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UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER DIVISION
WASHINGTON 25, D. C.

SCHOOL LUNCHROOM MANAGERS, SUPERVISORS, AND DIRECTORS

MENU SUGGESTIONS

The suggested school lunch menus are planned to provide at least 1/3 of the day's nutritive requirements of the school child, and are nutritious, satisfying and appetizing while conforming with and promoting the Food Conservation Program.

PEACE PLATE LUNCHEON SUGGESTIONS

I.

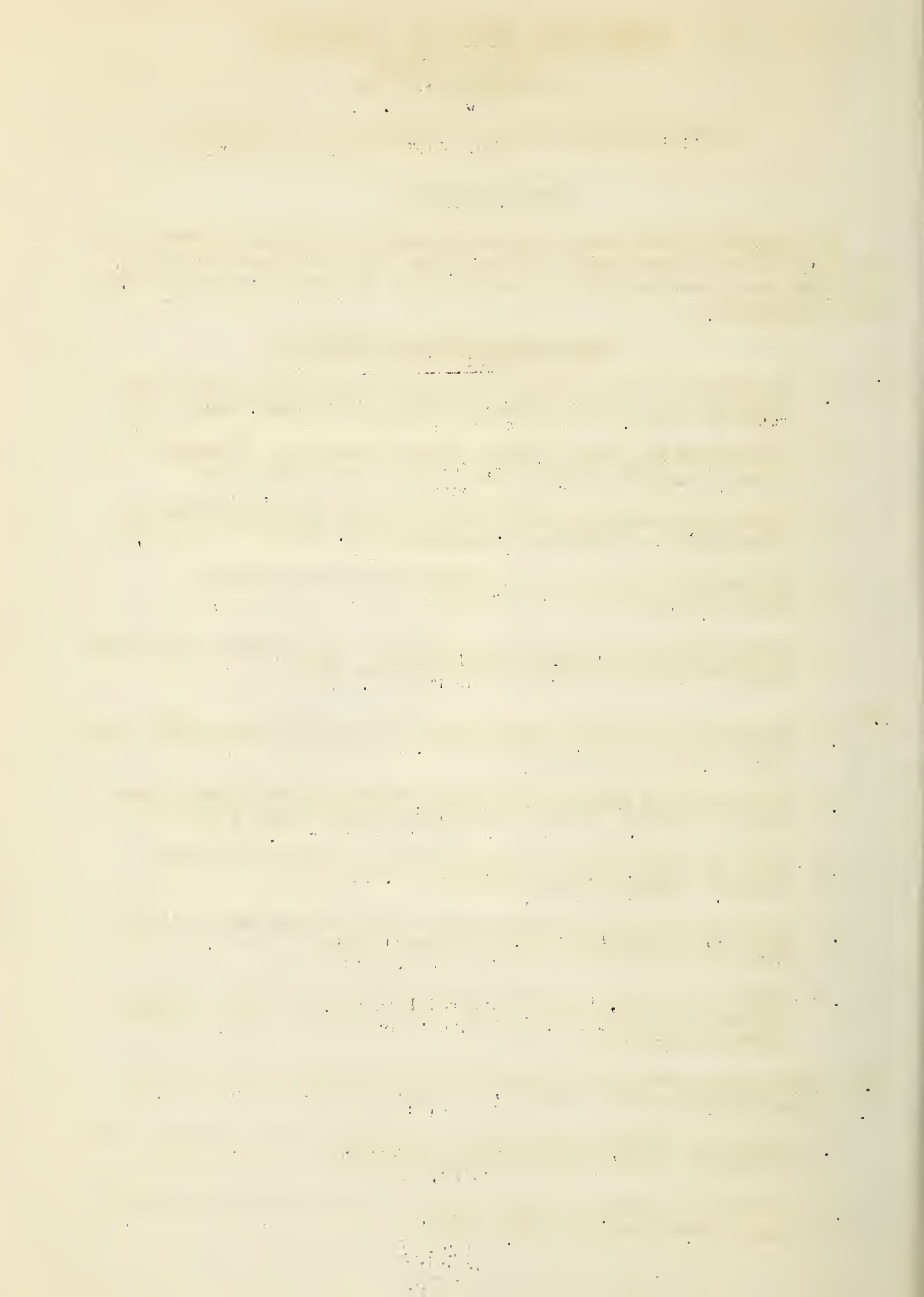
1. Meat Patties, Mashed Potatoes, Buttered Green Beans, Whole Wheat Bread and Butter, Fruited Tapioca Pudding and Light Cream, Milk
2. Hard Cooked Egg, Tomato Sauce, Steamed Brown Rice, Buttered Spinach, Whole Wheat Bread and Butter, Baked Apple, Milk
3. Liver Loaf, Creamed Potatoes, Buttered Peas, Raw Carrot Strips, Melba Toast, Snow Pudding, Strawberry Sauce, Milk
4. Beef Stew and Vegetables, Shredded Lettuce, Melba Toast, Fruit Cup, Milk
5. Creamed Salmon and Peas, Mashed Potatoes, Tossed Salad, Whole Wheat Bread and Butter, Norwegian Prune Pudding, Milk

