

MEALS FOR ONE

OCTOBER 1962

by Flora Carl &
Jo Flory



Circular 773

Extension
Division

University
of Missouri

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IN THIS BULLETIN . . .

FOODS WE ALL NEED	2
GOOD NUTRITION	3
MEAL PATTERNS, SHOPPING TIPS	4
COOKING FOR TWO	5
LOW COST MENUS FOR A WEEK	6
RECIPES FOR ONE OR TWO	8
CHART TO CHECK YOUR MEALS	10

MEALS

FOR

ONE

Man is a social being and eating is one of the pleasures of life that is enhanced if shared. Good fellowship and food fit together like a hand in a glove. But we can learn to enjoy meals when we eat alone. Some of the secrets of successful eating alone are:

- Take pride in your meal planning and cooking.
- Eat with a bit of style and set your table with care. Use a cloth or place mat, silver, china, glass, napkin, and serve your food attractively. Dine at least once a day to maintain your self respect. Standing by the kitchen sink is a poor way to encourage good food habits.
- Try "tray eating" for variety.
- Eat in a comfortable cheerful atmosphere. A good radio program or record player is good company and it relaxes.
- Have simple meals with variety from meal to meal.
- Remember:
 - (a) You can eat well at home for less than you can eat out and you can eat as leisurely as you like without bothering anyone.
 - (b) Balanced meals will help you feel good, sleep soundly and have a bright outlook on life because you are well nourished.
 - (c) A regular time for eating and sleeping is essential for best health.
- Consider a noted physician's advice, "Eat less, but eat well, so you can live longer to eat more."

by
Flora L. Carl
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Everyone Needs--

—Food that contains *protein* and *minerals* for growth and up-keep of all body tissues, whether they are liquid, soft, or hard like bones and teeth. If protein and minerals are skimpy, growth and repair may be poor.

—Food that supplies all the needed *vitamins*. Practically every process that goes on within our bodies, requires the help of one or more vitamins. Our bodies cannot make good use of the food we eat without the help of these vitamins.

—Food for energy and warmth. All foods contain some *calories* or energy material. Some, as rich sauces and desserts, provide little besides calories. Vegetables, fruits, meat, eggs, milk and whole or enriched grains provide ample amounts of vitamins, minerals and other food nutrients along with the calories.

—*Water* for practically all body processes. Some liquid should go along with each meal or be taken in liberal amounts throughout the day.

... If *every day* you eat at least the minimum number of servings given for the following four groups of food.

Milk: 2 or More Cups

It may be whole, skim, evaporated, buttermilk, or dry milk or you may eat it as cheese or ice cream. Count 1½ oz. cheddar cheese, ¾ lb. cottage cheese or 1 pint of ice cream as alternates for 1 cup of milk. You can't afford to neglect calcium-rich foods just because your bones are full size. They need to be kept strong and we need calcium for blood clotting, for healthy nerves, and for muscle action.

Meat—Poultry—Fish—Eggs: 2 or More Servings

Eat at least one serving of meat each day and 4 or more eggs a week. Count 3 or 4 oz. cooked lean meat as a serving. Dried beans, peas, and nuts may be used occasionally as alternates. They are of more

value in the diet if some meat, egg, milk or cheese is served at the same meal; for example, beef with chili, ham with beans, or milk with a peanut butter sandwich.

Beef, pork, poultry, and fish are all different in flavor and food values. So, for adequate appetizing meals, plan to have a serving of each every week and also include some liver, heart, tongue, and other variety meats.

Vegetables and Fruits: 4 or More Servings

Plan to have citrus fruit or some other vitamin C rich food at least once a day and a serving of a dark green or yellow vegetable every other day. Potatoes provide worthwhile amounts of minerals, vitamins and calories and they go so well with most foods. They might well be included in each day's meals. All fruits and vegetables add appetite appeal to meals with their color, flavor, texture and form.

Since they are quite different in food value and their quality and prices vary with the seasons, it's well to learn to enjoy many kinds. One-half cup of fruit or vegetable is usually considered a serving, as is one potato, one banana, an orange, apple, etc.

Bread and Cereals: 4 or More Servings

Always plan to have whole grain or enriched or restored grain products. Count 1 slice of bread, 1 cup of ready-to-eat cereal or $\frac{3}{4}$ to 1 cup of cooked cereal, rice, spaghetti or noodles as 1 serving. The

cost per serving of the various items in this group varies considerably as does the number of calories per serving.

