

Hot Meals For Two Bits Amazes St. James' School Civics Club

From Cafeteria to Classroom As Students "Delve" Into Food



The nutritional value of the cafeteria, the well-balanced meal and its effectiveness as a preserver of the physical fitness of the pupil are well known and emphasized in the School Lunch Program, but the educational value is frequently given a secondary position. To the Civicals club of St. James the Less School Columbus, this is not true. For these pupils and many others in our Diocesan schools, the history, arithmetic, geography, science, health, art and the language arts include facts and activities pertinent to the important activity of the day—the noon lunch in the cafeteria.

One child expresses very well his reaction to "this subject of subjects" in the school program, namely, "The Cafeteria."

Charles Pickard, an eighth grader and a member of the Civics Club, writes:

"The pupils of St. James are lucky to have a fine cafeteria. Mrs. Finnegan and Mrs. DuBrul and all the other ladies do a fine job making up good meals. A typical menu this fall will read as follows:

- Wieners and Buns
- Baked Beans
- Cabbage salad
- Milk
- Jello

And we can get all this for only twenty-five cents!

We get many things from the U.S. Government under its food conservation program. Foods such as turkey, butter, eggs, dried milk, and cheese are all part of the program.

Such appetizing meals are the reasons why SEVENTY PERCENT of the children stay for lunch.

We at St. James are justly proud of our cafeteria."

As a special project in keeping with the annual School Lunch Workshop, the St. James Civics Club turned to the unit on Food Conservation in their history book. To make the project timely the

utilization of the allotted Surplus Commodities was studied.

The children built a scale model of their school and placed it on a piece of plywood board. At the cafeteria door they placed a delivery truck piled high with government supplies. Coming from the door were streamers—at the end of each was a miniature of the food the government has been supplying, such as: turkey, butter, honey, eggs, peanut butter and cheese. They also constructed such articles as a miniature deep freeze and a refrigerator car which also help conserve food.

The entire class was more than eager to plan the menu for a day, using these supplies as much as possible and adding a few of their own ideas to supplement the menu.

The girls especially found it interesting to find recipes which would make the cheese, honey and peanut butter more appealing. Some of the recipes that would "stretch" and "dress up" the foods the government gives the girls wish to share with you.

HAM-MEAT CROQUETTES

- 1 cup. Thick white sauce (or condensed tomato soup)
 - ¼ teaspoon pepper
 - ½ teaspoon salt
 - 2 teaspoons onion grated
 - 2 cups diced cooked ham
- Combine all ingredients; chill, shape into patties or croquettes. Roll in egg and crumbs and fry in deep hot fat until brown.

CHEESE SURPRISE

- 1½ cups flour
- ¾ teaspoon baking powder
- ½ teaspoon salt
- 1 tablespoon sugar
- ½ cup (yellow) corn meal
- 1 cup American cheese grated
- ½ tablespoon green pepper (finely chopped)
- 1 egg
- ¾ cup milk
- 2 tablespoons shortening (melted)
- ½ teaspoon onion (grated)

Sift flour; measure; add baking powder, salt and sugar; sift again and add corn meal, cheese and green pepper. (Mix well) Combine egg, milk, melted shortening (slightly cooled) and onion, pour into flour mixture and stir just enough to moisten the dry ingredients. Do not beat. Fill greased pans two-thirds full and bake in hot oven (400°F) 20 to 25 minutes. Makes eight medium muffins.

CHEESE SAUCE

- 2 tablespoons butter
- 2 tablespoons flour
- ¼ teaspoon salt
- ¾ teaspoon pepper
- 1 cup milk
- ¾ cup grated American cheese

HAM BAKED IN MILK

- 2 lbs. sliced ham (1 in. thick)
- milk
- 1 tablespoon mustard
- 1½ cups brown sugar

PEANUT BUTTER COOKIES

- 1 cup shortening
- 1 cup white sugar
- 2 eggs, well beaten
- 1 cup peanut butter
- 3 cups sifted flour
- 2 teaspoons soda
- ½ teaspoon salt
- 1 teaspoon vanilla

HONEY SPICE CAKE

- 1 cup butter
- ¾ cup sugar
- ¾ cup honey
- 2 eggs
- 3 cups sifted cake flour
- ½ cup chopped nuts
- 4 teaspoons baking powder
- 1½ teaspoon cinnamon
- ½ teaspoon salt
- 1 teaspoon vanilla
- ½ teaspoon cloves
- ½ teaspoon nutmeg

may the children imparted to our care, grow through the School Lunch Program, strong, stalwart children of God."