II.

1. Creamed Eggs and Peas, Mashed Potato, Buttered Carrots, Melba Toast, Fruit Cup, Crisp Cookie, Milk
2. Broiled Liver, Escalloped Potatoes, Stewed Tomatoes, Whole Wheat Bread and Butter, Fruited Gelatin with Light Cream, Milk
3. Cream of Tomato Soup, Raw Carrot Strips, Tuna Fish and Celery Sandwich, Molasses Squares, Milk
4. Meat Loaf, Creamed Potatoes, Swiss Chard or Other Greens, Whole Wheat Bread and Butter, Sliced Peaches, Milk
5. Baked Fish in Milk, Parsley Buttered Potatoes, Buttered Peas, Cabbage and Carrot Salad, Whole Wheat Bread and Butter, Orange Cream Pudding, Milk

III. Crisp Bacon, Orange Sweet Potato, Buttered Cabbage, Celery Curls,

1. Raisin Bread, Apricot Whip with Custard Sauce, Milk
2. Vegetable Chowder, Peach Halves with Cottage Cheese, Peanut Butter Sandwich, Molded Chocolate Pudding, Milk
3. Macaroni and Cheese, Stewed Tomatoes, Buttered Peas, Melba Toast, Apple Sauce, Soy Bean Cookie, Milk



4. Liver Bernaise, Mashed Potatoes, Corn Creole, Whole Wheat Bread and Butter, Sliced Oranges, Milk
5. Fish Loaf, Creamed Potatoes, Buttered Green Beans, Whole Wheat Bread and Butter, Lemon Sponge Pudding, Milk

IV

1. Escalloped Potatoes and Dried Beef, Buttered Carrots, Waldorf Salad, Whole Wheat Bread and Butter, Stewed Prunes, Milk

V

1. Baked Acorn Squash with Sliced Apples and Sausage, Whole Wheat Bread and Butter, Raisin Rice Pudding, Milk
2. Scrambled Egg, Twice Baked Potato, Chopped Carrot, Celery Salad, Whole Wheat Bread and Butter, Cherry Cream Pudding, Milk
3. Pot Roast Beef, Browned Potato, Escarole Salad, Whole Wheat Bread and Butter, Baked Apple, Milk
4. Creole Spaghetti, Tossed Green Salad, Soy Bean Muffin, Apricots, Ice Box Cookie, Milk
5. Creamed Codfish, Baked Potato, Molded Perfection Salad, Whole Wheat Toast, Fresh Fruit Cup, Milk

VI

1. Goulash, Browned Potato, Buttered Spinach, Whole Wheat Bread and Butter, Ice Cream, Milk
2. Broiled Haddock, Creamed Potatoes, Tomato Aspic Salad, Toast, Sponge Cake with Lemon Sauce, Milk
3. Baked Corned Beef Hash, Escalloped Tomatoes, Mixed Green Salad, Whole Wheat Bread and Butter, Sliced Orange and Bananas, Milk
4. Tomato Vegetable Soup, 1/2 Cheese and Date Sandwich, 1/2 Lettuce Sandwich, Fruited Gelatin with Light Cream, Milk
5. Grapefruit Salad with Cottage Cheese, Deviled Egg Salad on Shredded Carrots, Peanut Butter and Relish Sandwich, Baked Indian Pudding with Hard Sauce, Milk

VII.

1. Veal Loaf, Creamed Potatoes, Buttered Peas, Whole Wheat Bread and Butter, Apricots, Cookie, Milk
2. Baked Beans, Brown Bread, Stewed Tomatoes, Cabbage Salad, Apple Compote, Milk
3. Liver Patties with Spanish Sauce, Baked Squash, Buttered Green Beans, Whole Wheat Toast, Molded Cornstarch Pudding with Fruit Sauce, Milk
4. Creamed Chipped Beef, Mashed Potato, Buttered Spinach, Buttered Beets, Fruit Cup, Milk

Dear Sir,

I have the honor to acknowledge the receipt of your letter of the 10th inst.

and in reply to inform you that the same has been forwarded to the proper authorities.

