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EC9943 Healthful Lunches for Home and School

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fruit... fruit... eggs... eggs... fish...
eggs... meat... poultry... whole grains... fats...

HEALTHFUL LUNCHES FOR HOME AND SCHOOL

Extension Circular 9943.

vegetables... fruit... fruit... eggs... eggs... fish...
fruit... eggs... meat... poultry... whole grains... fats...
eggs... meat... poultry... fish... whole grains... fats...
meat... poultry... fish... whole grains... fats...
whole grains... whole grains... fats... sweets...
fats... sweets... water... water... milk... milk...
sweets... water... water... milk... milk...
water... water... milk... milk... milk... milk...
milk... milk... milk... milk... milk... milk...
vegetables... vegetables... fruit... fruit...
fruit... fruit... eggs... eggs... meat... poultry...

University of Nebraska Agricultural College Extension Service
Lincoln

poultry... whole grains... whole grains... fats... fats...
fats... sweets... sweets... water... water...
sweets... water... water... milk... milk...
water... water... milk... milk... milk... milk...
milk... milk... milk... milk... milk... milk...
vegetables... vegetables...

A Daily Food Pattern

A daily food pattern can be very helpful in meal planning. It enables the homemaker to be sure she is including all the necessary foods for her family in the day's meals. As a guide for well-balanced meals, try to include every day:

Milk

For a growing child, $\frac{3}{4}$ to 1 quart

For an expectant or nursing mother,
1 quart

For others, 1 pint or more

Leafy, green, or yellow vegetables

1 or more servings

Tomatoes, oranges, grapefruit, or any other raw fruit or vegetable rich in vitamin C

1 or more servings

Potatoes, other vegetables, or fruit

3 or more servings

Eggs

1 (or at least 3 to 4 a week)

Lean meat, poultry, or fish

1 or more servings

Cereals and bread

At least 2 servings of whole-grain products

Water

6 or more glasses

Fats**Sweets**

EXTENSION CIRCULAR 9943

AUGUST, 1941

Acknowledgment is due Dr. Ruth Leverton and Miss Matilda Peters of the home economics faculty for assistance with this circular.

Extension Service of the University of Nebraska College of Agriculture, United States
Department of Agriculture Cooperating.

W. H. Brokaw, Director

Lincoln, Nebraska

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32M

Healthful Lunches for Home and School

MABEL DOREMUS

CHILDREN NEED nourishing food to build healthy bodies and alert minds, and three satisfactory meals a day, served regularly, provide the first step toward their good health and good behavior. Adults, too, need adequate, well-balanced meals for health and vigor.

Malnutrition among School Children and Adults

The 1930 White House Conference on Child Health and Protection reported that 6,000,000 American school children were undernourished. Today we are told that approximately one-third of our population is living on improper and inadequate diets. These facts show the importance of knowing more about food values and the protective foods essential for health, and the need for applying this information to everyday living. This means getting people into the habit of including in their daily diet those foods which insure adequate nutrition.

Lunches at Home

Lunch at home or at school must do its full share toward supplying some of the foods included in the daily food pattern. A well-balanced, adequate lunch served attractively in an unhurried manner will do much toward keeping the family happy and healthy.

The noon-day meal may need to be heavier for the family at home than for the child taking his lunch to school. During some seasons of the year when farm work is the heaviest, the quantities of food planned for the noon meal should bring it into the classification of dinner. In fact, many families have dinner at noon and supper in the evening. Usually, however, certain parts of the noon lunch may be used for both the home and school meal, thus saving time and energy for the homemaker.

All meals are best when the season is taken into consideration in the planning. In cold seasons the family may relish more hot dishes than on warm days. Also, foods in season are more economical.

The School Lunch

In selecting food for the school lunch, remember that three or four kinds of foods are quite enough variety. Lunch, at home or at school, should provide approximately one-third of the daily food requirements. This means at least one cup of milk; a whole-grain bread or cereal; some form of protein such as eggs, meat, or fish; a vegetable or fruit or both; butter; and sweets.

The following is a general guide for providing the foods needed in an adequate lunch:

Sandwiches.—Use whole-wheat, graham, rye, and other whole-grain breads as well as white bread. Spread fillings between thin slices of buttered day-old bread. Nuts and dried fruit may be added to any dough for sandwich bread to be used with butter only. Fillings for plain bread sandwiches may include chopped eggs, ground meats, cheese, jelly, jams, nuts, etc.

