

SCHOOL LUNCH EXTRA

News on Lunches and Requirements

In October, 1946, Congress passed the National School Lunch Act. This provides government aid to programs all over the United States.

Now that the school lunch program has come to Riggs, this school will follow the regulations set down by the government.

In the Riggs school lunch program, the Type A lunch will be served. These requirements are:

1. 1/2 pint whole milk as a beverage.
2. Protein foods - 2 ounces. Lean meat; poultry; or fish;

2 ounces cheese; one egg; 1/2 cup cooked dry beans or dry peas; or four tablespoons peanut butter -- or a combination of the above foods.

3. 3/4 cup serving consisting of two or more vegetables or fruits, or both. No more than 1/4 cup fruit juice may be counted in this measurement.
4. Bread -- one slice whole grain or enriched bread. Corn bread, muffins, rolls, etc., may be substituted.
5. Two teaspoons butter or fortified margarine. This may be as a spread or contained in the food.

Rules for the Dining Room

1. Before getting into line, place your books on the shelves provided at the back of the dining room. Do not take books to tables. Books left after lunch will be removed.
2. There will be two lunch lines but the food will be the same in both. In order to save time, try to keep both lines about the same length.
3. It is only common courtesy to take your position at the end of the line when you get there. Do not ask friends to "save a place" or try to move ahead.
4. It will be necessary to keep the line moving in order that everyone may have time to eat. Please keep the line moving by refraining from unnecessary talking or loitering.
5. Every tray will contain the same "Type A" lunch. If AFTER you have eaten your main meal (all but dessert) and you wish more to eat, "seconds" usually will be available on some items, at least bread.
6. Remember your table manners. It will help to make the meal more pleasant for others and be continual good training for you.
7. When finished with your meal, return all dishes and silverware to the dishwashing window, first disposing of your paper goods in the containers provided.
8. Leave your table and floor neat.
9. Students shall not take food or drink from the lunch room.
10. You can make the line move faster and it would be more convenient for you if you buy a meal ticket. This will give you ten meals for \$3.00 and will be valid for use within a month. These will be sold every morning at the ticket window near the main entrance.
11. Students still wishing to take "sack lunches" will be able to do so. They will form a separate line in the hall and buy milk as they always have at the kitchen door before entering the dining room.
12. This is your dining room and it is the wish of the lunch room personnel and the administration to make it a pleasant break in the school routine. We hope you will try your best to make it pleasant too. Any suggestions to the personnel will be well received.

Mrs. Nelson To Be Program Supervisor

Mrs. Barnard Nelson is the supervisor for the lunch program at Riggs.

She attended Iowa State University in Ames, Iowa, where she obtained a Bachelor of Science Degree. She then had a year of dietetic internship at Ohio State University Hospital in Columbus.

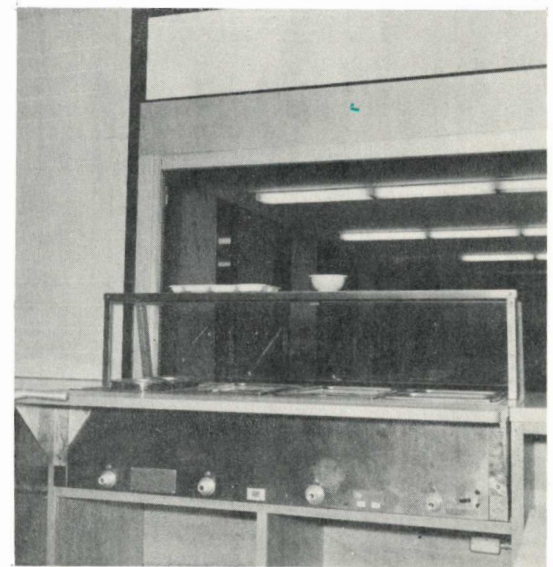
Her education completed, she became assistant manager in the Bullock's Tea Rooms in Los Angeles. Mrs. Nelson then became the dietitian at the Physicians and Surgeons Hospital in Glendale, California.

Mrs. Nelson and her family then moved to Canada where she became a homemaker and a teacher of home economics in Regina for two years before moving to Pierre.

ing to Pierre.

Last summer, after she was hired as supervisor, she spent two days at South Dakota State University taking the School Lunch Cooks Course and two weeks at the Certification Course for School Lunch Managers.

She has since been elected Secretary-Treasurer of the South Dakota School Food Service Association.



Expense of the Program

The cost of the equipment for the school lunch program in Pierre is about \$16,500, which was arrived at by lowest bidder. Bids were let for the equipment and the lowest bids were accepted. The equipment is divided into two categories; large and small.

