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MENUS AND RECIPES FOR LUNCHES AT SCHOOL



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MENUS AND RECIPES FOR LUNCHES AT SCHOOL

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Children even more than adults need nourishing food at every meal. For children, food must provide not only for the daily upkeep of the body but more particularly for the demands of growth and of almost ceaseless activity. "Start the day right with a good breakfast" is one important rule for children. To provide a hot, nourishing midday meal is just as important. A good meal in the middle of the day, either at home or at school, contributes to growth, nutrition, and health, and helps the child to make the most of his school opportunities. Children who seem tired and listless have been found to need nourishment quite as much as rest. For this reason, some schools provide milk at the morning-recess period, and the authorities, acting on the advice of nutritionists and physicians, cooperate in the arrangements for serving a hot lunch at school for children who cannot go home at noon.

In some communities the school lunch is sponsored and supervised by the parent-teacher association, the farm bureau women, or some other local group. In some schools the older children operate the lunchroom as a part of their work in food-for-health courses, or sometimes the hot-lunch service is put into the hands of capable persons who are needing employment.

High schools in the large cities often have cafeterias with a dietitian in charge. Far less often is a hot lunch available at the grade schools in the cities, because these children are supposed to live near enough to the school to be able to go home for lunch. Actually, this is not always the case, and many children must get along on a carried lunch or anything they can buy at the corner store. Yet without expensive equipment it is possible to provide at least one nourishing hot dish at school.

The nursery school, for little children from 1½ years up to 5, serves a full meal at noon instead of a lunch. The increasing number of nursery schools and other agencies caring for young children creates a need for information regarding the kind and amount of food to be served in such places.

FOODS CHILDREN NEED

Children need the same variety of foods their elders need. When there is a difference between good diets for children and for adults, it is a difference in preparation and seasoning of the dish and in size of the servings, rather than in kind of food. A balanced diet, for children and adults alike, includes: (1) Milk; (2) vegetables and fruits; (3) eggs, meat, poultry, or fish; (4) bread and cereals; (5) fats and sugars. Each of these classes of foods should be represented daily, some of them at every meal, if possible. This variety is necessary to provide the food materials required to build the growing body, supply it with energy, and keep it in running order. A good daily schedule for children calls for—

Milk—at least a pint, preferably a quart each day.

Butter—at every meal.

Cereal or bread or potatoes—at every meal.

Vegetables in addition to potatoes—at least two daily, one raw or quickly cooked; leafy kinds often.

Fruit—once or twice a day; citrus fruits or tomatoes daily.

Egg or meat—the older child may have both.

Sweets—in small amounts at the end of the meal.

THE SCHOOL LUNCH

With very simple equipment and limited assistance for preparation and service, it is possible to provide a school-lunch menu consisting of one nourishing and appetizing hot dish, a glass or two of milk, a fruit or tomatoes or some uncooked vegetable, and bread and butter or sandwiches. With more equipment, the lunch can be improved by adding a choice of main dishes, or expanding the menu in other ways. Day-to-day planning can be done to best advantage from the standpoint of nutrition if the teacher or lunch director knows something about the kind of meals the children get at home, and whether there are deficiencies in their usual diet. With this knowledge, the school lunch can be made to safeguard the children's health by providing the kind of foods most needed to make up an adequate diet.

Another safeguard is to plan lunches far enough ahead to make sure that the main dishes of any given week are sufficiently varied to include, all told, all the kinds of food essential for good nutrition—as listed just above. This precaution is good practice in general, but is especially helpful to children whose meals at home may not supply enough of some essential food constituent. Posting the menu a day or two in advance also helps the children who bring a part of their lunch from home, because their mothers can then plan better to supplement what the children get at school.

MAIN DISHES

The food value of any dish depends, of course, upon the ingredients and the method of preparation. The main dish should always be nourishing and appetizing. Creamed vegetables, meat and vegetable stews, nourishing soups rich in vegetables or milk or both, beans or peas of some kind, eggs prepared in some simple way, cheese prepared in white sauce or with tomatoes, and scalloped dishes

if the equipment includes an oven, are suitable main dishes. They offer plenty of variety and there need be no duplication for several weeks.

Directions for preparing 50 servings of the 15 hot dishes suggested in the accompanying menus and for 3 kinds of cookies are given on pages 6 to 12. All the main dishes may be prepared on top of the stove.

BREAD AND BUTTER OR SANDWICHES

The amount of bread and butter to serve for the school lunch depends upon the main dish—how filling and how nutritious it is. It also depends upon the age of the children. Two slices of bread and butter or a two-slice sandwich is the amount suggested for general use in the following menus. Children in the first grades might need only one slice; in the upper grades, perhaps three or four slices. Whole-wheat bread may well be used at least half of the time. It is possible to make a loaf of bread with a high proportion of dried skim milk which adds nutrients very desirable for the child's lunch. Such a "school-lunch loaf", enriched with dried skim milk equal to 12 percent of the flour, is furnished by some bakeries or can be made on large orders.

The sandwich filling may help to enrich the lunch in vitamin C if grated or finely chopped raw vegetables such as carrots, cabbage, parsley, or spinach are mixed with creamed butter, or with a little mild salad dressing and creamed butter, for sandwich fillings. Raw carrot sticks, turnip sticks, a stalk of celery, or a leaf of lettuce served with plain bread-and-butter sandwiches may prove easier, and perhaps more acceptable to the older children.

Peanut butter mixed with mild salad dressing, seasoned cottage cheese, or grated American cheese with salad dressing are good and inexpensive sandwich fillings to use when the main dish is a little less nourishing than usual.

MILK

Each child should have a full glass (one-half pint) of milk to drink at each meal in addition to any milk used in the preparation of the main dish. This milk may be served as cocoa occasionally if there is time and equipment to prepare it.

Milk for school children, and for all consumers, should be delivered in bottles, stoppered with tight-fitting caps, preferably the kind of cap that fits down around the sides of the rim. "Loose milk", or milk carried in large cans, to be dipped out for the children, is unsafe because of the many possibilities of contamination in handling. Also, such milk may lack cream, and it is more subject to adulteration than bottled milk.

In order to make sure the children get the entire food value of the milk they drink, homogenized milk is recommended by dairy specialists of the United States Department of Agriculture. This is fresh market milk put through a machine—a homogenizer—which mixes the cream thoroughly, in very fine particles all through the milk, so that the cream never rises, and the milk at the bottom of the bottle is just as rich as at the top. Experiments show that when children drink milk from a bottle through a straw, they often leave a con-

siderable quantity, and this milk that is left contains nearly 16 percent of the original amount of fat in the bottle. This means a loss of vitamin A as well as of fat. When milk is poured out for children, some of them may get rich top milk and others skim milk, unless each bottle is shaken very thoroughly just before the milk is served, which is a tedious task if there is a large group of children. Some dairies are equipped to homogenize milk; others would doubtless install homogenizing machines if the milk order from the local schools warranted the expense. The additional cost of homogenized milk to the consumer should be small.

In communities where market milk is too expensive or where its quality is questionable, canned evaporated milk or dried skim milk may be used for part or all of the milk needed. The marked advantage of these forms of milk comes from using them full strength or only partly diluted, in which case they contain more milk solids than fresh fluid milk. This makes it possible to increase the nutritive value of the child's diet materially without adding greatly to the volume—a factor of special importance in the feeding of undernourished children or children who do not get enough milk in their meals at home, as well as children of small stomach capacity.

For example, in food preparation, canned evaporated milk may be diluted with only a half measure of water instead of the usual full measure-for-measure, and dried milk may be mixed with fresh fluid milk, or with a small proportion of water. Dried skim milk is often incorporated dry in breads and cakes. As much as 1 to $1\frac{1}{2}$ ounces (one-fourth to three-eighths of a cup) of dried skim milk has been added to each quart of fresh whole milk for children to drink, without noticeably changing the flavor or consistency of the fresh milk. This proportion may also be used in making white sauce and other milk dishes to increase the milk solids.

