



PACKED LUNCHES

*Board of Education of Worcester County
Snow Hill, Maryland
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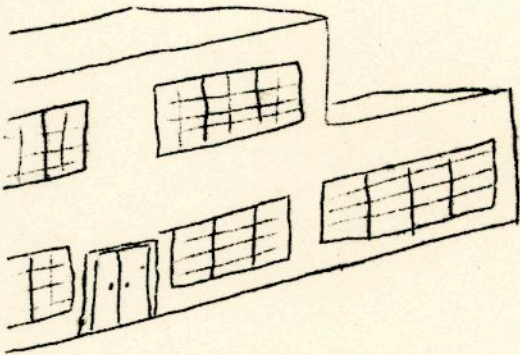
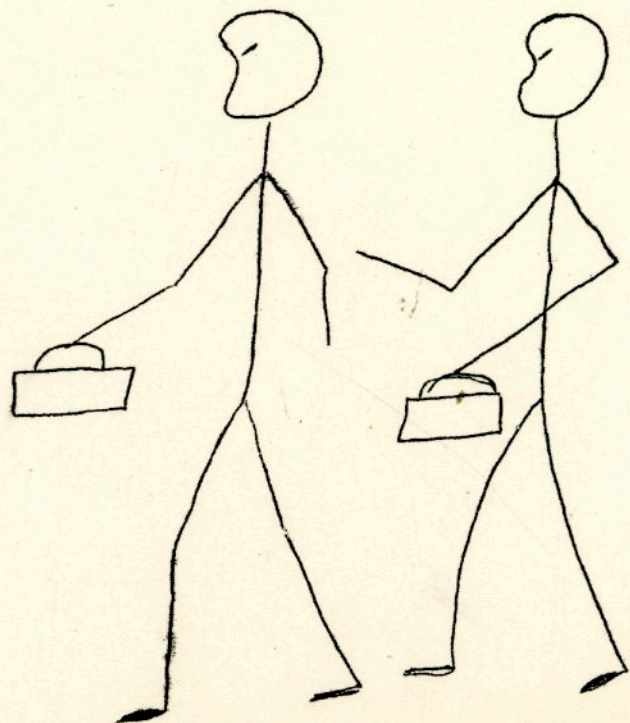


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To the Parents of Worcester County's School Children:

Every school child should have each day a well-planned, appetizing, and nutritionally adequate lunch. During the past decade, there has been an increasing concern for this problem throughout the nation, stimulated to a considerable extent by the Federal School Lunch Program. Under this program, participating schools receive Federal subsidies and surplus farm commodities, making it possible to serve adequate lunches to school children at moderate prices. Eleven Worcester County schools participated in this program, and good lunches are being served in these schools for as little as twenty-five cents.

However, all children cannot take advantage of this. The smaller schools cannot operate cafeterias without showing a loss even with Federal aid. Where cafeterias are available, many parents with larger families find it impossible to purchase lunches daily for all of their children in spite of the moderate cost. Yet there is no reason why every child cannot have a satisfactory lunch, for a packed lunch can be just as well planned, just as appetizing, and just as adequate nutritionally as a lunch served in a school cafeteria.

Approximately one-half of all school children in Worcester County depend upon a packed lunch for their mid-day meal. A rather thorough study conducted during the past school year revealed that many of these packed lunches were not too well planned and that they could have been made adequate without greater cost. It was felt that a bulletin to parents suggesting ways of improving packed lunches might be appreciated.

Accordingly, a group of teachers collected and sifted through all available publications on the subject, they sought the advice of nutrition experts, and under the direction of Miss Eleanor Weagley, of the Maryland State Department of Education, and Mr. Paul S. Hyde, Supervisor of Instruction of Worcester County, they prepared this bulletin. In it you will find the requirements of an adequate lunch, suggested menus for low cost lunches and average cost lunches, hints for making packed lunches more appetizing, suggestions for the packaging of the lunch, etc.

