School Lunch Recipes

using canned foods

25-50 servings

Home Economics Division
National Canners Association
Washington 6, D.C.
School Lunches

**School Lunches**

**Description:**

The Federal government has mandated that all public schools must offer a free lunch to all students. This program is designed to ensure that all children have access to a nutritious and balanced meal, regardless of their socioeconomic status. Schools are required to provide a variety of food options to accommodate different dietary needs and preferences.

**Nutritional Guidelines:**

- **Protein:** At least half of the protein in school lunches must come from sources other than meat, such as beans, legumes, and tofu.
- **Grains:** Whole grains should make up at least half of the grain servings in school lunches.
- **Vegetables:** At least half of the vegetables offered should be from dark green, red, and orange vegetables.
- **Milk:** At least half of the milk servings should be low-fat or fat-free.

**Policy Changes:**

The government has recently implemented new regulations to reduce the amount of sodium and fat in school lunches, and to increase the amount of fruits and vegetables. These changes are aimed at promoting healthier eating habits among children.

**Impact on Children:**

The school lunch program has a significant impact on children's health and education. Studies have shown that children who eat a nutritious lunch are more likely to be alert, focused, and engaged in school. This leads to better academic performance and overall well-being.

**Conclusion:**

The school lunch program is a crucial component of our education system. By providing nutritious meals, schools are helping to ensure that children have the energy and focus they need to succeed in school and beyond.
Ways to Use the Light from Canned Foods

<table>
<thead>
<tr>
<th>Preparation of Foods</th>
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<tbody>
<tr>
<td>Fill canned foods with seasonings.</td>
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<tr>
<td>Mix canned foods with fresh ingredients.</td>
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<tr>
<td>Use canned foods as a base for stews.</td>
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<tr>
<td>Combine canned foods with other canned foods.</td>
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<table>
<thead>
<tr>
<th>Menu Planning</th>
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<tbody>
<tr>
<td>Include canned foods in your menu planning.</td>
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<tr>
<td>Choose canned foods that complement the flavors of your menu.</td>
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<tr>
<td>Pair canned foods with fresh vegetables.</td>
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<tr>
<td>Use canned foods as a topping for salads.</td>
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Tips for Using Canned Foods:

- Choose canned foods that are high in nutrients.
- Use canned foods as a base for soups and stews.
- Pair canned foods with fresh herbs and spices.
- Use canned foods in casseroles and pastries.

Patterns Menu:

- Choose canned foods that are low in sodium.
- Use canned foods as a topping for grilled meats.
- Pair canned foods with fresh fruits and vegetables.
- Use canned foods in salads and sandwiches.


**ENTRÉES**

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**VEGETABLES**

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**SUGGESTIONS**

- Serve soups hot or cold. Juices may be served cold or over ice.
- Applesauce and cranberry sauce may also be served as a side dish.

**ADDITIONAL RECOMMENDATIONS**

- Serve soups as an appetizer or between courses.
- Consider offering a variety of soups to cater to different tastes.

**RECIPE INSTRUCTIONS**

1. Preheat oven to 350°F (175°C).
2. In a large pot, heat oil and sauté onions and garlic until tender.
3. Add diced potatoes, carrots, and celery and stir to combine.
4. Pour in chicken broth and bring to a boil.
5. Reduce heat and let simmer for 30 minutes or until vegetables are tender.
6. Serve hot or cold, garnished with fresh herbs if desired.
Had of tomato paste

Ingredients: 2 oz. protein-rich food

Savory Meat Loaf

6. Add the beef and cook until brown, being careful not to burn. Serve.
7. Mix the tomato paste and ketchup in a small bowl. Add the sauce and serve.

Easy to Make Beef Stew

Ingredients: 2 oz. protein-rich food
## SCALED POACHED SALMON

**Preparation:**
- Scald salmon in hot water, and poach in a moderate oven (325°F) for 8 to 10 minutes.
- Season with cream sauce over the salmon.

**Ingredients:**
- 1/2 cup white wine
- 1 tablespoon chopped parsley
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 bay leaf

**Instructions:**
1. Poach salmon in white wine, and pour over the salmon.
2. Garnish with parsley, salt, and pepper.

**Nutrients:**
- Calories: 220
- Protein: 20g
- Carbohydrates: 0g
- Fat: 10g

## MACARONI AND CHEESE WITH VEGETABLES

**Preparation:**
- Preheat oven to 350°F.

**Ingredients:**
- 12 ounces elbow macaroni
- 1/2 cup chopped onions
- 1/2 cup chopped celery
- 1/2 cup chopped green bell peppers
- 2 cloves garlic, minced
- 2 tablespoons butter
- 2 tablespoons flour
- 1/2 cup chicken broth
- 1 cup milk
- 1 cup shredded cheddar cheese
- 1/2 cup shredded mozzarella cheese

**Instructions:**
1. Cook macaroni in boiling salted water until tender (about 10 min).
2. In a large skillet, cook chopped onions, celery, bell peppers, and garlic in butter until tender.
3. Stir in flour, then add chicken broth and milk, bring to a boil, then reduce heat, and simmer for 5 minutes.
4. Add shredded cheeses and stir until melted.

