

South Dakota State University
**Open PRAIRIE: Open Public Research Access Institutional
Repository and Information Exchange**

Cooperative Extension Circulars: 1917-1950

SDSU Extension

1-1930

The School Lunch

Susan Z. Wilder

Follow this and additional works at: http://openprairie.sdstate.edu/extension_circ

Recommended Citation

Wilder, Susan Z., "The School Lunch" (1930). *Cooperative Extension Circulars: 1917-1950*. Paper 286.
http://openprairie.sdstate.edu/extension_circ/286

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 Cooperative Extension Circulars: 1917-1950 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.

The School Lunch

SUSAN Z. WILDER

Extension Nutritionist

At the time of the presentation of the survey facts at the county project meetings, the mothers said that they wanted to know how to plan the school lunch so that it would meet the daily dietary needs of the growing child and how to get the child to eat the lunch. It is to meet these requests that this circular is written. The training in right food habits is presented in a separate circular. It may be of interest in this connection to examine some of the survey findings.

From the Rural Sociology Department survey of 98 homes in Osleo township, Brookings county, 1929, it is interesting to note the percentage of children who do not usually eat the following foods when served: lettuce 31 percent, cabbage (raw) 24 percent, tomatoes (cooked or raw) 7 percent, celery 55 percent, greens 48 percent, milk 6 percent, cereals (cooked) 6 percent.

The condition of the health and growth of the teeth is one indication of the effectiveness of the dietary habits. According to the Extension Service summary of 1600 health surveys from homemakers, Extension Service 1929, 20 percent of the dental work done for children was repair. In the returns from the dentists' surveys 31 percent of the children have poorly developed teeth, 43 percent of the children under four years have teeth that show signs of decay. Every dentist and doctor consulted said that he considered right food habits a factor in health.

The findings of research workers indicate that a child should eat the foods that will meet the needs of his growing body if he is to keep in health. He must have a quart of milk (protein, minerals and vitamins) every day; a serving of at least one vegetable (vitamins and minerals) besides potatoes, preferably two, one raw; a serving of fruit (vitamins and minerals) cooked or raw; at least one serving of meat, egg, fish or cheese (protein); at least half the cereals as whole cereals (minerals, vitamins.) If these foods get into the inside of the child every day in sufficient quantities together with any other foods he is interested in the probability is that his body needs will be taken care of. Probably the child will be in better health if these foods are distributed over the three meals of the day. The chances are that he can work and play normally.

The survey indicated a shortage in the average child's diet of a number

Extension Service
South Dakota State College of Agriculture and Mechanic Arts
Brookings, S. D.

Published and distributed under Acts of Congress, May 8 and June 30, 1914, by the Agricultural Extension Service of the South Dakota State College of Agriculture and Mechanic Arts, Brookings, A. E. Anderson, director, U. S. Department of Agriculture cooperating.

E A T R I G H T — F E E L R I G H T

of these essential foods such as raw vegetables like lettuce and cabbage, milk and cereals.

The school lunch should furnish from one-third to one-fourth of the child's daily food requirements. A girl of eight requires about 1680 calories a day, of ten about 1850 calories, of fourteen about 2050 calories, of sixteen about 2250 calories. A boy of eight requires about 1800 calories a day, of ten about 2000 calories, of fourteen about 2900 calories, of sixteen about 3700 calories. It is very easy to estimate then how much the child should be expected to eat for his school lunch if it is to do its part in maintaining his body growth.

One hot dish added to the lunch has been found very effective in getting the child to eat all of it. He is not likely to be restless in the afternoon and he will do better work. The hot lunch may be prepared at school or a hot food like cocoa, or soup carried in a thermos bottle. The survey indicated that in 1200 homes, 88 percent of the school children eat a cold lunch.

Children are also more likely to eat their school lunch if the lunch hour is supervised. If the children can sit at their own desks the effect of "everybody is doing it" influences the child to eat his lunch.

Besides training in right food habits the mother can prepare an attractive palatable lunch that the child will want to eat. The following aids may help the homemakers to accomplish this end.