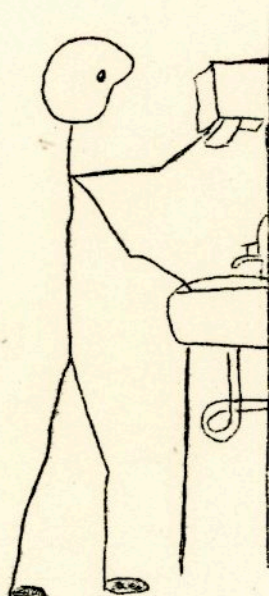
We hope that you will find it useful.

Sincere thanks are due to the following teachers who prepared the bulletin:

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GOOD HEALTH HABITS

The lunchroom, whether it be a classroom or a regular dining room, should be a place for developing good health habits.

Some essential health habits which should be practiced in connection with the school lunch are:

1. Washing hands before handling or eating the lunch.
2. Rejecting food which has fallen on the floor.
3. Using individual silver, utensils, napkins, and dishes.
4. Rinsing all utensils (thermos, dessert containers) disposing of all trash, and leaving room clean and in order.

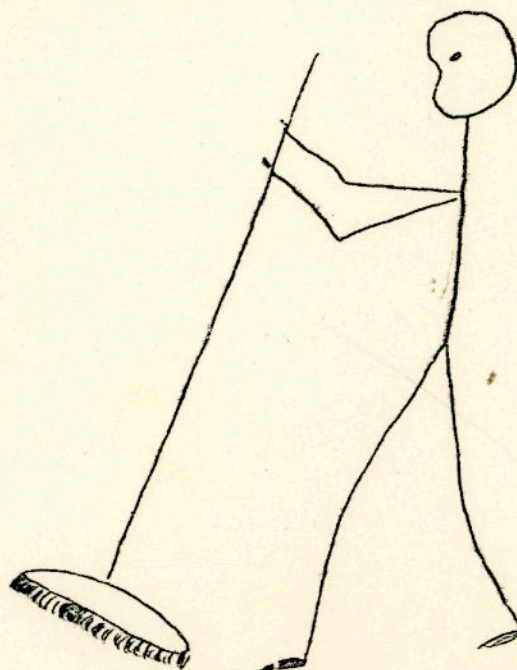
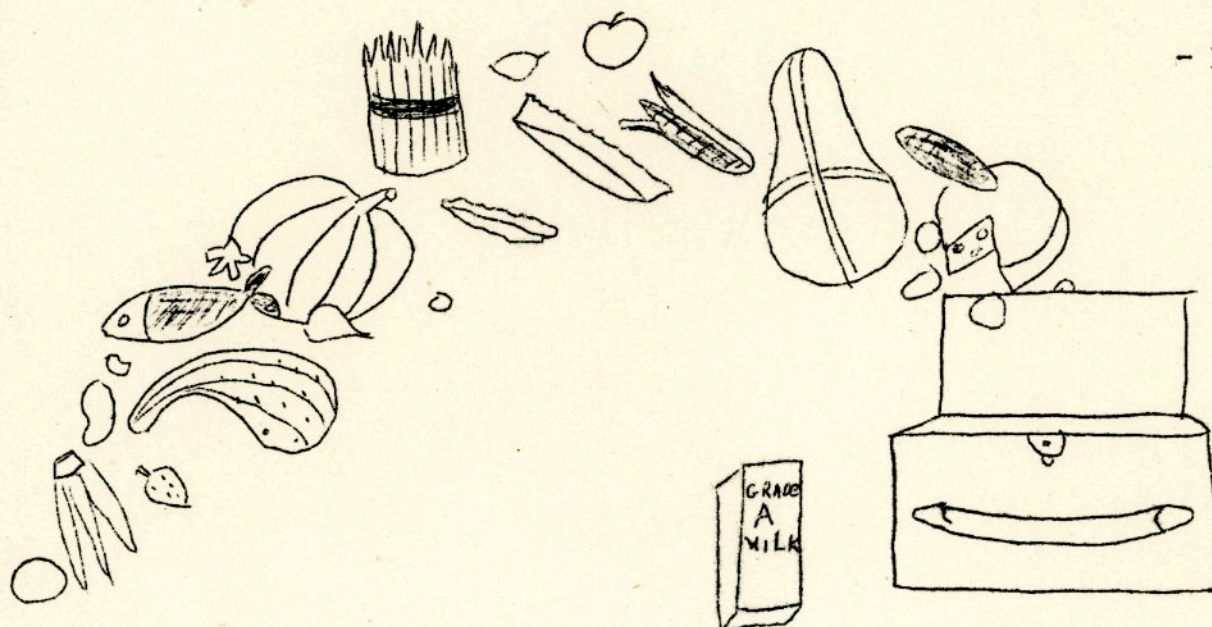