There are many economical choices and interesting combinations among these 4 groups of everyday foods. You may want to add fats, sweets, and other foods to round out your meals. For best health make sure you include the minimum number of servings from each of the 4 groups of food first and then add enough other foods to satisfy the appetite and maintain your best weight.

Good Nutrition Is an Individual Affair

To know what foods we need everyday is good but it is of little help unless we eat these foods. Being well fed is such an advantage and being poorly fed such a handicap that it's worth the effort to learn to want the foods you need so you can eat what you want. What we eat or don't eat also affects how and when we begin to age.

You will probably eat better if you have a well

established routine for meals. All nature has a natural rhythm and people who follow their natural rhythm for work, play, sleep, rest and eating are usually healthier and happier than if they have a hit and miss system. Most people find three meals a day satisfying but others prefer two, four, or more. Studies indicate that any number is all right, if the kind and amounts of food for the day are right.

Meal Patterns

It's easier to learn to eat right if you have a well established pattern for meals than if you just

eat what's handy. The following meal patterns have been used successfully by many Americans:

Breakfast

Fruit—citrus
Protein as egg, meat
or a cereal with milk
Bread—Butter
Jam or jelly sometimes
A drink as coffee, milk,
cocoa, or tea

Dinner

Meat, poultry or fish
A hot starchy food as
potatoes, rice or noodles
A hot veg. as broccoli
A relish tray or salad
Bread—Butter
A dessert or sweet
A drink as coffee or tea

Supper or Lunch

A main dish—as a
casserole, chowder
A crisp veg., tart fruit
or slaw
Bread—Butter
A sweet or dessert
A drink—milk or other

Snacks can be fitted into the day's food plan. They are not desirable if they provide only calories and decrease your appetite for milk, eggs, vegetables, fruits, and other needed

foods or if because of them you get too many calories and gain unwanted weight.

Small Scale Shopping Tips

- Buy no more food than you can easily use. A big economy-sized package, or a large amount of a specially priced food is no bargain if you tire of it or it spoils.
- Compare prices on the basis of per serving cost rather than cost per pound. A pound of fresh peas in pod will make 2 servings, a pound of canned or frozen 4 or 5. A pound of fresh snap beans yields about 5 servings and so will a pound of canned or frozen beans.
- Canned meats and fish may be cheaper than fresh meats. Too, they keep on the shelf and are handy. They store easily, but they do require more ingenuity in preparation to keep them interesting.
- Split peas, dried beans, and peanut butter are good protein buys for main dishes if some milk, meat, egg, or cheese is included in the meal.
- Cottage cheese, liver and fish, are bargains in food value while bacon is often a luxury.
- Carbonated drinks, potato chips, olives, salted nuts and out of season foods are for special occasions on a moderate budget.
- Cookies, puddings and other simple desserts made in your own kitchen are likely to be tastier and less expensive than ready-made desserts.
- Milk bills can be lowered by using nonfat dry milk in place of fluid milk, especially in cooked foods.
- Economize sometimes, so you can splurge another time, on a favorite expensive food and 'whet' your appetite.

Get Your Nutrients from Food Rather Than the Drug Store

Our well known everyday foods are our best and cheapest source of the nutrients we need for good health. If you think you need more vitamins, minerals, protein, fatty acids or other nutrients than you can get from a good diet, ask your doctor. An excess of some nutrients may interfere with the good use of other nutrients by the body and so may be hard on your body . . . as well as your pocketbook.

You might well question some food and nutrition claims you read and hear. For example, a label claims it's a high protein food. What is a high pro-

tein food? High in relation to what? Do you need extra protein?

Sometimes the claims are unrealistic. They promise to take care of problems that have many causes, such as tiredness, or they say it's a perfect food; perfect for what, or for whom?

For the sake of your health and pocketbook, spend your money for food rather than pills, supplements, tonics, and shots. Eat a good diet and forget about vitamins, minerals, and other nutrients.

Cooking for One or Two

Provide yourself with just the right sizes of good cooking pans. Have at least two small kettles (pint size) with straight sides and well-fitted lid; one small frying pan with lid; one small cookie sheet; and an attractive small casserole or baking dish.

