.

Because of small equipment and limited space, many schools have found it best to serve only one dish at the start. But many find the results so satisfactory that they soon undertake serving enough food for the whole meal.

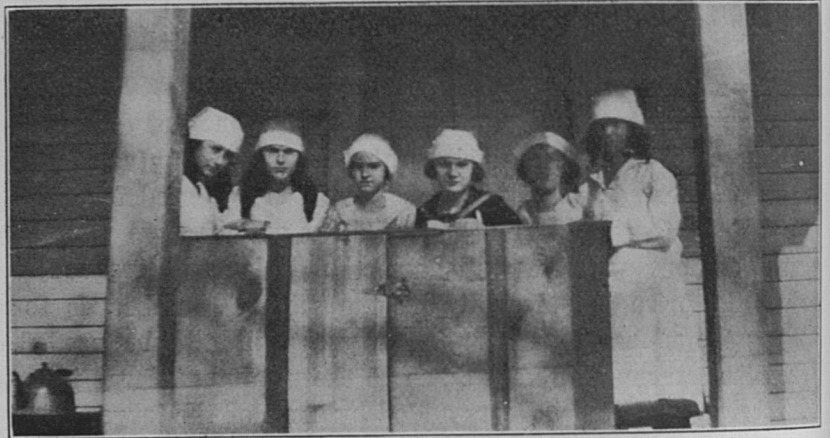
The financial basis of a school lunch is probably most frequently considered its greatest difficulty. The organization of the lunch may be classified under three heads: equipment, supplies and labor.

*Equipment*

The equipment necessary for serving the one hot dish each day does not need to be at all elaborate. In many country schools the room is heated by a large stove which can be used for cooking. Where there is no such possibility an oil stove may be bought without great expense, and the dealer will frequently reduce the price considerably for the school. Cupboards for holding the utensils and staple supplies will also be needed. When the cost must be kept down to the minimum, large boxes with shelves and hinged doors added by some of the larger boys, can, with the aid of paint, not only provide a suitable protection for the dishes and food, but also make a really attractive spot in the room. When space can be had for them, tables and chairs for serving the lunch in another room, like a family meal, will be most desirable. If this is not possible, the school desks may be used, having the children always first see that they are wiped clean and covered with paper napkins before the food is placed on them. The cost of the other utensils is often met by an appropriation from the school board or provided for by some organization such as the parent-teachers' association or the women's clubs. Frequently business men in town, especially those



Bell Rose, Oldham County, Ky.  
Method of storing equipment. Box open.



Bell Rose, Oldham County, Ky.  
Method of storing equipment. Box closed.

who sell the articles needed, are glad to give some or all of the equipment or at least to give a good discount.

Sometimes the school itself gives an entertainment or has sales to get money needed for the purchase of the equipment.

The following list is for the least equipment with which a full hot lunch could well be prepared for 25 or more each day. Additional utensils may be bought as the need arises and circumstances allow.



No.	Article	Size
1 or 2	Stove	Preferably high-frame oil stove 2 2 burner stoves
1 or 2	Oven	To fit stove
1	Double boiler	6 qts
1	Sauce pan with cover	1 pt.
1	Sauce pan with cover	4 qts.
1	Kettle	6 qts., enamel
2	Dish pans	Medium (10 or 12 qts.)
2	Biscuit pans	To fit oven
2	Loaf pans	9x4½x4 in.
3	Pie pans	9 in.
1	Water pail	3 or 4 gal.
1	Bowl—mixing	1 gal.
1	Bowl—mixing	1 qt.
2	Trays	Or 20 lb. lard or crisco can covers
2	Large shallow round pans	(For escalloped dishes) 18-20 in. or to fit oven
30	Custard cups	Tin, enamel or earthenware
2	Measuring cups	½ pt.
1	Wooden spoon	Large size
1	Mixing spoon	Long handled
2	Tablespoons	Composition metal
4	Teaspoons	Composition metal
2	Paring knives	
2	Case knives	
2	Case forks	
1	Egg beater (Dover)	
1	Bread knife	
1	Butcher knife	
1	Can opener and cork-screw combined	
1	Grater	
1	Biscuit cutter	
1	Wire strainer	
1	Soup ladle	
1	Potato masher	
1	Food chopper or chopping bowl and knife	
1	Fireless cooker	(For directions for home-made cooker see Farmers' Bul. 771.)

No.	Article	Size
1	Garbage can or large lard can, or other can with tight fitting cover	
1	Kerosene can	
1	Small brush	For cleaning vegetables and the strainer or grater
3	Holder	
4	Dish towels	(May be made of flour sacks neatly hemmed.)
2	Dish cloths	
1	Bread board	(Any good, clean, smooth board)
1	Containers for foods	(Baking powder and coffee cans, preserve jars and jelly glasses, lard pails, etc.)

It is possible to start the serving of one hot dish in a one-room rural school with only a large kettle for cooking the soup or cocoa, and measuring cup, spoons and vegetable knife, for its preparation. In this case the children will have to bring from home their cups in which to have it served.

A reasonable equipment for such a school would be:

No.	Article	Size	Description
1	Stove		Heater or 2-burner oil stove
1	Kettle	6-8 qts	Enamel
1	Saucepan	4 qts.	Enamel
1	Bowl	1 gal.	
1	Dover egg beater		
1	Mixing spoon		Long handle
2	Table spoons		Composition metal
2	Teaspoons		Composition metal
2	Paring knives		
1	Fork		
1	Meat fork		

No.	Article	Size	Description
1	Meat knife		
1	Wire strainer		
1	Grater		
1	Small brush		For cleaning vegetables
3	Holder		For hot utensils
4	Dish towels		Flour sacks or other cheap materials may be hemmed and used
2	Dish cloths		
1	Garbage can		
1	Can opener		
1	Pitcher	4 qts.	