TABLE MANNERS

Those in charge of the school lunch will find many opportunities to teach children to observe standards for good eating habits. These standards should encourage good table manners and gracious living at home and at school.

These standards are:

1. Base all table manners on consideration for others.
2. Be prompt at meals.
3. Remain standing until all persons at table are ready to be seated.
4. Eat slowly and take small bites.
5. Chew food thoroughly and keep mouth closed while chewing.
6. Choose pleasant and cheerful topics for conversation.
7. Share in table conversation, but talk when mouth is empty.
8. Drink when mouth is empty of food.
9. Try new foods included in the lunch.
10. Eat dessert last.
11. Sit properly without lounging at table.
12. Ask politely for service.
13. Carry only small portion of food to mouth on fork or spoon.
14. Use knife, fork, and napkin correctly.
15. Learn to eat all foods brought for the lunch, and thus prevent food waste.
16. USE GRACE BEFORE EATING.



FOOD CONTENT OF A WELL-PACKED LUNCH

A good lunch should provide from one-third to one-half of the day's food requirements. It should contain the following:

1. Milk - $\frac{1}{2}$ pint (as a beverage, or used in main dish or dessert)
2. A main dish
 - Cheese or egg
 - Meat or fish or poultry
 - Dried beans or peas
3. Fruits or vegetable
4. Enriched bread with butter or fortified margarine
5. A simple dessert is enjoyable but not essential

SUGGESTED LOW COST LUNCHES

<u>* Sandwiches</u>	<u>Fruits</u>	<u>Beverage</u>	<u>Chewy Desserts and Other Desirable Foods</u>
Potted Meat	Apple	Milk	Baked Custard
Meat Loaf	Prunes	Milk	Cookies or Radishes
Bean Loaf	Orange	Milk	Graham Crackers
Hollowed Out Rolls with Meat or Fish	Apple Sauce	Milk	Raisins
Lettuce and Mayonnaise	Pear	Milk	Tea Biscuits
Peanut Butter and Jelly	Banana	Milk	Sugar Cookies
Egg Salad	Tangerine	Milk	Stewed Peaches
Sliced Hard Boiled Eggs	Apple (Orange Juice)	Milk	Carrot Sticks
Cornbread and Cheese	Raisins	Milk	Baked Custard
Raisin Bread with Cream Cheese		Milk	Bread Pudding with Fruit
Baked Beans and Lettuce	Peach	Milk	Tea Biscuits
Sweet Potato Bread and Butter	Apple	Milk	Baked Custard
Cheese Sandwich	Orange (Tomato Juice)	Milk	Sugar Cookies
Tomato on Rye (In Season)		Milk	Rice Pudding with Fruit
Cream Cheese and Jelly	Apple	Milk	Cole Slaw and Cucumber for Variety
Chopped Chicken Livers	Orange	Milk	Oatmeal Cookies
Jelly on White or Brown Bread	Banana	Milk	Stewed Prunes
Peanut Butter on Raisin Bread	Raisins (Prune Juice)	Milk	Custard of Turnip Strips
Bologna	Blackberries	Milk	Baked Apple
Chopped Chicken Liver and Hard Cooked Eggs	Orange	Milk	Rice Pudding
Vegetable Combination	Strawberries (In Season)	Milk	Baked Custard

