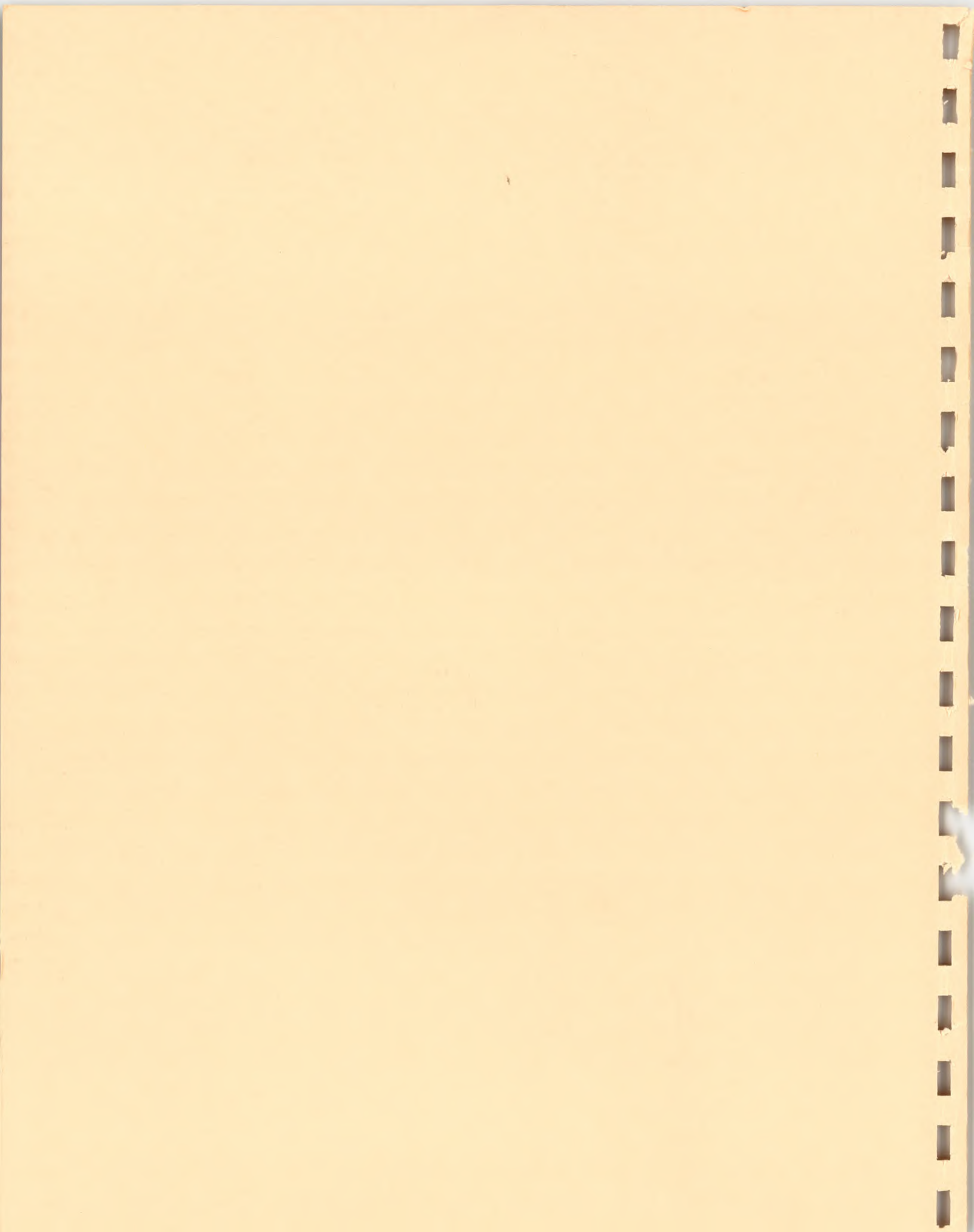


DELTA
HEAD
START

NINE WEEK MENU

COOK BOOK





**Nine-Week
Menu
Cook Book**

Dorothy Wagner, R.D.
Nutritional Director
Delta Head Start
Portageville, Mo.

Your Nine-Week Menu Book

CONGRATULATIONS! You've just made an investment that will help you plan and serve delicious, attractive, and nutritious meals.

Menus and recipes in this book have been tasted and tested with much success in the Delta Area Head Start program for the past five years. More than 1,300 children, 250 staff members, and 40 cooks have enjoyed these nutritious meals at our 21 centers.

Our Nine-Week-Menu and recipe book includes a master menu for each of the nine weeks, a worksheet for each day of the week, and recipes for each week.

The worksheet has four columns: the menu for the particular day, the size of serving for each food item, and the foods needed to prepare that item. The third column can serve as a food buying guide for cooks and the last column for adjustments, if necessary, to fit the needs of the particular center.

Menus for each week are numbered and color coded. (Week One menus are blue, Week Two are orange, and so on.)

New recipes for each week are placed directly behind the worksheets for that week. There are extra pages included, so that favorite recipes may be incorporated into the food program.

Project Head Start Food Buying Guide and Recipe Book #3A is used with the Nine-Week Menu Book. You will note in the weekly menus that some food items are followed by (HSC, p.—). This refers the cook to the page in the Head Start Cook Book #3A where the recipe appears.