If concentrated forms of milk are to be diluted to a fluid having approximately the same food value as fresh market milk, the following equivalents apply:

Seventeen ounces of evaporated milk when diluted with an equal measure of water is about equal in food value to 1 quart of fresh whole milk. (A tall can of evaporated milk contains $14\frac{1}{2}$ ounces.)

Four and one-half ounces ($1\frac{1}{3}$ cups) of dried whole milk when mixed with $3\frac{1}{2}$ cups of water makes approximately 1 quart of fluid milk, equal in solids to a quart of fresh whole milk.

Three and one-half ounces (1 scant cupful) of dried skim milk with $3\frac{3}{4}$ cups of water equals about 1 quart of fresh skim milk in solids and in measure. To make this amount of dried skim milk take the place of whole milk in the diet it must be supplemented with $1\frac{1}{2}$ ounces of butter.

In converting dried milk into fluid, use either cold or slightly warm water. Boiling water is likely to make the mixture lump. An easy method of mixing is to put the measure of water into a bowl, pour the measure of dried milk on the surface of the water, and beat with a Dover beater or an egg whip. As paste forms on the side of the bowl, scrape it into the water and continue beating until the fluid is smooth.

FRUIT AND COOKIES

Raw fruit supplements the vitamin content of cooked food by supplying vitamins B and C, which may be lost in cooking. Fur-

thermore, it is easy to serve and to eat, and children are usually well-pleased with plain raw fruit. The choice depends upon cost, which in turn depends upon the season of the year. One raw fruit a day may easily be supplied in the form of an apple, an orange, a peach, a pear, some grapes, or a ripe banana (with speckled yellow or dark-brown skin and black seeds).

Fruit sauces or baked or canned fruit may alternate with fresh fruit for variety, if facilities for cooking and serving allow. Complicated desserts are more expensive, increase the time and trouble of preparation, of serving, and of dishwashing, and are not necessary.

Simple cookies may be served to increase the food value of the lighter lunches, and they also add interesting variety of texture and flavor. "Bought" cookies are satisfactory, but home-made kinds, such as rocks or hermits, and oatmeal, whole-wheat, or molasses cookies, are easy and inexpensive to make, and furnish another opportunity for adding milk solids and minerals to the children's diet.

MENUS AND RECIPES TO SERVE 50 SCHOOL CHILDREN

Each of the following menus is built, as already suggested, around one nutritious hot dish. The flavor, color, and texture as well as the nutritive value of the foods have been considered in planning each day's lunch, and the sandwiches, fruit, and milk, with sometimes a cookie, supplement the main dish in various ways. Fruits will vary, of course, with the season.

The weekly pattern, in which the five school days is the unit, provides each week a dish made with eggs, a mixture with meat, a milk-rich soup, and a dish including dried beans or peas. Two of the recipes for each week use tomatoes. This is a desirable assortment from the standpoint of good nutrition, and it offers also a pleasing variety of inexpensive main dishes. Though the egg and meat mixtures are more expensive than the other main dishes, their nutritive value is so high that they should not be omitted.

FIRST WEEK

Cheese bunny.
Grated-carrot sandwich.
Fruit.
Milk.

Peanut butter and tomato soup.
Toast or bread-and-butter sandwich.
Fruit and cookie.
Milk.

Split-pea soup with cured pork.
Bread-and-butter sandwich.
Fruit and cookie.
Milk.

Cracked-wheat chowder.
Bread-and-butter sandwich.
Fruit and raisin cookie.
Milk.

Codfish, spaghetti, and tomato.
Whole-wheat bread-and-butter sandwich.
Fruit.
Milk.

SECOND WEEK

Creamed mixed vegetables with egg.	Vegetable soup.
Whole-wheat bread-and-butter sandwich.	Cottage-cheese sandwich on raisin bread.
Fruit.	Fruit.
Milk.	Milk.
Kidney beans and tomatoes with rice.	Creamed liver and potatoes.
Bread-and-butter sandwich.	Carrot sticks or celery.
Fruit.	Bread-and-butter sandwich.
Milk.	Fruit.
	Milk.

Corn and potato chowder.
Lettuce sandwich.
Fruit.
Milk.

THIRD WEEK

Eggs and rice in tomato sauce.	Cream-of-potato soup.
Whole-wheat bread-and-butter sandwich.	Peanut-butter sandwich.
Fruit.	Fruit and cookie.
Milk.	Milk.
Meat and vegetable stew.	Lima beans and tomatoes with bacon.
Bread-and-butter sandwich.	Whole-wheat bread-and-butter sandwich.
Fruit.	Fruit.
Milk.	Milk or cocoa.

Creamed salmon with noodles.
Chopped-cabbage sandwich.
Fruit.
Milk.

The following recipes are intended to serve at least 50 children, possibly more. The total quantity of the foods when cooked, and the approximate size and number of servings allowed for are stated in each case. In practice, of course, the total quantity obtained from a recipe varies with conditions of preparation, and the size of the servings will vary with the ages of the children, their appetites, and the popularity of the dish.

CHEESE BUNNY

5 quarts milk.	1 dozen eggs, well-beaten.
1¼ cups melted butter.	Onion juice and other seasonings as desired.
1¼ cups flour.	Crackers.
5 teaspoons salt.	
5 pounds Cheddar cheese, shaved thin.	

Make a sauce of the milk, melted butter, flour, and salt. Cover and cook for 15 minutes. Stir in the cheese, and continue stirring until it is thoroughly melted. Add some of this mixture to the beaten eggs, and when well blended, return it to the cheese sauce. Cook about 10 minutes, stirring constantly. Add the onion juice, with other seasonings, such as soy sauce and tabasco, as desired. Serve hot on crisp crackers.

Total measure cooked, about 7 quarts; 56 servings, each one-half cup.

SPLIT-PEA SOUP WITH CURED PORK

4 pounds green split peas.	1 pound peeled onions, chopped.
5 quarts water.	5 ounces flour ($1\frac{1}{4}$ cups).
5 pounds cured pork.	Salt, if needed.
10 quarts water.	

Wash the peas and soak them overnight in the 5 quarts of water. Drain and reserve 1 quart of the liquid. Simmer the meat partly covered, in the 10 quarts of water until tender. Remove the meat and shred it, after discarding the skin, bone, and excess fat. Cook the peas and onions in the stock until both are soft. Press through a sieve. Mix the flour with 1 quart of the cold liquid from the peas, and add to the meat stock. Heat the mixture, stirring until somewhat thickened; then add the pea puree and shredded meat. Add salt, if needed.

Total measure cooked, about 13 quarts; 52 servings, each 1 cup.

PEANUT BUTTER AND TOMATO SOUP

4 no. 10 cans tomatoes (about 12 quarts).	$\frac{1}{2}$ pound peeled onions, chopped.
10 ounces flour ($2\frac{1}{2}$ cups).	2 tablespoons salt.
3 pounds peanut butter.	

Press the canned tomatoes through a sieve to remove the seeds. Mix 2 quarts of the strained tomato, the flour, and the peanut butter until smooth. Add the onions to the remaining tomato and heat to the boiling point. Add some of the hot tomato to the flour and peanut mixture, then combine with the hot tomato. Add the salt. Cook for about 10 minutes, stirring constantly.

Total measure cooked, about 13 quarts; 52 servings, each 1 cup.

CRACKED WHEAT CHOWDER

$2\frac{1}{2}$ pounds cracked wheat.	1 pound peeled onions, chopped.
5 quarts water.	2 ounces flour ($\frac{1}{2}$ cup).
4 pounds scraped carrots, diced.	4 quarts milk and, if desired, 9 ounces
$1\frac{1}{2}$ pounds trimmed celery, cut.	dried skim milk.
$2\frac{1}{2}$ quarts boiling water.	5 tablespoons salt.
1 pound salt pork, diced.	

