Things to Know About the School Lunch Basket

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"UNDERWEIGHT!" That is what the county nurse said when she weighed little Jimmy White last week.

"Listless and inattentive, especially in the afternoons," what Jimmy's teacher wrote in the "remarks" section of his monthly report card the other day.

Jimmy's mother couldn't understand it. Jimmy's father had been unusually stout when he was young and he had always been "bright in his books, too." Why should her son be underweight, listless, and inattentive? He didn't have tonsils or adenoids. He had plenty of fresh air; he slept ten hours every night; he had three good meals a day—"a good breakfast and your children's vitality as quickly as rats with him. He slept ten hours every night; he had three good meals a day—a good breakfast and dinner. The school house was so far away from school and since they did not serve a hot lunch he took his noon lunch with him.

What did he take to school for his lunch every day? Well, mostly what happened to be in the cupboard. Maybe that was where the trouble lay.

After Mrs. Green thought about it the more she wondered how she could have spent so little time in lunch planning. The same food had been packed, fried meat, pie, cake and pickles usually. The more she thought about it the more she wondered why she had put so little time and thought on this noon lunch of Jimmy's. She went to see the county nurse and that noon lunch of Jimmy's. He carried milk or hot cocoa to school every day. He ate something he didn't like. He ate pudding or custard at noon instead of cake. He discovered quite suddenly that he liked to eat noon lunch. His teacher discovered that he was no longer "listless and inattentive" in the afternoons.

This is a real story and Jimmy is a real boy who like many other boys and girls in this and other states have to have their lunch altered by far from the home. Several children from one family attend the same school a thermos bottle may be purchased alone or fitted into a regular lunch box. A small wicker basket with strong handles and a lid which fastens in the noon meal. For one child a small thermos bottle may be purchased alone or fitted into a regular lunch box. A small wicker basket with strong handles and a lid which fastens in the diet. The mother who does not use care in preparing his lunch basket for his noon beverage. He forgot what pie tasted like. He ate too many delicacies usually mean too little real food. Too many highly flavored dishes mean a falling off of the child's appetite. When the lunch basket comes home at night half full of food which has been scarcely touched, something is wrong with the child or the lunch.

For health's sake the lunch must contain as much of a variety of proper foods as a well balanced meal. Those foods must be simple, must satisfy all of the needs of a growing body and must be doubly attractive to the child since they have the taste of being cold.

No one food will completely satisfy the child's stomach during the middle part of the day. A mixed diet of carbohydrates, fats and proteins is necessary. Too many sandwiches and too much fried foods, meat in any large quantity, pie, unripe fruits, pickles, and large amounts of cake and jam.

Besides the dietetic principles of food selection there are others to be considered in lunch planning. The same food must not be repeated in the one lunch as tomato soup and tomato salad. The adult balance between soft and solid or moist and dry, as a Juicy fruit with a cookie. Do not have all acid or all sweet foods. Have something tart and something sweet.

Then there is the problem of a hot dish for the lunch basket. Where there is no hot lunch served in the school a thermos bottle is a paying investment in the long run. If several children from one family attend the same school a thermos bottle of hot cocoa or soup may form the main part of the noon meal. For one child a small thermos bottle may be purchased alone or fitted into a regular lunch box. A small wicker basket with strong handles and a lid which fastens in the noon meal. For one child a small thermos bottle may be purchased alone or fitted into a regular lunch box.

There are many expensive and inexpensive lunch boxes on the market, but in purchasing one, look to see that it is of a convenient shape and size for packing and that it affords some ventilation.

Here are some sample lunches which are simple and easy to prepare:

1. One chicken sandwich
   One jam sandwich
   One apple
   Glass of milk

2. Ham sandwich
   Fudge sandwich
   Apple sauce
   Brown bread sandwich
   Milk or soup

3. Graham bread sandwich

Baskets Packed and Ready to Pack
A Plain Wicker Basket is an Inexpensive and Serviceable One for Use Where Several Children Take Their Lunch Together

THE IOWA HOMEMAKER
Things to Know About the School Lunch Basket
By MILLIE LERDALL and GRACE MclLRATH
THE IOWA HOMEMAKER

Do You Know What's In a Can?

By BLINCHE INGERSOLL

MANY A company dinner has been spoiled by a can of peas. It is not uncommon to open a can of peas expecting to find nice juicy little peas and discover that it contains some large mushy or mushy and over ripe. How­

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