"See recipe section" refers to the recipes printed at the end of week's worksheets.

Nine-Week Menu Book recipes are developed to serve 50 people—for example, a two classroom center with 40 children and 10 adults. Second servings are provided for and leftovers have been kept to a minimum. Suggested size of servings listed on the worksheets should be followed.

The entire food service operation for the 50 people (buying, food preparation, serving, and hand dishwashing) can be done by two cooks—one who works seven hours, from 7:30 a.m. to 2:30 p.m., and a second cook who works five hours, from 9:30 a.m. to 2:30 p.m.

A good time schedule for serving meals and snacks is: breakfast at 8:30; morning snack at 10; dinner at 12; and afternoon snack at 2:30 or 3, depending on the time that the children leave the centers.

As you will see, we have used donated foods extensively in our recipes. Other substitutes may be made, as indicated in the "Notes" section of the book or as you wish.

Our basic menu was evaluated last year by Dr. William Yamanaka, assistant professor of nutrition at the University of Missouri-Columbia. Menus were then adjusted to meet a child's essential nutrient requirements and these changes have been incorporated in this edition of the Nine-Week Menu Book.

A brief explanation and tabular results of Dr. Yamanaka's study are given at the back of this book.

If you have any questions or suggestions as you work with the menu book, we'd like to hear from you. Good luck and good cooking!

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Week's Menu—Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Breakfast</i>				
Orange Juice Hot Rolled Oats Buttered Toast Milk	Orange Juice Cornmeal Pancakes Crisp Bacon Syrup and Margarine Milk	Grape Juice French Toast Milk	Orange Juice Rice with Raisins Buttered Toast Milk	Tomato Juice Scrambled Eggs Pork Sausage Bread and Butter Milk
<i>Morning Snack</i>				
Carrot Sticks and Raisins	Dried Apricot Halves	Oranges	Bananas	Pineapple Juice
<i>Dinner</i>				
Hamburger Patties Buttered Rice Buttered Peas Celery Sticks Applesauce Bread Margarine Milk	Weiners Baked Beans Coleslaw Pineapple Chunks Bread Margarine Milk	Spaghetti and Meat Sauce Celery Sticks Green Beans Peach Half Peanut Butter Cookies Cheese Biscuits Margarine Milk	Cream of Potato Soup Ham Salad Sandwich Raw Carrots, Celery Sticks, Cucumber Slices Apple Crisp Crackers Milk	Meat Loaf Candied Sweet Potatoes Buttered Spinach Chocolate Pudding Hot Rolls Margarine Milk
<i>Afternoon Snack</i>				
Milk Crackers	Milk Molasses Cookies	Milk Graham Crackers	Milk Peanut Butter and Crackers	Milk Rolled Oats Cookies

Delta Head Start Menu

Monday: Week 1

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
 <i>Breakfast</i>			
Orange Juice	½ cup	6 quarts or 4 46-ounce cans	
Hot Rolled Oats (HSC p. 55)	½ cup	1½ pounds oats	
Buttered Toast	½ to 1 slice	3 loaves bread ¾ pound margarine or butter	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Morning Snack</i>			
Raw Carrot Strips	2 or 3 strips	2 1-pound packages	
Raisins	1 tablespoon	1 1-pound box	
 <i>Dinner</i>			
Beef Patty	1 patty	6½ pounds ground chuck or 10 pounds ground beef	
Buttered Rice (HSC p. 54)	¼ cup	3 1-pound boxes	
Buttered Green Peas	2 tablespoons	9 #303 cans peas or 1 #10 can	
Celery Sticks	2 sticks	3 pounds celery	
Applesauce	¼ cup	9 #303 cans or 1 #10 can	
Bread	½ to 1 slice	4 loaves	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Crackers	2 crackers	2 1-pound packages	

HSC refers to the Head Start Cook Book.
Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Tuesday: Week 1

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Orange Juice	½ cup	6 quarts or 4 46-ounce cans	
Cornmeal Pancakes	1 to 2 small	See recipe section.	
Syrup	2 tablespoons	See recipe section.	
Bacon	1 slice	3 or 4 pounds (60 slices)	
Margarine or Butter	1 teaspoon	¾ pound margarine or butter	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Dried Apricot Halves	3	3 1-pound boxes	
<i>Dinner</i>			
Weiners	1½ weiners per child	90 all-meat weiners or 9 packages (10 to a pound)	
Mustard	1 tablespoon	2 quarts mustard	
Baked Beans (HSC p. 70)	¼ cup	(Add 2 cups catsup to HSC recipe, reduce bean liquid to 2 cups.)	
Cole Slaw (HSC p. 87)	2 tablespoons	3 to 4 pounds cabbage	
Pineapple Chunks	¼ cup and juice	5 #2½ cans or 1 #10 can	
Bread	1 slice	4 loaves	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Molasses Cookies	2 per child	See recipe section.	

