
Oregon Agricultural College Extension Service

PAUL V. MARIS

Director

BOYS' AND GIRLS' CLUBS

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A Hot Lunch Dish for the Rural School

A revision of Extension Bulletin 363

The noon meal at school is just as important in the nutrition of the school child as the two other meals at home. The hot dish eaten to supplement the box lunch brought from home is an important means of promoting good nutrition for the child who eats lunch at school.

OBTAINING EQUIPMENT AND SUPPLIES

Necessary equipment and supplies for the hot dish may be obtained at small cost in the following ways.

1. Equipment or supplies may be purchased with funds
 - (a) appropriated by the school board.
 - (b) donated by some organization or by individual persons.
 - (c) raised by entertainments and suppers.
 - (d) collected from children.
2. Equipment or supplies may be furnished by parents.
3. Hot dish may be sent by mothers in turn if school is very small. To be satisfactory a plan should provide the hot lunch for every child every day, without involving a daily fee from each child.

EQUIPMENT NEEDED

SIMPLEST EQUIPMENT

A stove on which water will boil
 1 cupboard (may be made from packing boxes) large enough to hold equipment and supplies (about 18x24x42 inches)
 1 table
 1 oilcloth for table
 1 kettle (8 to 10 quarts) and cover
 1 kettle (6 quarts) and cover
 1 wire strainer
 1 measuring cup
 1 tablespoon
 1 teaspoon
 1 paring knife
 1 large kitchen spoon
 1 ladle
 1 can opener
 1 potato masher
 4 dish towels (flour sacks may be used)
 2 dish cloths
 Tightly covered tin cans or boxes for supplies
 Each child should have cup, plate, napkin, spoon and fork (may be brought from home)

DESIRABLE ADDITIONAL EQUIPMENT

1 garbage pail with cover (candy pail may be used)
 1 water pail
 1 pitcher, 4 to 6 quarts
 2 dish pans, 18 inches in diameter
 1 measuring cup
 1 tablespoon
 1 teaspoon
 1 caseknife
 1 vegetable brush
 1 steel fork
 1 paring knife
 1 egg beater
 1 double boiler, 6 to 8 quarts
 1 food grinder
 Paper napkins
 Two-burner oil stove
 1 portable oven
 1 oil can

THE WORKING PLAN

The success of the rural school lunch depends on the working plan of the teachers and pupils. The duties as well as the privileges of the school lunch should be shared by all the pupils. Girls and boys may be divided into groups of 3 or 4, each group to serve one or more weeks and the groups to rotate in regular order to give variety of experience. The duties of groups and names of pupils in each group should be posted conspicuously. One group may prepare the hot dish, a second group may wash the dishes and sweep the floor after lunch. The hot dish for each day should be planned at least a week in advance and the menu posted together with directions for procedure in preparation. If the menu can be planned for about four weeks in advance, it will be easier to give variety, and to prevent serving the same type of food too frequently. On Monday dishes which require less time for preparation should be served.

It is best to feature dishes which contain milk and vegetables, especially other vegetables than potatoes or dry beans.

SUGGESTED HOT DISHES FOR FOUR WEEKS

Day	1st week	2d week	3d week	4th week
Monday	Scrambled eggs	Corn chowder	Cocoa	Creamed salmon (or other fish)
Tuesday	Vegetable chowder	Buttered string beans	Rice with cheese sauce	Bean chowder
Wednesday	Creamed carrots	Cream of tomato soup	Meat stew	Macaroni, or rice and tomatoes
Thursday	Buttered broccoli	Cabbage with cheese	Cream of spinach (or celery) soup	Buttered onions
Friday	Cream of pea soup	Cooked cereal with raisins and cream	Mashed or buttered turnips	Cream of carrot soup

If pupils are to bring any supplies from home the exact amounts should be listed and in addition each one should be given a slip stating the article and quantity he is to bring. The box lunch for each day may be discussed once a week after the menu is posted. Suggestions may

be obtained from Oregon State Agricultural College Extension Bulletin 393, "Suggestions for the School Child's Lunch Box."

SERVING THE LUNCH

The lunch hour furnishes both social and educational opportunities. It may be used to develop a spirit of cooperation, standards of living, ability to converse on topics of general interest. A supervised lunch hour is of value whether a hot lunch is served or not.

