W. P. A.

SCHOOL LUNCH PROJECT

RECIPES

VIRGINIA SCHOOL LUNCH PROJECT

THE STATE BOARD OF EDUCATION-SPONSOR

WORK PROJECTS ADMINISTRATION

FEDERAL WORKS AGENCY
RECIPIES

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 nozs.

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.
### MAIN DISHES

A. **SOUPS**
   - Bean Soup
   - Chicken Soup
   - Corn Chowder
   - Potato Soup
   - Vegetable Soup (With Meat Stock)
   - Vegetable Soup (Without Meat Stock)

B. **MEATS**
   - Baked Meat Balls
   - Beef Stew
   - Creamed Chipped Beef
   - Creamed Liver
   - Liver Loaf
   - Meat Loaf with Tomato Sauce
   - Scrapple
   - Smoked Ham or Shoulder
   - Spanish Rice

C. **FISH & SEA FOOD**
   - Baked Fish Fillets
   - Salmon Loaf
   - Scalloped Oysters

D. **EGG AND CHEESE**
   - Cheese Fondue
   - Creamed Hard Cooked Eggs
   - Macaroni and Cheese
   - Scrambled Eggs

E. **BEANS**
   - Baked Beans
   - Bean Loaf

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Sheet

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 1
### SUPPLEMENTARY DISHES

#### A. SALADS
- Apple Salad
- Cabbage Salad
- Carrot Raisin Salad
- Green Bean Salad
- Fruit and Cottage Cheese Salad
- Potato Salad

#### B. SALAD DRESSINGS
- Cooked Mayonnaise
- Cooked Salad Dressing
- French Dressing

#### C. VEGETABLES
- Baked Potatoes
- Buttered Beets
- Buttered Carrots
- Buttered Turnips
- Canned Green Beans
- Candied Sweet Potatoes
- Creamed Carrots, Onion and Celery
- Creamed Onions
- Glazed Carrots
- Greens
- Harvard Beets
- Lima Beans Baked in Milk
- Scalloped Cabbage With Cheese
- Scalloped Irish Potatoes
- Scalloped Tomatoes
- Spinach
- Sweet Potato Souffle
- Vegetable Sticks (Raw)

#### D. MEAT AND VEGETABLE SAUCES
- Tomato Sauce
- White Sauce

#### E. FRUITS
- Stewed Fruits
BREADS

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
   Crape 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
# DESSERTS

## A. COOKIES

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

## B. PUDDINGS

- 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

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

## D. CUSTARDS

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

## E. FRUIT DESSERTS

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

**A. MILK**

<table>
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<tbody>
<tr>
<td>Banana Milk Shake</td>
<td>1</td>
</tr>
<tr>
<td>Chocolate Milk</td>
<td>3</td>
</tr>
<tr>
<td>Cocoa</td>
<td>2</td>
</tr>
<tr>
<td>Cooked Fruit Juice Nog</td>
<td>4</td>
</tr>
<tr>
<td>Milk of Molasses</td>
<td>5</td>
</tr>
<tr>
<td>Orange Nog</td>
<td>6</td>
</tr>
<tr>
<td>Vanilla Milk</td>
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**B. FRUIT JUICES**

<table>
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<tbody>
<tr>
<td>Grapefruit Juice</td>
<td>1</td>
</tr>
<tr>
<td>Lemonade</td>
<td>2</td>
</tr>
<tr>
<td>Mixed Fruit Juice</td>
<td>4</td>
</tr>
<tr>
<td>Orangeade</td>
<td>3</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>1</td>
</tr>
<tr>
<td>Tomato Juice</td>
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# MACARONI AND CHEESE

Servings - 3/4 cup per child

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>30 Servings</th>
<th>50 Servings</th>
<th>Servings</th>
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<tbody>
<tr>
<td>Macaroni</td>
<td>8 cups, or 2 quarts</td>
<td>3 quarts</td>
<td>___ quarts</td>
</tr>
<tr>
<td>Water</td>
<td>5 quarts</td>
<td>2 gallons</td>
<td>___ gallons</td>
</tr>
<tr>
<td>Salt</td>
<td>2 1/2 tablespoons</td>
<td>4 tablespoons</td>
<td>___ tablespoons</td>
</tr>
<tr>
<td>Cheese, grated</td>
<td>1 1/2 pounds, or 6 cups</td>
<td>2 1/2 pounds, or 10 cups</td>
<td>___ pounds</td>
</tr>
<tr>
<td>Eggs</td>
<td>3</td>
<td>5</td>
<td>___</td>
</tr>
<tr>
<td>Milk</td>
<td>3 quarts</td>
<td>4 1/2 quarts</td>
<td>___ quarts</td>
</tr>
<tr>
<td>Butter</td>
<td>3/4 cup</td>
<td>1 1/4 cups</td>
<td>___ cups</td>
</tr>
<tr>
<td>Paprika</td>
<td>1/2 teaspoon</td>
<td>1 teaspoon</td>
<td>___ teaspoons</td>
</tr>
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**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.

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.