Boil the cracked wheat in the 5 quarts of water for 30 minutes. Cook the carrots and celery in the $2\frac{1}{2}$ quarts boiling water until tender. Fry the salt pork until crisp, remove it, and cook the onions in the fat for a few minutes. Stir in the flour and when blended add 1 quart of the milk and cook until the mixture thickens. Add the carrots and celery, including liquid, and combine with other ingredients. Stir constantly until thoroughly heated. (To increase the milk solids in this recipe add the 9 ounces of dried skim milk mixed with the fluid milk.)

Total measure cooked, about $12\frac{1}{2}$ quarts; 50 servings, each 1 cup.

CODFISH, SPAGHETTI, AND TOMATOES

$2\frac{1}{2}$ pounds salt codfish.	2 ounces parsley, chopped.
2 no. 10 cans tomatoes (about 6 quarts).	$\frac{1}{4}$ pound butter or other fat.
2 pounds spaghetti, in small pieces.	$\frac{3}{4}$ pound trimmed celery, cut.
1 pound peeled onions, chopped.	Salt if needed.

Soak the codfish in cold water to cover for 2 hours or longer, until sufficient salt has been removed. Drain and dice. Simmer the cod-

fish and tomatoes together about 20 minutes. Boil the spaghetti in lightly salted water until tender and drain. Cook the onions and parsley in the fat for about 10 minutes, then combine all ingredients and cook a few minutes longer. Add salt if needed.

Total measure cooked, about 10½ quarts; 56 servings, each three-fourths of a cup.

CREAMED MIXED VEGETABLES WITH EGG

2½ pounds pared turnips, diced.	2½ quarts milk and, if desired, 6 ounces dried skim milk.
4 pounds scraped carrots, cut in strings.	5 tablespoons salt.
4 pounds pared potatoes, diced.	3½ pounds trimmed cabbage, chopped.
2 quarts water.	50 hard-cooked eggs, cut in halves.
6 ounces butter or other fat.	
3 ounces flour (¾ cup).	

Boil the turnips, carrots, and potatoes in the water, covered. Prepare a sauce of the fat, flour, and milk. Add the cooked vegetables, salt, and cabbage, and simmer about 10 minutes, or until the cabbage is tender. Serve over the hot, hard-cooked eggs. (To increase the milk solids in this recipe add the 6 ounces of dried skim milk mixed with the fluid milk.)

Total measure cooked, 9 quarts plus 50 eggs: 50 servings, each two-thirds of a cup plus 1 egg.

KIDNEY BEANS, TOMATOES, AND RICE

4 pounds kidney beans.	1 pound rice.
5 quarts water.	1 no. 10 can tomatoes (about 3 quarts).
2 pounds salt pork, diced.	Salt.
¾ pound peeled onions, chopped.	Pepper.

Wash the beans thoroughly and soak overnight in the 5 quarts of water. Simmer in the same water about 1 hour or until nearly tender. Fry the salt pork until crisp; remove and cook the onions in the fat, stirring frequently. Wash the rice, add the beans, and boil gently about 10 minutes. Add the tomatoes, with salt and pepper to taste. Stir and bring to a boil, then boil for about 10 minutes or until the beans and rice are tender. Stir in the crisped pork just before serving.

Total measure cooked, 12 to 13 quarts; 50 servings, each about 1 cup.

VEGETABLE SOUP

½ pound dried lima beans.	2 cups chopped celery tops or 1 table- spoon celery seed.
1 pint water.	1 no. 10 can tomatoes (about 3 quarts).
1 large soupbone, with meat (6 pounds or more).	3 no. 2 cans peas.
6 quarts water.	3 no. 2 cans corn.
1 pound peeled onions, chopped.	4 tablespoons salt.

Wash the beans and soak them overnight in the pint of water. Wash the soupbone; cover with the 6 quarts of water, and simmer, partly covered, for 3 or 4 hours, or until the meat is tender. Cool the stock and remove the fat. Cut the meat from the bone, discard the gristle and skin, and chop the meat. Cook the beans in the meat stock until they are nearly tender. Cook the onions and celery tops in the fat; then add them to the stock with the remaining

vegetables and salt. Heat the mixture and stir a few minutes to blend before serving.

Total measure cooked, about 12½ quarts; 50 servings, each 1 cup.

CREAMED LIVER AND POTATOES

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| 8 pounds liver, sliced thin. | 12 pounds pared potatoes, diced. |
| Salt and pepper. | 3 quarts milk. |
| ¼ pound flour (1 cup). | ½ pound butter (1 cup). |
| Bacon fat for frying (about 1 cup). | 1 cup parsley, finely chopped. |

Wipe the liver with a damp cloth, and if it is hog or lamb liver scald for a few minutes in hot water. Beef and calves' liver do not need scalding. Sprinkle the liver with salt and pepper; dip lightly in flour. Cook in the bacon fat at moderate heat until the liver is lightly browned; then cut in uniform pieces. Cook the potatoes in just enough boiling salted water to cover, until tender but not broken. Prepare a white sauce of the milk, butter, and remaining flour, add the potatoes and liver, stir gently, add salt if necessary, then add the parsley.

Total measure cooked, about 13 quarts; 52 servings, each about 1 cup.

CORN AND POTATO CHOWDER

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| 9 pounds pared potatoes, diced. | 1 no. 10 can corn (about 3 quarts). |
| 2 quarts boiling water. | 3 quarts milk and, if desired, 7 ounces |
| 1½ pounds salt pork, diced. | dried skim milk. |
| 1 pound peeled onions, chopped. | Salt. |
| 1½ pounds trimmed celery, cut. | |

Cook the potatoes in the boiling water about 10 minutes. Fry the salt pork until brown and crisp; then remove the meat and cook the onions in the fat. Add the onions, celery, and corn to the potatoes and boil gently until the potatoes are tender. Add the milk, crisped pork, and salt to taste. Heat to the boiling point and serve. (To increase the milk solids in this recipe add 7 ounces of dried skim milk mixed with the fluid milk.)

Total measure cooked, about 13 quarts; 52 servings, each 1 cup.

CREAM-OF-POTATO SOUP

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|---|------------------------------|
| 8 pounds pared potatoes. | 4 ounces flour (1 cup). |
| ½ pound peeled onions, chopped. | ½ pound butter or other fat. |
| 2 cups chopped celery tops or 1½ tea- | 2 quarts vegetable liquid. |
| spoons celery salt. | 4 tablespoons salt. |
| 7 quarts water. | 3 ounces parsley, chopped. |
| 5½ quarts milk and, if desired, 10 ounces | |
| dried skim milk. | |

Boil the potatoes, onions, and celery tops, if used, in the 7 quarts of water. When tender drain, reserving 2 quarts of the vegetable liquid, and rice the potatoes. Heat the milk and add to it the blended flour and fat. Stir and cook for about 10 minutes; then add the vegetable liquid, the riced potato, and the salt. Heat, and serve with the parsley sprinkled over the soup. (To increase the milk solids in this recipe add the 10 ounces of dried skim milk mixed with the fluid milk.)

Total measure cooked, about 12½ quarts; 50 servings, each 1 cup.

EGGS AND RICE IN TOMATO SAUCE

2½ pounds rice.	2 quarts rice water.
1 no. 10 tomato soup (about 3 quarts).	Salt, if needed.
	50 hard-cooked eggs cut in halves.

Boil the rice gently in a large quantity of salted water for about 20 minutes, or until tender. Drain, and reserve 2 quarts of the rice water. Let the rice steam and swell over hot water. Heat the tomato soup with the rice water and when hot stir in the rice. Add salt if needed. Serve this mixture over the hot hard-cooked eggs.

Total measure cooked, about 9 quarts plus 50 eggs; 50 servings, each two-thirds of a cup plus 1 egg.

MEAT AND VEGETABLE STEW

10 pounds of beef or mutton.	½ pound peeled onions, chopped.
6 quarts water.	6 ounces flour (1½ cups).
5 pounds pared potatoes, diced.	2 pounds trimmed cabbage, shredded.
1¼ pounds pared turnips, diced.	4 tablespoons salt.

