

1931

EC990 The School Lunch

Follow this and additional works at: <http://digitalcommons.unl.edu/extensionhist>

"EC990 The School Lunch" (1931). *Historical Materials from University of Nebraska-Lincoln Extension*. 2386.
<http://digitalcommons.unl.edu/extensionhist/2386>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

EC 989-31
AGRI
S
85
#77 of Print
#990
1931

Nebraska
COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, Lincoln

Extension
Circular
990

THE SCHOOL LUNCH

An architect is thought of as a master builder who plans and oversees the construction of buildings. A designer is said to be a person who expresses an idea in a visible form. How many of you mothers realize that you too are architects and designers? You are overseeing daily the building of physical houses. You are training your boys and girls to be good carpenters so as to build strong useful buildings. The buildings are their bodies in which they live. If the building materials are wisely selected the bodies grow to be of useful service thruout life.

Body Needs of the Growing Child

There are six groups of food that should be represented in the diet every day without an excess from any one group. These are vitamins, minerals, proteins, starch, sugar, and fat. Those who were enrolled in the first series of the Foods for Health project, no doubt, recall these groups. Let us list some of the foods which are found in these various groups. Foods from each of these groups are needed for growth and maintenance.

Vitamins

Vitamins are mysterious substances which are essential to health and normal nutrition. For convenience these are called A, B, C, D, etc. Vitamin A is essential for growth, maintenance of health and increases resistance to infectious diseases. It protects the body against colds, sinus troubles and other infections. Foods rich in vitamin A are butter, cheese, egg yolk, liver, green leafy vegetables and cod liver oil.

Vitamin B occurs so widely in nature that if we eat vegetables daily, drink milk and eat fruits, we are reasonably sure of getting vitamin B. While this vitamin is essential for maintenance of appetite, growth, reproduction and good health, it is particularly necessary for nursing mothers and young children. Its complete absence from the diet has resulted in loss of appetite and rapid loss of weight. Symptoms of lack of vitamin B become apparent in a very short time. This indicates that the body has a limited capacity for the storage of this vitamin.

Foods which are a good source of vitamin B are: Vegetables, fruits, whole grain cereals, and breads, milk, egg yolk and animal organs.

The entire lack of vitamin C in the diet causes scurvy, cessation of growth and a loss of weight. A diet low in vitamin C causes a "sallow, muddy complexion, loss of energy, fleeting pains in joints and limbs, especially in the legs, usually mistaken as rheumatism. So called rheumatism in infants and young children has often been proved to be due to insufficient vitamin C and is really scurvy". Deficiency of vitamin C is also closely connected with tooth defects. It has also been discovered that such a deficiency causes children to be irritable, lacking "pop" more or less retarded in growth and increases the susceptibility to infectious disease, hence vitamin C is needed for full health and vigor. The richest sources of vitamin C are oranges, lemons, tomatoes, and raw cabbage and turnips. Apples, bananas, carrots, and potatoes do not contain such a high concentration of the vitamin but because of the quantities eaten are a source for vitamin C.

Vitamin D is the fourth member of the vitamin family. It is especially important for babies and expectant mothers. Its absence causes rickets, a disease of infancy in which the bones become soft and flexible, causing bow legs and other deformities. Fortunately, there is a food which contains vitamin D in abundance - cod liver oil. Doctors are recommending that it be given daily to infants and small children, except during the summer months when the children can be out of doors in direct sunlight. Vitamin D helps to build strong, straight bones, and good teeth. It is found in cod liver oil and egg yolks. This vitamin which is necessary for good bone development is also produced in the baby's body when it is exposed to the sunlight.

Minerals

The minerals found in certain foods are needed to build good teeth and bones and blood. Foods which are a good source of minerals are milk, vegetables, fruits, and cereals. Vegetables and fruits of this group also furnish bulky material or roughage which helps to prevent constipation. There is little danger of eating too much of the right kind of vegetables and fruit in a well chosen diet. Often times hunger is due to the absence of vegetables and fruits in the meals, and children who crave more foods find their appetites satisfied when these are given regularly. This group of food also helps to regulate the body processes.

Protein

The protein foods are muscle builders. They also help to repair the parts of the body that are weakened and worn by work and play. The protein of milk is in a form which is readily assimilated. It is also valuable as a source of calcium and phosphorus. The amount of milk needed by a growing child is from three-fourths to one quart daily. Are your children getting this amount? If not, why? By using a liberal amount of milk daily and occasionally an egg in the child's diet, a small serving of meat each day will supply the protein that a child needs.