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 Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Wednesday: Week 1

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Grape Juice	½ cup	4 46-ounce cans	
French Toast	1 slice	4 loaves bread	
		18 eggs	
		1½ quarts reconstituted nonfat dry milk	
		See recipe section.	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Oranges	½	25 oranges	
<i>Dinner</i>			
Spaghetti and Meat Sauce (HSC p. 77)	½ cup	2 1-pound packages spaghetti 5 pounds ground chuck or canned chopped meat 1 pound onion 1 #2 can tomato paste 2 #2 cans tomato puree ½ pound cheese 2 tablespoons salt 1½ teaspoons sugar	
Celery Sticks	2 sticks	1 pound celery	
Green Beans	2 tablespoons	8 #303 cans or 1 #10 can	
Sliced Peaches	¼ cup fruit and juice	5 #2½ cans or 1 #10 can	
Peanut Butter Cookies	1 cookie	See recipe section.	
Cheese Biscuits (HSC p. 50)	1 biscuit	(Add 5 cups grated cheese to HSC recipe.)	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Graham Crackers	2 crackers	1 2-pound box	

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Delta Head Start Menu

Thursday: Week 1

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Orange Juice	½ cup	6 quarts or 4 46-ounce cans	
Rice with Raisins (HSC p. 54)	¼ cup	2 1-pound boxes	
Buttered Toast	1 tablespoon	1 pound box raisins	
	½ to 1 slice	5 loaves bread	
		¾ pound margarine or butter	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Bananas	½	25 bananas	
<i>Dinner</i>			
Cream of Potato Soup	½ cup	See recipe section. 4 pounds potatoes ⅓ pound onions 3 quarts milk ¼ pound margarine or butter	
Ham Salad Sandwich	½ sandwich	See recipe section. 6 pounds ham or 3 cans chopped meat 5 loaves bread	
Raw Carrot and Celery Strips	2 sticks	2 1-pound pkgs. carrots 1 pound celery	
Cucumber Slices	3 ¼-inch slices	6 cucumbers	
Apple Crisp (HSC p. 58)	¼ cup	8 #303 cans or 1 #10 can pie apples	
Crackers	2 per child	2 1-pound boxes	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Crackers	2 crackers	2 1-pound boxes	
Peanut Butter	1 tablespoon	2 1-pound jars	

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Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Friday: Week 1

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Tomato Juice	½ cup	4 46-ounce cans	
Scrambled Eggs (HSC p. 71)	3 tablespoons	30 eggs 3 cups milk	
Pork Sausage	2 tablespoons or 1 ounce	6 pounds	
Bread	½ to 1 slice	3 loaves	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Pineapple Juice	½ cup	6 quarts or 4 46-ounce cans	
<i>Dinner</i>			
Meat Loaf (HSC p. 80)	1 slice	(Add 4 pounds ground pork to HSC recipe.) 6 slices bread 1¾ cups milk 4 pounds ground beef ¼ pound onion ¼ pound celery 1 tablespoon salt 7 eggs 1 tablespoon Worcestershire sauce	
Candied Sweet Potatoes	¼ cup	8 #2 cans or 1 #10 can See recipe section.	
Buttered Spinach	2 tablespoons	8 #303 cans or 1 #10 can	
Chocolate Pudding (HSC p. 63)	¼ cup	Use HSC recipe for 75.	
Hot Rolls	1 roll	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Rolled Oats Cookies	1 cookie	See recipe section.	

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CORNMEAL PANCAKES

50 pancakes

Cornmeal	3¼ cups
Boiling water	5 cups
Shortening, melted	3½ tablespoons
Milk	2½ cups
Molasses	3 tablespoons
Eggs, beaten	1¼ cups
Flour	2¼ cups
Baking powder	3⅓ tablespoons
Salt	1 tablespoon

1. Add cornmeal to boiling water. Stir until well blended. Let stand 10 minutes.
2. Add shortening, milk, molasses, and eggs to cornmeal. Mix thoroughly.
3. Sift flour, baking powder, and salt together. Add to cornmeal mixture and mix until blended. Batter will be lumpy.
4. Use ¼ cup batter to make each pancake. Cook slowly so pancakes will be done.

MOLASSES COOKIES

100 3-inch cookies

Shortening	1½ cups
Brown sugar	4 cups
Molasses	2 cups
Eggs	2 eggs
Flour	10½ cups
Nonfat dry milk	1¼ cups
Salt	2 teaspoons
Cinnamon	2 teaspoons
Ginger	1 teaspoon
Hot water	1½ cups
Soda	2 teaspoons

1. Cream shortening and add sugar; cream well. Add molasses. Cream.
2. Beat in eggs.
3. Sift flour, dry milk, spices, and salt together. Add dry ingredients alternately with hot water to which the soda has been added.
4. Shape dough to form small balls and drop onto greased, lightly floured cookie sheets. Bake at 400° F. for 10 to 12 minutes.

MAPLE FLAVORED SYRUP

1 quart

Sugar	3 cups
Brown sugar	1 cup
Water	2 cups
Vanilla	1 teaspoon
Maple flavoring	1 teaspoon

1. Combine sugar and water. Stir until dissolved.
2. Bring to boil. Cover. Boil gently for 10 minutes.
3. Remove from heat, cool slightly.
4. Add vanilla and maple flavoring. May be used hot or cold.

FRENCH TOAST

50 1-slice servings

Eggs, beaten	18 eggs
Milk	1½ quarts
Salt	1 tablespoon
Sugar	½ cup
Bread	50 slices

1. Place small amount of shortening in skillet.
2. Mix together eggs, milk, salt, and sugar.
3. Dip bread into mixture.
4. Fry until golden brown on one side, turn and brown other side.
5. May be served with powdered sugar, cinnamon and sugar, or syrup.