**Nutrients:**
- Calories: 450
- Protein: 15g
- Carbohydrates: 40g
- Fat: 20g
BAKED BEAN CHEESE BURGERS

- 3 cans baked beans
- 1 lb ground beef
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 2 tablespoons ketchup
- 1 tablespoon brown sugar
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder

1. Preheat oven to 350°F.
2. In a large bowl, combine baked beans, ground beef, onion, green pepper, ketchup, brown sugar, salt, pepper, and garlic powder. Mix well.
3. Shape the mixture into patties and place on a baking sheet.
4. Bake for 20-25 minutes or until thoroughly cooked.

SALMON SCONES

- 2 salmon fillets
- 1/2 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika
- 2 large eggs
- 1/2 cup milk
- 1/2 cup grated cheddar cheese

1. Preheat oven to 375°F.
2. In a mixing bowl, combine flour, salt, pepper, paprika, eggs, milk, and cheese. Mix well.
3. Spread the mixture into a baking pan and bake for 15-20 minutes or until golden brown.

SAUCEROLAY AND FRIED ARTICHOKE HEARTS

- 1 can artichoke hearts
- 1/2 cup mayonnaise
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon lemon juice

1. Drain the artichoke hearts and mix with mayonnaise, Parmesan cheese, and lemon juice.
2. Spread the mixture in a baking dish and bake at 375°F for 15 minutes.

SANDWICHES

- 2 slices bread
- 1 slice cheese
- 1 slice deli meat

1. Toast the bread on one side.
2. Place cheese and deli meat on the toast and top with the other slice of bread.
3. Cut in half and serve.
VEGETABLES

**PEAS AND TUNA PASTA**

- **Ingredients**
  - 2 cups peas
  - 1 cup tuna
  - 1 cup chopped onion
  - 1/4 cup chopped green pepper
  - 1/4 cup chopped celery
  - 1/4 cup chopped carrots
  - 1/4 cup chopped green beans
  - 1/4 cup chopped red pepper
  - 1/4 cup chopped yellow pepper
  - 1/4 cup chopped white onion

- **Instructions**
  1. Cook peas and other vegetables in a pot with water until tender.
  2. Drain peas and other vegetables and add to pasta.
  3. Mix all ingredients together.

**CRÈME VEGETABLES**

- **Ingredients**
  - 1/2 cup crème fraîche
  - 1/2 cup heavy cream
  - 1/2 cup butter
  - 1/2 cup flour
  - 1/2 cup milk
  - 1/2 cup chicken broth
  - 1/2 cup tomato sauce

- **Instructions**
  1. Melt butter and flour in a saucepan.
  2. Add milk and chicken broth.
  3. Stir until mixture thickens.
  4. Add crème fraîche and heavy cream.
  5. Mix well and serve.

**CREAMED VEGETABLES**

- **Ingredients**
  - 1/2 cup cream
  - 1/2 cup butter
  - 1/2 cup flour
  - 1/2 cup milk
  - 1/2 cup chicken broth
  - 1/2 cup tomato sauce

- **Instructions**
  1. Melt butter and flour in a saucepan.
  2. Add milk and chicken broth.
  3. Stir until mixture thickens.
  4. Add cream and butter.
  5. Mix well and serve.

**VEGETABLES IN CREAM**

- **Ingredients**
  - 1/2 cup cream
  - 1/2 cup butter
  - 1/2 cup flour
  - 1/2 cup milk
  - 1/2 cup chicken broth
  - 1/2 cup tomato sauce

- **Instructions**
  1. Melt butter and flour in a saucepan.
  2. Add milk and chicken broth.
  3. Stir until mixture thickens.
  4. Add cream and butter.
  5. Mix well and serve.

**VEGETABLE SALADS**

- **Ingredients**
  - 1/2 cup chopped vegetables
  - 1/2 cup salad dressing
  - 1/2 cup crumbled bacon
  - 1/2 cup grated cheese

- **Instructions**
  1. Mix all ingredients together.
  2. Serve chilled.

**VEGETABLE SANDWICHES**

- **Ingredients**
  - 1/2 cup chopped vegetables
  - 1/2 cup salad dressing
  - 1/2 cup spreadable cheese
  - 1/2 cup sliced bread

- **Instructions**
  1. Place vegetables and dressing on bread.
  2. Top with cheese and another slice of bread.
  3. Serve cold.