- Collect and work up recipes for one person and have them handy. Look through them frequently to remind yourself of some favorite dish, a way of preparing a vegetable or meat or a different seasoning you might have forgotten. Read labels on the foods you buy for ways of preparing them. Watch in magazines and papers for recipes and for pictures of attractively served foods.
- Form the habit of using your own or commercial mixes. It will save time if you measure amounts just right for one meal and store these in plastic bags where they are easy to use.
- Figure the number of servings you get from one box of frozen food and from one can of vegetable or fruit and cook just the right amount for one meal. Stote the remaining amount for later use and thus avoid the leftover problem. Vegetables and fruit that are frozen so they are in separate pieces are easy to divide and use this way.
- Try various instant products, such as mashed potatoes, beverages, and gelatin products. Know which ones suit your tastes and keep them handy.
- Plan and measure so you won't have many leftovers. But if small amounts of food are left, don't waste them. Small bits of cheese, cooked meat or vegetables may well go in a chopped vegetable salad, in a casserole dish, omelet, soup, or meat loaf. Leftover bread may be used in a scalloped dish, in bread pudding, or used for melba or milk toast, or for bread crumbs.
- Try a combination dish for a quick easy meal as:
 - (1) Undiluted canned tomato soup over meat

balls or over canned spaghetti with cheese.

- (2) Canned corned beef hash formed into patties and grilled with a slice of pineapple on top.
 - (3) Canned tuna or chicken combined with a can of creamed chicken soup, a bit of onion or green pepper topped with biscuits or bread crumbs and baked.
 - (4) White sauce blended with processed cheese, seasoned with a little mustard, and served on crackers or melba toast.
 - (5) Two canned soups—as tomato and beef bean.
- If you use the oven—cook more than one food in it—perhaps a whole meal. Foods in the oven take less watching but they require a longer time to cook than if they were done on top of the stove.
 - Use cheese generously to increase the nutritive value and flavor of your meals.

Have An Emergency Shelf

Extra canned and frozen food is a real blessing when you have unexpected guests or are short on energy, time, or imagination. Keep a shelf well stocked with a variety of non-perishable foods. A few cans of soup, baked beans, macaroni and cheese, meat, fish or chicken make it easy to prepare a main dish. Some canned fruits and vegetables, a jar or two of jam and pickles, some dried milk, dried fruits, mixes, fruit-flavored gelatin, puddings, and other specialties are fine for company and handy for any meal.

Having several varieties of cheese in the refrigerator, along with sauces, salad dressings, fruit juices, crisp raw vegetables and fresh fruits makes it easy to turn a plain meal into a company meal.

A food freezer or a freezing compartment in your refrigerator filled with ice cream, baked foods, and frozen fruits and vegetables is helpful to any meal planner.

Shopping Guides

FOOD FOR A WEEK FOR ONE ADULT

At 3 Costs Levels--July, 1961 prices

Kind of Food	Low-Cost Plan		Moderate Cost		Liberal Plan	
	\$7.50-\$8	\$6-\$6.50	\$10-\$10.50	\$8-\$8.50	\$11.50-\$12	\$9-\$9.50
	Man	Woman	Man	Woman	Man	Woman
Milk, cheese, ice cream	3 1/2 qt.	3 1/2 qt.	3 1/2 qt.	3 1/2 qt.	4 qt.	4 qt.
Meat, poultry, fish	3 1/4 lb.	2 1/2 lb.	5 lb.	4 1/4 lb.	5 1/4 lb.	4 3/4 lb.
Eggs	6	5	7	6	7	6
Dry beans and peas, nuts	4 oz.	4 oz.	2 oz.	2 oz.	2 oz.	1 oz.
Grain products--whole-grain, enriched or restored	3 1/2 lb.	2 1/4 lb.	3 1/4 lb.	1 3/4 lb.	3 1/4 lb.	1 1/2 lb.
Citrus fruit, tomatoes	2 1/4 lb.	2 lb.	2 3/4 lb.	2 1/4 lb.	3 lb.	3 lb.
Dark-green and deep-yellow vegetables	3/4 lb.	3/4 lb.	3/4 lb.	3/4 lb.	3/4 lb.	3/4 lb.
Potatoes	2 1/2 lb.	1 1/4 lb.	2 1/4 lb.	1 1/4 lb.	2 lb.	1 lb.
Other Veggies. and fruits	4 3/4 lb.	3 1/2 lb.	5 1/2 lb.	4 1/4 lb.	6 lb.	4 1/2 lb.
Fats and Oils	2/3 lb.	1/4 lb.	3/4 lb.	3/8 lb.	3/4 lb.	3/8 lb.
Sugars, Sweets	2/3 lb.	3/8 lb.	7/8 lb.	1/2 lb.	1 1/8 lb.	3/4 lb.

