

South Dakota State University

## Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange

---

Extension Circulars

SDSU Extension

---

9-1922

# Meal Planning: Breakfast

M. Dolve

Follow this and additional works at: [http://openprairie.sdstate.edu/extension\\_circ](http://openprairie.sdstate.edu/extension_circ)



Part of the [Agriculture Commons](#)

---

### Recommended Citation

Dolve, M., "Meal Planning: Breakfast" (1922). *Extension Circulars*. Paper 71.  
[http://openprairie.sdstate.edu/extension\\_circ/71](http://openprairie.sdstate.edu/extension_circ/71)

This Circular is brought to you for free and open access by the SDSU Extension at Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. It has been accepted for inclusion in Extension Circulars by an authorized administrator of Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. For more information, please contact [michael.biondo@sdstate.edu](mailto:michael.biondo@sdstate.edu).

November 1922

275.29  
8085-

MEAL PLANNING

Breakfasts

by

Mary A. Dolve  
Extension Specialist in Foods.

EXTENSION SERVICE  
South Dakota State College  
W. F. Kumlien, Director  
Brookings, S. Dak.

Cooperative Extension Work in Agriculture  
and Home Economics, South Dakota State  
College and United States Department of  
Agriculture Cooperating.

## MEAL PLANNING

### (Breakfast.)

Good meals should have the following characteristics.

I. Nutritious: This means that every food group should be represented in the day's food supply in order that the growth, health, energy and regulatory needs of the body are taken care of. (See Food Calendar.)

The so-called protective foods should be included. They are dairy products, eggs and leafy vegetables. These protect the body because they supply it with a good quality of proteins, vitamins, and the needed minerals in which other foods are deficient.

For the fuel needs, use cereals, starchy vegetables and fats. (Groups III, IV, V, Food Calendar)

Protein.--Rich Foods--for growth and repair (Group I, Food Calendar.)

Some are used by the body to better advantage than others. Milk, cheese, and eggs head the list in this respect.

Succulent Foods--Needed to prevent constipation. Supply minerals and as a source of some of the vitamins. (Group II Food Calendar)

II. Simple but Palatable: Not needing undue time or work for preparation. By enjoying the food it is more easily and quickly digested. Make the meal hour a happy one.

III. Good quality of food is the cheapest, but foods out of season are unnecessary luxury.

### Good Habits in Meal Planning are:

I. To use from a pint to a quart of milk a day for each child and at least half a pint for each grown person.

II. To serve fruits and vegetables abundantly.

III. To serve a leafy vegetable once a day.

IV. To use cooked cereals. Best and cheapest fuel food.

V. To plan meals ahead so that they will meet the needs of the entire family.

VI. To arrange menus so that most of the cooking for the day can be done in the morning.

VII. To save fuel by planning ahead and by planning fireless cooker and oven meals.

Note: A poor habit to get into is to consider a meal incomplete without meat of some kind because too much meat is not good for the health.

Stimulants are bad for growing boys and girls and therefore coffee and tea should not be used by them.



## The Breakfast

At one of the club camps (1922) a third of the girls attending (85 enrolled) said that they usually went to school without eating any breakfast. This is a poor habit to get into because it is too long to go without food, from supper until lunch time. Especially is this true when in school because the morning is spent at hard work and the body really needs the breakfast to run on. When the boy or girl has to carry his lunch, this is doubly bad because his lunch at the very best is not good enough to make up for his lack of breakfast.

Since there seems to be a tendency for a good many not to feel hungry at breakfast, care should be taken to have the food appetizing, the table neat and attractive so the appetite may be stimulated. Good food at an attractive breakfast table puts us in good humor and helps start the day right. Everyone should contribute cheer and good humor at breakfast so that everyone may go to their work in a happy frame of mind.

### Foods for Breakfast

**Fruits:** Fruits are especially good for breakfast because they stimulate the appetite, that is they cause the digestive juices to flow and make us feel hungry. That is the reason for beginning a big dinner with a fruit cocktail and for serving fruit at the beginning of a breakfast. The fruit need not always be fresh. Some of the good ones are: Oranges, grapefruit, stewed prunes, stewed and baked apples, stewed apricots, fresh strawberries.

**Cereals:** Well cooked cereals are both appetizing and furnish splendid fuel food and when milk is generously used makes an ideal breakfast dish for the school boy or girl as well as other members of the family. The fruit and cereal may be combined as in baked apple and oatmeal, dates may be combined with cream of wheat, etc.

**Eggs:** Eggs make a good protein breakfast dish. Avoid using the fried egg to excess.

**Breads:** Toast is the ideal bread for breakfast because it is generally liked and easily digested. For variation, hot breads, such as gems, muffins, waffles, etc. may be used. A pancake breakfast is a poor one for the school boy or girl because it is not easily digested and hence not good for a morning of hard school work.

**Meat:** Unless heavy outdoor work is done heavy meat such as pork chops and ham are undesirable. Bacon, a little dried beef, creamed or sausage are nice at times.

**Beverage:** Most of people like something hot to drink for breakfast especially if going out into the cold as school boys and have to. Cocoa and chocolate are the very best. Coffee for the growing boy or girl is undesirable but may be used by the grown person.

Breakfast Menus.

Oatmeal and whole milk	Baked apple Postum	Toast and butter
	-----	
Shredded wheat biscuit with cream	Apple Sauce Cocoa	Poached egg on toast
	-----	
Pearl Barley and cream	Stewed prunes Chocolate or coffee	Graham gems and butter
	-----	
Cream of wheat and whole milk	Orange Cocoa or coffee	Waffles
	-----	
Cream of wheat cooked with dates	Postum	Creamed asparagus on toast
	-----	
Oatmeal with milk	Apple Poached eggs Coffee	Cornmeal muffins
	-----	
Puffed wheat	Stewed apricots Cocoa	Creamed dried beef with toast
	-----	
Toast	Grapefruit Bacon Chocolate	Scrambled eggs
	-----	
Omelet	Orange Cream of Wheat Whole Milk	Toast
	Cocoa or Coffee	
	-----	
Cream of rye whole milk	Strawberries Chocolate or Coffee	Graham gems and jelly
	-----	