SUGGESTED AVERAGE COST LUNCHES

<u>*Sandwich</u>	<u>Fruits</u>	<u>Beverage</u>	<u>Chewy Desserts and Other Desirable Foods</u>
Boiled Ham and Lettuce on White Bread	Stuffed Prunes with Nuts	Milk	Orange or Carrot Strips
Tuna Fish	Deviled Eggs	Tomato Juice	Oatmeal Cookies or Radish Roses
Deviled Ham on Bun	Olives	Tomato Juice	Banana, Pear, or Green Pepper Strips
Bacon and Lettuce on Whole Wheat	Grapes	Hot Cocoa	Custard or Celery Strips
Cheese on Whole Wheat	Dates or Raisins	Lemonade	Sugar Cookies or Sweet Pickle
Meat Loaf on White Bread	Fresh Tomato	Milk	Grapes or Potato Chips
Peanut Butter and Jelly, Bacon, Mayonnaise	Deviled Eggs	Milk	Chocolate Cake or Carrot Strips
Sliced Chicken	Hard Boiled Egg	Milk	Brownie or Cheese Stuffed Celery
Date Bread and Cream Cheese Filling	Salted Nuts	Orange Juice	Apple or Cabbage Wedges
Hamburger on Bun	Celery	Milk	Cherry Pie or Pickled Beets
Egg Salad on Rye Bread	Carrot Sticks	Milk	Doughnut or Raw Turnips

*Butter or fortified margarine used in all sandwiches

HELPFUL HINTS

- I. Vegetables have a place in the child's diet.

Include a green leafy or a yellow vegetable in the lunch box each day.

Suggestions: carrot strips, cabbage wedges, pepper rings, turnip strips, celery strips. Include lettuce in sandwiches.

- II. Fruits are one of the best protective foods, and one such item of food should be included in the lunch box each day.

Suggestions: apples, oranges, tangerines, pears, grapes. Dried fruits are also very acceptable for the lunch, such as apples, peaches, prunes, figs, apricots, dates, and raisins. Chopped dried fruit sandwiches are very good.

- III. Candies and jellies are apt to blunt the appetite. Foods needed for growth are not taken when too many sweets are eaten. Therefore, it is well to give sweets in small amounts and only at the end of a meal as a dessert.

- IV. Milk - Whole milk in all its forms is our most nearly perfect food. It is better than any other food for the bone and tooth building. It helps repair the daily wear and tear on the body.

Three or four cups or about one quart of milk is needed each day for growing children. The daily requirement for milk may be obtained as a beverage or in the preparation of other foods.

Suggestions: fruit whips, soups, puddings, molasses milk drink, spiced milk, custards, and main dishes using milk.

- V. Meat, poultry, cheese, fish, eggs, dried peas and beans, and peanut butter are all good sources of protein and as such are valuable for muscle building. Include one serving of such food in the lunch box each day.

Suggestions: chopped hard cooked eggs, deviled eggs, cream cheese and olives, cream cheese and pickles, cream cheese and peppers, tuna fish sandwiches, salmon salad sandwiches, peanut butter and raisins, peanut butter and cottage cheese, peanut butter and grated carrot, peanut butter and jelly.

- VI. Sandwiches stay fresher and carry better when wrapped separately in waxed paper and placed at top of the lunch box. Other foods may be packed in paper containers or small covered glass jars, or plastic containers.

- VII. Milk drinks or soups can be carried in a thermos bottle or small glass jars with a tight fitting cover.

- VIII. Money and time can be saved by preparing a family meal with the thought in mind that left-overs from the meal can be used in the packed lunch the next day.
- IX. Staple foods such as peanut butter, cheese, dried beans, peas, canned fruit, meats or dried fruits, pickles and olives should be kept on hand.
- X. Lunches should be packed in attractive metal containers. Food may become mashed or damaged if lunch is carried in a paper bag. Therefore using a paper bag for the lunch is discouraged.