TWO SHOPPING LISTS - (WINTER)

A week's Food for One Person at Two Cost Levels

Low Cost Plan

(\$6.50 to \$7.50)

1 grapefruit
6 oranges
1 bunch carrots
6 potatoes
1 head cabbage
3 apples
3 bananas
1 can peas
1 pkg. frozen greens
1 can baked beans
1 can tomatoes
1/2 gal. milk
1 lb. cheddar cheese

1 pt. ice cream
1 pkg. cottage cheese
8 oz. jar peanut butter
1/2 dozen eggs
1 can tuna
1/2 lb. ground beef
2 lb. pork shoulder
1/2 lb. pork liver
1 lb. oatmeal
1 loaf enriched bread
1 lb. rice
1/4 lb. margarine
1/2 lb. honey

Liberal Plan

(\$9.50 to \$11.50)

2 grapefruit
6 oranges
1 pkg. frozen broccoli
1 sweet potato
4 Irish potatoes
1/2 lb. Bibb lettuce
2 pears
2 apples
1 fresh pineapple
1 pkg. frozen berries
1 pkg. frozen lima beans
1 pkg. frozen spinach
2 qts. milk
1 qt. ice cream
1/2 lb. Swiss cheese

1/2 lb. Edam Cheese
1 pkg. blue cheese
1/2 dozen eggs
1 lb. sirloin steak
2 pork chops
2 chicken breasts
1 lb. center cut ham
1 pt. oysters
1/2 loaf raisin bread
1 can sweet rolls
1 box rice cereal
1 pkg. frozen rolls
1 pkg. cake mix
1/4 lb. butter
1 lb. sugar

Arrange your list according to the way the food is arranged in the food market where you shop.

Any of the three food plans at left may be used for your weekly meal planning and shopping. Each one provides all the needed nutrients. The low cost plan allows less variety and requires more skill, time and imagination to have as palatable meals as you could have from the moderate cost or the liberal plan.

Whether you spend more or less for food, be sure to include at least the quantities suggested for milk, and for citrus fruits and tomatoes.

The menus below show one way to have well

balanced adequate meals from the amounts of food given in the low cost plan. The meals are easy to prepare and show the use of planned leftovers. The stew on Monday evening is prepared in amount to serve for Tuesday noon and there is enough of Sunday's noon chocolate pudding for Monday's evening dessert. These menus may not suit you because of the place you live, the season, and your own food preferences. But you may still find them helpful in establishing your meal patterns and providing ideas for variety.

LOW COST FOOD PLAN - MENUS FOR ONE WEEK*

Butter or margarine would be served with these meals, a glass of milk at least once a day, tea or coffee as desired

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Orange juice Scrambled egg Taast	Orange juice Oatmeal Milk Toast	Prunes French toast Sirup	Orange slices Soft-cooked egg Toasted rolls	Prunes. Ready-to-eat cereal Milk Peanut butter biscuits	Tomato juice Milk toast Jelly	Orange juice Oatmeal Milk Toasted corn muffins
Swiss steak Mashed potatoes Broccoli Bread Chocolate pudding	Frankfurters stuffed with mashed potatoes & cheese Scalloped tomatoes Hot rolls Apple brawn betty	Lamb stew Beets Tossed green salad Bread Rice & raisin pudding	Meat loaf Scalloped potatoes Steamed cabbage Peanut butter biscuits Fruit in season	Cream of tomato soup Egg salad-shredded lettuce sandwich Gingerbread	Creamed egg & mushrooms on noodles Cabbage, carrot, raisin salad	Braised liver Potatoes boiled in jackets Green peas Grated carrot salad Bread Orange-milk sherbet
Welsh rarebit Crisp bacon strip Apple-raisin salad Ice cream cookies	Lamb stew with potatoes Snap beans Bread Chocolate pudding	Spaghetti, tomato, chopped meat casserole Broccoli Bread Grapefruit segments	Cheese fandue Snap beans Bread Peaches Gingerbread	Meat loaf-tomato sauce Creamed potatoes Spinach Bread Tapioca pudding	Baked fish Baked potato slices Green peas Corn muffins Tapioca pudding	Vegetable-bean soup Toasted cheese sandwich Fruit in season

*U.S.D.A. Home and Garden Bulletin No. 17

Recipes for One or Two

TO HELP MAKE A GOOD BREAKFAST

CORNMEAL MUSH—once as a cereal and once as scrapple

1 cup water 1 cup milk ½ c. chopped meat
½ cup corn meal 1 tsp. salt or bacon

Measure 1 cup water in saucepan and bring to a boil. Mix corn meal, salt, and milk and pour into the water as soon as it comes to a boil. Stir continuously until it thickens, then reduce heat and continue cooking about 10 minutes, stirring occasionally.