Note: Scrambled egg mix, if available, may be used in place of fresh eggs and part of milk.

More recipes on next page→

PEANUT BUTTER COOKIES

100 2½-inch cookies

Shortening or Lard	1 cup
White sugar	2 cups
Brown sugar	2 cups
Peanut butter	2 cups
Vanilla	2 teaspoons
Eggs	6 eggs
Flour	6 cups
Soda	1 teaspoon
Salt	1¼ teaspoons

1. Cream shortening or lard. Gradually add sugars and then peanut butter. Cream thoroughly. Add vanilla.
2. Beat in eggs.
3. Sift flour, soda, and salt. Add to creamed mixture and blend.
4. Yield: 6 pounds. Shape into 1-ounce balls; place on greased cookie sheets and flatten with fork.
5. Bake at 375° F. for 20 minutes.
6. In shaping a large quantity, you can save time by forming the dough into 1 inch square bars that are 6 to 8 inches long. Break off dough at 1 inch intervals. These pieces of dough can be flattened by pressing with the bottom of a measuring cup covered with wax paper.

CREAM OF POTATO SOUP

3 gallons or 50 1-cup servings

Potatoes	8 pounds
Onions	1¼ cups
Water	4 quarts
Hot milk	6 quarts
Butter or margarine	1 cup
Flour	½ cup
Pepper	1⅓ teaspoons
Salt	6½ tablespoons

1. Cook potatoes and onions in water until soft. Puree or mash without draining.
2. Melt butter or margarine; add flour and blend.

HAM SALAD OR CHOPPED MEAT SANDWICH FILLING

50 sandwiches

Cooked ham	6 pounds or 6 cups canned chopped meat (about 3 cans)
Eggs, hard cooked, chopped	2 cups
Celery, chopped fine	1½ cups
Sweet pickles, chopped fine	1 cup
Mustard	1 tablespoon
Salad dressing	2 cups
Salt	1 teaspoon

1. Grind ham or mash chopped meat.
2. Add all chopped ingredients—eggs, celery, and pickles—to the ham or meat.
3. Combine mustard, salad dressing, and salt. Mix well.
4. Add to ham mixture—mix thoroughly.
5. Refrigerate until ready to use.

CANDIED SWEET POTATOES

50 ½-cup servings

Sweet potatoes	20 pounds or 2 #10 cans
Brown sugar	3 cups
Water	1½ cups or liquid from canned potatoes
Butter	½ cup
White corn syrup	½ cup

1. If fresh potatoes are used, peel the potatoes and parboil for 15 minutes.
2. Drain and place potatoes in buttered pans.
3. Make a syrup of the water or liquid from canned potatoes, corn syrup, and sugar by cooking together 2 minutes. Then add the butter.
4. Brush and pour syrup over tops of potatoes. Bake at 325° F. for 30 to 45 minutes.

→ Add hot milk and seasonings to make a white sauce.

3. Add potato mixture to white sauce. Heat thoroughly. Garnish with parsley.

HOT ROLLS

50 rolls

Milk, reconstituted, scalded 1¼ cups
Salt 1 tablespoon
Sugar ¼ cup
Margarine ¾ cup
Lukewarm water 1¼ cups
Yeast 6 packages active dry yeast
(6 tablespoons)
Flour 2½ quarts (use as needed)
Eggs, beaten 3 eggs

1. Add salt, sugar, and shortening to scalded milk. Stir until dissolved. *Cool.*
2. Soften yeast in lukewarm water. Add 1 tablespoon sugar. Let stand about 5 minutes.
3. Add to cooled milk mixture.
4. Add well beaten eggs. Mix.
5. Stir in flour. Knead until smooth and shiny.
6. Put in greased bowl. Brush top with melted shortening.
7. Cover with clean towel or wax paper. Place in a warm place, free from draft. (Do not put on stove because this is too warm and will make the rolls rise too fast or kill the yeast). Let rise to double in bulk.
8. When double in bulk, punch down and divide dough into half. Roll out to a half-inch thickness.
9. With glass or biscuit cutter, cut 25 rolls out of each half.
10. Place in greased baking pans.
11. Let rise in warm place to double in bulk.
12. Bake at 425° for 15 minutes.
13. Remove from oven and brush tops with melted margarine.

ROLLED OATS COOKIES

7 dozen cookies

Flour, unsifted 2 cups
Baking powder, double acting ... 2½ teaspoons
Baking soda 1 teaspoon
Salt 1 teaspoon
Shortening, at room temperature 1 cup
Light brown sugar, packed 2 cups
Eggs 2 eggs
Vanilla 1½ teaspoons
Rolled oats, quick-cooking, uncooked ... 3 cups

1. Mix together first four ingredients: flour, baking powder, soda, and salt.
2. In separate bowl, beat shortening and sugar until creamy.
3. Beat eggs and vanilla into shortening mixture.
4. Blend in flour mixture.
5. Stir in rolled oats.
6. Chill dough.
7. Preheat oven to 350° F. (moderate). Shape dough into 1-inch-round balls.
8. Bake 10 to 15 minutes.