Emergency School Lunch Shelf

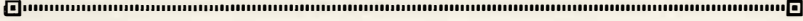
Many of the supplies for this shelf may be planned for during canning time. If the foods are put up in fourth, half and pint jars there is the possibility of using the total amount at once, cutting down on spoilage and always having variety on hand. The other supplies should be checked over a week ahead of time with the lunch menus.

Suggestions for the lunch shelf follow: meats—canned chicken, pork, beefsteak, ham, soup stock and summer sausage; canned salmon, sardines, dried beef, grated cheese; vegetables—canned peas, beans, corn, tomatoes, vegetable mixtures; canned fruits—peaches, pears, pineapple, berries; dried fruits—raisins, figs, dates; fresh fruits—oranges, apples; pickles—sweet and sour cucumber, beet, apple, olives; relishes; sweets—jams, jellies (individual glasses) candy, decorative candies, marshmallows, fruit candy; starch foods—nut bread, white and graham crackers, cookies, nuts whole and ground, peanut butter; other supplies—wax paper, paper cups and napkins, tiny paper cake cartons, paper spoons, small glass jars with tight fitting covers, rubber bands and tooth picks to hold packages together, preparation utensils.

The Sandwich

The sandwich is the main food of every school lunch. Therefore, great care should be taken to have it attractive, palatable and satisfying, otherwise it may be carried home untouched. It must be made of the best quality products. Poorly flavored or too fresh bread, tainted butter and

E A T R I G H T — F E E L R I G H T



tough meat will ruin any sandwich. A filling that will give an undesirable flavor to the sandwich on standing should be placed in a sealed jar or wrapped in waxed paper and added at time of serving.

The following fillings are best if used with lettuce or crisp cabbage leaves. Salad dressing improves most of them. Cottage or American cream cheese may be combined with chopped pickle, olive, bacon, ham, grated carrot, dates and nuts or chopped onion. Chopped dates, raisins, figs or prunes, with grated pineapple, ground nuts or peanut butter, peanut butter and jelly make good sandwiches. Baked beans with ground nuts, thin slices of different kinds of meat with ground nut salad dressing, minced meat, fish or crisp bacon with chopped pickles, olives and thin slices of onion and salad dressing; scrambled egg with chopped meat, ground nuts and cheese are other sandwich fillings. Whole wheat, rye, graham, cinnamon bread and rolls, boston brown bread, raisin and coffee bread, crusty rolls used with sandwich filling or butter only, will vary the lunch.

Desserts

The dessert should be simple and nutritious. It should add a note of surprise. Suggested desserts are: apricots and prunes, steamed and filled nuts, boiled fondant or cheese; fresh fruit—apples, bananas and oranges; stewed fruit—canned and baked, apple sauce varied by the addition of lemon or red cinnamon drops, spice, raisins, gelatin fruit desserts; cookies—filled graham, oatmeal, pastry tarts, candy decorated, macaroons, fruit turnovers; custards—plain, chocolate, cocoanut; fruit and chocolate candy.

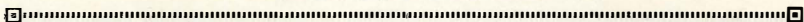
The Lunch Box

The selection of the container should be given very careful consideration since the right kind means a palatable lunch at noon time, an important factor if the child is to eat his lunch. The lunch box should be of material that can be washed and scalded easily. It should have some ventilation, otherwise the food is likely to have a stale odor after it has been in the container for some time. A well ventilated metal container with thermos bottle is probably the best. A metal collapsible box is also good. A tin pail with holes punched around the top will serve the purpose nicely. A paper sack or cardboard box is the least desirable since the lunch will not look well or taste good when taken out at noon time.

Packing the Lunch

All juicy foods should be placed in containers with tight fitting tops. Fresh vegetables, like lettuce, crisp cabbage leaves, celery, raw carrots, sliced onions, radishes, should be wrapped in waxed paper in order to keep them fresh and to prevent the absorption of their odors by the other foods. Wrapping the sandwiches, cake and meat separately in waxed paper will not only keep the food in good condition but will add an element of surprise and interest which will help to induce the child to eat the lunch.

