

THE SCHOOL LUNCH

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Planning and packing the school lunch is just as important a problem for mother as the planning and preparation of the meals that are served at home. If the child is to grow, to be active mentally and strong enough in body to combat colds and other diseases, he must have a noon-day meal which will combine with his meals at home to give him a well balanced ration each day. To meet the needs of a growing body and to keep in good health a child should have daily a quart of milk; two servings of vegetables, in addition to potatoes; two servings of fruit (one raw, or canned tomatoes); at least one serving of egg, meat, fish, or cheese; cereal foods, such as breads and whole cereals, and butter and sweets in moderate amounts. If the day's meals are to include all of these essentials it is necessary to plan carefully. First, plan the child's lunch in relation to the other meals at home, seeing that the required foods are somewhere in the day's menus. Then plan a few days ahead in order to insure variety and to have the things on hand.

THE SCHOOL LUNCH SHELF

A shelf in the pantry filled with school lunch supplies will aid greatly in the preparation of adequate lunches. Some of these supplies may be planned for during the canning season. If foods are put up in small containers ($\frac{1}{4}$, $\frac{1}{2}$ and pints) there is a possibility of using the total amount at once, having no left-overs to spoil and always having a variety on hand. Suggestions for the school lunch shelf are meats and meat substitutes,—canned chicken, pork, sausage, beefsteak, salmon, grated cheese, peanut butter; vegetables—canned tomatoes, peas, beans, vegetable mixtures; canned fruits—peaches, pears, berries, apples, fruit juices; dried fruits—raisins, figs, dates; fresh fruits—oranges, apples, pears; pickles; jams, jellies, conserves, nut bread, crackers, cookies, shelled nuts; other supplies—wax paper, paper napkins, paper cups, paper spoons, small glass jars with tight fitting covers, rubber bands and toothpicks to hold packages together.

THE LUNCH BOX

The lunch box should be easy to carry, large enough for the food needed, and of a material easy to clean. It should have air holes so there is ventilation, otherwise the food will have a stale odor. A collapsible metal box is good. A tin pail with holes around the top will serve the purpose nicely. Paper boxes and bags are not desirable for the school lunch as some of the necessary foods cannot be packed well in them and remain attractive when taken out at noon.

PACKING THE SCHOOL LUNCH

The lunch box must be carefully packed so that flavors are unmixed. Use wax paper to wrap sandwiches, meats, fresh vegetables, fruits and cookies. Place juicy foods in screw top jars. Place heavier packages in the bottom of the lunch box and fit each piece in carefully. Insofar as possible, arrange the food in the lunch box in a desirable order for eating. The child unthinkingly eats first what is nearest at hand. If the cakes and sweets are on top, he often eats these first and the remainder of the lunch is untouched. The thermos bottle or pint jar with milk must be carried separately unless it fits in a compartment of the lunch box.

FOODS FOR THE LUNCH

The school lunch should contain adequate amounts of food for the individual child's needs for body building, body regulating and energy. It should be made up of food that is easily digested so the child is able to do as good school work as he is capable of doing. There should be variety in texture, a nice contrast and blend of flavors and variety in color so the food is not all soft, solid or dry, but some of it a little soft and moist and some of it crisp or crunchy to chew. For instance, ham sandwiches, a hard cooked egg, a banana and plain cake would be too dry. The addition of cabbage salad or pickled beets and an apple in place of the banana would improve the texture and make a more appetizing lunch. The school lunch should be varied from day to day and frequently contain a surprise. A little imagination will help one to think up new combinations of every day foods, new ways to cut or decorate cookies or sandwiches, different breads or sandwiches to make, or unexpected foods to put in.

A well planned lunch contains:

1. Substantial sandwiches with a filling of meat, cheese, egg, fish, peanut butter, beans or a substantial food with bread and butter sandwiches.
2. A succulent food such as a salad, vegetable sandwich, raw or cooked vegetable or pickled vegetable or pickled fruit.
3. Milk, to be drunk or in the form of milk soup, cocoa or custard.
4. Fruit or fruit juice.
5. Something sweet such as cookies, cinnamon buns, ginger bread, jelly sandwiches, stuffed dates or chocolate fudge.

Since lunches are likely to be dry, it is well to have one of the foods in the form of a drink. This may be either milk, cocoa, fruit juice or tomato juice.

In a really excellent lunch there is at least one hot dish. This may be carried from home in a thermos bottle or it may be heated or cooked at school.

SUGGESTED LUNCHES TO TAKE TO SCHOOL

1. Chicken sandwiches. Lettuce and tomato sandwich. Apple sauce. Cup cake. Milk.
2. Peanut butter sandwiches. Jelly sandwich. Raw carrot sticks. Cup custard. Milk.
3. Egg sandwiches. Bread and butter sandwich. One-half cup cabbage salad. Cookies. Milk.
4. Bacon and lettuce sandwiches. A firm tomato. Gingerbread. Raisins. Milk.
5. Cottage cheese and nut sandwiches. Pear. Cinnamon buns. Milk.
6. Chopped cold meat sandwiches, filling moistened with chowchow, whole wheat bread and butter sandwiches. Deviled egg. Canned fruit. Milk.

SANDWICHES

Use a variety of breads for sandwiches. Whole wheat, graham or raisin bread may be bought or made at home as well as white bread. Boston brown bread, baking powder, nut, prune or date bread and even crackers may be used. Instead of just plain biscuit for the school lunch, why not use a variation such as Sandwich Biscuit, Nut Biscuits, or Fruit Biscuit.

For sandwiches always use bread at least a day old. Slice bread about one-fourth to one-third inch thick. Spread the slices to the edge with creamed butter. Prepare the filling and spread on slice of buttered bread. Place other slice of buttered bread on top and cut into desired shapes. Care must be used not to get fillings too soft. Crisp lettuce or cabbage leaves may be used in many sandwich combinations.

FILLINGS FOR SANDWICHES

1. Hard cooked eggs, with finely chopped pickle, ground ham, cottage cheese, or bacon, moistened with salad dressing.
2. Scrambled eggs with crisp bacon, crisp fat pork, chopped beef or sausage, moistened with salad dressing.
3. Cottage cheese or American cheese with pickle, tomato and crisp bacon, pimento, ground nuts, jam or chopped raisins, with salad dressing.
4. Tomato with lettuce, cucumber and onion, green pepper, or chopped cabbage, with salad dressing.
5. Carrot, grated or chopped, with nuts, raisins, apple, or onion, with salad dressing.
6. Ground cooked meat such as bacon, ham, beef, chicken liver, moistened with salad dressing, gravy or butter and used alone or combined with small amount of chopped pickle or chopped vegetables.
7. Meat loaf and catsup.
8. Chicken salad.
9. Sweet sandwiches made of ground nuts and raisins; jelly, jam, or honey and chopped nuts; honey and peanut butter, or jam and peanut butter.