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School Lunch: Sandwiches

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SCHOOL LUNCH
SANDWICHES

EXTENSION SERVICE
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Brookings, S. Dak.

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

THE SCHOOL LUNCH BOX

The cold lunch at its best is not the most desirable food for taking care of the food requirements of the child, and when it is to be repeated every day of the school year is very apt to become tiresome and monotonous. The feeling that anything will do for the lunch box is altogether too prevalent. The lack of time is the most common excuse for the poorly prepared lunch box. It does not take any more time to put up wholesome lunches in an attractive way, but it does take thought and an appreciation of what the boy or girl needs in the food line.

The best lunch is that which is supplemented with a hot dish at school, but it is unwise to depend too much on the hot dish. The child needs both.

What to consider in Planning for the Lunch Box.

1. The Contents.

The question of what the lunch box shall contain is answered by the needs it is called upon to supply. To the child it is to satisfy a big empty feeling, but the wise mother knows that it is to meet the requirements of a growing body under abnormal conditions of the schoolroom.

Growing foods: Sandwich fillings of eggs, meat or cheese; fruits; vegetables; custards, milk; milk drinks and other milk dishes prepared at school or carried in thermos bottles.

Fuel foods: Bread, butter, plain cakes or cookies, Parisian Sweets, etc.

Regulatory foods: Fruits and vegetables.

2. Cleanliness and Packing.

The carrier should be so constructed that it can be easily cleaned, scalded and aired. For liquid or semi-liquid foods such as cooked fruits, non-leakable jars should be used. A thermos bottle is good for hot or cold liquids. Include paper napkins in the lunch box. Cut the bread evenly and not too thick. Cut the sandwich into convenient size. The lunch will be palatable and make an appeal only when neatly packed and the various articles kept separate by wrapping.

Suggestions for Sandwich Filling.

Good bread is the basis of the lunch. The bread may be varied from time to time - graham, oatmeal, nut bread, etc. Meat, cheese, hard boiled eggs, dried fruits and nuts are easier to handle and to digest if finely ground.

Hard Boiled eggs:

1. Eggs minced seasoned with salt, pepper and little butter.
2. Eggs minced moistened with salad dressing.
3. Eggs minced with spinach or chopped parsley.
4. Eggs thinly sliced on lettuce leaf.
5. Eggs and olives or small amount of pickles chopped together.
6. Eggs minced with sardines.
7. Scrambled eggs.
8. Eggs and ham or bacon chopped together.
9. Eggs minced with chopped nuts.
10. Eggs and veal minced together.

Cheese:

To cream cheese, grate and add some liquid and work together until of creamy consistency and soft enough to spread.

1. Creamed cheese - moisten with cream.
2. " " - moisten with tomato juice.
3. " " - moisten with salad dressing.
4. " " - with chopped olives or pickle.
5. " " " chopped nuts.
6. " " " pimento.
7. Cheese creamed with butter, seasoned.
8. Grated cheese moistened with cream.
9. Grated cheese and spinach.
10. Cottage cheese with or without ground nuts.

Nuts and fruits:

1. Chopped nuts with dates, raisins or figs (run nuts and fruits together through a meat grinder).
2. Crushed peanuts moistened with cream or salad dressing.
3. Banana sliced thin and sprinkled with nuts.
4. Chopped nuts moistened with salad dressing or cream.
5. Apple and celery chopped fine moistened with salad dressing.
6. Peanut butter moistened with milk, cream or salad dressing.
7. Peanut butter and apple sauce.
8. Raisins stewed with sugar and small amount of water until thick.
9. Marmalade.

Miscellaneous:

1. Meats of all kinds, meat loaf, chipped beef (best when ground or chopped fine.)
2. Salmon minced and moistened with cream or salad dressing.
3. Tuna fish moistened with lemon juice.
4. Sardines minced, lemon juice may be added.
5. Chicken with chopped celery.
6. Baked beans.
7. Rice and tomato cooked together.
8. Lettuce leaf moistened with salad dressing.
9. Hollowed out biscuit filled with any vegetable salad.

Suggestions for Desserts.

1. Custards - different flavors.
2. Fruits gelatin puddings.
3. Canned fruit.
4. Fresh fruit.
5. Plain cake or cookies.
6. Steamed prunes stuffed with nuts and rolled in sugar.
7. Stuffed dates.
8. Parisian Sweets - figs, dates, raisins and nuts put through grinder.

Sugar a pan and pack ground mixture solid. Cut into squares and roll in sugar.

Note: Do not feel that just bread or crackers is sufficient to supplement the hot dish prepared at school. Send at least two slices of bread and butter put together with some good sandwich filling, some wholesome dessert, and if possible, some fresh fruit.

HOW JOE'S LUNCH DISAPPEARED A Physiology Story

Let us use our imaginations for a little while today, and instead of studying digestion as it is written in our physiology, let us impersonate a meal and follow it as it travels along its journey. It is nearly twelve o'clock and soon the children will have their hands washed, will have taken a drink of water and be ready to eat their lunches.