Starch, Sugar and Fat

Starch, sugar, and fat are fuel foods which keep the body warm and give it strength for work and play. Each child needs foods from these groups so as not to burn up his own tissues. Starch may be furnished to the body in the form of bread, whole grain cereals and potatoes. Entire wheat flour and brown rice are better than white flour and white rice. Potatoes baked, boiled, or mashed should be given practically every day.

There is great danger of a child getting too much sugar and spoiling the appetite and digestion. Sugar is less likely to be used in excess when taken only in simple desserts such as custards, puddings, cookies, fresh or dried fruits, and fresh vegetables. If some of these foods are included in the diet daily, a child's needs and desire for sweets will probably be satisfied. Milk fat is the most important kind of fat needed by a growing child. For this reason a child should be given whole milk to drink.

Food standards which furnish the body approximately the required food elements are:

Milk

2 glasses for adults

3 glasses for children

Vegetables

2 servings other than potatoes, one raw if possible

Fruits

2 servings, one raw if possible

Whole grain cereal
1 serving cooked cereal
1 serving dark bread
Cheese, eggs, meat, dried beans or peas
1 serving of any two
Water
6 or 8 glasses for adults
4 glasses for children

With the addition of a moderate amount of fats, sugars and other desirable foods the above makes up a well selected diet.

Suggestions for the Lunches

There are approximately 212,054 boys and girls in Nebraska who are attending rural schools. They come for instruction in things which will fit them to earn a livelihood and take their places in the community and the nation. What a marvelous opportunity to teach these children who will be the fathers and mothers of the next generation the essential rules of "How to Keep Well".

A large number of these boys and girls depend on lunches carried from home for their noon meals from six to nine months out of each year. This increases a mother's problems to provide a well balanced ration for her growing children. Until the time comes when a child may have a warm meal or at least a part of a warm meal, well planned, properly cooked and served, we shall have to make the cold lunch as nearly a substitute for a well planned hot meal as possible.

The Cold School Lunch

An adequate diet for growing children is of utmost importance. The lunch eaten at school should be a satisfactory supplement to the other two meals of the day. It should furnish its proportion of the total calories necessary for proper growth and development. Part of the value of the noon lunch may be the training received by the children in the selection of foods. The teaching of health habits should be considered as essential as arithmetic or geography, and there is no more forceful way of teaching children the relation of foods to health than by means of the school lunch. However, it is futile to encourage children to eat more wholesome lunches if the parents do not cooperate in providing suitable foods for them to eat.

It is wise to plan the lunch the day before, for at the busy time in the morning when the children are hurrying off to school, it is not always easy to give the lunch the attention it needs. Too often the lunch is neglected for other seemingly more important things. At the last minute some odds and ends of food are gathered up and probably day after day the lunch consists of a hastily made meat sandwich, a pickle, a piece of cake and maybe a banana or an apple. Left-overs may be used to good advantage if care is taken to have them palatable and attractive.

The school lunch is really more difficult to plan than the hot meal served at home because there are a limited number of foods which are palatable and attractive after they have been packed for four or five hours. Extra care is necessary to prevent sameness and monotony. One lunch which was called to my attention was wrapped in a newspaper and contained two thick slices of bread spread with butter, two raw weiners, and two frosted cakes which had been purchased at a local store. In which respects does this lunch fall short in providing for the needs of the child? Sometimes we have known some to include a piece of bread, meat and mince pie. Some of the foods which are most undesirable in the lunch box and in a child's diet are highly seasoned meats, pickles, doughnuts, pie, rich frosted cakes, fried foods, and hot breads.

The Well Planned School Lunch

A good lunch helps to maintain health. To aid in the growth and development of children by providing for them wholesome and nourishing foods is worthy of any mother's best efforts. These lunches should include:

1. Milk in some form - to provide energy, muscle building, and growth promoting substances.
2. Sandwiches - to provide energy and muscle building food.
3. Fruits and vegetables - to supply minerals, vitamins, and bulk.
4. A sweet (in form of simple cake, pudding or fruit) to supply energy in a quickly available form.
5. Occasionally a surprise in the form of a few pieces of home made candy, nuts, raisins, figs, or dates.

The quantity of the lunch should be sufficient. A comparatively large quantity of food is required by a school child because of his rapid growth and his activities. When a growing child does not eat enough to meet his energy requirements, he is stunted in growth. In order that he shall eat enough, the school lunch should be attractive and appetizing. Such a lunch is an asset because very often it is a deciding factor as to whether or not the child will eat enough to allow for proper development. A surprise now and then in the lunch box will delight a child and give variety to the noon lunch. This surprise might be raisins, dates, figs, potato chips, nuts, home made candies or sweet chocolate.