Remove the fat and cut the meat into cubes. Simmer in the water until tender. Add the potatoes and turnips, and allow about 20 minutes for cooking. Render the fat and cook the onions in it for about 10 minutes, stirring frequently. Mix the flour with about 1 pint of cold stock from the meat. Thicken the stew with this mixture, add the cabbage and salt. Cook for a few minutes longer.

Total measure cooked, about 14 quarts; 56 servings, each 1 cup.

LIMA BEANS AND TOMATOES WITH BACON

6 pounds dried lima beans.	2½ pounds sliced bacon.
9 quarts water.	1 no. 10 can tomato puree (about 3 quarts).
2 tablespoons salt.	

Wash the beans and soak them overnight in the water. Add the salt and cook until just tender, in the water in which they were soaked. Drain. Cook the bacon until crisp and remove from the fat. Break the bacon into pieces and add with the tomato puree to the beans. Mix well, add more salt if needed, and some of the bacon fat for seasoning.

Total measure cooked, about 10¾ quarts; 56 servings, each three-fourths of a cup.

CREAMED SALMON WITH NOODLES

4 no. 1 cans salmon.	6 ounces butter or other fat.
3½ quarts milk.	2 teaspoons salt.
11 ounces flour (2¾ cups) and, if desired, 5 ounces dried skim milk.	1¼ pounds noodles or macaroni.

Remove the bones from the salmon. Make a sauce of the milk, flour, fat, and salt. Heat the salmon in the sauce. Cook the noodles or macaroni in lightly salted boiling water until tender, and drain. Serve the creamed salmon over the noodles or macaroni. (To increase the milk solids in this recipe add the 5 ounces of dried skim milk sifted with the flour.)

Total measure cooked, about 13 quarts; 52 servings, each 1 cup.

COCOA

- | | |
|----------------------------|---------------|
| 6½ ounces (2¼ cups) cocoa. | Salt. |
| 5 cups hot water. | Vanilla. |
| 12 quarts milk. | Marshmallows. |
| Sugar. | |

Mix the cocoa and hot water, stir and boil for about 3 minutes. Add the milk with sugar and salt to taste. Beat while heating over hot water. Just before serving add a little vanilla, and top each cup with a marshmallow.

Total measure cooked, 13 quarts; 52 servings, each 1 cup.

MOLASSES COOKIES

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| ¾ cup molasses. | 3 teaspoons baking powder. |
| ¼ pound (½ cup) butter or other fat. | ½ teaspoon soda. |
| 1 egg. | ½ teaspoon cinnamon. |
| ¼ pound (½ cup) sugar. | ½ teaspoon ginger. |
| ½ cup milk. | ½ teaspoon salt. |
| 11 ounces (2¾ cups) flour and, if desired, ½ cup dried skim milk. | |

Heat the molasses and fat until the fat is just melted, and add these to the mixture of beaten egg, sugar, and milk. Sift together and add the other ingredients. Drop by spoonfuls onto a greased baking sheet, and bake in a moderate oven (350° F.). Remove from the pan at once. (To increase the milk solids in this recipe, add the one-half cup of dried skim milk, sifted with the dry ingredients.)

Total measure, fifty 3-inch cookies, one per serving.

HERMITS

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| ½ pound (1 cup) butter or other fat. | 1 teaspoon cinnamon. |
| 8 ounces (1½ cups) light brown sugar. | ½ teaspoon soda. |
| 3 eggs. | ½ teaspoon salt. |
| 11 ounces (2¾ cups) flour and, if desired, ½ cup dried skim milk. | 1½ pounds (3 cups) seedless raisins, chopped. |

Cream the fat and sugar, and add the well-beaten eggs. Reserve 1 cup of the flour to mix with the raisins; sift together the remaining flour and the cinnamon, soda, and salt. Combine all ingredients. Drop by spoonfuls onto a greased baking sheet and bake in a hot oven (400° F.) until lightly browned. (To increase the milk solids in this recipe add the one-half cup of dried skim milk sifted with the dry ingredients.)

Total measure, fifty 3-inch cookies, one per serving.

OATMEAL COOKIES

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|--|--|
| ¼ pound (½ cup) butter or other fat. | 2 teaspoons cinnamon. |
| ½ pound (1 cup) sugar. | ½ cup milk. |
| 1 egg. | 4 ounces (1½ cups) fine oatmeal. |
| 6 ounces (1½ cups) flour and, if desired, ⅓ cup dried skim milk. | ½ pound (1 cup) seedless raisins, chopped. |
| ½ teaspoon salt. | |

Cream the fat and sugar, and add the beaten egg. Sift together the dry ingredients, except the oatmeal, and add with the milk to the first mixture. Add the oatmeal and raisins. Mix well. Drop by

spoonfuls onto a greased baking sheet and bake to a golden brown in a moderately hot oven (375° F.). Remove from the pan at once. (To increase the milk solids in this recipe add one-third of a cup of dried skim milk sifted with the dry ingredients.)

Total measure cooked, fifty 2½-inch cookies, one per serving.

SANDWICH SUGGESTIONS

With one nutritious hot dish as the basis of the school lunch, bread-and-butter or lettuce or some other chopped-vegetable sandwiches are sufficiently nourishing. When only soup or cocoa is served, more substantial fillings should be used, for example:

Cottage cheese salted and mixed with any of the following: Chow chow, chili sauce, chopped dill pickle, green pepper, celery, parsley, onion, or other salad vegetable, chopped nuts.

Peanut butter, or ground shelled roasted peanuts moistened with cream or top milk, on whole-wheat bread.

Baked beans on brown bread, the beans moistened with chili sauce or catsup and mashed to a smooth paste.

Sliced or chopped hard-cooked egg and salad dressing. Thin slices of crisp broiled bacon may be added.

Dried beef "frizzled" in butter, lettuce, cress, or chopped parsley.

Chopped cooked beef, chopped pickle, salad dressing, lettuce.

Broiled bacon, chopped raw mild onion, salad dressing.

Sliced boiled tongue, a very little horseradish.

Flaked salmon, chopped cabbage or celery, a little pickle, salad dressing.

NURSERY-SCHOOL MEALS

Nutritionists and child specialists agree that children of the nursery-school and kindergarten age should have their principal meal in the middle of the day. This meal should provide egg or meat or other protein-rich main dish, a vegetable rich in vitamins and minerals, a starchy food, and milk. A dessert also may be served. The noon meal, together with an afternoon lunch, should supply about one-half of the child's daily food needs.

For nursery-school meals, even more than for older children's lunches, the nutritionist should check up as far as possible on what the child has to eat at home and should give suggestions on the foods to be included in the home meals. She should plan school menus a week in advance and post them in a conspicuous place so the parents can refer to them. This will help the mothers to plan the home meals so they will supplement the nursery-school meal.

The quantity of food to prepare for any group depends upon the age and activity of its individual members and upon the proportion of the day's food the meal represents. At nursery school the child gets his principal meal of the day, and the food prepared must meet the needs not only of very small children but of several adults as well. The portions for the children will vary. Obviously, a tall, heavy, vigorous child 4 or 5 years old will as a rule eat more than a smaller, lighter, less active child of 2 or 3 years.

But there are other factors that affect the food intake of a nursery-school group. Climate, weather conditions, and the season of the year determine the outdoor activity of the children and teachers, and materially affect appetites. On a crisp day when the group is vigorously active outdoors, more food must be prepared than on a warm.

rainy day spent indoors. Under all circumstances, the make-up of the menu, that is, the number and kinds of food served, affects the quantity needed of each dish. The popularity of individual dishes, as shown by the repeated response of the group, will in time indicate how much to prepare.