To make the improvised food containers more convenient, the knob handles, which may be bought for lids and easily applied to the can tops, will help greatly when removing the covers, and white or other light paint will make the cans appear very attractive.

The dishes for serving may be brought from home by each child if it is impossible for the school to buy them, but when it can be done it is much better for the school to own them. The reasons for this are that the dishes are then uniform in size, which is conducive to greater fairness in serving and are alike in pattern, which gives much better appearance when serving. Then, also, responsibility for their care and replacing is more easily determined.

Those which are absolutely necessary are:

Cup—large  
teaspoon

It is desirable to have also

Saucer for the cup      Small bowl for soup      Sauce dish  
Water glass      Plate—about 8 in. diameter  
Fork      Knife

A shelf or cupboard for the lunch boxes brought by the children is very desirable. It should be so located as to keep the

food as cool as possible without danger of freezing, and if it is covered will help to protect carelessly wrapped food from dust and flies. The shelf should be covered with clean paper or oil-cloth and be kept free from dust and well aired.

### *Supplies*

The food materials present much the greatest expense connected with the lunch. Usually this is met by selling the prepared food at cost as nearly as possible. When there is a slight profit it should be used to reduce the cost of some staple food, such as milk or fruits, or to aid the fund for supplying lunches to children whose family cannot afford to pay for them. In some country schools, however, it is found to be easier for many families to contribute materials rather than pay cash. This adds considerably to the work of the one who has supervision of the lunch, but may be worked out in a satisfactory manner if well planned. There must always be some cash as well for the purchase of some supplies which cannot be brought from the homes, and in some cases the school has raised this by entertainments or sales, or by the pupils earning extra money in some way. The school garden has been found very helpful to the school lunch not only by supplying vegetables and fruits, but also by adding money to the treasury.

For the children who cannot afford to buy the lunch, some fund should be provided so that it may be given them, but it should be so arranged that they are saved the embarrassment of having it apparent to others. The tickets of credit or even the necessary pennies may be arranged for beforehand so that there will be no distinction made at the time of serving. Some schools serve the hot dish free, the money for this being provided by the school board or some other interested organization.

All supplies to be kept at the school should be put in tin or glass containers to protect them from rats, mice and insects. Since it is usually cheaper to buy staple foods in quantity, where there is a suitable place for storage it would be best to get at least enough for several weeks at one time.

In many country places where it is possible to get skimmed milk given or sold at a very low price, it is not always known

that it is just as good to use for most cooking purposes as whole milk, and supplies a higher proportion of muscle-tissue building material, tho for drinking the child should be given whole milk. It is wise to have on hand several cans of condensed, evaporated or dried milk which can be used for cooking in case of emergency. When milk must be bought from dairies at city prices the canned milk will be found to be a satisfactory substitute in many dishes, and a decided economy. The use of buttermilk and soda in flour mixtures is also much cheaper than sweet milk and baking powder.

Fats cooked from bacon, chicken, etc., should be put in a covered receptacle and kept in a cool place to use in the place of butter or lard when making sauces for meats, gravies, thickening for soups, or as shortening for quick breads or spiced cake and gingerbread.

Dried fruits are much less expensive than fresh ones and may be used to give variety, especially when the fresh fruits are very expensive.

In many places cane syrup is less expensive than sugar and can well be used in its place in sweetening cooked fruits, sweet sauces and many puddings.

A little ingenuity and care in combination of suitable materials makes it possible to use all untouched food, left over from one day, in the lunch a day or two later, but it is better as far as possible to plan for only the amount which is needed. After a little experience this can be done, except when an unforeseen emergency arises.

The bread used for school lunches should be thoroly baked and wholesome. If it is not baked at the school it can sometimes be bought from some skilled bread maker in the community when the baker's bread is not up to standard.

Economy may be secured by the use of meat—extending recipes such as stew, in which potatoes and other vegetables are added, the addition of bread or cracker crumbs to meat balls, the use of twice as much potato as meat in browned hash, and the making of meat loaf with an increased amount of bread or cracker crumbs. Such a loaf will also be more healthful for

most children if sufficient milk and eggs are supplied in their diet.

Materials added for simply seasoning not only add to the expense without increasing the food value, but they are undesirable for children except in a very small amount.

Care in preparation to give an appetizing and attractive result, and to prevent burning or scorching will do much to prevent loss by waste, and this will be aided by careful scraping of mixing bowls, pans, etc., to prevent wasting material in them.

## LABOR

### A. *Preparation*

The preparation of the lunch may be under the direction of the local leader of the food clubs, the teacher who has been trained along these lines, or a group of women in the community. The women's home demonstration clubs make an excellent basis for this work. Committees may be appointed of one or two or more if necessary and may take turns in being in charge. Most of the girls in the school can take turns in helping in some way,



Preparation

and when there is a girls' food club, it can be of great assistance. The work should be so planned, of course, as not to interfere with the school work of the girls.

B. *Steps Necessary to Serving the Lunch*

1. Opening all windows in order to insure a good supply of fresh air before the children start to eat their lunches. This may be done while the children are washing their hands and getting the lunches brought from home arranged upon their desks. The room should not be allowed to get cold but it should be thoroughly aired.

2. Collection of tickets or money.

3. Carrying hot foods to the desks.

4. Carrying dishes back to central place.

5. Washing and putting the dishes away in the cupboards.

6. Sweeping the room if necessary. Each pupil should attend to cleaning his own desk.

Good team work and system in working must be emphasized by the teacher.