Beverages.—Every child should have a full cup (one-half pint) of milk to drink at each meal in addition to any milk used in the preparation of food. Occasionally, it may be served as cocoa or chocolate milk. When a generous portion of cheese is included in the lunch, tomato juice or fruit juice may be the drink instead of milk.

Fruits and vegetables.—Any kind of easily packed fruit or vegetable in season may be used. Raw fruits or vegetables are especially good as they supply something crisp to chew on and have not lost any of their original food value through cooking. Apples, bananas, berries, oranges, pears, peaches, grapes, plums, and tomatoes are excellent fruits, and raw carrot, celery, turnip, or rutabaga strips may be used as the vegetable. Sometimes raw or cooked vegetables may be chopped for sandwich fillings. Canned fruits or vegetables may be used for variety.

Simple sweets.—A sweet may top off a lunch that has already supplied the necessary protective foods. Plain or molasses cakes and cookies, dried fruits, and simple puddings are good desserts. Whole-wheat flour and oat-meal may be used occasionally in making cakes and cookies.

Hot dish.—The lunch may include a hot dish, such as hot soup, creamed or scalloped vegetable, creamed eggs, chicken, or dried beef, or a baked one-dish meal.

Packing the Lunch

Unusual care is needed to make the carried lunch attractive and to keep it clean and wholesome, not because healthfulness and cleanliness are more important in this meal than in any other, but because they may be harder to achieve on account of limited facilities.

If a satisfactory container is provided and care is used in packing the food, the lunch may be appetizing and palatable. A permanent container is desirable. It should be durable, light, easy to carry, and have some means of ventilation. Lunch boxes of tin, aluminum, or granite may be cleaned and scalded easily every day.

A child may be taught to pack his own lunch, keeping the following points in mind:

1. Line container with a paper napkin or wax paper.
2. Wrap each article of food separately in wax paper to keep it clean, moist, and its flavor unmixed with that of other foods.
3. Wash and dry fruit before packing.
4. Use a jar with a tight-fitting lid for liquids.
5. Pack jars and heavier foods in the bottom of the lunch box.
6. Pack food compactly to prevent shaking.
7. Consider the appetite appeal which the lunch box makes when opened.

The Hot Lunch at School

The school lunch becomes more satisfying when at least one hot dish is included, especially during cold weather. Hot food stimulates the appetite and promotes digestion. It provides variety from the sameness of the all-cold meal. Children relax and eat hot food more slowly, thus relieving fatigue, so that they are in better physical condition for improving scholarship and behavior.

There are several methods for providing the hot lunch. All of them require careful planning and supervision to be successful.

Thermos bottle.—Soup, cocoa, creamed vegetables, and many other foods may be carried successfully in the packed lunch by using a thermos bottle. It is important to wash and air the bottle daily to keep it sanitary.

Individual jar method.—Food prepared at home is placed in a jar fitted with a screw or glass top and carried to school in the lunch box. During recess, the jars are placed on a rack in a pan of water and heated so as to be ready at lunch time. This is a very simple method for providing the hot lunch, and many schools consider it the most satisfactory since it relieves the busy teacher of much responsibility. The disadvantage is that only interested mothers will send the food to be heated, and often the children who most need a hot dish do not receive it.

Some schools have a 4-H school lunch club interested in this plan for providing the hot lunch. The School Hot Lunch 4-H Club provides an opportunity for pupils to develop initiative in planning variety in the lunch, co-operation, and a sense of responsibility. It helps to familiarize the club members with food and food values by teaching food selection, preparation, and serving.

Food prepared at home and brought hot to school.—Sometimes when there are few children in the school, the mothers take turns in preparing hot dishes for all the pupils. In such cases, the hot dish menu needs to be planned ahead by teacher and mothers. A workable plan for the delivery of the hot dish at lunch time must be organized. One disadvantage of this method is that there may be little pupil participation in the provision of the hot dish. This participation is desirable in furthering the child's interests in good nutrition, cleanliness, and order. In this method or the one mentioned below it is well to plan in advance the hot dish for each day for at least a week at a time, so the food carried from home will fit in to make a well-balanced lunch.

Hot food prepared at school for the entire group.—This may be managed by organizing a School Hot Lunch 4-H Club, or food may be brought from home by each child in turn and prepared by the older children. This method requires such school equipment as a work table, stove, cupboard, kettles, baking dishes, mixing bowls, spoons, knives, forks, and a few staple groceries and seasonings.