The experience of nursery schools that have kept records over a period of years is a useful guide for a newly formed group to follow at first. The Merrill-Palmer School, in Detroit, Mich., has developed table 1, showing average size of servings of different foods for children of different ages. These averages are based on 10 years of their experience in serving a midday meal at nursery school.¹

TABLE 1.—Amount of food served at midday meal for nursery-school children

Food	2 years old	3 years old	4 years old
Milk.....	1 cup.....	1 cup.....	1 cup.
Milk soup.....	¼ cup.....	½ cup.....	¾ cup.
Egg dish.....	3 tablespoons.....	¼ cup.....	½ to ¾ cup.
Meat:			
Patties.....	2 tablespoons.....	¼ cup.....	¼ cup.
Roasts.....	½ ounce.....	¾ ounce.....	1 ounce.
Creamed.....	3 tablespoons.....	¼ cup.....	½ cup.
Vegetables:			
Cooked (mild flavored).....	¼ cup.....	½ cup.....	¾ to 1 cup.
Uncooked (diced).....	Taste.....	2 tablespoons.....	¼ cup.
Uncooked (strips).....	2 strips.....	4 strips.....	6 strips.
Fruit.....	½ cup.....	½ cup.....	¾ cup.
Puddings, whips, custards, blanc mange.....	½ cup.....	½ cup.....	¾ cup.

In nursery schools, it is important to serve food that is reasonably easy for small children to manage. Cut vegetables, meats, and fruits in small pieces or slices. Make other dishes such as puddings, mashed potatoes, or squash, of a pleasing consistency, not too thick, too thin, or too dry. Serve crisp toast or something similar which will require the children to chew. Such exercise is necessary for good tooth nutrition.

Taste all food before serving. Be sure that it is not too salty, but also that it does not taste "flat." Do not serve highly seasoned or greasy food.

Use sugar sparingly. Sweets dull the appetite for other foods.

When fluid milk is not available or is too expensive, use evaporated milk or dried milk. (See p. 4 for equivalents of fluid milk.)

Weigh rather than measure ingredients, if possible, for uniform results. Use standard utensils for measuring, and be sure all measurements are level.

Many of the recipes call for cooking in a double boiler. A deep pan, or a kettle in a pan or kettle of boiling water, may be used instead.

MENUS AND RECIPES FOR NURSERY-SCHOOL USE

The following menus and recipes have been used successfully in the nursery school at the National Child Research Center in Wash-

¹ SWEENEY, M. E., and BUCK, D. C. HOW TO FEED CHILDREN IN NURSERY SCHOOLS. 84 pp. Detroit, Mich. 1936. See p. 11.

ington, D. C. With an afternoon feeding of milk and graham crackers in addition (6 to 8 ounces of milk and one large graham cracker), these menus, prepared by the recipes that follow, will supply about one-half of the child's daily food requirements.

MONDAY

Broiled or pan-broiled ground beef.
Creamed potatoes.
Buttered carrots.
Whole-wheat bread and butter.
Milk to drink (1 cup).
Peaches, stewed dried, canned, or fresh.

TUESDAY

Liver, tomato, and spaghetti.
Buttered string beans.
Whole-wheat bread and butter or toast.
Milk to drink (1 cup).
Apple pudding (scalloped apples).

WEDNESDAY

Scalloped salmon.
Creamed cabbage.
Chopped apple sandwiches (whole-wheat bread).
Milk to drink (1 cup).
Cocoa cornstarch pudding.

THURSDAY

Beef stew with vegetables.
Small glass of tomato juice.
Chopped-lettuce sandwiches (whole-wheat bread).
Milk to drink (1 cup).
Bread pudding.

FRIDAY

Scrambled eggs.
Mashed potatoes.
Stewed tomatoes.
Whole-wheat bread and butter.
Milk to drink (1 cup).
Stewed prunes.

MONDAY

Creamed liver with bacon.
Scalloped potatoes.
Buttered greens.
Whole-wheat bread and butter.
Milk to drink (1 cup).
Apple sauce.

TUESDAY

Rice and tomato with meat.
Buttered cabbage.
Whole-wheat bread and butter or toast.
Milk to drink (1 cup).
Prune brown betty or prune pudding.

WEDNESDAY

Lima beans with bacon.
Buttered spinach or other greens.
Chopped-carrot sandwiches (whole-wheat bread).
Milk to drink (1 cup).
Creamy rice pudding with raisins.

THURSDAY

Hard-cooked egg with tomato or cream sauce.
Buttered peas.
Whole-wheat toast, buttered.
Milk to drink (1 cup).
Ripe bananas with top milk or custard sauce.

FRIDAY

Creamed fish with vegetables.
Tomato juice (small glass).
Toast or chopped cabbage or celery sandwiches.
Milk to drink (1 cup).
Apricot tapioca.

For each recipe the approximate quantity when cooked is stated, and this total measure is broken down into an average per person allowance for 6 teachers and 25 children. Some children may eat as little as 2 tablespoons of one dish while others may eat one-half cup for a serving; some may ask for second helpings; the average allowance may then be one-fourth to one-third of a cup per child. Experience in preparing the noon meal for a given group will indicate what modifications are necessary in total quantity to be cooked and in the size of individual servings. It is wise to serve only as much as observation shows the individual child is likely to eat, and then allow second helpings. This method encourages the child to eat all that is on his plate and helps in the establishment of good food habits.

HARD-COOKED EGGS WITH TOMATO SAUCE

27 eggs.	1½ teaspoons salt.
1½ ounces (1 medium size) onion, chopped.	2½ quarts strained tomatoes.
1 ounce (3 tablespoons) brown sugar.	3 ounces (6 tablespoons) butter.
	4 ounces (1 cup) flour.

Cook the eggs in the shell, in water at slightly below the boiling point, from 30 to 40 minutes. Remove the shells and slice the eggs. Mix the chopped onion, the sugar and salt, and stir into the tomatoes. Heat this mixture to the boiling point but do not boil. Melt the butter, stir in the flour, add a little of the tomato mixture, and stir until smooth. Add this mixture to the tomatoes and stir until the flour is cooked. Pour over the sliced eggs and serve hot.

Total measure cooked, about 3¾ quarts, allowing about one-third to one-half cup per child and about two-thirds of a cup per adult.

CREAMED HARD-COOKED EGGS

27 eggs.	¾ tablespoon salt.
4½ ounces (9 tablespoons) butter.	1½ quarts hot milk.
4 ounces (1 cup) flour.	

Cook the eggs in the shell in water at slightly below the boiling point from 30 to 40 minutes. Remove the shells and slice the eggs. Melt the butter, add the flour and salt, and stir until well blended. Add a little of the hot milk and cook in a double boiler until the sauce has thickened, stirring constantly. Then add the rest of the hot milk and continue stirring until the flour is thoroughly cooked. Pour over the sliced hard-cooked eggs and serve hot.

Total measure cooked, about 3¼ quarts, allowing about one-fourth to one-third of a cup per child and about two-thirds of a cup per adult.

SCRAMBLED EGGS

3 dozen eggs.	2½ ounces (5 tablespoons) melted butter.
3 cups milk.	
1½ tablespoons salt.	

Beat the eggs slightly with the milk and salt. Melt the butter in the top of a double boiler, add the egg mixture. Cook over hot water, stirring constantly until thickened. Remove and serve at once.

Total measure cooked, about 2½ to 3 quarts, allowing about one-fourth to one-third of a cup per child and one-half to two-thirds of a cup per adult.

LIVER AND TOMATO WITH SPAGHETTI

¾ pound (about 3 cups) spaghetti, broken into 1-inch pieces.	1¾ quarts strained tomatoes.
2¼ pounds sliced beef liver.	¾ ounce (3 tablespoons) chopped parsley, if desired.
3 ounces (6 tablespoons) butter.	2 teaspoons salt.
1½ ounces (1 medium) onion, finely chopped.	