The serving of the lunch may be delegated to committees of the school children, boys as well as girls, and the selling of the tickets, where they are used, or the keeping of the accounts, etc., will offer an excellent opportunity for applied arithmetic for those who are old enough for it.

The committees on serving may be divided as follows:

1. *Business Committee*—this committee may consist of two or three members with the following duties:

(1) Plan lunch for one week.

(2) Arrange for supplies.

(3) Keep necessary accounts and records.

(4) Post menus for week on blackboard.

(5) Post names of committees on blackboard.

2. *Committee on Preparation.*

(1) Prepare and cook food.

(2) Provide hot water for dish-washing.

*3. Committee on Serving.*

- (1) See that water is ready for children to wash their hands.
- (2) Place necessary utensils on desks if they are provided by the school.
- (3) Serve the food, after food brought from home has been arranged on desk by child.

*4. Committee on Cleaning.*

- (1) Scrape and wash soiled dishes.
- (2) Put equipment in order.
- (3) Brush up room if necessary.
- (4) Dispose of garbage.

If the children do not pass along cafeteria fashion to be served the third committee should serve the food to each one as he sits at his desk or at the table in the room in which the food is served. A pitcher will greatly aid rapid serving of soup or cocoa.

These committees may serve for a week or longer at a time or may serve for one day each week, there being a different committee for each day in the week. Good results have been secured by the latter method thru the lively rivalry to surpass the other committees.

Where the noon period is long enough, and it should not be less than an hour, the dishwashing also may be handled by the pupils in groups, but should have sufficient oversight to insure its being done carefully and well. The results of the lessons taught by sanitary care of the dishes and utensils after the meal will have a force which can never be attained by talking about sanitation in the hygiene lesson. When the number served is very large or the time very short it may be necessary to have one or more volunteer or paid women workers to take care of the dishwashing and cleaning.

*C. Account Keeping.*

Tho it need not be elaborately done, keeping the accounts accurately is quite necessary for the success of the school lunch. These accounts should include not only the cost of the materials



<p>Thurs. Oct. 21, 1920.</p> <p>86 Cups of Cocoa</p> <p>93 Salmon Sandwiches</p> <p>87 Cheese Sandwiches</p> <p>97 Cakes</p> <p>7 Crackers</p> <p>Total</p> <p>\$60 for Butter</p> <p>\$6.36 - 60 - \$5.76 Deposited</p>	<p>\$1.72</p> <p>1.86</p> <p>1.74</p> <p>.97</p> <p><u>2</u></p> <p>\$6.36</p>
<p>Fri. Oct. 22,</p> <p>92 Bowls of Soup</p> <p>12 Cups of Cocoa</p> <p>85 Chicken Sandwiches</p> <p>7 Cheese Sandwiches</p> <p>31 Potato Sandwiches</p> <p>19 Salmon Sandwiches</p> <p>63 Cakes</p> <p>24 Crackers</p> <p>Total</p> <p>Paid \$6.00 to Pearl</p> <p>\$6.62 - \$6.00 = (.62) Deposited</p>	<p>\$1.84</p> <p>.24</p> <p>2.65</p> <p>.14</p> <p>.62</p> <p>.38</p> <p>.63</p> <p><u>24</u></p> <p>\$6.64</p> <p>\$6.62</p>
<p>Mon. 25, 1920.</p> <p>108 Bowls of Soup</p> <p>89 Peanut Sandwiches</p> <p>81 Cheese Sandwiches</p> <p>113 Cakes</p> <p>32 Crackers</p> <p>Total</p> <p>\$1.25 + 1.24 Cheese \$2.49</p> <p>701 \$2.49 = \$4.52 Deposited (\$4.52 + \$2.50)</p> <p>Tue. Oct. 26, 1920</p> <p>107 Bowls of Soup</p> <p>103 Meat Sandwiches</p> <p>73 Cheese Sandwiches</p> <p>136 Cakes</p> <p>17 Crackers</p> <p>Total</p> <p>25¢ for lettuce \$7.39 - 25¢ = \$7.14 + 5/14 = 12.28 Deposited</p>	<p>\$2.16</p> <p>1.78</p> <p>1.62</p> <p>1.19</p> <p><u>.32</u></p> <p>\$7.07</p> <p>\$2.14</p> <p>2.66</p> <p>1.46</p> <p>1.56</p> <p><u>.17</u></p> <p>\$7.39</p>

Accounting

and other running expenses, but should show the number of servings prepared, the number actually served, the price per serving, except where the lunch is served free, and the total receipts. There should never be more than a very small profit, if any, as the children who need the lunch most will be very likely to be unable to afford it, if it is run on a money-making plan. As previously suggested, the profit resulting from putting the price at a whole cent when the cost comes to a fraction of a cent on each serving, may well be used to supply money for any free meals which must be served, or to reduce the cost of some staple like milk, or to make it possible to serve some food which is usually too expensive to sell at the standard prices.

#### *D. Planning the Lunch*

While it is necessary to keep in mind the limitations of the conditions under which the foods are prepared and served and also of the money side of the lunch problem, the most important consideration is the selection of the food needed by the children. When the school lunch simply supplies one dish it will



School at Cayce, Fulton County, Ky.  
A lunch served on the desks.

be impossible to be sure of the child having a well-rounded lunch, but much can be done toward this by discussion and suggestion as to suitable foods to go with it. For instance, if the school will serve a cream of potato soup next Monday, we suggest that it would be well for the lunch boxes to contain cheese, eggs or meat in some form, and fresh fruit if possible, or some which have been preserved or made into jelly. If golden-rod eggs were to be the hot dish, sandwiches made of lettuce or other succulent vegetables, milk to drink and a simple cooky, cake or gingerbread could be well combined with it. For ease in selection we may classify the foods in four classes or groups.\*

1. Foods supplying protein, as milk, eggs, fish, meat, cheese, nuts, peas and beans.

2. Foods supplying carbohydrates, or sugar and starch, as grains, foods made with flour, macaroni, root vegetables, dried fruits and sweets of all kinds.

