SCHOOL LUNCH

IN ALL CASES THE FOOD CARRIED WAS BASED ON REGION, ETHNIC BACKGROUND, FAMILY HERITAGE AND FINANCIAL MEANS

IF YOU WERE NOT ABLE TO RETURN HOME FOR LUNCH BECAUSE OF DISTANCE OR OTHER REASONS, YOU WOULD TAKE YOUR LUNCH TO SCHOOL.

FOODS: Sandwiches
Tongue
Chopped egg with French dressing  Fig
Chopped olive  Lard with sugar
Butter with sugar (brown or white)  Sardine
Deviled ham (Underwood 1868)  Cooked oyster
Date  Lettuce

Other lunch favorites
Beet pickled eggs  Pickles
Apples  Sardines
Bananas (as early as the 1890s)  Cookies or crackers
Hard boiled eggs
Peanut butter – Just after the turn of the century, although some home-made nut butters were being produced.

Other foods from lunch programs (1914 - 1917):
Macaroni with tomato sauce  Jam sandwich
Baked beans and roll  Vegetable soup
Creamed beef on toast  Dates
Creamed salmon on a roll  Ice cream
Cocoa or milk  Baked apples
Crackers  Apples
Bread and butter  Lima beans
Veal stew with vegetables  Split pea soup
Date nut on graham bread  Raisin layer cake
Bread pudding  Corn pudding
Spaghetti with tomato sauce  Charlotte Russe
Mashed potato with green peas  Sweet chocolate

Soup – tomato, split pea, green pea, white and black bean, onion

Pack your lunch in a sack, bag, tin or small cardboard box to take to school for lunch!