Cook the spaghetti in salted boiling water until tender; then drain. Wipe the liver with a damp cloth. Remove the connective tissue. Broil the liver, or brown it lightly in some of the butter, then run

it through a meat grinder or chop it very fine. Cook the onion slowly in the rest of the butter until tender. Heat the tomatoes quickly to the boiling point, but do not boil. Mix all the ingredients and heat over a slow fire for a few minutes to allow the tomatoes to be absorbed and flavors to blend. Or, for better flavor and consistency, pour the ingredients into a greased casserole and cook for about 30 minutes in a moderate oven.

Total measure cooked, about $3\frac{3}{4}$ quarts, allowing about one-third to one-half cup per child and nearly 1 cup per adult.

CREAMED LIVER WITH BACON

$\frac{3}{4}$ pound sliced bacon.	$1\frac{1}{2}$ quarts milk.
3 pounds beef liver.	$1\frac{1}{2}$ ounces (1 medium) onion, chopped.
3 ounces (6 tablespoons) bacon fat.	$\frac{3}{4}$ tablespoon salt.
4 ounces (1 cup) flour.	

Fry the bacon slowly until crisp, and drain on absorbent paper. Wipe the liver with a damp cloth; remove the connective tissue. Broil the liver or brown it lightly in a little of the fat, then run it through a meat grinder, or chop in fine pieces. Make a sauce of the remaining fat, the flour, and the milk. Add the onion, cover, and cook for about 10 minutes. Add the liver, the bacon broken into small pieces, and the salt. Cook a few minutes longer until the flavor is blended, and serve hot.

Total measure cooked, about $2\frac{3}{4}$ quarts, allowing about one-fourth to one-third of a cup per child and about one-half cup per adult.

BEEF STEW WITH VEGETABLES

3 pounds beef.	3 pounds (about 2 quarts) diced raw potatoes.
2 ounces ($\frac{1}{2}$ cup) flour.	2 pounds (about 7 cups) diced carrots.
6 ounces (6 small) onions, chopped.	1 pound (4 cups) diced turnips.
4 ounces ($\frac{1}{2}$ cup) butter.	1 tablespoon salt.
$2\frac{1}{2}$ quarts water (there should be about 2 quarts broth left after the meat is cooked).	

Wipe the meat and cut it into small pieces. Roll pieces in the flour and brown with the onion in the butter. Add water, cover, and simmer until the meat is almost tender. There should be about 2 quarts of liquid on the meat after it has cooked. Add the diced vegetables and continue the cooking until the meat and vegetables are tender. Add the salt and serve hot.

Total measure cooked, about $5\frac{1}{2}$ quarts, allowing about one-half to two-thirds of a cup per child and 1 cup per adult.

RICE AND TOMATO WITH MEAT

1 pound ($2\frac{1}{4}$ cups) rice.	2 to 3 teaspoons salt.
2 pounds ground beef.	2 quarts strained tomatoes.
3 ounces (2 medium size) onions, chopped.	

Boil the rice until tender in a large amount of lightly salted water, then drain. Mix the meat with the chopped onion and pan-broil until lightly browned, stirring frequently. Add the salt to the strained tomatoes; heat to the boiling point but do not boil. Mix all the ingredients and heat over a slow fire for a few minutes to allow the rice to absorb the tomatoes and the flavors to blend.

Total measure cooked, $3\frac{1}{2}$ quarts, allowing about one-third to one-half cup per child and about two-thirds of a cup per adult.

BROILED OR PAN-BROILED GROUND BEEF

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|-------------------------------------|--|
| 3 pounds raw ground beef. | 3 ounces ($1\frac{1}{2}$ cups) soft whole-wheat bread crumbs. |
| 2 ounces (1 medium) onion, chopped. | 3 teaspoons salt. |

Mix the meat with the other ingredients and spread evenly on a large pan. Place under a flame in the broiling oven and cook until lightly browned. Stir the top layer under occasionally so all the meat will cook through, but do not cook it until it is hard. If a broiling oven is not available, panbroil the meat on top of the stove.

This same mixture may be molded into cakes before being cooked, but these cakes have to be cut up for children. The first method suggested saves the teachers extra trouble.

Total measure cooked, about $1\frac{3}{4}$ quarts, allowing about 2 to 3 tablespoons per child and one-half cup per adult.

SCALLOPED SALMON

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|--|----------------------------------|
| 3 pounds canned salmon. | 4 eggs. |
| 6 ounces (3 cups) soft whole-wheat bread crumbs. | 3 ounces (6 tablespoons) butter. |
| 3 cups milk. | 2 teaspoons salt. |

Flake the salmon, add the bread crumbs, the milk, the slightly beaten eggs, the butter, and the salt. Pour into a greased casserole and bake in a slow oven (300° F.) for about an hour, or until the mixture is set in the center when tested with the point of a knife. This mixture may also be cooked in a double boiler. Serve hot.

Total measure cooked, about $2\frac{1}{2}$ quarts, allowing about one-fourth to one-third of a cup per child and one-half cup per adult.

CREAMED FISH WITH VEGETABLES

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|--|---|
| 3 pounds fillet of haddock or canned salmon. | 10 ounces ($2\frac{1}{2}$ cups) flour. |
| 3 pounds (2 quarts) diced potatoes. | 4 ounces (4 small) onions, chopped. |
| $1\frac{1}{2}$ pounds (1 quart) diced carrots. | $1\frac{1}{2}$ tablespoons salt. |
| 3 quarts milk. | 6 ounces ($\frac{3}{4}$ cup) butter. |

Simmer the haddock in a small quantity of water about 15 minutes. Drain, remove the skin and bones, and flake the fish. Cook the potatoes and carrots until tender in a tightly covered kettle in as little water as possible. Boil the remaining liquid down to about 1 cup. Save this liquid and add to the mixture before serving. Mix a little of the cold milk with the flour. Heat the rest of the milk and add to it the onion, salt, and butter, and the flour-and-milk mixture. Cook until thickened. Add the vegetables, the liquid from the vegetables, and the fish and cook for a few minutes longer. Of course if canned fish is used, it does not need the preliminary cooking.

Total measure cooked, about 5 quarts, allowing about one-half to two-thirds of a cup per child and about three-fourths to 1 cup per adult.

LIMA BEANS WITH BACON

2 pounds (about 1½ quarts) dried lima beans.
 1½ quarts water.

¾ pound raw bacon.
 1½ quarts milk.

Wash and pick over the beans and soak them overnight in 1½ quarts of water. In the morning cook them until tender in the same water in which they were soaked, adding more water if needed to prevent burning. Broil the bacon in the oven or fry slowly until crisp and drain well. Grind the beans, add the milk and bacon, and bake in a slow oven (300° F.) for about 1½ hours. Or cook in a double boiler until well blended.

Total measure cooked about 3½ quarts, allowing about one-third to one-half cup per child and about two-thirds of a cup per adult.

BUTTERED SNAP BEANS

6 pounds string beans ready to cook.
 or 1 no. 10 can plus 1 no. 2 can
 (about 3½ quarts).

3 ounces (6 tablespoons) butter.
 2 teaspoons salt.

With fresh snap beans, wash the beans and break them into small pieces. Remove all strings. Cook in a small amount of water until tender. Drain, but save the liquid. With canned snap beans, heat the beans and drain, but save the liquid. In either case, boil the liquid down to one-half cup, mix the butter and salt with the beans, add the concentrated liquid, and serve.

Total measure cooked, about 3 quarts, allowing one-fourth to one-third of a cup per child and about one-half cup per adult.

BUTTERED CABBAGE

5 pounds cabbage ready to cook.
 3 ounces (6 tablespoons) butter.

2 teaspoons salt.

Cut the cabbage in small pieces and wash. Put in a covered kettle. Do not add any more water to the cabbage than clings to the leaves after washing. Cook only until tender, not more than 15 minutes. Do not drain. Add butter and salt and serve. This cabbage will not be "strong" when the cooking time is so short, and using the liquid saves the nutrients that are dissolved in it.

Total measure cooked, about 3 quarts, allowing about one-fourth to one-third of a cup per child and about one-half cup per adult.