Week's Menu—Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Breakfast</i>	Pineapple Juice Oatmeal Buttered Toast Milk	Orange Juice Pancakes Margarine Milk	Tomato Juice Hard-Cooked Eggs Hot Biscuits Margarine Apple Jelly Milk	Stewed Prunes Buttered Grits Buttered Toast Milk	Grape Juice Rice Buttered Toast Milk
<i>Morning Snack</i>	Orange Juice	Apple Wedges	Orange Juice	Celery Sticks Stuffed with Cheese	Oranges
<i>Dinner</i>	Juicyburger on Bun Buttered Corn Buttered Mustard Greens Pear Half Peanut Butter-Oats Cookies Milk	Beef Stew Lettuce Salad and Salad Dressing Molded Orange Jello and Bananas Hot Biscuits Margarine Milk	Scalloped Chicken and Noodles Buttered Carrots Cranberry Sauce Gingerbread with Butter Cream Icing Bread Margarine Milk	Porcupine Meatballs Buttered Cabbage Orange Waldorf Salad Cinnamon Crispies Hot Rolls Margarine Milk	Macaroni and Cheese with Ham Cubes Deviled Eggs Buttered Spinach Pineapple Pudding Cornbread Margarine Milk
<i>Afternoon Snack</i>	Milk Crackers	Milk Graham Crackers	Milk Vanilla Wafers	Milk Crackers	Milk Peanut Butter Cookies

Delta Head Start Menu

Monday: Week 2

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Pineapple Juice	½ cup	6 quarts or 4 46-ounce cans	
Oatmeal (HSC p. 55)	½ cup	2-pound box	
Buttered Toast	½ to 1 slice	3 loaves bread	
Milk	1 teaspoon	¾ pound margarine or butter	
	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Orange Juice	½ cup	4 46-ounce cans	
<i>Dinner</i>			
Juicyburger on Bun	2 tablespoons meat and sauce on bun	See recipe section. 6 pounds ground beef or 3 cans chopped meat ¼ cup vinegar 1 tablespoon Worcestershire sauce 2 tablespoons prepared mustard ¼ cup brown sugar 2¼ cups catsup ½ cup water ⅓ cup chopped onion 2 teaspoons salt 50 buns, split	
Buttered Corn	2 tablespoons	8 #303 cans or 1 #10 can ⅓ cup margarine	
Mustard Greens	2 tablespoons	8 #303 cans or 1 #10 can	
Pears	½ pear	10 #2½ cans or 2 #10 cans	
Peanut Butter-Oats Cookies	1 cookie	See recipe section.	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Crackers	2 per child	2 1-pound boxes	

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Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Tuesday: Week 2

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Orange Juice	½ cup	6 quarts or 4 46-ounce cans	
Pancakes	2 small	See recipe section. Use Missouri Mix recipe.	
Syrup	1 tablespoon	Use pancake syrup. See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Apple Wedges	½ apple	25 apples	
<i>Dinner</i>			
Beef Stew (HSC p. 73)	½ cup	6 pounds boneless beef stew meat ½ cup fat 1½ gallons water 2½ cups flour 3 tablespoons salt 2½ cups onions (buy one pound) 2 quarts diced potatoes (buy 3½ pounds) 2 quarts diced carrots (buy 3½ pounds) 4½ cups diced celery (buy 2 pounds)	
Lettuce Salad with Salad Dressing	2 tablespoons 1 teaspoon	2 pounds lettuce 1½ cups salad dressing	
Molded Orange Jello with Bananas	1 small square	6 3-ounce boxes orange jello 6 pounds bananas	
Hot Biscuits (HSC p. 50)	1 biscuit		
Margarine or Butter	1 teaspoon	¾ pounds.	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Graham Crackers	2 crackers	2 1-pound boxes	

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Delta Head Start Menu

Wednesday: Week 2

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Tomato Juice	½ cup	4 46-ounce cans	
Hard-Cooked Eggs	1 egg	50 eggs	
		See recipe section.	
Biscuits (HSC p. 50)	1 biscuit		
Margarine or Butter	1 teaspoon	¾ pound	
Apple Jelly	1 tablespoon	3 18-ounce jars	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Orange Juice	½ cup	6 quarts or 4 46-ounce cans	
<i>Dinner</i>			
Scalloped Chicken and Noodles	⅓ to ½ cup	See recipe section. Use: 7½ cups noodles or macaroni Cube and use meat from 2 5-pound hens ⅓ cup chopped onion 1 cup chicken fat ¾ cup flour 2 cups nonfat dry milk 1¼ quarts water or chicken broth 1 teaspoon salt ¼ teaspoon pepper 1 cup bread crumbs ½ pound grated cheese	
Buttered Carrots	2 tablespoons	3½ pounds carrots	
Cranberry Sauce	1 tablespoon	3 1-pound cans	
Gingerbread with (HSC p. 65) Vanilla Cream Frosting (HSC p. 69)	1 small square		
Bread	½ to 1 slice	3 loaves	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Vanilla wafers	2 cookies	2 pounds	

Note: Cook prunes for tomorrow's breakfast.

