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W. P. A.
SCHOOL LUNCH PROJECT
RECIPES

VIRGINIA SCHOOL LUNCH PROJECT
THE STATE BOARD OF EDUCATION-SPONSOR
WORK PROJECTS ADMINISTRATION
FEDERAL WORKS AGENCY

RECIPES

A complete well rounded school lunch is made up of a main dish, two supplementary dishes, bread, butter or other fat, and a drink.

The main dishes have meat, fish, cheese, or eggs. They are good building foods for children. The other foods in the lunch are chosen to go with the main dish.

The supplementary dishes are vegetables, salads and some fruits. They are not as "substantial" as the main dishes but they are very necessary for children.

Some kind of a bread is always served with the school lunch. Breads made from whole grain cereals such as whole wheat flour, corn meal, and oatmeal are better for children than white bread.

Simple sweets or desserts are needed by children. The best desserts for them are those made from fruits or milk.

Drinks. Milk is the best drink for children. Fruit juices are also good. Canned evaporated milk and fruits or fruit juices may be used together in fruit nogs.

The recipes in this book are divided into main dishes, supplementary dishes, breads, desserts and drinks in order to make it easy for workers to find the recipe they are to use. An index printed on colored paper is in front of each section of recipes.

M A I N D I S H E S

A. SOUPS - - - - - Sheet

Bean Soup -----	6
Chicken Soup -----	5
Corn Chowder -----	4
Potato Soup -----	3
Vegetable Soup (With Meat Stock) -----	1
Vegetable Soup (Without Meat Stock) -----	2

B. MEATS - - - - - Sheet

Baked Meat Balls -----	2
Beef Stew -----	1
Creamed Chipped Beef -----	4
Creamed Liver -----	5
Liver Loaf -----	6
Meat Loaf with Tomato Sauce -----	3
Scrapple -----	8
Smoked Ham or Shoulder -----	9
Spanish Rice -----	7

C. FISH & SEA FOOD - - - - - Sheet

Baked Fish Fillets -----	1
Salmon Loaf -----	2
Scalloped Oysters -----	3

D. EGG AND CHEESE - - - - - Sheet

Cheese Fondue -----	3
Creamed Hard Cooked Eggs -----	1
Macaroni and Cheese -----	4
Scrambled Eggs -----	2

E. BEANS - - - - - Sheet

Baked Beans -----	2
Bean Loaf -----	1

SUPPLEMENTARY DISHES

A. SALADS - - - - - Sheet

Apple Salad -----	1
Cabbage Salad -----	3
Carrot Raisin Salad -----	4
Green Bean Salad -----	5
Fruit and Cottage Cheese Salad -----	2
Potato Salad -----	6

B. SALAD DRESSINGS - - - - - Sheet

Cooked Mayonnaise -----	2
Cooked Salad Dressing -----	1
French Dressing -----	3

C. VEGETABLES - - - - - Sheet

Baked Potatoes -----	11
Buttered Beets -----	1
Buttered Carrots -----	6
Buttered Turnips -----	17
Canned Green Beans -----	4
Candied Sweet Potatoes -----	13
Creamed Carrots, Onion and Celery -----	7
Creamed Onions -----	10
Glazed Carrots -----	8
Greens -----	9
Harvard Beets -----	2
Lima Beans Baked in Milk -----	3
Scalloped Cabbage With Cheese -----	5
Scalloped Irish Potatoes -----	12
Scalloped Tomatoes -----	16
Spinach -----	15
Sweet Potato Souffle -----	14
Vegetable Sticks (Raw) -----	18

D. MEAT AND VEGETABLE SAUCES - - - - - Sheet

Tomato Sauce -----	2
White Sauce -----	1

E. FRUITS - - - - - Sheet

Stewed Fruits -----	1
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B R E A D S