E A T R I G H T — F E E L R I G H T



The heavier packages are placed in the bottom of the container. All packages should be fitted in carefully so there will be no sliding about. Crushed pieces of tissue paper slipped in between the packages will aid in keeping the lunch in place. The thermos bottle of milk, hot cocoa or soup should be filled the last thing.

School Lunch Menus

Food	Calories	Food	Calories
2 nut sandwiches -----	350	2 bread and butter sandwiches -----	300
1 lettuce sandwich -----	125	1 deviled egg sandwich -----	200
1 peach salad -----	150	$\frac{3}{8}$ cup apple sauce -----	100
$\frac{1}{8}$ cup plain custard -----	100	1 cup soup stock and rice -----	150
1 cup veg. soup (hot) -----	150	1 piece fudge -----	100
	875		850
1 carrot sandwich -----	150	1 onion sandwich -----	125
1 chicken sandwich -----	200	2 cold beef sandwiches -----	350
1 potato salad -----	150	1 meat potato salad -----	200
1 orange -----	100	1 apple -----	100
3 oatmeal cookies -----	100	$\frac{1}{4}$ cup salted peanuts -----	100
1 cup milk -----	150	1 cup chocolate (hot) -----	150
	850		1025
2 peanut butter sandwiches -----	250	2 nut bread sandwiches -----	300
1 shredded cabbage sandwich -----	125	2 lettuce sandwiches -----	250
1 tomato gelatin salad -----	200	1 serving steak -----	200
1 banana -----	100	dates (4) -----	100
1 cup pea soup (hot) -----	160	1 cup milk -----	160
	835		1010

100 Calorie Portions of Foods That may Be Used in the School Lunch

Food	Measure	Food	Measure
Bread white	2 slices, 3 in. x 3½ x ½ in.	Whole wheat	2 slice, 2½ in. x 2¾ x ¼ in.
Boston Brown	1 slice, 3 in. diam. x ¼ in.	Baking powder biscuits	2 small biscuits
Cracker, soda	2	Cake, angel food	Piece 1¼ in. x 2 in. x 2½ in.
Molasses cookies	3 cookies-2 in diam.	Plain cookies	2 cookies 2¼ diam.
Fudge	Piece 1½ in. x ¾ in. x 1 in.	Apple, baked	½ large
Honey	1 T	Apple sauce	$\frac{3}{8}$ cup.
Sugar, white granulated	2 T.	Banana	1 large
Cranberry sauce	$\frac{1}{4}$ cup	Dates, unstoned	3 to 4 medium
Boiled custard	$\frac{1}{8}$ cup	Oranges	1 large
Rice Pudding	$\frac{1}{2}$ cup	Peaches	1
Butter	1 T	Pineapple	1 slice
Cheese, American	1 ½ in. cube	Prunes	4
Cottage cheese	5½ T	Beef, dried	4 thin slices 4 in. x 5 in.
Milk-whole	$\frac{5}{8}$ cup	Round steak	Slice 3 in. diam ½ in. thick
Eggs scrambled	$\frac{1}{4}$ cup	Salmon, canned	$\frac{1}{4}$ cup
Boiled salad dressing	$\frac{1}{4}$ cup	Almonds	12-15 nuts
Baked bean cream soup	$\frac{1}{2}$ cup	Peanut butter	2½ teaspoons
Chicken creamed	$\frac{1}{4}$ cup	Bacon	4-5 small slices very thin
Corn canned	$\frac{1}{8}$ cup	Lettuce	2 large heads
Onions, raw	3 to 4 medium	Cabbage, shredded	5 cups
Potato	1 medium	Carrots	4-5 young
Tomatoes canned	1¾ cup	Celery	4 cups of ¼ in pieces
Radishes	3 doz. red button		

Reference—Rose—Feeding the Family

E A T R I G H T — F E E L R I G H T