The large equipment includes a Hobart dishwasher, which costs more than most cars, a mixer, a Vulcan stove, a Vulcan steam kettle, and a Vulcan convection oven. This oven is rather unique for South Dakota because there are only two others like it in the state. A pan in the oven keeps

it at a constant temperature and things that usually require an hour of cooking are finished in 35 minutes. The total amount for the large equipment was \$15,000.

The next category, the small equipment, includes the utensils and dishes. The dishes are plastic trays, costing \$460 for 30 dozen or about a dollar a piece. All together the small equipment costs \$1500.

The school will participate in the federal government commodity program, in which school pays only the freight on food. This amounts to 2¢ per pound. The government support is about

one fifth of the food budget. Daily meal tickets will cost 35¢ a piece and monthly meal tickets with a total of ten meals will cost \$3.00.

Students will be hired to work in the cafeteria over the lunch hour and will be paid 50¢ a day for their services.

Students unable to buy a lunch ticket will not be denied the opportunity to participate in the school lunch program. The students pay only as much as they can afford. (The only person who will know who gets a free meal ticket will be Mr. Neiles.)

History of Type A School Lunch Program

The school lunch program has a long history reaching back to the last century and across the sea. France had a hot lunch program by 1849, and in 1865 Victor Hugo provided a hot lunch at his home for children attending a nearby school.

Sometime between these two dates a hot lunch program was started in New York when the Children's Aid Society of New York City opened an industrial school in 1853, they offered free food as an incentive to all students.

Some decades later, growth in the knowledge of nutrition placed emphasis on the importance of the wise selection of food. The Boston School Committee under the leadership of Ellen Richards, passed an order that only such

food as was approved by them should be sold in the city schoolhouses. At about the same time, other men and women started similar programs in other large cities.

World War I and World War II brought into focus the need for improved nutrition among young people as many were rejected from military service because of faulty nutrition. Federal legislation was passed in 1933 to provide loans for communities to pay the labor costs of lunches served in schools. In 1935, additional assistance was provided by allowing the federal government to donate surplus commodities.

Rapid development in school feeding resulted from the National School Lunch Act of 1946.

It was designed "to safeguard the health and well-being of the nation's children, and to encourage the domestic consumption of nutritious agricultural products." Because of this, schools get first choice of government surplus supplies, followed by welfare, with foreign aid on the bottom of the receiving list.

Administration of federal funds for this purpose is handled through a cooperative federal-state-local relationship. Statistics show that approximately 68,500 elementary and secondary schools in the United States were operated under this program during the 1964-1965 school year, serving some 18 million children daily.

Former Coach Heads Program

Mr. Paul M. Marschalk is in his seventh year as director of the School Lunch Division program for South Dakota. He has also been a coach, having started coaching 42 years ago at Madison, Minnesota. He coached in Pierre for 18 years, where he produced a State A championship basketball team. He also coached in Minnesota at the Shattuck Academy and for three years at Huron, before returning to Minnesota to coach and to become the director of the local School Lunch Division program.

Mr. Marschalk is the inventor of a device that has improved scoring for many basketball teams. His shooting device, a rim that clamps on the basket, is bright orange, two inches smaller than the basket's rim and is higher up. Mr. Marschalk invented the rim when he was Athletic Director at Pierre

Senior High in 1926-44 and tried it out on his players here. He patented it in 1957, and it has since been sold in all fifty states and some foreign countries. The rims, that sell for \$6.95 and are placed on the rim of a basket, force better shooting on the part of the player and give the team a psychological advantage when the rim is removed in a game because it makes the basket seem larger and lower down. Four years ago the Chicago Tribune wrote an article stating that the coach at Loyola University credited part of his team's prowess to the use of the rims. His team was the highest scoring in the nation that year.

Mr. Marschalk's department is part of the National School Lunch program under the Department of Agriculture. The Depart-

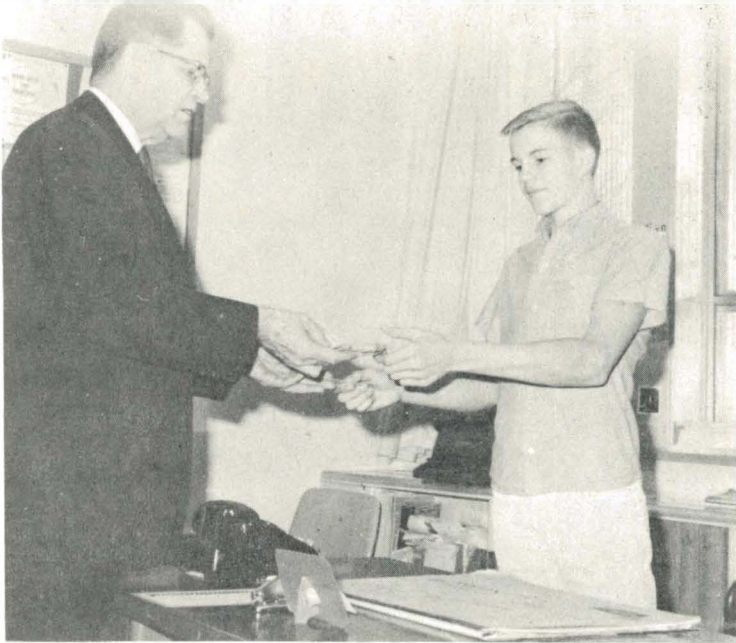
ment reimburses \$1,000,000 a year and gives out \$2,500,000 in commodities. It is Mr. Marschalk's responsibility to see that the Department's rules and regulations are carried out and to make administrative reviews. He also reviews many School Lunch Programs.

