The School Child’s Lunch Box

By

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The School Lunch should be considered a meal and should furnish approximately one-third of the day’s food for the child. The lunch should receive the same careful attention in preparation that is given the other meals. When breakfast is eaten as early as 7:00-7:30 the child should take something besides the noon lunch to eat at the morning recess, such as a part of his milk and two graham crackers, or some extra fruit.

I. SELECTING FOOD

A. The school lunch should contain:

1. Foods to build, such as milk, eggs, cottage and other cheese, fish, meat, chicken.

2. Foods to regulate the internal activities of the body, such as vegetables, fruits, and milk.

3. Foods to stimulate growth and promote health, such as milk, tomatoes, cabbage, carrots, spinach, oranges, and lemons.

4. Foods to provide sufficient energy for all the activities of the child, such as bread, sweets, cereals, butter, cheese, etc.

B. Foods which should NOT go into the lunch box:

1. Sandwiches made of white bread only, or with fillings of fat pork or fried meat with mustard.

2. Pickles of any kind.

3. “Hot dogs” with mustard.

4. Pies of any kind.

5. Pancakes.

6. Doughnuts.

7. Layer cakes.

8. Bread soaked in molasses.

9. Tea or coffee.


C. Foods which SHOULD go into the lunch box:

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

*Revision of Extension Bulletin 358, Suggestions for The School Child’s Lunch Box, Margery M. Smith.
b. Fillings.
(1) Butter, bacon, salad dressing.
(2) Peanut butter, chopped nuts.
(3) Cream cheese, cottage cheese, or other cheese.
(4) Egg, hard boiled or scrambled.
(5) Meat, sliced or chopped.
(6) Fish, fresh or canned (sardines).
(7) Vegetable.
   (a) Cooked (chopped), string beans, beets, baked beans, carrots, peas, etc.
   (b) Uncooked (chopped) cabbage, carrot, cauliflower, celery, lettuce, onion, tomato, etc.
(8) Fruit, figs, raisins, prunes, dates, etc.
(9) Jelly, jam, marmalade, honey.
(10) Combinations.
   (a) Vegetables with egg or meat or nuts or cottage cheese or other vegetables.
   (b) Dried fruits with nuts or cottage cheese.
   (c) Cottage cheese and nuts.
   (d) Salad dressing as desired with any filling.

c. Sandwich making.
(1) Bread—even, thin slices, crusts left on.
(2) Butter—softened and spread on each slice of bread.
(3) Filling—enough, not too much, chopped when necessary, to eat easily.
(4) Size of sandwich—easy to handle.

2. Fruit or Vegetable.
   a. Fresh (uncooked) apple, banana (ripe), berries, carrot, cauliflower, celery, orange, peach, pear, tomato, etc.
   Any kind in season easily packed.
   b. Dried—cherries, dates, figs, prunes, raisins, etc.
   c. Canned—any kind.
   d. Stewed or baked—apple, pear, any kind in season.

3. Sweets.
   a. Cake—plain, sponge, or gingerbread.
   b. Cookies—plain, raisin, nut.
   c. Puddings—custard, rice, bread, tapioca, corn-starch—junket, fruit gelatine.
   d. Hard candy, occasionally.

   a. Water.
   b. Milk.
   c. Cocoa, made with milk.
   d. Fruit juice, grape, lemon, orange, etc.

II. PACKING THE LUNCH

1. Lunch box—pasteboard box, tin pail, folding tin box, basket.
2. Paper, waxed, for wrapping 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, Gingerbread, Apple.</th>
<th>Bacon and lettuce sandwiches, Custard, Cookies.</th>
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<tbody>
<tr>
<td>Raisin and nut bread sandwiches, Whole wheat bread and butter sandwich, Orange.</td>
<td>Egg sandwiches, Jelly sandwich, Nuts and Dates.</td>
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<tr>
<td>Peanut butter sandwiches, Baked apple, Sponge cake.</td>
<td>Chopped meat and vegetable sandwiches, Rice pudding, Cookies.</td>
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</tbody>
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The well-chosen lunch is more easily digested than the poorly-chosen one; is more nourishing, and costs no more.

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