3. Foods supplying fats, as butter, cream, cheese, nuts, bacon and gravies or sauces made with fat.

4. Foods supplying desirable acids and mineral salts, and giving appetizing flavor, as tomatoes, lettuce, celery, cabbage and fresh fruits.

There should be at least one food from each group, and two or three from group 2. In the first menu suggested, the milk in the soup and also egg, meat or cheese come from group 1; potatoes and bread for the sandwiches which would be made of the cheese or meat, or perhaps of jelly or jam, and the sugar, if the latter is used, are from group 2; a little fat would be found in the soup, and also probably for the sandwich; and group 4 would be represented in the fruit. Since milk is so desirable for the child, dishes made from it would better be chosen very frequently by the school serving only one dish, for they are usually harder to pack in a lunch than other foods and so are more likely not to be brought from home. If at all possible it is most desirable for the school to arrange to

\*Adapted from "How to Select Foods"—Farmers' Bulletin 808.

serve milk to drink every day or at least when cocoa or a cream soup is not being served. It may be heated before serving in very cold weather. Group 2 is likely to have a much fuller representation in the home-packed lunch than it is entitled to have, so the school lunch may well leave that largely out of consideration. Adults often forget the fact that children do not naturally want high seasoning or much flavoring, and that much of it is undesirable for them. For this reason the school lunch will not use peppers, pickles, highly seasoned salad dressings or much vinegar.

In the rural schools with very limited equipment or time for preparation of the lunch it may be best not to attempt a greater variety than soups, especially those made with milk or cocoa. In any case these would better be used more frequently than other foods if only one hot dish is served. The variety appearing in the lunch menus which follow is not intended for use in one week but is simply given to suggest the possibilities.

When the full lunch is served at the school the one who is planning it should avoid having several foods on the same day which require a good deal of work in preparation, or which must be made just at the last moment, unless she has sufficient space and help to accomplish it easily.

Since no good food should ever be wasted, left overs will be worked into the plans, even if it means spending the time to make over the menu. In a college lunch room it was said that there was yet to be found a left over which could not be used in a soup, a salad, a croquette or a sherbet with most attractive results. Many can be used in other ways as well. Left over golden rod eggs, for instance, will increase the food value and improve the flavor of most cream soups; baked beans may be mixed with some tomato sauce and used for sandwich filling, or made into soup, or added to meat loaf; gingerbread, cake and cookies, when too dry to serve may be crumbled and made into pudding with milk and eggs or may be served as a dessert with soft custard with or without fruit added; bits of bacon can be used in stuffing eggs or potatoes, added to scrambled eggs or omelet, or combined with vegetable or meat sandwich filling, etc.

Muffins and biscuits are very delicious when sliced and toasted. Lightbread which has become too dry to serve may be sliced and steamed by heating a few minutes in a strainer set over boiling water, when it will seem like new baked bread. Every ingenious woman finds many good ways to use the left overs to make the new food more attractive and nourishing.

*Suggested Typical Lunches*—For the school serving one food:

LUNCH No. 1

School: Cocoa

Lunch Box: Scrambled eggs and bacon sandwiches

Tea cakes                      Apples

LUNCH No. 2

School: Hot rice pudding      Milk (to drink)

Lunch Box: Oatmeal      Bread and butter sandwiches

Hard boiled egg

LUNCH No. 3

School: Corn chowder

Lunch Box: Apple sauce sandwiches      Peanut cookies

LUNCH No. 4

School: Steamed oatmeal or cornmeal mush. Milk (to drink)

Lunch Box: Cottage cheese and nut sandwiches

Crackers and jelly or jam

LUNCH No. 5 (Spring)

School: Cottage cheese and lettuce salad. Milk (to drink)

Lunch Box: Sliced and buttered muffins      Berries

LUNCH No. 6

School: Soft custard and bananas. Buttermilk (to drink)

Lunch Box: Lettuce and bacon sandwiches

LUNCH No. 7

School: Baked apple. Milk (to drink)

Lunch Box: Meat or peanut butter sandwiches      Cup cake

## LUNCH No. 8

School: Potato Soup  
 Lunch Box: Baked beans or cottage cheese sandwiches  
 Fruit sauce

## LUNCH No. 9

School: Baked potatoes Milk (to drink)  
 Lunch Box: Stuffed eggs Brown bread and lettuce sandwiches

*For the school serving the full lunch:*

## LUNCH No. 1

Baked beans Boston brown bread  
 Fruit jelly Cocoa or milk

## LUNCH No. 2

Meat pie (chicken, mutton, rabbit or beef)  
 Tomato sandwiches (sliced or tomato paste) Cornstarch pudding  
 Cocoa or milk

## LUNCH No. 3

Cream of dried pea soup Toasted cheese sandwiches  
 Stewed prunes Tea cakes

## LUNCH No. 4

Creamed salt fish Baked potatoes  
 Date or raisin sandwiches Cocoa or milk

## LUNCH No. 5

Baked hominy grits or rice and cheese  
 Peanut butter sandwiches Apples, oranges or berries  
 Cocoa or milk

## LUNCH No. 6 (Spring)

Cold meat loaf Lettuce sandwiches  
 Gingerbread Buttermilk

Recipes

All recipes are given in the amounts required for 25 servings. Measurements should be level. Flour should be sifted first and placed lightly in the measures, but butter and other fats should be packed closely before levelling.