If the lunch is served on a table, the table should be covered with a white oilcloth, and the fork, spoon, cup or plate, and paper napkin should be in place for each child. If it is served at desks, a paper napkin, paper towel, or small cloth brought from home should cover each desk. Each child is responsible for preparing his own desk for the meal.

The pupils should wash their hands and take their lunch boxes to their places. The hot food may be served around the table from a kettle or pitcher, or the children may quietly go to the serving table, cafeteria style, to get it. When a number are served, they begin to eat, and when all have finished, each one takes his utensils back to the table to be washed, and cleans up his own desk.

Through proper organization the teacher is relieved of many of the details, though she will of course need to supervise the work to see that good housekeeping is done.

RECIPES TO SERVE TWELVE

The quantity may be increased or decreased by multiplying or dividing the recipe. All measurements are level.

COCOA

$\frac{1}{3}$ cup cocoa 1 pint boiling water $\frac{1}{2}$ teaspoon salt
 $\frac{1}{3}$ cup sugar 2 quarts milk

Mix cocoa, salt and sugar, add water, bring to boil, and add to scalded milk.

VEGETABLE CHOWDER

$\frac{1}{4}$ small cabbage, or 1 small cauliflower, or 1 cup cooked string beans
 $\frac{1}{3}$ cup brown rice or macaroni or barley, or 2 medium sized potatoes
1 cup of peas (or corn or lima beans) freshly cooked, or canned
1 cup tomatoes
2 small carrots or turnips
1 medium-sized onion
2 ounces bacon
 $1\frac{1}{2}$ quarts milk
Salt, pepper

Cut bacon and uncooked vegetables into small pieces or run through the food chopper. Brown bacon and onion together in chowder kettle. Add other vegetables, nearly cover with boiling water, and cook until tender. Add scalded milk. Season with salt and pepper.

MACARONI, OR RICE, AND TOMATOES

3 cups macaroni* broken in pieces 4 tablespoons butter
4 quarts boiling water 1 cup stale crumbs
4 cups canned tomatoes

Salt and pepper

*May use two cups of rice instead of macaroni.

Cook rice or macaroni until tender in boiling salted water, drain. Add tomato, butter, crumbs, salt and pepper to taste. Reheat until mixture is thoroughly hot.

WHITE SAUCES

Thin (for soup)

1 quart milk
 $\frac{1}{4}$ cup flour
 $\frac{1}{2}$ cup butter
 1 teaspoon salt

Medium (for creamed dishes)

1 quart milk
 $\frac{1}{2}$ cup flour
 $\frac{1}{2}$ cup butter
 1 teaspoon salt

The ingredients may be combined in either of the following ways:

a. Melt butter in saucepan, add flour and heat until well blended, add cold milk and stir until sauce thickens and boils. Season to taste.

b. Scald milk, make a paste of flour and butter, add paste to milk and stir until sauce thickens and boils.

Variety may be given to creamed dishes by adding grated cheese to white sauce for serving with rice or vegetables.

CREAM OF TOMATO SOUP

4 cups canned tomato
 1 small onion chopped
 1 tablespoon sugar

$\frac{1}{2}$ teaspoon soda
 Salt and pepper to taste
 $1\frac{1}{2}$ quarts thin white sauce

Cook tomato and onion until thoroughly heated, strain and add sugar and soda. Pour hot tomato into hot white sauce, season to taste, and serve.

CREAM SOUP, USING ANY VEGETABLE

4 cups canned peas*
 1 small onion chopped if desired

$1\frac{1}{2}$ quarts thin white sauce
 Salt and pepper to taste

Cook peas and onion until thoroughly heated, put through food grinder or coarse sieve. Add to hot white sauce, season, reheat and serve.

CREAMED DISHES

Mix 1 part hot medium white sauce with 2 or 3 parts hot cooked vegetables, diced or chopped as needed. The liquid in which the vegetables are cooked may be used instead of part of the milk for white sauce. Allow 1 quart of white sauce and 2 to 3 quarts chopped vegetables for 12 pupils. The following vegetables and other foods may be served creamed:

Cabbage	Potatoes	Cabbage and carrots
Carrots	Turnips	Eggs
Onions	Turnips and carrots	Chicken
Parsnips	Peas and carrots	Peas
Peas and salmon	Meats	Fish

*Corn, string beans, spinach, celery, carrots, onions may be used in same amount instead of peas.