CREAMED CABBAGE

1½ quarts milk.
 3 pounds (4½ quarts) cabbage,
 chopped as for slaw.
 4½ ounces (9 tablespoons) melted
 butter.

2¼ ounces (9 tablespoons) flour.
 2 teaspoons salt.
 3 cups milk.

Heat 1½ quarts milk in a double boiler and cook the cabbage in it until tender. Melt the butter, add the flour and salt, and stir until well blended. Add the 3 cups of milk and cook until thick, stirring constantly. Add the white sauce to the hot cabbage and milk. Mix well. Serve hot.

Total measure cooked, about 3 quarts, allowing about one-fourth to one-third of a cup per child and about one-half cup per adult.

BUTTERED CARROTS

5½ pounds carrots, washed and scraped.

6 ounces (¾ cup) butter.
1 tablespoon salt.

Cut the carrots in slices or cubes. Cook in a covered kettle in the smallest possible amount of boiling water until tender. Add butter and salt and serve. If the water has not evaporated by the time the carrots are tender, boil the liquid left down to one-half cup and serve with the carrots.

Total measure cooked, about 3 quarts, allowing about one-fourth to one-third of a cup per child and about one-half cup per adult.

BUTTERED PEAS

7 to 8 pounds shelled fresh peas or
1 no. 10 can plus 1 no. 2 can (about
3½ quarts).

3 ounces (6 tablespoons) butter.
¾ tablespoon salt.

If fresh peas, drop them into a small quantity of lightly salted boiling water and simmer (do not boil) for 15 to 20 minutes. Drain, but save the liquid. If canned peas, heat them and drain, but save the liquid. In either case, boil the liquid down to one-half cup and add, with the butter and salt, to the peas. Serve hot.

Total measure cooked, about 3 quarts, allowing about one-fourth to one-third of a cup per child and about one-half cup per adult.

CREAMED POTATOES

3½ pounds pared potatoes.
3 ounces (6 tablespoons) butter.
4 ounces (1 cup) flour.

1½ teaspoons salt.
4½ cups milk.
1 cup liquid left from cooked potatoes.

Cube the potatoes and cook them until tender in as small an amount of water as possible. Drain off the cooking liquid (probably about 1 cup) and save it. Melt the butter, add the flour and salt, and stir until well blended. Add the milk and the potato liquid, and cook until thick, stirring constantly. Pour the sauce over the potatoes, mix well, and serve hot.

Total measure cooked, about 3½ quarts, allowing about one-third to one-half cup per child and about two-thirds of a cup per adult.

SCALLOPED POTATOES

3½ pounds pared potatoes.
3 ounces (¾ cup) flour.
1½ teaspoons salt.

3 ounces (6 tablespoons) butter.
1½ quarts milk.

Slice the potatoes thin. Put a layer in the bottom of a greased baking dish, sprinkle with flour and salt, and dot with butter. Repeat until all of the potatoes are used, then cover with milk. Cover and bake in a slow oven (300° F.) until the potatoes are tender when pierced with a fork. Remove the cover during the last 15 minutes to allow the potatoes to brown on top.

Total measure cooked, about 3 quarts, allowing about one-fourth to one-third of a cup per child and about two-thirds of a cup per adult.

MASHED POTATOES

3½ pounds pared potatoes. 3 ounces (6 tablespoons) butter.
¾ quart milk (heat just before using). 2 teaspoons salt.

Cook the potatoes until tender, in a small amount of water in a tightly covered kettle. Cook the water down so the potatoes will not have to be drained. Mash the potatoes, add the hot milk, and the butter and salt. Beat until light. If some of the cooking water is left, mix it with the potatoes so that all the food value is retained.

Total measure cooked, about 4 quarts, allowing about one-third to one-half cup per child and about two-thirds to three-fourths of a cup per adult.

BUTTERED SPINACH

6 pounds spinach ready to cook. ¾ tablespoon salt.
3 ounces (6 tablespoons) butter.

Remove roots and any wilted leaves of spinach; wash in several waters; shake and put in a kettle, adding no water. Cook until tender and drain, but save the liquid and keep the spinach warm. Boil the liquid down to one-half cup and add with the butter and salt to the spinach. Serve hot.

Total measure cooked, about 2¼ quarts, allowing about one-fourth cup per child and about one-half cup per adult.

STEWED TOMATOES

3 quarts tomatoes, strained. 12 ounces (1½ pints) bread, cubed.
4½ ounces (¾ cup) brown sugar. 1½ tablespoons salt.
2 ounces (¼ cup) flour.
1½ ounces (1 medium size) onion,
chopped.

Mix the brown sugar and flour, then all the ingredients except the bread. Cook until the onion is tender. Toast the bread cubes and add just before serving.

Total measure cooked, about 3 to 3½ quarts, allowing about one-third to one-half cup per child and about two-thirds of a cup per adult.

VEGETABLE SANDWICHES

To make raw-vegetable sandwiches, chop or grind the vegetables, cream them with butter, and spread the mixture between thin slices of bread. Cut the sandwiches into quarters so they will be easy for children to hold. Do not trim off the crusts. They are nutritious and encourage chewing.

The following proportions will make about 48 small-sized sandwiches if the loaf of bread is cut in 24 slices:

One 1-pound loaf of whole-wheat bread. ½ pound (1½ cups) chopped vegetables.
3 ounces (6 tablespoons) butter. tables.

Suggestions for variation in the sandwich filling: Chopped celery, chopped carrot, chopped apple, chopped cabbage, chopped lettuce, chopped watercress.

APPLE SAUCE²

9 pounds apples, pared and cored. 13 ounces (2½ cups) brown sugar.
3 cups water.

Cut up the apples. Add the water and cook, stirring occasionally until the apples are soft. Put through a coarse strainer, add the sugar and beat well. Serve cold.

Total measure cooked, about 4¾ quarts, allowing about one-third to one-half cup per child and about 1 cup per adult.

SCALLOPED APPLES OR APPLE PUDDING

5 pounds apples, pared and cored. 7 ounces (1¼ cups) brown sugar.
12 ounces (1½ quarts) whole-wheat 2 teaspoons cinnamon.
bread crumbs, soft. ½ teaspoon salt.
3 ounces (6 tablespoons) butter. ½ cup water.

Cut the apples in small pieces. Put some of the bread crumbs in the bottom of the pan or baking dish. Cover with a layer of apples, dot with some of the butter, and sprinkle with a mixture of sugar, cinnamon, and salt. Repeat this process until ingredients are used up. Spread some of the bread crumbs on top. Add water and bake in a slow oven (300° F.) for about 1 hour or until the apples are soft; or cook in a double boiler for 1¾ hours.

Total measure cooked, 3 quarts, allowing about one-fourth to one-third of a cup per child and about two-thirds of a cup per adult.

APRICOT TAPIOCA

1 pound dried apricots (or other dried 4 ounces (10 tablespoons) brown
fruit). sugar.
¾ quart hot water. ½ teaspoon salt.
2 quarts milk. 3 eggs.
½ cup quick-cooking tapioca. 2 teaspoons vanilla.

Wash the fruit thoroughly. Cover with hot water and soak from 15 minutes to an hour. Cook until tender in the same water, then force the fruit through a sieve. Scald the milk in a double boiler, add the tapioca, sugar, and salt, and cook until the tapioca is clear, stirring frequently. Pour a small amount of this mixture slowly over the slightly beaten eggs. Stir vigorously, then add the egg mixture to the tapioca in the double boiler and continue to cook until the latter begins to thicken. Remove from heat. Add the sieved fruit and the vanilla to the tapioca and let the pudding cool.

Total measure cooked, 3 quarts, allowing about one-fourth to one-third of a cup per child and about two-thirds of a cup per adult.

BANANAS

Select ripe bananas (showing brown specks on the skin). Peel, scrape lightly, and cut in slices. Serve with milk or custard sauce. No sugar is needed.

Total quantity to prepare, about 1½ dozen small bananas, allowing about one-half of a banana per child and about one banana per adult.