If food and equipment cannot be brought from home for the hot lunch and it is necessary to plan some way of financing it, the following suggestions are offered:

1. Interest the school board in buying equipment and food.
2. Obtain money from interested local organizations or from relief agencies.
3. Give entertainments to raise funds.
4. Have parents or children pay a certain amount daily, weekly, or monthly.

The Lunch Hour at Home

When the family is home for lunch, each member should present a neat personal appearance, even though the time is short. A well-aired, attractive place to eat does much toward making meals pleasant and enjoyable.

The Lunch Hour at School

At lunch time at school the same rules for a neat personal appearance, cleanliness, and pleasant condition of the room apply that we observe at home. A little time may be taken to wash hands and comb hair. It is a good

plan to raise the windows and air the room before lunch time. A lunch period with time to eat slowly and observe good table manners can do much toward improving eating habits.

Spread a clean paper towel or napkin over the desk before unpacking the lunch. This could be made available at school, if desired, so the children would always have a clean one at hand.

Menus and Recipes

NOON MEAL AT HOME

I.

Escalloped potatoes,
eggs, and cheese *
Whole wheat bread and butter
Mixed vegetable salad
Fruit gelatin
Milk or coffee

II.

Liver loaf, pan gravy
Mashed potatoes
Tomato gelatin salad
Raw carrot strips
Baking powder biscuits
Apple sauce
Whole wheat date sticks *
Milk or coffee

I.

Beef vegetable stew
Oatmeal bread
Green bean salad
Fruit cup
Gingerbread *
Milk or coffee

II.

Baked pork chops
Escalloped potatoes
Whole wheat bread and butter
Apple salad
Baked custard
Milk or coffee

I.

Baked ham
Browned potatoes
Stuffed celery sticks
Escalloped tomatoes
Prune bread and butter
Chocolate pudding
Lincoln cake *
Milk or coffee

II.

Baked hamburg steak *
Baked potatoes
Creamed cabbage
Whole wheat bread and butter
Orange, marshmallow, and
coconut dessert
Ice box cookies
Milk and coffee

FALL

I.

Escalloped potatoes,
eggs, and cheese *
Lettuce sandwiches on
whole wheat bread
Fruit gelatin
Milk

II.

Egg sandwiches
Raw carrot strips
Apple sauce
Whole wheat date sticks *
Cocoa

WINTER

I.

Beef vegetable stew
Oatmeal bread
Fruit cup
Gingerbread *
Milk

II.

Scotch soup *
Crackers
Apple salad
Cinnamon rolls
Baked custard with jelly
Graham crackers
Milk

SPRING

I.

Prune bread sandwiches *
Stuffed celery sticks
Escalloped tomatoes
Lincoln cake *
Milk

II.

Creamed cabbage
Meat sandwiches on
whole wheat bread
Orange
Icebox cookies
Milk

* Recipes given below.

SUMMER

I.

Escalloped salmon
Parsley sauce
Boiled potatoes
Spinach
Radish and cucumber salad
Bran rolls
Strawberry shortcake

* Recipes given below.

II.

(noon meal at home)
Pressed beef flank *
Creamed new potatoes and peas
Green vegetable salad
Whole wheat bread and butter
Lemon sponge with custard

All recipes serve approximately six persons unless otherwise stated.

Escalloped Potatoes, Eggs, and Cheese

1½ lbs. (3 cups) potatoes, boiled
1½ cups white sauce, medium
½ lb. (1½ cups) cheese
2 teaspoons salt
Dash pepper

Dash paprika
4 eggs hard boiled
½ cup bread crumbs
1½ teaspoons butter

Melt cheese in white sauce and pour over alternate layers of sliced or chopped cooked potatoes and eggs. Top with buttered crumbs and bake 15 minutes in hot oven (425°F.).

Scotch Soup

3 quarts boiling water
1¼ cups rolled oats
3 potatoes, diced
2 small onions, diced

1 pint canned tomatoes
2 tablespoons butter or drippings
1 tablespoon salt
½ teaspoon pepper

Brown onion in fat in bottom of soup kettle. Add water and salt. When boiling, add rolled oats, potatoes, and tomatoes. Cook one-half hour, then season to taste. Serve hot.