SEASONAL FOODS FOR WORCESTER COUNTY

Spring

Radishes
Lettuce
Peas
Asparagus
Strawberries
Fried Chicken
Fish
Rhubarb

Fall

Sweet Potatoes	Peppers
Pumpkins	Peaches
Tomatoes	Pears
Nuts	Turnips
Grapes	Turnip Greens
Apples	Field Cress
Squirrel	Kale
Rabbit	Cabbage
Quail	Watermelons
Poultry	Cantalopes
Fish and Fish Products	Cucumbers

Winter

Pork and Pork Products
Potatoes
Poultry - turkey - duck
Beans
Cowpeas
Nuts
Beef
Frozen Foods
Fish and Other Seafood
Cabbage

SUGGESTIONS FOR SANDWICH FILLINGS



1. Chopped or grouped cooked beef or other meat mixed with cabbage or carrots and salad dressing on enriched bread.
2. Leftover cooked fish flaked and mixed with chopped celery or cabbage and salad dressing on enriched or whole wheat bread.
3. Chopped hard cooked egg, pickle, celery or carrot with salad dressing on oatmeal bread.
4. Peanut butter or ground peanuts, figs, dates, raisins, or prunes moistened with evaporated milk on whole wheat or enriched bread.
5. Peanut butter moistened with evaporated milk or salad dressing on whole wheat bread. Sliced fresh tomatoes may be added.
6. Chopped carrots, raisins or prunes and nuts mixed with salad dressing on whole wheat, enriched or oatmeal bread.
7. Cream cheese or cottage cheese and jelly or marmalade on baked brown bread.
8. Cream cheese and chopped olives moistened with evaporated milk on enriched bread.

Packaging of Lunches

The packaging of the lunch should take into account the following:

Does the packaging keep the lunch clean and fresh until lunchtime?
Is the packaging easy and safe for the child to handle?
Is the packaging inexpensive, yet complete?
Does the packaging help to make the lunch attractive?

A metal or plastic container of some sort helps to keep a lunch from drying out, keeps it free from dirt and can stand knocks. The container should not have sharp edges which may cut the child and should be easy for him to get a "hold on" for safe carrying. Some suggestions are syrup cans, candy boxes, and the lunch boxes which may be purchased from stores. Handles may be added by attaching a piece of bent heavy wire or the box may be slipped into a paper or net bag. If the container is one the child uses from day to day, his name should be written on it in case he loses it on the bus or playground.

Various materials may be used to wrap lunch items. Sandwich bags may be purchased in quantity at most large grocery stores or waxed paper may be used. Whatever material is used should be resistant to dampness to prevent the wrapping from becoming soggy and should help the food to retain its moisture and freshness as well as to protect it from picking up the odors or flavoring of other items of the lunch.

All items of the lunch should be wrapped so that when the lunch is unpacked, various items may be laid on the desk without danger of becoming contaminated from dirt on the desk or the desk covering.

Everyone likes surprises. Many times the packaging of the lunch may be the means of giving surprises. A fancy paper napkin, strips of raw carrots, a pickle, or some olives may be included; a plastic cup of custard or some other form of dessert may be added.

The lunch box should be complete with inexpensive utensils. If a spoon is needed, make it a colorful and easy one to handle; but one which will not be a loss if it is not returned.

The child should be helped to handle all the utensils of his lunch. Stoppers for the thermos bottle should be made of such a design that the child knows how to get it in and out. The top of the thermos should be easy to remove and replace. The teacher will gladly help with such items but it gives the child self-assurance and helps to make him independent if he can manage things himself.



Democracy is based on three convictions: first, that the maximum happiness of every individual should be the purpose of all human association; second that every human being is worthy of respect; and third, that the soundest decisions concerning broad social policies result from the pooling of opinions from the wisdom of all who are concerned.

THOMAS H. BRIGGS