²Brown sugar was used in these dessert recipes for the sake of its mineral values. White sugar may of course be substituted, with allowance for the fact that white sugar is sweeter, and less of it will be needed.

STEWED DRIED APRICOTS OR PEACHES

2 pounds dried fruit.
3 quarts hot water.

6 ounces (1 cup) brown sugar.

Wash the fruit thoroughly. Cover with hot water and soak from 15 minutes to an hour. Cook until soft, in the water in which it was soaked. Add sugar, cool, and serve.

Total measure cooked, about 3 quarts, allowing about one-fourth to one-third of a cup per child and about two-thirds of a cup per adult.

BREAD PUDDING

8 eggs.
2 $\frac{2}{3}$ quarts milk.
13 $\frac{1}{2}$ ounces (2 $\frac{1}{2}$ cups) brown sugar.
 $\frac{3}{4}$ teaspoon salt.
1 $\frac{1}{2}$ teaspoons vanilla.

1 pound (2 quarts) whole-wheat bread crumbs.
2 $\frac{1}{2}$ ounces (5 tablespoons) melted butter.

Beat the eggs and add the milk, sugar, salt, and vanilla. Crumble the bread and put it in the double boiler or the baking dish. Pour the egg, sugar, salt, and milk mixture over the crumbled bread, add the melted butter, and stir. Cook in a double boiler, or bake in a pan surrounded by water in a slow oven. When the mixture is set in the center, and the point of a knife comes out clean, remove the pudding from the oven, and serve hot.

Total measure cooked, about 4 quarts, allowing about one-third to one-half cup per child and about two-thirds of a cup per adult.

COCOA CORNSTARCH PUDDING

3 $\frac{1}{2}$ ounces ($\frac{3}{4}$ cup) cornstarch.
3 $\frac{1}{2}$ ounces ($\frac{3}{4}$ cup) cocoa.
 $\frac{1}{2}$ teaspoon salt.

7 ounces (1 $\frac{1}{4}$ cups) brown sugar.
3 quarts milk.
4 teaspoons vanilla.

Mix until smooth the cornstarch, cocoa, salt, and sugar with a little of the milk. Scald the remainder of the milk in a double boiler and add it to the mixture. Cook over boiling water until thickened, stirring frequently. Cover and cook 30 minutes longer. Add vanilla. Cook early, allowing plenty of time to cool.

Total measure cooked, about 3 quarts, allowing about one-fourth to one-third of a cup per child and about two-thirds of a cup per adult.

CUSTARD SAUCE (TO BE USED ON FRUITS)

3 eggs.
2 ounces (5 tablespoons) brown sugar.
 $\frac{1}{2}$ teaspoon salt.
3 cups milk.

Beat the eggs slightly and add the sugar and salt. Scald the milk and add to the egg mixture. Strain. Put in a double boiler and cook over hot but not boiling water. Stir constantly until thickened and remove immediately from the stove. Add vanilla. Serve cold.

Total measure cooked, about 1 quart, allowing about 2 tablespoons per serving.

PRUNE PUDDING OR PRUNE BROWN BETTY

3 pounds prunes.	4½ ounces (9 tablespoons) butter.
3 quarts hot water.	11½ ounces (2 cups) brown sugar.
1 pound (2 quarts) whole-wheat bread crumbs, soft.	3 tablespoons cinnamon.
	¾ teaspoon salt.

Wash the prunes, cover them with hot water, and soak from 15 minutes to an hour. Cook them in the water in which they were soaked. Remove stones and cut the prunes in small pieces. Put a layer of bread crumbs in the bottom of the pan or baking dish, cover with a layer of prunes and some of the juice, dot with butter, and sprinkle with a mixture of sugar, cinnamon, and salt. Repeat this process until all ingredients are used. Spread some of the bread crumbs on top. Cook in a double boiler or a casserole until heated through and until the ingredients are blended. If cooked in a casserole, use a slow oven (300° F.).

Total measure cooked, about 2½ quarts, allowing about one-fourth to one-third of a cup per child and about one-half cup per adult.

STEWED PRUNES

3 pounds prunes.	2¾ quarts hot water.
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Wash the prunes thoroughly, cover with hot water and soak for 15 minutes to an hour. Remove stones and cook the fruit until tender in the water in which it was soaked. No sugar is necessary. For very young children it may be necessary to run the prunes through a coarse strainer to remove the skins.

Total measure cooked, about 3 quarts, allowing about one-fourth to one-third of a cup per child and about two-thirds of a cup per adult.

RICE PUDDING WITH RAISINS

10½ ounces (1½ cups) rice.	7½ ounces (1½ cups) raisins, finely ground.
2½ quarts milk.	
4½ ounces (¾ cup) brown sugar.	½ tablespoon butter.

Wash the rice, mix with the milk, sugar, and butter, and pour into a casserole. Cook in a slow oven (300° F.) until the rice is tender and the pudding has thickened somewhat (about 1¾ hours). Stir frequently. Add ground raisins and cook about 15 minutes longer. Cool before serving.

The raisins are ground to avoid digestive upsets which might otherwise occur from lack of chewing. This pudding can be cooked in a double boiler.

Total measure cooked, about 2½ quarts, allowing about one-fourth to one-third of a cup per child and about one-half cup per adult.

PURCHASING SUGGESTIONS

In buying school-lunch supplies, frequent trips to market are advisable, in order to obtain the best selection of perishable foods and also to take advantage of especially good prices on other supplies.

The quantity purchased will of course affect the cost, and it is a good plan to lay in as large supplies as can be suitably stored. If the orders are large enough, wholesale dealers or commission merchants will probably quote lower prices than retail dealers can afford to offer.

The size of the package of many food products, as well as the total quantity purchased in one lot, affect the cost. Large packages usually cost less per pound and are the best buy if there is space to store them.

Most of the commercially canned foods are available in large cans, which are usually more economical than small cans for school-lunch purposes. Sometimes a large and a small can will give the desired quantity without waste. The common commercial can sizes are no. 1, holding $1\frac{1}{2}$ cups; no. 1 tall, holding 2 cups; no. 2, holding $2\frac{1}{2}$ cups; no. $2\frac{1}{2}$, holding $3\frac{1}{2}$ cups; no. 3, holding 4 cups; no. 5, holding 7 cups; and no. 10, holding 12 to 13 cups, or something over 3 quarts. It may be well to buy case lots of the canned foods most frequently used.

Dried beans or peas and rice, also potatoes, onions, turnips, and some other relatively nonperishable vegetables, may be obtained in 100-pound sacks; macaroni or spaghetti in 4- or 20-pound boxes; peanut butter in 5- or 10-pound pails; salt in 25-pound sacks; spices in 1- or 6-pound packages; flour in 5-, 12-, 24-, 43-, or 96-pound bags.

Eggs are packed in crates holding 30 dozen. The buyer should consider the size of the eggs as well as their freshness. Large eggs should weigh at least 24 ounces per dozen; medium size, $20\frac{1}{2}$ ounces; and small, 17 ounces. The price per dozen should vary with the size.

In many markets eggs are graded according to the United States Department of Agriculture retail grades, namely: U. S. Special, or grade AA (the highest quality); U. S. Extra, or grade A; U. S. Standard, or grade B; and U. S. Trade, or grade C. The two highest grades are sold also in sealed cartons of one dozen eggs. The seal gives the date of the Federal inspection as well as the grade of the eggs at the time of inspection.

Oranges are usually sold in crates weighing from 70 to 80 pounds, but they may also be obtained in mesh bags holding various weights, and in bushel baskets. A crate holds from 80 to 126 large oranges, from 150 to 216 medium size, and from 250 to 324 small oranges.

A bushel of oranges weighs from 46 to 52 pounds. Oranges sold by the bushel are seldom carefully graded for uniformity of size. A bushel would hold from 50 to 80 large oranges, from 90 to 135 medium, and from 150 to 200 small oranges.

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