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THE HOT SCHOOL LUNCH

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The hot lunch is essential for the growing school child. Increased mental ability and improved physical development have always resulted when boys and girls have had a hot dish added to their noon-day meal.

INTRODUCING THE HOT LUNCH

The active interest and support of the school board and parents are necessary, but the zeal and work of the teacher and pupils will carry the work through. A small expenditure of money will fit any school for taking care of one hot dish a day for the pupils.

A committee consisting of teacher, president, and two pupils may arrange the program of duties each week.

The responsibility of cooking and clearing up may be changed from week to week, the boys as well as the girls helping with the work.

It might be an added incentive to the children to organize a "Cooking Club." The teacher or club leader may then explain the necessity of officers and have these elected: the president, to call and preside at meetings; the vice-president, to take the place of the president when absent; the treasurer, to keep written account of expenses.

EQUIPMENT NEEDED

(For serving 25)

Simplest equipment	Desirable equipment
A stove on which water will boil.	1 fork
1 large kettle 1 smaller one.	1 case knife
1 cooking spoon	1 paring knife
4 tea towels, 2 dish-cloths.	1 wooden spoon
(may be made from flour sacks)	2 tablespoons
1 paring knife	2 teaspoons
1 tablespoon	2 measuring cups
1 teaspoon	1 egg beater
1 measuring cup	1 can opener
1 can opener	1 oil stove—two burners
1 quart measure	1 portable oven
Simple cupboard with shelves in which to	1 kerosene can
keep supplies, may be made from a	1 butcher knife
packing box	1 kettle (8-10 quarts) and cover
Tightly covered tin cans or boxes.	1 kettle (6 quarts) and cover
Each child may have:	1 wire strainer
cup	1 vegetable brush
plate	1 asbestos mat
spoon	1 dish pan
fork	1 rinse pan
	6 dish towels
	2 dish-cloths
	1000 paper napkins

OBTAINING SUPPLIES AND EQUIPMENT

May be brought from home if school is small.

May be donated by club or organization.

May be purchased—

- (a) With money set aside for this purpose by the school board.
- (b) With money brought by children from home.
- (c) With money realized from school entertainments.

PREPARING AND SERVING LUNCHES

If only one hot dish is prepared each day the pupils and teacher may plan these a week ahead, suggesting possible accompaniments to be brought from home. When pupils are to supply materials they will carry home slips stating the exact amounts necessary.

DISHES WHICH MAY BE SERVED

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|--|---------------------------------|
| 1. Beverages: cocoa, instant postum. | 6. Cereals. |
| 2. Soups: cream of vegetable—carrots, beans, peas, corn, tomato. | 7. Stews. |
| 3. Chowders. | 8. Escallops—vegetable or meat. |
| 4. Plain boiled vegetables. | 9. Puddings. |
| 5. Creamed vegetables. | 10. Eggs. |

SOME SUGGESTED LUNCHES

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|-----------------------------|--------------------------------|
| 1. Potato Soup | 4. Creamed Carrots |
| Bread and Butter Sandwiches | Peanut Butter Sandwiches |
| Cheese Balls | Stuffed Prunes, Dates, or Figs |
| Apple | |
| Gingerbread. | 5. Escalloped Salmon on Toast |
| 2. Corn Chowder | Celery hearts |
| Date Sandwiches | Nut bread Sandwiches |
| Fruit (dried or fresh) | |
| Plain Cake | |
| 3. Hot Cocoa | |
| Lettuce Sandwiches | |
| French Dressing | |
| Salted Nuts | |
| Fruit | |

RECIPES FOR SERVING 25

Cocoa (1 cup to a serving—costs \$.01)

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|----------------------|-----------------|
| 1 gal. milk | 1 cup cocoa |
| 1 cup sugar | 1 teaspoon salt |
| ½ tablespoon vanilla | 4 cups water. |

Corn Chowder (1 cup costs \$.03)

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|--------------------|------------------------|
| 1 pound salt pork | ¼ peck potatoes |
| 1 onion | 4 cans corn |
| 4 quarts skim milk | 4 tablespoons salt |
| ½ teaspoon pepper | 1 pound soda crackers. |

Baked Cheese Dish (2 tablespoons cost \$.015)

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|---------------------|-----------------------|
| 1 cup butter or fat | Add ½ pound cheese |
| ½ gal. milk | Or—2 cups macaroni or |
| ½ teaspoon pepper | 2 cups rice or |
| 1 cup flour | 2 cups hominy or |
| 1¼ tablespoon salt | 25 potatoes. |

Pea Soup (1 cup costs \$.03)

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|-------------------------|-------------------------|
| 1¼ cup butter | 1 onion (sliced) |
| 1¼ cup flour | 3 quarts water |
| 2 tablespoons salt | 3 quarts milk |
| ½ teaspoon pepper | 6 cups of peas, or corn |
| or carrots or potatoes. | |