Suggestions for the School Lunch Box

Sandwich	:Drink	:Protein	: Vegetable	:Fruit & Dessert	: Surprise
Tomato & Bacon	: Milk	:Stuffed egg	:	:Peach & Cookies	:
Raisin (Graham	:	:	:	:	:
bread) & nut	: Milk	:	: Celery	: Custard	:
Brown bread	:Cocoa	:Baked beans	:Whole tomato	:Apple	:
Rye bread	:	:Cottage cheese	:	: Apple sauce	: Sweet
	:	:	:	:	: chocolate
Oatmeal bread	:	:	:	:Dried apricot	:
with lettuce leaf	:Milk	: Stuffed egg	:	:sauce	:
Peanut butter	:	:	:	:	:
and jelly	:Milk	:	:Potato chips	:Baked apple	: Dates
Egg	:Milk	:	:Vegetable	: Tapioca	: Figs
	:	:	:Salad	:	:
Meat	:Cocoa	:	:Tomatoes	: Prune sauce	:
	:	:	:	: Cookies	:
Vegetable	:	: Prunes and	:	:	:
	:	:Cottage cheese	:	: Rice pudding	:
Whole wheat	:	:	: Carrot	:Fruit jello	:
and butter	: Milk	:	: Salad	:and orange	: Nuts

Sandwiches

Sandwiches are used in practically every school lunch and they have possibilities for the making of an attractive lunch.

Directions for Making

I. Bread (use variety)

1. Graham, whole wheat, rye, oatmeal, raisin, prune, date, nut, or steamed brown.
2. Not too fresh (at least 24 hours old)
3. Cut thin (as a rule do not remove crusts)

II. Combining

1. Cream butter.
2. Spread butter thinly on both slices and well out on edges.
3. Use plenty of filling
4. Cut in convenient sizes for handling
5. Occasionally vary the shape of sandwich
6. Wrap in oiled paper if to be packed in a lunch box.
7. By combining butter with just one other ingredient a variety of simple but delicious fillings can be made. For example, try combining creamed butter with any one of the following: Chopped chives, pimento, or parsley, sprigs of watercress, a dash of curry powder, enough paprika to tint the butter, a bit of horse radish, lemon juice.

III. Fillings:

- (a) Cottage cheese (especially good with rye, graham, or steamed brown bread)
 1. Stewed prunes, cottage cheese, seasoning and salad dressing
 2. Chopped nuts, stuffed olives, cottage cheese, seasoning and salad dressing.
 3. Chopped pimento or pickle or onion, seasoning and cottage cheese, and salad dressing.
 4. Caraway seed or ground carrots, seasoning and salad dressing.
 5. Minced green pepper, pimento, celery, chopped bacon, seasoning, and salad dressing.
 6. Spread slices of brown bread, cut in round shapes, and butter, mix salad dressing and cottage cheese, spread. Decorate with nut or stuffed olives and parsley or paprika. Serve open faced.
 7. Honey, crispies, lettuce.
- (b) Cream Cheese
 1. Stewed prunes, seasoning, and grated cheese, salad dressing.
 2. Soft cream cheese, seasoning, and rye bread, salad dressing.
 3. Pimento cheese, seasoning, and lettuce, salad dressing.
 4. Catsup, seasoning, and cheese, salad dressing.
 5. Cheese, butter, and seasoning. Put sandwiches in hot toaster or oven and toast on both sides. Serve immediately.
 6. Shredded pineapple or nuts and cream cheese.
 7. Mix horseradish with cheese.
- (c) Egg
 1. Scramble and combine with broiled bacon, chipped dried beef, chopped cooked meat, or onion.
 2. Hard cooked egg. Shell egg, cream egg yolk, season and moisten with butter, cream, or salad dressing; spread on slices of bread. Decorate with chopped egg white and any of the following: broiled bacon, sliced stuffed olives, chopped meat. Serve open faced.
 3. Hard cooked egg chopped and combined with chopped pickles, nuts and salad dressing.
- (d) Fish
 1. Tuna fish or salmon with pickle or celery, seasoning, and dressing
 2. Sardines and dressing
- (e) Meat or Chicken
 1. Celery, salad dressing, seasoning, meat, or chicken
 2. Ground ham, pickles, nuts, and dressing
 3. Ground meat and dressing
 4. Fried ham and lettuce leaf, salad dressing, Toast sandwich.
 5. Chopped or ground crisply cooked bacon, pickle and mayonnaise or catsup
 6. One third each of raisins, walnuts, or peanuts and chipped beef, put thru coarse chopper and mixed with some tart juice. Salad dressing may be added if desired.

