Suggestions for the School Child's Lunch Box

By

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I. SELECTING AND PREPARING FOOD.

A. Sandwiches.

1. Breads (not fresh).
   a. Whole wheat, rye, corn and other whole grain breads, as well as white bread.
   b. Nuts and dried fruit may be added to any bread dough for sandwich bread.

2. Fillings.
   a. Butter, bacon, salad dressing.
   b. Peanut butter, chopped nuts.
   c. Cream cheese, cottage cheese, other cheese.
   d. Egg, hard boiled or scrambled.
   e. Meat, sliced or chopped.
   f. Fish, fresh or canned (sardines).
   g. Vegetable.
      (1) Cooked (chopped).
         (a) String beans, baked beans, beets, carrots, peas, etc.
      (2) Uncooked (chopped).
         (a) Cabbage, carrot, cauliflower, celery, lettuce, onion, tomato, etc.
   h. Fruit, figs, raisins, prunes, dates, etc.
   i. Jelly, jam, marmalade, honey.
   j. Combinations.
      (1) Vegetables with egg or meat or nuts or cottage cheese or other vegetables.
      (2) Dried fruits with nuts or cottage cheese.
      (3) Cottage cheese and nuts.
      (4) Salad dressing as desired with any filling.
5. Sandwich making.
   a. Bread, even thin slices, crusts left on.
   b. Butter, softened and spread on each slice of bread.
   c. Filling, enough, not too much, chopped when necessary, to eat easily.
   d. Size of sandwich—easy to handle.

B. Fruit or Vegetable.
   1. Fresh (uncooked).
      a. Apple, banana (ripe), berries, carrot, cauliflower, celery, orange, peach, pear, tomato, etc.
   b. Any kind in season easily packed.
   2. Dried.
      a. Cherries, dates, figs, prunes, raisins, etc.
   3. Canned.
      a. Any kind.
   4. Stewed or baked.
      a. Apple, pear, any kind in season.

C. Sweets.
   1. Cake.
      a. Plain, sponge, gingerbread.
   2. Cookies.
      a. Plain, raisin, nut.
   3. Puddings.
      a. Custard, rice, etc.
   4. Hard candy occasionally.

D. Beverages.
   1. Water.
   2. Milk.
   3. Cocoa, made with milk.
   4. Fruit juice, grape, lemon, orange, etc.

II. PACKING THE LUNCH.
   1. Lunch box.
      Pasteboard box, tin pail, folding tin box, basket.
   2. Paper waxed to wrap each kind of food separately.
   3. Screw top jar for moist food (custard may be baked and carried in same cup).
   4. Compact packing to prevent shaking.
   5. Food to be eaten first on top.
   6. Spoon if needed.
   7. Two napkins, paper or cotton crepe, one for desk cloth.

III. SUGGESTED LUNCH COMBINATIONS.
     A cup of milk or hot cocoa or hot soup is needed to supplement each of the following lunches for the school child.

<table>
<thead>
<tr>
<th>Cottage cheese and string bean sandwiches</th>
<th>Bacon and lettuce sandwiches</th>
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<tbody>
<tr>
<td>Gingerbread</td>
<td>Custard</td>
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<tr>
<td>Apple</td>
<td>Cookies</td>
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| Raisin and nut bread sandwiches         | Egg sandwiches              |
| Whole wheat bread and butter sandwich   | Jelly sandwich              |
| Orange                                  | Nuts and dates              |

| Peanut butter sandwiches                | Chopped meat and vegetable sandwiches |
| Baked apple                             | Rice pudding                 |
| Sponge cake                             | Cookies                      |