Listen! Mr. Plate is talking now. "The hot-lunch housekeeper has just finished placing the napkins on the desk, and now she is coming to the cupboard for me and my sisters. She is placing me on Joe's desk. I am glad of that, for this gives me a chance to watch him, as he unpacks his lunch and places his napkin on his lap. I'll also watch this time and see if Joe remembers to wait until the other boys and girls are served, before he begins to eat. See, he is unpacking his lunch. Just now, he laid a jam sandwich, a piece of sponge cake, and a few raisins on me. I have always noticed that Joe's mother packs his lunch neatly in oil paper, and always gives him such appetizing sandwiches. Wish I were a boy so that I could eat that good bread and butter. Joe's mother does not give him food that is rich and hard to digest. This is one reason why he is good-natured and happy. There, the cook has placed some hot macaroni and cheese on me. Joe is pouring out a glass of milk to drink and is laying a red apple near it. Now all the boys and girls are ready to eat."

"I am afraid Joe is awfully hungry", said Mr. Plate. "You are right" answered Bread, "for he is taking such big bites of me. His mother has told him over and over to take small bites and I do wish he would remember. He isn't taking enough time to grind me into small pieces so that I can become a liquid."

"I wish so too", said Saliva. "The three pairs of glands from which I come cannot send me fast enough to do my work, for his food is swallowed before I can reach it. Have you ever thought what an important part I take in changing the food so it can be carried by the blood to all parts of the body? My work, with the aid of my little helper, called Ptylin is to moisten the food so that Joe can taste it. I also help him to swallow his food more easily. Did you know that when I am not present, it is hard for him to talk? Fear or anger prevents me from being sent out of my glands. Maybe some of the boys and girls have noticed how dry their throats become when they first give a recitation before a lot of people. This is because they are frightened and I stay in the glands instead of coming out. The same thing happens when one is angry. Do you see any reason why one should be happy when eating? The sight, smell, or even the thought of agreeable food will cause me to flow. What does Joe mean when he says, "My, that cake makes my mouth water?" He means just what he says: The sight of a nice looking cake causes me to flow."

"If food is very dry, I flow in much larger quantities than if a food is moist. For example, the glands which produce me send out four times as much of me when Joe eats dry toast as when he eats oatmeal and cream. My little helper Ptyalin is even more wonderful than I, for he changes some of the starch into sugar. Any boy or girl can prove this by trying a simple test. He or she can chew a small piece of bread or cracker for a long time, and as it is chewed it becomes sweeter. The sweet taste will come because some of the starch in the cracker has been changed to sugar. But when boys and girls take too large bites and eat rapidly, Ptyalin does not have a chance to do his work; I cannot do mine; and so the poor stomach and intestines are overworked."

"I am glad", said Bread to Saliva, "that Joe has good teeth, because they can grind me into small bits so that you can dissolve me. His teeth are nice and clean. I am sure he brushed them as he has been told to do, and I imagine he goes to a dentist twice a year for he has no decayed teeth. This pleases me for now I am not afraid of being poisoned by harmful germs. If boys and girls and men and women only realized how much you do, Saliva, I am sure they would be more careful to thoroughly chew their food."

"Yes," answered Saliva, "it is a very serious habit to eat fast. In the first place, people do not get the taste of their food, and then, too, it causes them to over-eat. I have noticed that people who eat rapidly most always eat more than those who eat more slowly. A man by the name of Gladstone once said that every mouthful of food should be chewed thrity-two times. At least I wish people would remember to chew food until there are no lumps in it."

Macaroni and Cheese next began to talk. "I do hope", said Macaroni, "that Joe will chew me well so that my starch will be changed to sugar before I go on."

"I hope that I will be well chewed, too" said Cheese.

Just then a sip of Milk said "Good-bye, my friends, I am leaving you since I do not need to be chewed," and as he spoke a little trap door (epiglottis) flew open and he jumped into a tobaggan slide (esophagus) and was carried to the stomach. He was soon followed by Bread, Butter, Macaroni and Cheese, As soon as they had entered the stomach, they were met by a fellow named Gastric Juice.

Gastric Juice acted rather sour, but when he spoke he seemed goodnatured and soon Bread, Butter and the other foods thought he was a pretty good fellow after all. "Do not think I am cross," said he, "because I seem sour. My sourness is due to an acid which is very valuable, not only to me, but to you as well. Did you know that this acid in me helps to destroy most of the germs that you foods may bring down here? Then, too, my acid helps to soften the protein foods, such as you, Mr. Cheese."

"I have two faithful workers called Rennin and Pepsin, who help me do my work, just as Ptyalin helped Saliva up-stairs in the mouth. You would be surprised to see the large amount of me that the glands make every twenty-four hours."

