

Oregon Agricultural College Extension Service

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A Hot Lunch Dish for the Rural School

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

SECURING EQUIPMENT AND SUPPLIES

Necessary equipment and supplies for the hot dish may be secured 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.
 - (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 be one which, without involving a daily fee from each child, provides the hot lunch for every child every day.

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
 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
 4 dish towels (flour sacks may be used)
 2 dish cloths
 Tightly covered tin cans or boxes for supplies
 Each child should have cup or plate, napkin, spoon or 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" 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
 One portable oven
 One 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. Each child should be responsible for preparing his own desk for the meal. The hot dish for each day should be planned a week in advance and the menu posted, together with directions for procedure in preparation. 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 Agricultural College Extension Bulletin 358, "Suggestions for the School Child's Lunch Box."

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

COCOA

½ cup cocoa	1 pint boiling water	½ teaspoon salt
½ cup sugar	2 quarts milk	

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

VEGETABLE CHOWDER

¼ small cabbage, or 1 small cauliflower, or 1 cup cooked string beans
½ 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
2 small carrots or turnips
1 medium-sized onion
2 ounces bacon
1½ 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

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
¼ cup flour
½ cup butter
1 teaspoon salt

Medium (for cream dishes)
1 quart milk
½ cup flour
½ 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.

CREAM OF POTATO SOUP

6 cups diced potatoes 3 cups boiling water
1 small onion chopped 1½ quarts white sauce
Salt to taste

Cook onion and potatoes in boiling water until soft. Mash without draining and combine with hot white sauce. Season and re-heat before serving.

CREAM OF TOMATO SOUP

4 cups canned tomato ½ teaspoon soda
1 small onion chopped Salt and pepper to taste
1 tablespoon sugar 1½ quarts 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.

*May use two cups of rice instead of macaroni.

CREAM SOUP, USING ANY VEGETABLE

4 cups canned peas* 1½ quarts white sauce
1 small onion chopped if desired 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, re-heat 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	Codfish
Peas		Other meats and fish

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