I am, Sir, very respectfully,
Your obedient servant,

J. H. [Name]

[Address]

[City]

[State]

[Country]

[Signature]

VII.

5. Knickerbocker Bean Scup, Carrot Strips, Salmon Salad Sandwich, Cherry Roll, Milk

VIII.

1. VEGETABLE PLATE: Buttered Spinach, Creamed Turnips, Candied Sweet Potatoes, Tomato Aspic on Lettuce Salad, Whole Wheat Bread and Butter, Baked Custard, Milk

SOME CONSERVATION TIPS FOR SCHOOL LUNCHROOMS

1. Use limited and simple menus
2. Serve substantial salads and main dishes that are hard to resist
3. Survey your recipe file and set aside all recipes calling for large quantities of eggs or other scarce foods.
4. Plan attractive meals in relation to color combinations as well as soft and crispy foods.
5. Do not trim crusts from sandwiches or toast.
6. Use heels or end slices, stale bread or broken crackers for crumbs, stuffing or toppings or in casserole dishes.
7. Use potato topping in place of biscuit for meat, fish or vegetable pies.
8. Use left-over cooked cereal in meat loaf or meat croquettes.
9. Dry out all stale bread for stuffing or crumbs.
10. Split and toast left-over muffins. Use as a foundation for lima beans in cheese sauce.
11. Keep bread in refrigerator so it will not mould.
12. Save a slice of bread daily.
13. Toast or panfry left-over sandwiches.
14. Eliminate, for the time being, all three layer cakes.
15. Make one-crust pies to save flour and fat.
16. Use more fruit (cooked or raw) for desserts rather than cakes and pastries that require flour.
17. Use dried fruits like prunes and apricots for desserts, salads, or for breakfast.
18. To get more Vitamin C from oranges, serve unstrained or as sliced oranges.
19. Conserve fats and oils. Cut down on amount of deep-fat frying.
20. Keep all fats used for deep-fat frying, clarify and re-use.
21. Sell all unused fats.
22. Render beef, veal and chicken fats and use for cooking purposes.
23. Encourage the use of boiled or other salad dressings that do not use oil.
24. Skim off the fats on soups and meats. Use it in gravies, sauces, or in creamed dishes.
25. Curtail the use of scarce and high-priced foods.
26. Use all surplus foods to the greatest extent.
27. Plan meals for a week to save food and shopping time.
28. Plan meals and make grocery orders at home.
29. Buy in quantities that will leave a minimum of leftovers to be used up.
30. Cook cheaper cuts of meat slowly.
31. Use casserole dishes to stretch the meat and poultry, thus making a tasty and satisfying dish.
32. Serve fish frequently.

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33. Grate hard cheese, place in a jelly glass with holes punched in lid. Store in icebox and use to sprinkle over top of salads or macaroni dishes.
34. When serving tender cuts of meats, use every bit, including the bones as soup.
35. Cook meats at low temperatures to get more servings.
36. Use milk as beverage, dessert, soup or creamed dish.
37. Store food where it will keep in best condition until ready to use.
38. Control refrigerator temperatures to protect food.
39. Cover leftovers to prevent drying out.
40. Check foods in refrigerator daily so none will be forgotten and so spoil.
41. Hurry fruits and vegetables into refrigerator to save flavor and food value.
42. Plan attractive vegetable combinations to stimulate appetite appeal.
43. Cook vegetables in just enough water to prevent scorching.
44. Use liquids left on cooked vegetables, for soups or in gravy.
45. Include in your daily meals a green or leafy vegetable - some raw, some cooked.
46. Increase food value of potatoes by adding milk, butter or other fats, cheese or eggs.
47. Prepare vegetables just before cooking time. Do not soak out food value and flavor by holding them in cold water.
48. Break up salad greens in small easily-eaten pieces.
49. Watch waste due to careless preparation and servings. Cook in smaller quantities to prevent waste and reduce leftovers.
50. Clean plates. Serve small portions and come back for seconds.
51. Use thoroughly tested standardized recipes--then no failure or waste occurs.
52. Never overcook any food--vegetable, meat, fish, or eggs.