Springs Training Aid To Menu Work



Jane Schaeffing (above) says: "Planning the menus for the school cafeteria here at Fort Jennings High has been made easier because of the special training received in our School Food Service Class in St. Mary of the Springs College. Such terms as "Grade A Luncheons" were not new to us when we had to meet the requirements for them in menu planning. We knew, too, that the surplus commodities donated by the U.S.D.A. would make it easier to give the school children a nutritious meal at lower cost."

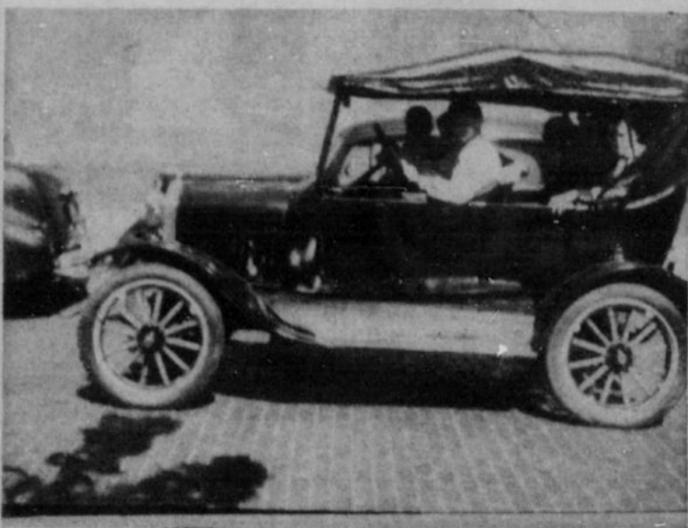
Members of St. James the Less' Civic Club Find a well-balanced school luncheon requires hours of planning and preparedness. Shown during a research problem for the club are, left to right: Harriet Lyons, John Pennybacker, James Self and Donnz Thomas.

Reminiscing

Teacher Recalls "The Good Old Days" When Lunch Pail and Model T Thrived

It seems just yesterday that I trudged down the road to school swinging my lunch pail. The shiny newness of my prized tin pail reflected my anticipation of the opening of school. I also anticipated the lunch hour because my mother had told me what to expect. At the beginning of the school year, lunch packing and carrying was a new and novel experience. With the passing of the days my lunch pail became dingy and turned a dull gray. The lunches too were getting a sameness that made me wish I could be home at noon. There were days when this did happen, days that took on a new freshness because of the hour spent there. For this purpose my father had purchased an old model T Ford for school travel. My mother was anxious to have us come home for a noon meal. One of the reasons, as I recall, was the attitude of my older brother toward a cold lunch. He refused to carry a packed lunch. Many times just to please my mother he started out with the lunch but the famous Cats Creek that we crossed on the way to school caught many a ham sandwich that my brother dropped. Another reason my mother wanted us home was to keep my brothers from frequenting the lunch hang-out of the town. The companionship here was not always so desirable.

There is one of the days that we were home for lunch that is particularly vivid for me. In our family—of just twelve—the grace before and after meals was recited aloud. One of us was asked to lead the prayers. Very unexpectedly my father—the head of the family—called upon me to say the grace after meals. I didn't know it. I couldn't say it. I stood in frozen silence. The words of reprimand still echo in my memory. "Young lady, don't return to this table until you know the prayer for after meals." You needn't ask me if I know the prayer now. I not only know it,



but I use it as my prayer of thanksgiving to God for all His gifts.

It is this prayer of thanksgiving that I say as I review what has happened since my days spent with the tin lunch pail or the red lunch box.

I am now a teacher, a Sister, teaching in one of our large Catholic elementary schools here in the diocese of Columbus. Since the passing of the Federal School Lunch Act of 1946, we have been privileged to participate in the program. We have grown from crowded quarters and one stove to a well-lighted, well-equipped kitchen and cafeteria. Even breezy curtains add a touch of color to our school dining room. A varied menu is served to our children each day, made possible by our able cook and her volunteer helpers. The services we receive are innumerable, but best of all I can say we are having in the School Lunch Program a learning situation that permeates our whole school. My teachers, because I am the principal, take every advantage of this learning situation. Our children are taught the

value of the program to them as individuals. The spiritual, intellectual social and physical values of this program are known by my teachers and are imparted in an effective and interesting manner. I marvel at the originality with which religion, science, health, history and geography lessons come from the consumption of a slice of bread. A grain of wheat grows into an energetic lesson that even has its display in the supervised play or physical education period. From the lesson of cleanliness taught at the beginning of the lunch period, the washing of hands, the saying of prayers, to the final amen of "We give Thee Thanks," a felt gratitude flows.

I say my prayer of thanksgiving without trepidation of missing a word or hearing the voice of reprimand, "Sister do not return until you have learned to properly care for My children."

I know how to say, "We give Thee thanks, O almighty God for Thy many benefits—for our cafeteria personnel, our knowing teachers, and our cooperative parents—