Delta Head Start Menu

Thursday: Week 2

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Stewed Prunes	2 prunes	100 prunes	
		Buy 3 1-pound boxes	
Buttered Grits (HSC p. 51)	½ cup	2 1-pound packages	
Buttered Toast	½ to 1 slice	3 loaves bread	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Celery Sticks Stuffed with Cheese	2 sticks	3 pounds celery 1½ pounds grated cheese salad dressing	
<i>Dinner</i>			
Porcupine Meatballs	1 meatball = ½ cup	See recipe section.	
Buttered Cabbage (HSC p. 101)	¼ cup	8 pounds cabbage ⅓ cup margarine	
Orange Waldorf Salad (HSC p. 91)*	¼ cup	See note below. 3 quarts diced apples ⅓ cup lemon juice 1 quart plus 1 cup chopped celery ⅓ cup sugar ½ teaspoon salt ¾ cup mayonnaise 2 tablespoons milk 1½ cups chopped nuts 1 dozen oranges, sliced	
Cinnamon Crispies (HSC p. 64)	1 cookie		
Hot Rolls	1 roll	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Crackers	2 per child	2 1-pound boxes	

*Note: Waldorf salad—mix together salt, sugar, mayonnaise, and milk before combining with apples in the apple salad recipe.

Delta Head Start Menu

Friday: Week 2

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Grape Juice	½ cup	4 46-ounce cans	
Rice (HSC p. 54)	½ cup	2 1-pound boxes	
Buttered Toast	½ to 1 slice	3 loaves bread	
		¾ pound margarine or butter	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Oranges	½ orange	25 oranges	
<i>Dinner</i>			
Macaroni & Cheese (HSC p. 79) with ham cubes	¼ cup	Add 4 pounds ham or canned chopped meat to recipe 1½ quarts uncooked elbow macaroni (buy 1½ pounds) 2 quarts water 1 tablespoon salt ⅓ cup margarine 1 tablespoon plus 1 teaspoon salt 2 quarts hot milk (reconstituted nonfat dry) 2 teaspoons dry mustard 1 quart plus 3 cups shredded cheese	
Spiced Apple Ring	½ ring	2 #2½ cans	
Deviled Eggs	½ egg	25 eggs See recipe section.	
Buttered Spinach	2 tablespoons	9 #303 cans or 2 #10 cans	
Pineapple Pudding	¼ cup	See recipe section.	
Cornbread (HSC p. 56)	1 piece		
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Peanut Butter Cookies	2 cookies	See recipe section.	

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MISSOURI MIX: All-Purpose Baking Mix

13 cups of Mix

All-purpose flour, sifted 9 cups
Double-acting baking powder 1/3 cup
Nonfat milk solids 1 cup plus
2 tablespoons
Salt 3 teaspoons
Vegetable shortening 1 3/4 cups or
1 1/2 cups lard

1. Stir baking powder, dry milk, and salt into the sifted flour. Sift all dry ingredients together until well mixed.
2. Cut fat into flour mixture until all particles of fat are thoroughly coated and mixture resembles coarse cornmeal.
3. Store Mix in tightly covered container. It is ready to use for speedy pancakes, biscuits, cookies and cakes.

Note: More recipes and suggestions for using Missouri Mix are given in UMC Circular 846. Copies may be obtained from your County Extension Office or ordered from B-9 Whitten Hall, University of Missouri-Columbia, Extension Division, Columbia, Mo. 65201.

PANCAKES (From Missouri Mix)

50 4-inch pancakes

Mix 6 cups
Sugar 1 tablespoon
Eggs 3 eggs
Water 3 cups

1. Add sugar to mix.
2. Beat eggs slightly and combine with the water.
3. Add this to dry ingredients and stir about 25 strokes. *Batter will not be smooth.*
4. Bake pancakes on a pre-heated griddle or skillet. Turn when bubbles appear on the top of cakes.

JUICYBURGER

50 1/3-cup servings or 100 2 1/2 tablespoons

Beef, ground 6 pounds or 3 cans
chopped meat
Vinegar 1/4 cup
Worcestershire sauce 3 tablespoons
Mustard, prepared 1/4 cup
Brown sugar 1/2 cup
Catsup 1 quart
Water 1 cup
Onions, finely chopped 1/4 cup
Salt 1 tablespoon
Buns, split 50

1. Cook beef or chopped meat until browned.
2. Pour off excess fat.
3. Mix in remaining ingredients and cook until tender and thickened.
4. Serve hot juicyburger on buns.
5. If this mixture is too thin, mix in one quart of bread crumbs or enough instant mashed potato flakes to make the right consistency.

PEANUT BUTTER-OATS COOKIES

9 dozen cookies

Shortening, soft 2 cups
Brown sugar, firmly packed 2 cups
Granulated sugar 1 1/2 cups
Eggs 4 eggs
Peanut butter 2 cups
Flour, sifted 4 cups
Soda 4 teaspoons
Salt 1 teaspoon
Rolled oats 2 cups

1. Beat shortening and sugars together until creamy.
2. Add eggs and peanut butter; beat well.
3. Sift together flour, soda, and salt. Add to creamed mixture; mix well.
4. Stir in oats.
5. Shape dough to form small balls. Place on greased cookie sheets.
6. With tines of fork, press to make criss-crosses on each cookie. (If dough sticks to fork, occasionally dip fork in flour.)
7. Bake in preheated moderate oven (350°F.) 8 to 10 minutes.