7. Cook the giblets from one chicken in salted water until tender. Put thru a food chopper together with a hard cooked egg. Add 1 T. of cream or evaporated milk, $\frac{1}{2}$ t. Worcestershire sauce, 1 t. tomato catsup, and $\frac{1}{2}$ t. salt. Use as a filling for toasted sandwiches.

(f) Nuts

1. Peanut butter.
2. Peanut butter and jelly or mayonnaise
3. Peanut butter with chopped celery or onion or chopped cooked cherries.
4. Nuts chopped and combined with ground dried fruits, orange or lemon juice, and salad dressing.
5. Equal portions of chopped salted almonds and candied grape fruit or orange peel. Add enough creamed butter or salad dressing to make right consistency. Spread on raisin bread and toast.

(g) Sweet

1. Dried fruits - prunes, dates, raisins or figs. Grind, chop, or cook to a paste, combine with orange or lemon juice and a mild salad dressing. Coconut, honey, or nuts may be added if desired.
2. Ground raisins and chopped nuts, moistened with grape juice.
3. Dried apricots soaked and drained, orange and lemon juice, nuts and coconut.
4. Dates and celery finely chopped. Flavor with lemon juice, add salad dressing.
5. Dates, salted peanuts moistened with orange juice, moisten salad dressing.
6. Spread one slice of buttered white bread with cranberry jelly and another with salted cream cheese. Combine.
7. Combine 1 three-ounce package of cream cheese, 2 T. evaporated milk, 2 t. chopped walnuts, and 3 T. raspberry jam. Spread on buttered white bread, top with water cress, and cover with another slice of buttered bread.

(h) Vegetable

1. Raw tomato or pickled beets dipped in French dressing
Spread slice of bread with chopped raisins and salad dressing
Add vegetable and another slice of bread.
2. Sliced tomato with broiled bacon. Add mayonnaise.
3. Carrots and salted peanuts ground or chopped together. Mix with salad dressing.
4. Chopped or ground carrots, cabbage, salted peanuts, onions, and celery. Moisten with mayonnaise.
5. Chopped celery or cabbage with nuts and moistened with mayonnaise.
6. Lettuce and salad dressing.
7. Chopped celery, apples, nuts, and salad dressing.
8. Mash left over beans, add chopped pickle, and catsup.
9. Chopped cooked string beans, beets, carrots or peas, moistened with salad dressing.

IV. Special Sandwiches (for parties and luncheons)

1. Club sandwiches. Bread may or may not be toasted. Number of layers may vary from two to five. The filling may vary. The filling for the layers may be sweet filling or chicken, meat, or fish; cheese; eggs with pickles and vegetables.
The following is frequently used: Use three slices toasted bread, spread one side of each with butter. Between the first layer, put crisp lettuce leaf, hot broiled bacon, 2 slices of dill pickle, 1 T. mayonnaise dressing. On top of the second layer of toast arrange lettuce, slices of chicken or veal, 1 T. mayonnaise and a slice of tomato (or pickle). Cover with third slice of toast. Cut diagonally. Garnish plate with olives or radishes. Serve hot.