ABBREVIATIONS

t .....	teaspoon	pt. ....	pint
tb .....	tablespoon	qt. ....	quart
c .....	cup	oz. ....	ounce
		lb. ....	pound

All measures should be filled and then levelled off with the straight edge of a knife. Butter or other fat should be packed solidly.

MEASURES AND WEIGHTS

3 t .....	1 tb.	2 pts. ....	1 qt.
16 tb. ....	1 c.	16 oz. ....	1 lb.
2 c. ....	1 pt.		

EQUIVALENTS BY MEASURE AND WEIGHT

1 lb. granulated sugar .....	2 c.
1 lb. flour .....	4 c
1 lb. butter or other fat .....	2 c.
1 lb. coffee .....	4 $\frac{1}{3}$ c
1 lb. rice.....	1 $\frac{7}{8}$ c
1 lb. cornmeal .....	2 $\frac{2}{3}$ c.
1 lb. finely chopped meat.....	2c

MILK DISHES

I. *Cocoa*

4 qts. milk;  $\frac{3}{4}$  c. cocoa; 1 c. sugar;  $\frac{1}{2}$  t. salt; 1 pt. water.

Scald milk in double boiler. Mix cocoa, sugar and salt with 1 pt. water and boil 2—3 min. Stir into scalded milk.

NOTE:—The paste may be mixed in large quantities and bottled for future use.

WHITE SAUCE

	Butter	Flour	Milk	Salt
Thin .....	1 tb	1 tb.	1 c.	$\frac{1}{8}$ t.
Medium .....	2 tb.	2 tb.	1 c	$\frac{1}{8}$ t.
Thick .....	3 or 4 tb.	3 or 4 tb.	1 c.	$\frac{1}{8}$ t.

Melt butter, add flour, mix thoroughly and let cook 2 min. stirring constantly. Add milk and stir gently till it comes to a boil. This recipe indicates proportions to be used. Two quarts of white sauce are sufficient for twenty-five servings.

II. *Cream Soups*

## CREAM OF POTATO

½ c. butter or other fat.	8 t. salt
½ c. flour	¼ t. pepper
5 qts. milk	4 tb. chopped parsley
Potatoes (12 medium or 16 small)	4 tb. onion

Cook washed potatoes in boiling salted water until tender. Remove skins, mash. Melt butter in a saucepan, add flour to it gradually, stirring thoroly. Add milk and stir until well thickened. Add seasoning. Pour smooth seasoned sauce thru strainer into kettle of mashed potato. Mix thoroly. Serve hot. Potatoes may be cooked without skins and onions may be cooked with potatoes.

## CREAM OF TOMATO

3 qts. fresh or canned to- matoes	½ c. butter
Pepper	½ c. flour
1 small onion	3 qts. milk
1 bay leaf	1 t. soda
	2 tb. salt

Simmer seasonings with fresh or canned tomatoes for 10 min.; strain. Add 1 t. of soda and boil 1 min. Add gradually to hot white sauce made of milk, flour and butter and serve at once.

## MILK VEGETABLE SOUP

½ c. butter	2 qts. vegetable pulp
½ c. flour	2 tb. salt
4 qts. milk	½ t. pepper
4 tb. chopped onions	4 tb. chopped parsley

A combination of two or more vegetables may be used—fresh or canned corn, carrots, celery, potatoes, onions, etc. Cook vegetables until tender, add seasoning. Then add to thickened milk. Boil 5–6 min. and serve.

## DRIED PEA OR DRIED BEAN SOUP

1 qt. dried peas	¾ c. butter
4 qts. cold water	4 tb. flour
2 onions	salt-pepper
½ lb. fat salt pork	2 qts. milk

Soak the peas in cold water over night. Drain and add 4 qts. cold water, chopped onion and salt pork, which has been cut into



1 in. cubes. Simmer for 3 or 4 hours and then rub thru sieve. Make white sauce of butter, flour, milk and seasoning. Cook 1 min. and add to pea mixture. Boil a few minutes and serve.

CORN SOUP

- |                      |             |
|----------------------|-------------|
| 4 qts. corn          | ½ c. butter |
| 3 pts. boiling water | ½ c. flour  |
| 4 qts. milk          | 2 tb. salt  |
| 1 small onion        |             |

Chop onion fine, add water and corn, simmer twenty min., stirring often. Add to thickened milk, bring to boil, season and serve.

III. Chowders

SALT CODFISH CHOWDER

- |                                      |                    |
|--------------------------------------|--------------------|
| ¼ lb. fat salt pork                  | 4 qts. milk        |
| 4 tb. chopped onion                  | 1 lb. salt codfish |
| 12 c. potatoes cut into small pieces | 1 lb. crackers     |

Break the codfish into small pieces, soak it in lukewarm water until it is soft and the salt has been removed, and drain. Cut the pork into small cubes and cook it until a delicate brown, adding the onions during the last part of the cooking. To the pork and onions add the potatoes, cover with water and boil them until tender. Add the milk and the fish and reheat. Add the crackers shortly before the chowder is served.

CORN CHOWDER

The same general directions can be followed for making corn chowder as for making salt fish chowder. Three qts. corn is sufficient. If fresh corn is used it should be cooked with the potatoes.