PANCAKE SYRUP (a corn syrup blend)

1 to 1½ quarts

Sugar 1 cup
White corn syrup 1 pint bottle
Brown sugar 1 cup
Water 1½ cups
Salt pinch
Vanilla 1 teaspoon
Maple flavoring 1 teaspoon (more if desired)

1. Combine all sugars, salt, and water. Mix and stir.
2. Bring to boil. Boil for two minutes.
3. Remove from heat. Cool slightly.
4. Add vanilla and maple flavoring.
5. May be used hot or cold.

Note: May be prepared ahead of time and stored in clean fruit jars for several days—flavor will improve.

SCALLOPED CHICKEN AND NOODLES

50 2-ounce or 100 1-ounce servings

Noodles, uncooked 2 pounds
Chicken, cooked and diced 5 pounds
Green pepper, chopped ½ cup
Onions, chopped 1 cup
Fat, chicken or other 2 cups
Flour 2 cups

1. Prepare chicken.
2. Cook noodles in boiling salted water. Drain.
3. Cook onions and peppers in small amount of fat until tender.
4. Make white sauce (HSC p. 95) out of remaining fat, flour, salt, pepper, and reconstituted milk or broth.
5. Spread noodles in baking pan alternating with diced chicken.
6. Pour white sauce over this mixture.
7. Combine cheese and bread crumbs and place on top of mixture.
8. Bake ½ hour at 350° F.

Note:

1. Three cans of donated canned chicken or turkey may be substituted for fresh cooked fowl.
2. Donated macaroni may be used instead of noodles.

PORCUPINE MEATBALLS

50 ½-cup servings

Rice, uncooked 2 cups (buy 1½ pounds)
Ground beef 5 pounds
Salt 2 tablespoons
Pepper 1 teaspoon
Eggs 3 eggs
Onion, chopped 2 cups
Milk 2 cups
Tomato juice 3½ quarts (buy 3 46-ounce cans)
Sugar 2 tablespoons
Flour 2 cups
Shortening ¾ cup

1. Mix together the uncooked rice, beef, salt, pepper, eggs, onion, and milk.
2. Use #12 scoop or ⅓ cup to form balls.
3. Roll meatballs lightly in flour. Fry to a light brown.
4. Place browned meatballs in baking pans.
5. Add sugar to tomato juice—cover meatballs with the juice.
6. Cover pan tightly. Bake at 350° for 1 hour until rice is tender. (This may be simmered on top of stove, but for best results use oven.)

Note: If more liquid is needed, add a small amount of water to tomato juice.

HARD-COOKED EGGS

1. Place eggs in saucepan.
2. Cover with cold water.
3. Bring to a full rolling boil. Then *simmer* for 5 to 10 minutes.
4. Remove pan from stove. You might want to test an egg before removing all from boiling water.
5. Immediately run cold water over eggs for a few seconds.

DEVILED EGGS

50 egg halves

Eggs, hard cooked	25
Hot milk	¼ cup
Salad dressing	1 cup
Salt	2 teaspoons
Dry mustard	1 teaspoon
Vinegar	3 tablespoons

1. Peel and cut eggs in half lengthwise.
2. Remove yolks and mash thoroughly.
3. Add hot milk, mix.
4. Add salad dressing, salt, dry mustard, and vinegar. Mix thoroughly.
5. Refill white with mixture, using approximately 1½ tablespoons filling for each half of egg white.

PINEAPPLE PUDDING

50 ¼-cup servings

Milk, reconstituted nonfat dry	3 quarts
Sugar	2¼ cups
Flour	1½ cups
Salt	1½ teaspoons
Milk, reconstituted nonfat dry	2½ cups cold
Eggs	9 eggs
Vanilla	1½ tablespoons
Butter	⅓ cup
Crushed pineapple, drained	2½ cups

1. Scald milk (first amount listed) in saucepan or top of double boiler.
2. Mix together: sugar, flour, salt, and cold milk (second amount listed) making a smooth mixture.
3. Add this mixture to the scalded milk, stirring constantly.
4. Cook over hot water until smooth and thick (about 10 minutes).
5. Beat the eggs.
6. Add a small amount of hot mixture to beaten eggs, stirring constantly. Then add eggs to remaining hot mixture in saucepan or double boiler. Cook 5 minutes.
7. Remove from stove. Cool a few minutes. Add vanilla, butter, and drained pineapple. Refrigerate.

Note: Add ½ cup chopped maraschino cherries if desired. This will give dessert more color.