Serve one-half of it hot with milk as a cereal.

Add bits of cooked meat or bacon to the other half, pour into a small rectangular refrigerator dish, chill and cut into ½" slices. Coat with cornmeal, brown in fat and serve hot with honey, jelly, or sirup.

A DIFFERENT SCRAMBLED EGG

1 tbsp. table fat 1 egg 2 tbsp. milk
½ c. ¼" sq. of bread ¼ tsp. salt

Melt fat in small skillet over low heat. Add bread squares and cook to golden brown. Beat egg, milk, and salt; pour over bread; and cook, scraping egg from bottom of pan until you get soft, golden mounds. Serve immediately. Serve with citrus fruit or juice, toast, and coffee or milk.

FOR A LUNCH OR SUPPER TRAY

POTATO SOUP

1 medium-sized potato ½ tsp. salt and ¼ tsp. sugar
1 to 2 tbsp. minced onion Dash of freshly ground pepper
¾ cup water 1 cup milk

Peel and cut potato in small cubes and add with the onion to the water.

Cook until potatoes are done, about 10 minutes.

Add milk, salt, sugar and pepper. Heat to near boiling and serve immediately.

For color and flavor, add finely chopped parsley and a bit of tablefat.

For a satisfying meal, add crisp crackers or melba toast and a large fruit salad with a glass of ice tea in the summer and a cup of hot coffee in the winter.

CANNED BEAN AND TOMATO SOUP

Open one can each of **beef and bean soup** and tomato soup. Pour in saucepan, add 2 cans of water. Heat to simmering temperature and continue at that temperature for about 10 minutes, stirring occasionally. Serve very hot. Four servings.

For a complete meal, add carrot and celery sticks or sour pickles, cookies, fruit (fresh, canned or frozen) and a glass of milk.

CREAMED EGGS WITH PARSLEY

1 tbsp. flour ½ cup milk
1 tbsp. table fat 2 hard cooked eggs
¼ tsp. salt 1 tbsp. minced parsley

Make a white sauce by melting fat, blend in the flour and salt. Add milk and cook until flour is done (about 5 minutes), stirring constantly.

Cut egg in eighths. Add to the white sauce. Lift gently.

Add parsley and serve.

Menu: Creamed eggs, toast, wedges of tomatoes, fresh fruit, tea.

Variations: ½ cup of canned tuna or chicken may be used in place of the hard cooked eggs.

½ cup shredded cheese may be added to the white sauce, and a dash of prepared mustard.

MAIN DISHES

CHEESE AND MEAT FONDUE

2 slices bread 1 egg
1 slice sharp cheese 1 cup milk
1 slice ham or corned beef ½ tsp. salt

Place cheese and meat between the slices of bread in small buttered baking dish. Beat eggs slightly; blend in milk and salt. Pour over bread and bake in slow oven 325° F. until puffy and brown. Lift to a hot plate and serve immediately.

Menu: Add chopped vegetable salad, upside down cake and coffee.

HOW DID YOUR MEALS MEASURE UP THIS WEEK?

For each day of the week put a check in one block for each serving you had of these foods (note amount for a serving of the various foods). Every column is filled in if meals are adequate.

	MILK	EGGS	LEAN MEAT	CITRUS FRUIT	POTA-TOES	GREEN OR YELLOW VEGS.	OTHER VEGS. OR FRUIT	BREAD OR CEREAL
Sun.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mon.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tues.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thurs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fri.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1 c. or 1 1/3 oz. cheese or 1 pt. ice cream	1 egg	3 or 4 oz. cooked lean meat	1/2 c.	1/2 - 1 c.	1/2 c.	1/2 - 1 c.	1 slice bread 1/2 to 1 cup cereal



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Mon.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tues.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thurs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fri.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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