2. Loaf Sandwich. Remove crust from loaf of sandwich bread. Cut in three or four slices. Spread each with butter and then with well seasoned mayonnaise. On the first layer place chopped nuts or a mixture of nuts and fish, moistened with mayonnaise. On the second layer spread chopped celery, green peppers and mayonnaise. On the top layer spread with mixture of the bottom layer or slice of tomatoes seasoned with onion juice. Hold sandwich together with toothpicks. Cover top and sides with a frosting made of soft cheese and mayonnaise. Decorate with nuts and olives. This may be made of any desired fillings, such as cheese, or peanut butter and tart jellies.
3. Open faced: Only one thickness of bread is used. It may or may not be toasted. The filling may be a hot creamed meat or vegetable or a cold salad mixture. Cheese or finely chopped eggs decorated with parsley, nuts, sliced olives, pimento, and dates make attractive open faced sandwiches.
4. Ribbon sandwich: Remove crust of bread from a loaf, cut lengthwise into slices about $\frac{3}{4}$ inch thick. Spread each layer with butter, then a cheese or peanut butter filling. Place layer together so as to form a loaf, wrap in damp cloth and press under weight for about an hour and then cut into slices. This is more attractive if one layer of white bread is used between two layers of whole wheat bread.
5. Rolled sandwiches: Remove crust from bread, cut fresh soft bread lengthwise of loaf in as thin slices as possible. Spread with soft creamed butter. Roll as a jelly roll, cut crosswise into one-half inch slices. Thin slices of bread may be rolled if desired. Fillings may be used if desired. A little grated orange rind adds color and flavor to sandwiches.
6. Checkerboard sandwiches: Cut graham and white bread into crosswise slices about $\frac{1}{3}$ inch thick. Spread with creamed butter, then with a mixture of $\frac{2}{3}$ c. cream cheese, 2 T. cream, $\frac{1}{2}$ c. finely chopped nuts or $\frac{1}{3}$ c. well drained crushed pineapple. Beginning with a slice of white bread and alternating the white and graham slices, lay together six slices spread with the mixture. Press together firmly. Trim crusts from edges neatly so as to form a perfect sandwich cube. Cut the sandwich cube into $\frac{1}{3}$ inch slices. Have ready another sandwich cube in which the bottom layer is a slice of graham bread. Cut this into $\frac{1}{3}$ inch slices. Alternate layers from first and second cube. Wrap firmly in a slightly dampened cloth and keep in a cool place. Cut in $\frac{1}{2}$ inch slices to produce checkerboard effect. Yield: One loaf, 12 sandwiches.

Salad Dressing

$\frac{1}{2}$ t. salt	1 egg
1 t. sugar	1 pt. Wesson oil
$\frac{1}{2}$ t. mustard	3 T. vinegar or lemon
$\frac{1}{4}$ t. paprika	juice

Mix dry ingredients. Add egg and beat until light. Add oil gradually, beating steadily until emulsion is well formed. Oil then may be added more rapidly. Thin with vinegar as necessary.

Dessert

A simple dessert adds much interest to the lunch for a child. This might be something left from the evening meal of the night before; such as stewed or canned fruit, fruit salad, custards, puddings, cookies, sponge or cup cakes.

Packing the Lunch

The cold lunch should be made to look as attractive and appetizing as possible. If the foods are wrapped separately in oiled paper, it will help to prevent the food from drying out, mingling of flavors, and help to protect the foods from dirt. A rubber band or toothpicks may be used to hold the paper in place.

A small fruit jar or parchment containers help to make it possible to include stewed fruits and soft custards. These make a more healthful dessert than pie.

The heavier foods are best placed at the bottom and should be placed so that they will be compact to prevent spilling. Insofar as possible the foods which are to be eaten first should be placed on top. Two white paper napkins may be placed on top. One of these may be used on the desk.

Types of Containers

There are several types of lunch boxes which are satisfactory. The best are those which can be easily cleaned. A daily scalding is necessary to keep a lunch box in a sanitary condition. A good sunning and airing adds also to the cleanliness. The tin pail which is so generally used, is improved by punching in five or six holes in the sides for ventilation.

Serving the Cold Lunch

The eating of food has a physiological aspect but it must be kept in mind that there is also a social value. The opportunity for social intercourse offered by the lunch hour should not be overlooked.

A thoughtful teacher does not dismiss the children for play at the noon hour until the lunch has been served. When it is 12 o'clock the children prepare for lunch and wash their hands. During this time the windows may be raised for a few minutes to let in fresh air. After each child washes his hands he returns to his seat with his lunch box, places a paper napkin on his desk and his lunch on the napkin. When each child has his lunch out, they are ready to begin to eat. No child should be allowed to leave the room until all are thru. This will prevent rushing thru the lunch.

If the lunch hour is made cheery, orderly, without restraint, and table courtesies observed, the children will be greatly benefited by such a social group. If school children are allowed to drop lunch, papers or food on the floor, they will all the more readily act the part of careless citizens later in littering up public places.

School Lunch Score Card

		: Perfect	: Individual
		: Score	: Score
Selection of Food - - - - -		60	:
Quantity - - - - -	20:		:
Milk in some form - - - - -	10:		:
Raw vegetable or raw fruit - - - - -	10:		:
Cooked vegetables or cooked fruit - - - - -	10:		:
Whole wheat bread - - - - -	10:		:
Preparation of Food - - - - -		25	:
Hot food - - - - -	10:		:
Simple Desserts - - - - -	15:		:
Packing (food wrapped in oil paper) - - - - -		10	:
Container - - - - -		5	:

100

(Prepared by Florence J. Atwood, State Extension Agent, Foods & Nutrition, Approved by Foods Division, Home Economics Department).

9123m