His department receives an allocation of \$655,000 a year. It consists of the School Lunch Program with four hundred schools participating; the Milk Program, the Commodities Program for Needy People, and the Institutional Program for Hospitals, Summer Camps, etc. He and his staff of eight people are in charge of these programs.

Mr. Marschalk expresses the main point of the program by saying, "It is not for the convenience of the kids -- it is to benefit their nutrition."

Kitchen Fits Nat'l. Safety Codes

There is no state code in South Dakota for specific requirements for our recently installed kitchen. However, the directors have a list of all the national requirements and are taking all safety and sanitary precautions. All of the equipment has been wired and grounded by qualified workmen who have observed all of the necessary safety codes. While preparing the food, plastic gloves and tongs will be used. When preparing and serving the food, the server's hair will be covered and uniforms will be worn. The equipment brought in has been the best available and has been Underwriter approved.



First Ticket Sold to Mr. Neiles

Rolls Like Grandma Made

Mrs. Baumgart has been kind enough to let us in on the little secret of success for her "Just-Like-Grandma-Used-to-Make" sweet rolls.

First, get out a medium-sized washtub; then put in 80 eggs, and pour through a big sieve to get out the chunks of shells. Next, throw in 4 pounds of yeast and 16 cups of warm water. To make sure that the water is the right temperature, stick your elbow in the tub and decide if it feels the same as the oatmeal that your

mother let cool 45 minutes before calling you for breakfast. After you have decided that the temperature is about right, squish in 8 cups of shortening and then sparsely sprinkle in two cups of salt. On top of all that pour in 16 quarts of watered-down milk (reconstituted). Finally, get out your 56-quart measuring cup and see if everything will fit in your washtub. If it doesn't don't throw out the leftovers; there's always a next time.



Cooks Make Meals Delicious

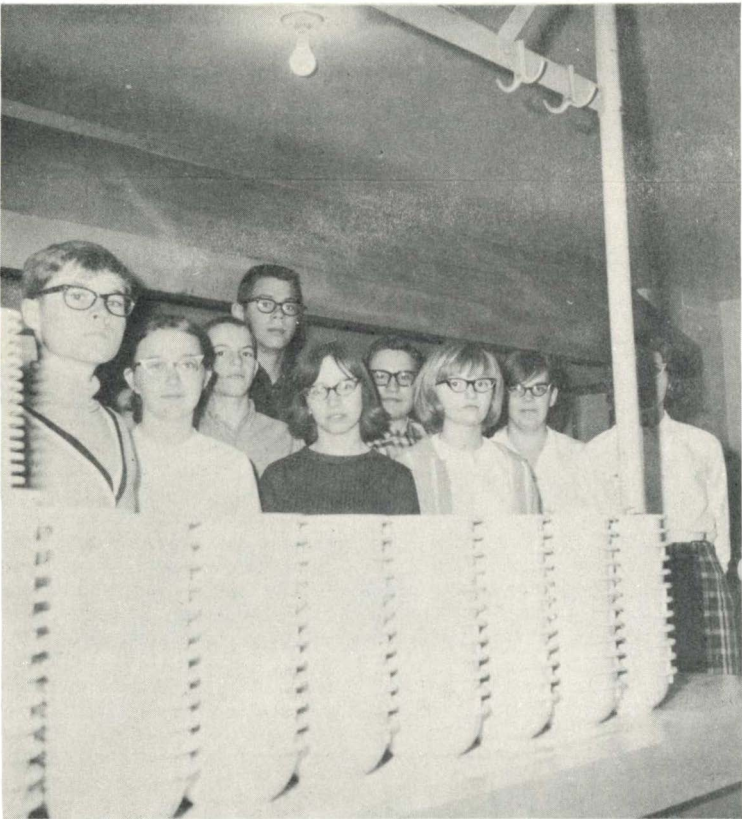
Next week, three women who have been waiting for the opening of the school lunch program will go to work in the kitchen. The three cooks, Mrs. Brusseau, Mrs. Albertus and Mrs. Baumgart will do the cooking and cleaning up in the kitchen.

