

article  
How things have changed!  
for recipes

Can you imagine? Feeding our children today, Liver Loaf? Sardine and Noodle Casserole? Soy Meat Loaf?

Students today think they eat a lot of chicken on our menus, what would have they thought back in the day when the commodities were things like dried beef or Sardines, how about a Sardine and Apple Salad? Sounds tasty? These are just the kinds of things that our students do not even hear about today or eat at home. I do not want to speak for all districts, but I do believe I can speak for our children in Mandan, I am sure I would be run out of town if I included on our menu....Liver Loaf or Sardine and Noodle Casserole. Instead of our tasty fruit and yogurt smoothies and parfaits, how about a milk and molasses shake?

A few weeks ago, I ran into a retired cook from Northern Cass and she asked me if I would deliver some old recipe files to Rhonda at DPL. The new Head Cook, Beth Winterquist must have thought the same as I do, she would not be trying any of these recipes any time soon. Before handing them over to Rhonda I had a lot of fun looking at them. Rhonda put it in good perspective, "There still is LOTS of pertinent information in the box, even though some of the recipes will not capture the hearts of our students!"

How about cooking our liver first in lard drippings and then adding lots of onions? Lots of recipes included lard drippings, butter, salt many other ingredients I have never heard of. What the heck is Cheese Rarebit? Or dry fish flakes? Cornstarch pudding? Dry milk must have been a high demand commodity because almost every recipe called for dry milk! I have been around a long time, but these were even before my time in school foodservice and I have been around for over 30 years!

We have found that some of these recipes cards date back to 1955 and were developed by the Agricultural Research Service, USDA and the Fish and Wildlife Service. The information on the card file says, "This file contains some of the favorite school lunch recipes previously published, as well as the new ones." I would love to see the ones from the earlier days!

All sets are "designed to help school lunch workers prepare foods in the amounts needed to meet the requirements for Type A lunches: 2 ounces of Protein-Rich Foods (changed to Meat/meat alternates on the 1971 set),  $\frac{3}{4}$  cup serving consisting of 2 or more vegetables and/or fruits, 1 slice of whole grain or enriched bread or other breads such as corn bread, biscuits, rolls or muffins, 2 teaspoon of butter or fortified margarine (cut to 1 teaspoon in 1971),  $\frac{1}{2}$  pint whole milk. "Other foods" were encouraged to satisfy the appetite of 10-12-year-old boys and girls. It was encouraged to serve younger children "lesser amounts of selected foods" and to "meet the nutritional needs of teenagers, the regulations endorse...the serving of larger amounts".

Thank you to both Beth and Deb from Northern Cass District for sharing these recipes and  
Thank you Rhonda Amundson for helping with writing this article!

Becky Heinert  
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Mandan Public Schools





### SOY MEAT LOAF

100 Portions		Ingredients	Portions	Cost
12 pounds		Meat, ground		
1 1/2 gallons		Vegetable stock, tomato juice, or milk		
2 pounds		Salt pork		
2 quarts		Celery, etc.		
1 pint				
2				

1. Select  
Main Dishes (protein-rich) D-21

### CHEESE RAREBIT

100 Portions		Ingredients	For Portions	Directions
Weight	Measures			1. Prepare white sauce (card H-8 or H-9), adding mustard and paprika with the

### CREAMED DRIED BEEF

Meat		Ingredients	100 servings	Directions
2 lb. 8				
1 lb. 4				
3/4 oz.				
.....				
.....				
12 lb.				

### CALIFORNIA SARDINE AND NOODLE CASSEROLE

100 Portions		Ingredients	Portions	Cost
16 15-ounce cans		California Sardines		
2 1/4 pounds (3 1/4 quarts)		Raw Noodles		
12 pounds (15 quarts)		Dry Milk		
		Water		

1. Drain and flake sardines.
2. Cook noodles in boiling salted water (2 tablespoons of salt per gallon of water) until tender. Drain.
3. Sprinkle dry milk over warm water and beat until smooth with a beater, whip, or electric mixer. Scald.
4. Cook green pepper and onion in fat until tender in top of double boiler. Add flour and blend well.
5. Add scalded milk gradually stirring until well blended. Cook until thick, stirring. Add cheese and salt. Heat

### MEATS

#### Liver Loaf

50 servings—3 loaves (4 1/2 x 8 1/2 x 2 1/2 pans)

1. Cook liver in lard or drippings until lightly browned on each side.
2. Grind liver with onions; combine with other ingredients.
3. Pack into loaf pans.
4. Bake in very slow oven (300° F) for 1 hour.

Ingredients	Weight	Measure
Sliced liver	12 lb.	
Lard or drippings for browning		
Onions		6 small
Pork sausage	3 lb.	6 cups
Eggs, slightly beaten	1 1/4 lb.	3 cups (15)
Nonfat dry milk solids	1 1/4 lb.	1 1/4 qts.
Soft crumbs	1 1/4 lb.	3 1/4 qts.
Salt	1 oz.	2 Tbsps.
Pepper		1 tsp.
Water		3 pts.

NONFAT DRY MILK SOLIDS—High nutritive value—Economy—Easy to use.  
The American Dry Milk Institute—221 N. LaSalle St.—Chicago 1, Illinois

