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Peanut Butter in School Lunches

Here are some points school lunch managers may find helpful in planning and serving meals using peanut butter:

1. Peanut butter - a popular stand-by with all children - may be served to meet the protein requirement of either the Type A or the Type B lunch, in whole or in part.
2. Peanut butter, along with meat, poultry, fish, eggs, dried peas and beans, and nuts, is in Group Five of the Basic 7 Food Groups. We count on foods in this group primarily for protein of high quality. In addition to being an inexpensive source of protein, peanut butter furnishes some of the B vitamins, fat, and some minerals to the diet.
3. Peanut butter combines well with many other foods - bread, cereals, milk, fruits and vegetables. So besides using it often in school lunch menus in a variety of sandwich spreads, use it, too, in soups, sauces for creamed or scalloped dishes, fruit and vegetable salads, salad dressing and simple desserts.

Some Ways to Use Peanut Butter:

In Main Dishes

Cream of peanut butter soup

Peanut butter - tomato soup

Creamed (or scalloped\*) potatoes with peanut butter

Creamed (or scalloped\*) eggs and potatoes with peanut butter

Prunes stuffed with peanut butter, served on salad greens

Mixed fruit (fresh or dried) salad, peanut butter dressing

Apple, celery, cabbage salad with peanut butter

Mixed fruit and raw vegetable salad with peanut butter

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In Main Dishes (continued)

Sandwich Spreads

Peanut butter - marmalade, jam or fruit butter

Peanut butter - apple

Peanut butter - chopped raisins or other  
dried fruit

Peanut butter - grated carrot

Peanut butter - tomato or chili sauce

Peanut butter - pickle relish or chopped pickle

Peanut butter - bacon

Peanut butter - cottage cheese

Peanut butter - baked beans

Peanut butter - finely chopped, cooked or  
canned meat

French toasted peanut butter sandwiches

In Desserts

Peanut butter and marmalade or jam on graham crackers

Peanut butter cookies \*

Peanut butter cup cakes \*

Peanut butter gingerbread \*

Peanut butter - apple betty \*

\* These dishes require baking facilities; all other suggested dishes can be prepared with top-of-stove facilities.