IV. Creamed Dishes

CREAMED VEGETABLES

- |                |          |                           |
|----------------|----------|---------------------------|
| Potatoes cubed | 3 qts.   | 2 qts. medium white sauce |
| Cabbage        | 5 lbs.   | " " " " "                 |
| Carrots        | 6 lbs.   | " " " " "                 |
| Cauliflower    | 3-4 lbs. | " " " " "                 |
| Celery (cubed) | 3 qts.   | " " " " "                 |
| Onions         | ½ pk.    | " " " " "                 |
| Turnips        | 6 lbs.   | " " " " "                 |
| Peas           | 3 qts.   | " " " " "                 |

## CREAMED EGGS

18 hard boiled eggs, sliced

2 qts. medium white sauce

Arrange sliced eggs on platter or shallow dish. Pour hot white sauce over sliced eggs. Season and serve.

## CREAMED CHEESE

2 c. cheese grated

4 c. medium white sauce

Add cheese to white sauce. Cook a few minutes. Serve on toast.

## CREAMED CANNED OR SALT FISH

1½ lbs. codfish or 1 large can salmon or tuna fish

4 qts. medium white sauce

Break codfish in small pieces and soak in lukewarm water until soft and the salt has been removed. Drain. Add to white sauce. Boil a few minutes and serve on toast.

## SCALLOPED POTATOES

4 qts. sliced potato

¾ c. butter

1 qt. hot milk

1½ tb. salt

¼ c. flour

Wash, pare and cut potatoes in ¼ in. slices. Put a layer in buttered baking dish, sprinkle with salt and pepper, dredge with flour, and dot over with butter; repeat until potatoes are all used. Add hot milk and bake 1½ hrs. or until potato is soft. ¼ lb. cheese grated may be added to each layer if desired.

## CREAMED DRIED BEEF ON TOAST

1½ lbs. thinly sliced dried beef

3 qts. thin white sauce—omit salt

25 slices toast or bread

Separate meat in pieces, cover with hot water, let stand 10 min. and drain. Add to hot white sauce—pour over slices of toast.

## MACARONI AND CHEESE

1 lb macaroni

1½ qts. medium white  
sauce

1/6 c. salt

¼ t. pepper

½ lb. grated cheese

Break macaroni in 1 in. pieces; cook in boiling salted water until soft. Drain and add to white sauce and grated cheese. Sprinkle with salt and pepper and serve.

## CREAMED RICE

3 c. rice—boiling salt water      3 eggs  
3 c. milk      1½ tb. sugar

Boil rice in salted water until soft. Beat eggs and sugar; add slowly to scalded milk, stirring constantly. When mixture has thickened, pour over rice and let stand a few minutes before serving.

## VEGETABLES

## POTATOES

1. *Baked Irish Potatoes*

Select 25 smooth, medium-sized potatoes, wash and place in dripping pan. Bake in hot oven 40 min. or until soft. Remove from oven and serve at once. If allowed to stand, unless the skin is broken for escape of steam, they become soggy.

2. *Baked and Stuffed*

Select 25 potatoes and bake, following recipe for baked potatoes. Remove from oven, cut slice from top of each or cut large ones in half and scoop out inside. Mash, add 6 tb. melted butter, salt, pepper, 9 tb. hot milk. Refill skins and bake 5—9 min. in very hot oven. Potatoes may be sprinkled with grated cheese before putting in oven.

3. *Creamed*

Reheat 6 c. boiled potatoes, cut in dice, in 4 c. thin white sauce.

4. *Baked Sweet Potatoes*

Prepare and bake same as white potatoes.

5. *Baked and Stuffed Sweet Potatoes*

Bake 25 medium sized sweet potatoes, remove from oven, cut in halves lengthwise and scoop out inside. Mash, add 6 tb. butter and cream to moisten. Season, refill skins and bake 5 min. in hot oven.

## BAKED BEANS

1½ lbs. fat salt pork

Pick over 2 qts. pea beans, cover with cold water and soak over night. Drain, cover with fresh water and cook slowly until skins will burst—which is best determined by taking a few beans in the tip of spoon and blowing on them when skins will burst if sufficiently cooked. Drain beans. Put ¼ in. slice of fat salt pork in bottom of baking dish, cut thru rind of remaining salt pork every ½ in., making cuts 1 in. deep. Bury pork in the beans, leaving rind

exposed. Mix 2 tb. salt, 2 tb. molasses, 6 tb. sugar. Add 2 c. boiling water and pour over beans. Cover baking dish and bake slowly 6—8 hrs., uncovering the last hour that rind may become crisp and brown. Add water as needed. If pork mixed with lean is preferred, use less salt.

#### CORN PUDDING

To 4 c. chopped corn add 8 eggs slightly beaten, 4 t. salt,  $\frac{1}{2}$  t. pepper, 6 tb. melted butter and 2 qts. scalded milk; turn into buttered pudding dish and bake in slow oven until firm.

#### CHEESE

##### CHEESE FONDUE

1½ qts. scalded milk	4 tb. butter
6 c. soft stale bread crumbs	1 t. salt
1 tb. mild cheese grated	yolks 12 eggs.
	whites 12 eggs

Mix first 5 ingredients, add yolks of eggs beaten until lemon-colored. Cut and fold in whites of eggs beaten until stiff. Pour in buttered baking dishes and bake 20 min. in moderate oven or set baking dishes in a pan of hot water before placing in the oven.

##### TOMATO RAREBIT

8 tb. butter	$\frac{1}{2}$ t. soda
8 tb. flour	6 c. finely cut cheese
3 c. milk	8 eggs slightly beaten
3 c. stewed and strained tomato	2 t. salt

Put butter in sauce pan; when melted, add flour. Pour milk in gradually and as soon as mixture thickens add tomatoes mixed with soda; then add cheese, eggs and seasoning. As soon as cheese has melted, serve on toast.