**VEGETABLES**

- **Instructions**
  1. Choose any vegetable you like.
  2. Chop and cook vegetables in a pan.
  3. Season to taste.

**VEGETABLES IN CREAM**

- **Instructions**
  1. Cook vegetables in cream and butter.
  2. Season to taste.

**VEGETABLE SALADS**

- **Instructions**
  1. Mix vegetables and dressing in a bowl.
  2. Serve chilled.

**VEGETABLE SANDWICHES**

- **Instructions**
  1. Place vegetables and cheese on bread.
  2. Top with another slice of bread.
  3. Serve cold.
CANNED BEET SALAD

1. Drain the beets from the canned beets and add to salad, with the shrimp.

2. Combine all ingredients except croutons and shrimp. Blend well.

3. Pour over salad and serve chilled.

4. Chill and serve in lettuce cups, if desired.

Each serving: % of RE.

Funchess's % of RE.

CANNED BEET SALAD

VEGETARIAN SALAD

1. Combine all ingredients except croutons and lettuce. Blend well.

2. Pour over salad and serve chilled.

3. Chill and serve in lettuce cups, if desired.

4. Each serving: % of RE.

Funchess's % of RE.

VEGETARIAN SALAD

TOMATO-SHRIMP SALAD

1. Combine all ingredients except croutons and lettuce. Blend well.

2. Pour over salad and serve chilled.

3. Chill and serve in lettuce cups, if desired.

4. Each serving: % of RE.

Funchess's % of RE.
DESSERTS

Applesauce Whip

1. Place 2 cups milk and 2 cups sugar in medium saucepan over low heat. Stir until sugar dissolves. Add 1 1/4 cups milk and bring to a boil. Reduce heat and simmer for 10 minutes. Remove from heat and let cool. Cool in refrigerator. Add 1 cup heavy cream and chill. Serve over fruit salad.

COLD FRUIT PLATE WITH EGG OR CHEESE

1. Dissolve gelatin in 1 cup water. Add cream sauce. Add tomatoes, eggs or cheese, as desired.

FRUIT DRESSINGS

1. Combine ingredients and turn over fruit salad. Chill at least 4 hours.

CABBAGE BEAN SALAD

1. Chill and serve with salad dressing.

CABBAGE BEAN SALAD

1. Chill and serve with salad dressing.

CHICKEN SALAD

1. Chill and serve with salad dressing.

CHICKEN SALAD

1. Chill and serve with salad dressing.
PUDDING

Peach Rice Pudding

Ingredients:
- 1 cup rice
- 1 1/2 cups water
- 1/2 cup brown sugar
- 1/2 cup butter
- 1/2 cup chopped nuts
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/2 teaspoon nutmeg

Instructions:
1. Cook rice in a saucepan with water and sugar.
2. Add butter, nuts, cinnamon, and vanilla extract.
3. Simmer until rice is tender and thick.
4. Serve warm or cold.

NOTE: Rice pudding can be made with different fruits, nuts, and spices.

Butterscotch Pear Pudding

Ingredients:
- 1 1/2 cups brown sugar
- 1/2 cup butter
- 1/2 cup chopped nuts
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/2 cup chopped pears

Instructions:
1. Cook pears in a saucepan with sugar and butter.
2. Add nuts, cinnamon, nutmeg, and vanilla extract.
3. Simmer until pears are tender and thick.
4. Serve warm or cold.

NOTE: Pears can be substituted with other fruits such as apples or berries.

Apple Delight

Ingredients:
- 1 1/2 cups brown sugar
- 1/2 cup butter
- 1/2 cup chopped nuts
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/2 cup chopped apples

Instructions:
1. Cook apples in a saucepan with sugar and butter.
2. Add nuts, cinnamon, nutmeg, and vanilla extract.
3. Simmer until apples are tender and thick.
4. Serve warm or cold.

NOTE: Apples can be substituted with other fruits such as pears or peaches.

DESSERT

Overnight Oatmeal

Ingredients:
- 1 cup rolled oats
- 1 cup milk
- 1/2 cup brown sugar
- 1/2 cup butter
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg

Instructions:
1. Mix oats, milk, sugar, butter, cinnamon, and nutmeg.
2. Refrigerate overnight.
3. Serve cold or warm.

NOTE: Oatmeal can be made with different fruits, nuts, and spices.

Cake Topping

Ingredients:
- 1 cup powdered sugar
- 1/2 cup milk
- 1/2 teaspoon vanilla extract

Instructions:
1. Mix powdered sugar, milk, and vanilla extract.
2. Spread on cake.