Baked Hamburg Steak

1½ lbs. chopped beef
2 cups bread soaked in milk
1 small onion, minced
1 tablespoon butter or other fat

2 eggs, uncooked
4 hard cooked eggs
1 cup tomatoes
½ cup sliced onion
Salt, pepper, ginger

Have the meat put through the grinder twice. Add the bread, the onion, seasonings to taste, and the two uncooked eggs, well beaten. Arrange the hard-cooked eggs end to end across the middle of the meat and roll the meat mixture around them. Place the roll in a baking pan, pour over it a sauce composed of the tomatoes, sliced onions, butter or other fat, and water, and bake in a moderate oven (350°-375°F.) for about two hours, basting frequently with sauce. In serving, slice crosswise. The hard-cooked eggs may be omitted.

Pressed Beef Flank

Beef flank
Boiling water

Salt
½ teaspoon pepper

Bit of bay leaf

Wipe meat, remove superfluous fat, and roll. Barely cover with boiling water, add seasonings and some meat bones. Cook slowly until meat is very tender. There should be but little liquid in the kettle when meat is done. Arrange meat in deep pan. Pour liquid over meat, cover, and press with heavy weight. Serve cold, thinly sliced.

Whole Wheat Date Sticks

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|---|----------------------------------|
| 1 cup sifted flour | 2 eggs, well beaten |
| 2 teaspoonfuls baking powder | 1 lb. (2 cups) dates, finely cut |
| 1 cup cooked cracked or whole wheat | ½ cup nut meats, chopped |
| 1 tablespoon butter or other shortening | 1 cup sugar |

Sift flour once, measure, add baking powder, and sift again. Cream shortening, add sugar gradually, and cream together until light and fluffy. Add eggs, then add cooked wheat and flour, beating until smooth. Add nuts and dates. Turn into well-greased pans, 8" x 8" x 2", spreading dough out very thin. Bake in moderate oven (325°F.) 30 minutes. Cool. Cut into strips 1" x 2½". Remove from pan. Roll in powdered sugar if desired. Makes four dozen strips.

Gingerbread

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|--------------------------|---------------------|
| 1½ cups flour, sifted | ¼ teaspoon cloves |
| ¼ teaspoon soda | ¼ teaspoon cinnamon |
| 1 teaspoon baking powder | ½ cup milk |
| ¼ cup sugar | 1 egg |
| ⅛ teaspoon soda | ¼ cup fat |
| ½ teaspoon ginger | ½ cup molasses |

Sift dry ingredients. Combine liquids (beaten egg, milk, melted fat, and molasses), add to dry ingredients, and mix. Bake in shallow pan at 350°F. or bake in muffin tins 20 minutes at 400°F.

Lincoln Cake

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|---------------------------|--|
| ½ cup fat | 1 teaspoon cinnamon |
| ¾ cup brown sugar | ¼ teaspoon cloves |
| 2 eggs | ⅓ cup milk |
| 2 cups whole wheat flour | ¼ teaspoon baking soda |
| 3 teaspoons baking powder | 1 cup seedless or ½ cup seedless and ½ |
| ¼ teaspoon salt | cup seeded raisins |
| ½ teaspoon nutmeg | ½ cup chopped nuts and ¼ cup brown |
| | sugar |

Roll out any lumps which may be in the brown sugar. Cream with fat, add the sugar gradually. When thoroughly creamed, add the beaten eggs. Mix the salt, baking powder, and spices thoroughly with the unsifted flour. Dissolve the soda in the milk and add alternately with the flour to the creamed mixture. Fold in the raisins.

Sprinkle the nuts which have been mixed with ¼ cup of brown sugar into a greased pan or baking dish. Pour the batter in carefully, keeping the nuts in place. Preheat the oven to 350°F. and bake 35 minutes or until done and golden brown.

This cake has a texture like cookies. It may be served warm the first day. Makes eight large servings.

Prune Sandwich Bread

- | | |
|-----------------------------|-------------------------------|
| 2 cups whole wheat flour | ½ cup brown sugar |
| 2 cups white flour | 1 egg, slightly beaten |
| 2 tablespoons baking powder | 1¾ cup milk |
| 1½ teaspoons salt | 1½ cup cooked prunes, chopped |

Sift together the whole wheat flour, white flour, baking powder, salt, and sugar. Combine the egg with the milk and stir in lightly until thoroughly moistened, adding the prunes. Place the mixture in a long loaf pan and bake 60 minutes at 350°F.