##### WELSH RAREBIT

4 tb. butter	1½ lb. cheese
3 tb. cornstarch	cut in small pieces
3 c. milk	3 eggs
1 t. salt	Toast

Melt butter, add cornstarch, stir until well mixed, then add milk gradually, while stirring constantly and cook 2 min. Add eggs and cheese and stir until melted. Season and serve on toast. A rarebit should be smooth and of creamy consistency, never stringy.

## EGGS

## SCRAMBLED EGGS

2 doz. eggs	2 t. salt
1½ c. milk	6 tb. meat drippings or butter

Stir eggs, milk and salt enough to mix. Melt fat in a warm pan, pour egg mixture in and cook very slowly over hot water or in a cool part of the stove, stirring gently until the egg is creamy. A little cooked bacon or other meat chopped fine, or cooked tomato may be added to the egg before cooking.

## GOLDENROD EGGS

15 hard cooked eggs	2½ t. salt
⅓ c. butter	1½ qts. milk
⅓ c. flour	25 slices toast

Make white sauce of the flour, butter, salt and milk. Remove yolks from hard cooked eggs, chop whites fine and add to white sauce. Pour this mixture on toast and force yolks thru a strainer or grate them over the top.

## EGGS STUFFED

Cut 25 hard boiled eggs in halves crosswise, remove yolks, mash and add 6 t. vinegar and salt and pepper to taste. Add enough melted butter to make mixture right consistency to shape. Make into balls size of original yolks and refill whites.

## MEATS

## I. Stew—Beef, lamb or mutton

4 lbs. meat	1 c. potatoes
4 qts. boiling water	½ c. flour
1 onion	¼ c. drippings
½ c. carrots	1 tb. salt
½ c. turnips	½ t. pepper
½ c. celery	2 tb. parsley

Cut meat into small pieces. Dredge with flour and cook in a small amount of fat until it is well browned. Add hot water, season and cook slowly for an hour. Vegetables may be added while the stew is cooking.

II. *Meat Loaf*

5 lbs. meat (veal or beef)	3 eggs
1 lb. fat salt pork	1½ c. bread crumbs
1½ tb. salt	Milk or water to moisten
½ t. pepper	

Wipe the meat, grind thru chopper, add seasoning, crumbs and eggs well beaten. Add milk, and shape into a loaf. Baste with fat which cooks out of the loaf.

III. *Meat Pie*

6 c. chopped roast beef, chicken, rabbit, etc.
gravy
3 c. cooked potatoes, mashed or cut in cubes.
seasoning

Cover bottom of baking dish with potato, add a layer of chopped cooked beef, seasoned with salt and a few drops of onion juice, moisten well with gravy. Add more layers of potato, beef and gravy until ingredients are used up. Cover top with baking powder biscuit mixture or mashed potato. Bake in hot oven. If covered with crust, make several incisions in crust that steam may escape.

## DESSERTS

## BAKED CUSTARD

3 qts. milk	½ t. salt
12 eggs	2 t. vanilla
1½ c. sugar	

Beat eggs slightly, add sugar and salt and vanilla and pour on slowly the scalded milk. Strain into buttered mould or cups, sprinkle top with nutmeg and set in a pan of hot water. Bake in moderate oven, taking care that water does not boil. Test by running silver knife into the custard and remove from oven as soon as knife comes out clean.

## SOFT CUSTARD

2 qts. milk	1 c. sugar
8 eggs or 16 yolks	½ t. salt
2 t. vanilla	

Scald milk, beat eggs to mix, add sugar and salt. Pour hot milk in gradually, stirring well, and cook in double boiler, stirring till mixture coats the spoon and foam disappears from top. Strain and flavor. If the custard curdles from over-cooking, remove to a pan of cold water at once and beat with a Dover egg beater.

COTTAGE PUDDING

- |                          |                     |
|--------------------------|---------------------|
| 1 c. butter              | 4 c. milk           |
| 2 $\frac{2}{3}$ c. sugar | 9 c. flour          |
| 4 eggs                   | 16 t. baking powder |

Cream the butter, add sugar gradually and eggs well beaten; mix and sift flour, baking powder and salt; add alternately with milk to first mixture; turn into buttered cake pan; bake 35 min. Serve with hard sauce.

HARD SAUCE

- |                           |                                  |
|---------------------------|----------------------------------|
| 1 $\frac{1}{2}$ c. butter | 1 $\frac{1}{2}$ t. lemon extract |
| 4 c. powdered sugar       | 2 $\frac{1}{2}$ t. vanilla       |

Cream the butter, add sugar gradually and flavoring.

STEAMED PUDDING

- |                           |                     |
|---------------------------|---------------------|
| 1 $\frac{1}{2}$ c. butter | 14 t. baking powder |
| 2 c. sugar                | 1 t. salt           |
| 10 c. flour               | 4 eggs              |
| 4 c. milk                 |                     |

Mix and sift dry ingredients and work in butter with tip of fingers; beat eggs, add milk and combine mixtures; turn into buttered mould; cover and steam two hours; serve with warm apple sauce or hard sauce.

APPLE SAUCE

Pick over and wash dried apples, soak over night in cold water to cover; cook until soft; sweeten and flavor with lemon juice.