"Oh, what are you doing to me?" cried Milk, "I am forming into curds, exactly as I do when I sour."

"Don't worry," answered Gastric Juice, "my helper, Rennin, is doing that. He does this so that Pepsin, my other helper, can act upon you and prepare you for the blood."

"Oh! I am melting" cried Butter and Cheese at one time. "That won't hurt you," said Gastric Juice. "You know all fats melt when heated and it is rather warm down here. The heat has melted you, so now you are free to roam about as you please. Do not be alarmed, for we will do nothing else to you here. We will not bother your starch either, Mr. Bread, because my acid has stopped most of Ptyalin's work of changing starch to sugar."

By this time all the foods had forgotten about being bashful and were all mixed up together. Gastric Juice called the mixture "chyme" (K i M). They were rocked back and forth by contractions of the walls of their house, the stomach. "I am tired of being churned," said Cheese. "I wonder where we go from here and do you suppose Joe will let his stomach have a rest after we leave it? Some days when he is home he forgets how hard his stomach has to work and does not give it any time to rest between meals."

Just at this time a number of the foods were forced out of the stomach into a long, narrow tube. "Do you know where we are now?" said Bread. "I do believe we are in the small intestine" answered Milk, "and I have been told that a great many things will happen to us here, for it is from here that we pass directly into the blood."

Just then the foods were greeted by Pancreatic Juice. "How glad I am to see you" he said. "The cells in Joe's body have been calling for food all day, for Joe did not get up this morning when his mother called him and did not have time to eat his breakfast. We shall hurry and make you into blood. But I cannot do this work myself. My three helpers called Trypsin, Amylopsin, and Lipase will do the work."

The proteins of Cheese, Milk and Bread were introduced to Trypsin who seemed much more powerful than Pepsin, in the stomach. He began at once to break up these proteins and soon had them made into a liquid. It was not long until they felt little fingers pulling them thru the walls of the intestine. "What is happening to us now", cried Milk. "I believe I know", said Cheese, "these little fingers that are drawing us out are tiny blood vessels that are carrying us to the blood."

The starch of Bread and Macaroni were introduced to Amylopsin who started his work at once by changing them into sugars. It was not long until they, too, were picked up and carried into the blood. While Amylopsin was working, he was talking too. "I wish more mothers were careful to give their boys and girls digestible foods as Joe's mother has done today. For example, if Joe had eaten doughnuts, it would have been impossible for Ptyalin to reach the starch with that coating of fat over it. That would have meant a lot of extra work for me. When people eat fried foods, like fried potatoes, the particles of starch are coated by fat and this makes it very hard for us to do our work. I do wish boys and girls would avoid eating fried foods."

Butter and the fat of Milk and Cheese seemed to have a more exciting time. Lipase took charge of them. He split them up into two new substances and then he actually made them into a soap. When you study chemistry, you will do this same thing in the laboratory and you will understand how this was done. The fats were also picked up later by little tubes. These little tubes were not blood vessels, but were called lacteals. While the foods were in the small intestine they noticed that a yellow, bitter liquid kept coming in from the liver. Someone said his name was Bile and that he was important in helping lipase digest the fats and in keeping the food from becoming too acid.

They also noticed a yellowish liquid which was called the Intestinal Juice. This juice had two helpers, one who helped in changing the starches to sugars and who was over-worked when foods were coated with fat. Another helper changed all the different sugars into one kind of sugar, known as grape sugar. Altho all sugar seems to be alike, when we study chemistry, we find there are many kinds of it.

The other foods noticed that Water and Minerals had a very easy time of it as they needed no digestion, but were taken up or absorbed all along the digestive tract.

Just as the proteins of Cheese, Milk and Bread were passing out of the small intestine into the blood, they overheard the remark "I always thought that digestion was something awful, but now I think it is something very interesting. I wonder how many boys and girls can tell about the different steps thru which we have passed today."

"I don't know", answered the carbohydrates of Bread, Milk and Macaroni, "but I should think any boy or girl would be proud to be able to tell all about digestion, the organs of digestion, the digestive juices and what they do. Do you know that there are grown men and women who do not know that there is such a fellow as Gastric Juice? Many of these people did not have a chance to learn these things as our boys and girls do now, but some of them, I am sorry to add, were not interested in their own bodies when they went to school, and did not realize that such wonderful changes were taking place. I wonder if there are any such boys and girls in Joe's school."

"Let us hope not, " said the proteins, "But I must hurry on to feed Joe's hungry body." "Good-bye" said the carbohydrates, "haven't we had a good time today? I have decided that digestion after all, is really the making of foods into a liquid form so that they can reach and feed all the cells of the body."

Note: It would be interesting to compare this story with your physiology. Did Bread, Macaroni, Cheese and the other foods describe their journey correctly? Can you make a similar story about your own lunch?

Perhaps some of the club members can dramatize this story and use it as a part of their Achievement Day program.

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