NOTE: Cake topping can be made with different toppings such as chocolate or strawberries.
CHERRY PIE

SERVES 8

Ingredients:
- 1 pie shell
- 2 cups sugar
- 1 cup water
- 1/4 cup cornstarch
- 3 tablespoons cider vinegar
- 2 cups chopped cherries
- 1 teaspoon almond extract
- 1/2 teaspoon salt

Instructions:
1. Preheat oven to 375°F.
2. In a medium saucepan, combine sugar, cornstarch, vinegar, cherries, almond extract, and salt. Stir well.
3. Bring to a boil, stirring constantly, until thickened.
4. Pour into the prepared pie shell. Bake at 375°F for 15 minutes.
5. Reduce heat to 325°F; bake for 45 minutes longer or until golden brown.

Cherry Pie Variations:
- Substitutes: Cornstarch or flour
- Gluten-free: Use gluten-free flour

Spicy Fruit Medley

SERVES 4

Ingredients:
- 1/2 cup diced orange
- 1/2 cup diced pineapple
- 1/2 cup diced kiwi
- 1/2 cup diced apple
- 1/2 cup diced banana
- 1/4 cup chopped nuts
- 1/4 cup honey

Instructions:
1. Combine all ingredients in a large bowl. Mix well.
2. Chill until serving.
3. Serve with whipped cream.

Pineapple Ice Pudding

SERVES 6

Ingredients:
- 1 (20-ounce) can pineapple chunks
- 1 (3-ounce) package instant vanilla pudding mix
- 2 cups milk
- 1/2 cup sugar
- 1/2 cup chopped pecans

Instructions:
1. Drain pineapple chunks, reserving juice.
2. Combine pudding mix and sugar in a large bowl.
3. Add reserved pineapple juice, milk, and pecans.

Apricot Tiramisu

SERVES 8

Ingredients:
- 1 (8-ounce) package cream cheese, softened
- 1 (8-ounce) package mascarpone cheese, softened
- 1 (8-ounce) can apricot halves, drained, pitted
- 1 (8-ounce) can sweetened, flaked coconut
- 1 (8-ounce) can crushed pineapple

Instructions:
1. Beat cream cheese and mascarpone together until smooth.
2. Add apricot halves and coconut. Stir well.
3. Spread on top of 1 layer of ladyfingers soaked in apricot liqueur.
4. Repeat layers until all ingredients are used.

Graham Cracker Crust

SERVES 2

Ingredients:
- 1 graham cracker crust

Instructions:
1. Press crumbs evenly into 6-inch round or square pan.
2. Bake at 350°F for 10-12 minutes.
3. Cool completely on wire rack.
4. Fill with desired filling or topping.
PEACH OR APRICOT PIE

PREPARATION
Aromatic spices, with sweet potatoes and a bit of a peach, created a strong flavor profile. This pie was baked in a 9-inch round pan, on a rack, in a moderate oven (350°F) for about an hour, or until the filling is set.

Dried apricots and peaches, fresh and dried, can be used in this recipe. A small amount of dried apricots or peaches can be used in place of dried apricots and peaches.

OTHER INGREDIENTS
- 2 cups dried apricots
- 1 cup dried peaches
- 1/2 cup granulated sugar
- 1/4 cup brown sugar
- 1/4 cup butter or margarine (softened)
- 3/4 cup flour
- 1/2 cup brown sugar
- 1/4 cup apple juice
- 1/4 cup raisins
- 1/4 cup chopped nuts

CAUTION: I recommend using fresh apricots and peaches, as canned apricots and peaches can be used in place of the dried fruits.

PREPARATION
1. Preheat oven to 350°F. In a large mixing bowl, combine the sugar and flour. Add the apples and nuts, and mix well.
2. Add the apricots and peaches, and mix again.
3. Pour the mixture into a 9-inch pie plate. Bake for about 45 minutes, or until the filling is set.

Serving Suggestions
Serve warm, with a scoop of ice cream or whipped cream.
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### Veggies

- **Vegetables**
  - Green Peas
  - Carrots
  - Corn
  - Beets
  - Broccoli
  - Green Beans
  - Spinach
  - Tomatoes
  - Cabbage
  - Lettuce

### Desserts

- **Desserts**
  - Ice Cream
  - Pudding
  - Pie
  - Cheesecake
  - Cake

### Sides

- **Sides**
  - Hash Browns
  - Fries
  - Pasta
  - Potatoes
  - Macaroni and Cheese

### Juices

- **Juices**
  - Apple
  - Orange
  - Grapefruit
  - Pineapple

### Soups

- **Soups**
  - Chicken
  - Vegetable
  - Beef
  - Seafood
  - Lentil

### Sandwiches

- **Sandwiches**
  - Ham and Cheese
  - Turkey and Cheese
  - Roast Beef
  - Grilled Cheese
  - Club Sandwich