APPLE TAPIOCA

- |                            |                                    |
|----------------------------|------------------------------------|
| 1 $\frac{1}{2}$ c. tapioca | 1 $\frac{1}{2}$ qts. boiling water |
| 15 sour apples             | 1 to 1 $\frac{1}{2}$ c. sugar      |

Soak tapioca 1 hr. in cold water to cover, drain, add boiling water, salt and sugar and cook in double-boiler till transparent. Core, pare and slice apples; pour tapioca over them and bake in a moderate oven 30 to 40 min. or till apples are soft. Serve with cream or milk. Minute tapioca does not need soaking.

CORNSTARCH PUDDING

- |                             |                       |
|-----------------------------|-----------------------|
| 3 qts. milk                 | $\frac{1}{2}$ t. salt |
| $\frac{1}{2}$ c. sugar      | 1 tb. vanilla         |
| $\frac{3}{4}$ c. cornstarch |                       |

Scald the milk in a large kettle. Mix sugar, cornstarch and salt together in a small kettle or saucepan with a little scalded milk and

add to scalded milk while stirring constantly. Boil for 5 min. Remove from fire and add vanilla. Turn into molds to cool. Before turning into molds, four stiffly beaten egg whites may be added. For flavoring 1 c. cocoa may be added. It should be mixed in with the cornstarch and sugar. The pudding may be served with jelly, fruit juice or caramel sauce.

## JUNKET PUDDING

3 qts. milk	4 t. sugar
2 t. vanilla	3 junket tablets

Heat milk until lukewarm. Add sugar, vanilla and junket tablets dissolved in warm water, to milk. Pour into a dish or molds and leave in a warm place to set. When set, cool. Serve with a caramel sauce or fruit juice.

## APPLE SNOW

4 apples	2 c. sugar
	4 egg whites

Grate the apples and add the sugar. Add this to the stiffly beaten whites and beat until very light. Pour into a serving dish and pour cold soft custard over it. Do not prepare when eggs are expensive.

## INDIAN PUDDING

4 qts. milk	2 c. cornmeal
1½ c. molasses	3 t. salt
	4 t. ginger

Cook milk and meal in a double boiler 20 min., add molasses, salt and ginger. Pour into buttered pudding dish and bake 2 hrs. in a slow oven, or use a fireless cooker. Serve with milk.

## BREAD PUDDING

4 c. stale bread crumbs	2 t. vanilla
2 qts. milk	½ t. spice
½ c. sugar	4 eggs
	1 t. salt

Soak bread crumbs in milk for ½ hr. or more; add sugar eggs slightly beaten, salt and flavoring and bake 1 hr. in buttered pudding dish in slow oven. Serve with milk or hard sauce. Instead of vanilla and spice 4 oz. chocolate may be used for flavoring.



## SALADS

## SALAD DRESSING

$\frac{1}{4}$ c. sugar	$1\frac{1}{2}$ t. mustard
1 tb. salt	2 tb. flour
$\frac{3}{4}$ c. vinegar	3 eggs
$\frac{1}{4}$ c. butter	2 c. milk

In the top part of the double boiler mix sugar, mustard, salt and flour together and gradually add vinegar. Place on fire and allow to cook until thick. Remove from fire and slowly add the beaten eggs while stirring constantly. Place in double boiler and allow to cook for 15 min. Add butter and cool. Thin with milk or cream just before serving.

## POTATO SALAD

12 c. boiled potatoes (diced)	4 c. celery
4 eggs (hard cooked)	4 onions
	$1-1\frac{1}{2}$ qts. salad dressing

Cut all materials into small pieces then mix with a salad dressing. The flavor may be varied by omitting onion or the celery and substituting chopped cucumber, fresh or pickled radishes or beets. Serve on lettuce or tender cabbage leaves.

## COTTAGE CHEESE SALAD

$\frac{1}{2}$  c. cheese for each serving  
Season and moisten with salad dressing. Serve on lettuce leaves.

## WALDORF SALAD

2 qts. apples	1 c. nut meats cut in small pieces
1 qt. celery	$\frac{1}{2}$ qt. mayonnaise

Dice apples and celery, add nut meats and mix with mayonnaise. Serve on lettuce leaves.

## EGG SALAD

Cut 24 hard boiled eggs in halves crosswise, keeping whites in pairs. Remove yolks and mash. Moisten with salad dressing, make into balls size of original yolks and refill white. Arrange on a bed of lettuce and serve with dressing.

## TOMATO SALAD

Peel medium sized tomatoes. Remove thin slice from top of each and take out seeds and some of the pulp. Sprinkle inside with salt, invert and let stand  $\frac{1}{2}$  hr. Fill tomatoes with cucumbers cut in small cubes and mixed with mayonnaise dressing. Arrange on lettuce leaves, garnish top with mayonnaise dressing.

## SANDWICHES

## PROTEIN

Eggs, scrambled, with bacon or chopped ham.

Eggs, hard boiled and chopped fine, with salad dressing, slice of tomato or butter.

Meats, chopped or sliced and seasoned or hot meat sandwich—hamburger.

Peanut butter.

Cottage cheese, mixed to paste with milk or cream, or with tomatoes sliced or tomato pulp cooked till thick, or with chopped nuts.

Cream cheese, sliced thin, or mixed to paste with milk and seasoned with tomato etc., or sliced and sandwich or roll toasted till cheese is melted.

## SWEET

Jelly, jam, marmalade—nuts

Raisins, date, prune, made into paste.

## RELISH

Lettuce, tomato

## FRUITS

Apples, bananas, oranges, stewed prunes, stewed dried apples, stewed dried peaches, etc., baked apples, baked pears, dates, raisins.

## BREADS

White, graham, whole wheat, oatmeal bread.

Biscuit, white, graham.

Boston brown bread.

Muffins, wheat, graham, corn, etc.