A. QUICK BREADS - - - - -	Sheet
Buttermilk Biscuits -----	2
Corn Bread (Squares) -----	12
Corn Muffins -----	11
Corn Pones -----	13
Drop Biscuits -----	3
Graham or Whole Wheat Muffins -----	9
Graham or Whole Wheat Sweetmilk Biscuits ----	4
Grits Muffins -----	10
Plain Muffins -----	7
Rolled Oats or Rolled Wheat Muffins -----	8
Spoon Bread -----	14
Sweetmilk Biscuits -----	1
Graham or Whole Wheat Buttermilk Biscuits ---	5
Graham or Whole Wheat Drop Biscuits -----	6
B. YEAST BREADS - - - - -	Sheet
Rolls -----	3
Sweet Rolls -----	4
White Bread -----	1
Whole Wheat Bread -----	2
C. STEAMED BREAD - - - - -	Sheet
Brown Bread -----	1
D. SANDWICHES - - - - -	Sheet
Cheese Sandwich Spread -----	1
Egg Salad Filling -----	2
Ham Filling -----	3
Peanut Butter Sandwich Spread -----	4
Raisin Sandwich Spread -----	5
Raw Vegetable Sandwich Filling -----	6
Salmon Salad Sandwich Filling -----	7

D E S S E R T S

A. COOKIES - - - - - Sheet

Cornmeal Cookies -----	1
Crisp Oatmeal Cookies -----	2
Peanut Butter Cookies -----	3
Raisin Squares -----	5
Sugar Cookies -----	4

B. PUDDINGS - - - - - Sheet

Apple Brown Betty -----	1
Apple Crisp Pudding -----	2
Bread Pudding -----	3
Chocolate Wheat Pudding -----	4
Cottage Pudding -----	5
Gingerbread -----	6
Norwegian Prune Pudding -----	7
Rice Pudding -----	8

C. PUDDING SAUCES - - - - - Sheet

Butterscotch Sauce -----	2
Grape Fruit - Orange Sauce -----	1

D. CUSTARDS - - - - - Sheet

Baked Custard -----	1
Soft Custard -----	2

E. FRUIT DESSERTS - - - - - Sheet

Apple Sauce -----	1
Baked Apples -----	2
Prune Whip -----	3
Stewed Fruit -----	4

D R I N K S

A. MILK - - - - - Sheet

Banana Milk Shake -----	1
Chocolate Milk -----	3
Cocoa -----	2
Cooked Fruit Juice Nog -----	4
Milk of Molasses -----	5
Orange Nog -----	6
Vanilla Milk -----	7

B. FRUIT JUICES - - - - - Sheet

Grapefruit Juice -----	1
Lemonade -----	2
Mixed Fruit Juice -----	4
Orangeade -----	3
Orange Juice -----	1
Tomato Juice -----	1

MACARONI AND CHEESE

Servings - 3/4 cup per child

<u>Ingredients</u>	<u>30 Servings</u>	<u>50 Servings</u>	<u> Servings</u>
Macaroni	8 cups, or 2 quarts	3 quarts	quarts
Water	5 quarts	2 gallons	gallons
Salt	2½ tablespoons	4 tablespoons	tablespoons
Cheese, grated	1½ pounds, or 6 cups	2½ pounds, or 10 cups	pounds
Eggs	3	5	
Milk	3 quarts	4½ quarts	quarts
Butter	3/4 cup	1¼ cups	cups
Paprika	½ teaspoon	1 teaspoon	teaspoons

METHOD:

1. Check all materials needed. Use standard level measurements.
2. Cook macaroni in boiling salted water until tender - about 20 minutes.
3. Drain and rinse by pouring cold water over the macaroni.
4. Place a layer of macaroni in buttered baking pan, sprinkle with cheese. Repeat until all is used.
5. Beat eggs and mix with milk.
6. Pour egg and milk mixture slowly over layers of macaroni and cheese.
7. Dot with butter and sprinkle paprika over top.
8. Bake in moderate oven (350° F) 30 to 40 minutes.
9. Serve hot.

Evaporated or dry milk may be substituted for whole milk.

VARIATIONS:

1. Rice, spaghetti, grits or noodles may be used in place of macaroni.
2. Canned tomatoes may be used instead of milk, with or without cheese.

RECIPES
For
SCHOOL LUNCH PROJECT

August, 1941

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FEDERAL WORKS AGENCY
WORK PROJECTS ADMINISTRATION
DIVISION OF COMMUNITY SERVICE PROGRAMS

REGION III