Mrs. Brusseau, the head cook, will be in charge of the main dishes and soups and will also work with Mrs. Nelson to plan the menus. She graduated from Leeds High School in Sioux City and went to the University of Iowa at Iowa City. She worked in a nursing home, and cooked at the Stockyard Cafe and Giovanni's in Sioux Falls, where she lived prior to moving to

Pierre last year. She is the fund-drive chairman of the Oahe chapter of the mental retardation association and has been a Girl Scout leader.

Mrs. Albertus was brought up in rural Pierre and attended Pierre High School. She has four children: Marta, 16; Robin, 13; Guy, 12, and Gloria, 10. She is active in church work at the First Methodist Church in Pierre.

Mrs. Baumgart also attended Pierre schools and lives between Pierre and Blunt. She has two children: Ronnie, 14, and Connie, 11, who go to rural schools. She enjoys sewing and bowling and is a 4-H leader.



Jobs Available In Kitchens

Student helpers will be hired to fill the positions of dishwasher, cashier, dining room attendant, ticket taker, and server. Two boys will be hired to run the dishwashers. They must be competent because the dishwashing equipment is very expensive and complicated. The dishes must be properly cleaned or they will have to be rewashed. There will be two dining room attendants whose duties will consist of wiping tables, putting out salt and pepper shakers, and any other odd job needing to be done. There will be four student helpers on the serving lines. Ticket takers will be in charge of punching the meal tickets. Several substitutes will be hired also in case a vacancy should arise. All student helpers will be required to wear uniforms which will be provided by the lunch program.

Qualifications to be a student

helper are an interest in food service or dietetic work, alertness, and a neat personal appearance. Special consideration will be given to those who need a job.

The student helpers will be Kay Ann Miller, Diana Lindenkugel, Danna Abbott, Della Loers, Linda Morris, Mark Venner, Curtis Deyo, Art Krig, Sharon Ramse, Elizabeth Bruce, and Marsha Martin. Mark Palvin will be the cashier.

Elephant Stew

Get your elephant cut into one inch cubes (this will take about three weeks). Put into kettle with equal amounts of water and cook two months on simmer. Season and thicken gravy. If you are short, a few rabbits may be added at the last, but not unless it's necessary, for people hate to find "hare" in their stew.

First Week's Menu	
MONDAY	
Bar-B-Que on buns	
Celery and carrots	
Whole kernel corn	
Apple crisp and topping	
Milk	
TUESDAY	
Beef pie	
Biscuits	
Vanilla pudding	
Milk	
Grapefruit juice	
WEDNESDAY	
Chile	
Cabbage salad	
Cornbread and honey	
Chilled applesauce	
Raisin wheat cookies	
Milk	
THURSDAY	
Grilled hot dog	
Baked potatoes and sour cream	
Cut green beans	
Buns and butter	
Fruit jello	
Milk	
FRIDAY	
Fishwiches on buns	
Sliced tomato salad	
Green peas	
Chocolate cake	
Milk	

Lunch Questions Answered

An attempt will be made here to answer some of the most obvious questions that are likely to be raised concerning a school lunch program. These statements are made after consultation with Mr. Paul Marschalk, State Director, and from others connected with the school lunch operation.

Most schools operating school lunch programs have a closed day; however, Pierre will have an "open" lunch hour from 12 to 1 p.m. Students do not have to participate in the lunch program, but may bring their own sack lunch and purchase milk if they wish. Participation will run from 30% to 60% of the student body. Mitchell has 75% participating, which is very high.

The charge for meals to students will be 35¢ per single meal, which includes 1/2 pint of milk

or a saving can be made by buying a 10 meal ticket for \$3.00. This is non-transferrable and good for a 30 day period.

The federal reimbursement per "Type A" meal is 5¢, and surplus commodities from the Department of Agriculture amounts to about 20% of the total food consumed.

All costs of food and labor are paid for by the receipts from the sale of meals. Some needed items of equipment can also be purchased from the same receipts. The cost of administration is usually not charged against the program.

The staff needed to operate the kitchen is roughly 1 worker for each 100 students. The head cook may work an 8-hour day, while others will be needed shorter periods of time.

Studies show that about 65-70% of the cost goes for food, 30% for labor, and 0-10% for miscellaneous.

Student help is used in the dining hall and the kitchen during meal time. They do such tasks as cleaning the dining hall, operating the dishwasher, cleaning kitchen utensils, and working at the serving counter. These students receive 50¢ for each noon period, only part of an hour.

Faculty members are assigned the responsibility of supervising the dining hall. This is usually done on free meal basis. Faculty members are charged 10¢ per meal above the student cost.

Food is purchased from wholesale sources on a bid basis. Meat is purchased directly from the processor. Many of the schools do much of their own baking, while others, usually with insufficient oven space, take bids on bread and rolls. Riggs High students will be having frequent meals including school-baked breads and pastries.