Week's Menu—Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Breakfast</i>				
Grapefruit Half French Toast with Cinnamon and Sugar Milk	Tomato Juice Scrambled Eggs Sweet Biscuit Swirls Milk	Orange Juice Oatmeal Pancakes Syrup Margarine Milk	Orange Juice Cinnamon Toast Hot Cocoa	Banana Puffed Wheat with Milk Buttered Toast Milk
<i>Morning Snack</i>				
Carrot Sticks Raisins	Oranges	Apple Wedges	Celery Sticks stuffed with Peanut Butter	Dried Prunes
<i>Dinner</i>				
Chopped Meat and Macaroni Casserole Hot Buttered Beets Fruited Coleslaw Chocolate Rolled Oats Cake	Braised Beef Liver Mashed Potatoes Mustard Greens with 1 slice hard-cooked egg Molded Raspberry Jello with Pear Halves	Beans and Chopped Ham Mixed Vegetable Salad with French Dressing Creamy Rice Pudding with Raisins	Stuffed Meat Loaf Buttered Green Peas Coleslaw Caramel Pudding Bread Margarine Milk	Fish Sticks Baked Potatoes Green Beans Chilled Tomatoes Apricot Upside Down Cake Cornmeal Buns Margarine Milk
Hot Rolls Margarine Milk	Biscuits Margarine Milk	Cornbread Margarine Milk		
<i>Afternoon Snack</i>				
Milk Graham Crackers	Milk Crackers	Milk Peanut Butter Cookies	Milk Crackers	Milk Graham Crackers with Peanut Butter

Delta Head Start Menu

Monday: Week 3

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Grapefruit Half	½ grapefruit	25 grapefruits	
French Toast with Sugar and Cinnamon	1 slice	See recipe section. Use 4 loaves bread, 18 eggs, 1½ quarts reconstituted milk	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Carrot Sticks	3 sticks	2 1-pound packages	
Raisins	1 tablespoon	1 1-pound box	
<i>Dinner</i>			
Chopped Meat and Macaroni Casserole	½ cup	See recipe section.	
Hot Buttered Diced Beets	2 tablespoons	5 #303 cans diced beets or 1 #10 can	
Fruited Coleslaw	2 tablespoons	½ cup margarine 4 pounds cabbage 3 #303 cans fruit cocktail; salad dressing as needed	
Chocolate Rolled Oats Cake	1 square	See recipe section.	
Hot Rolls	1 roll	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Graham Crackers	2 per child	2 pound box	

HSC refers to the Head Start Cook Book.
Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Tuesday: Week 3

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Tomato Juice	½ cup	4 46-ounce cans	
Scrambled Eggs (HSC p. 71)*	3 tablespoons	30 eggs 3 cups milk	
Sweet Biscuit Swirls	1 swirl	See recipe section.	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Morning Snack</i>			
Oranges	½ orange	25 oranges	
 <i>Dinner</i>			
Braised Beef Liver	1 ounce serving or 2 tablespoons	6 pounds liver See recipe section.	
Mashed Potatoes (HSC p. 106)*	¼ cup	9 pounds potatoes See note #1.	
Buttered Mustard Greens with 1 slice Hard-Cooked Egg	2 tablespoons	6 #303 cans or 1 #10 can	
Molded Raspberry Jello with Pears	1 square with ¼ pear	8 eggs 6 3-ounce packages jello 1 #10 can pears	
Hot Biscuits (HSC p. 50)	1 biscuit		
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Crackers	2 per child	2 1-pound boxes	

Note:

- *1. Use reconstituted nonfat dry milk or evaporated milk for the scrambled eggs and mashed potatoes.
2. Soak beans for tomorrow.

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Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Wednesday: Week 3

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Orange Juice	½ cup	6 quarts or 4 46-ounce cans	
Oatmeal Pancakes	2 small	See recipe section.	
Maple Flavored Syrup	1 tablespoon	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Apple Wedges	½ apple	25 apples	
<i>Dinner</i>			
Beans with Chopped Meat	½ cup	See recipe section.	
Mixed Vegetable Salad	2 tablespoons	2 pounds lettuce, grated carrots, chopped celery, and tomatoes	
French Dressing	1 tablespoon	See recipe section.	
Creamy Rice Pudding with Raisins	2 tablespoons	See recipe section.	
Cornbread (HSC p. 56)	1 piece		
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Peanut Butter Cookies	2 cookies	See recipe section.	

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Delta Head Start Menu

Thursday: Week 3

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Orange Juice	½ cup	6 quarts or 4 46-ounce cans	
Cinnamon Toast	1 slice	4 loaves bread	
		See recipe section.	
Hot Cocoa	½ to 1 cup	See recipe section.	
<i>Morning Snack</i>			
Celery Sticks stuffed with Peanut Butter	2 sticks 2 teaspoons	3 pounds celery 2 pounds peanut butter	
<i>Dinner</i>			
Stuffed Meat Loaf	1 small slice	See recipe section.	
Green Peas	2 tablespoons	6 #303 cans or 1 #10 can	
Coleslaw (HSC p. 87)	2 tablespoons	5¾ pounds cabbage	
Caramel Pudding	¼ cup	See recipe section.	
Bread	½ to 1 slice	2 loaves bread	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Crackers	2 crackers per child	2 1-pound boxes	

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Delta Head Start Menu

Friday: Week 3

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Banana	½ medium banana	25 bananas	
Puffed Wheat	½ cup	1 pound	
Buttered Toast	1 slice	4 loaves bread	
		¾ pound margarine or butter	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Dried Prunes	3	3 pounds	
<i>Dinner</i>			
Fish Sticks	2 sticks per child	100 sticks (8 pounds)	
Baked Potatoes	½ potato (cut into serving size after baking)	9 pounds	
Green Beans	2 tablespoons	6 #303 cans or 1 #10 can	
Chilled Tomatoes	2 tablespoons	8 #303 cans or 1 #10 plus 2 #303 cans	
Apricot Upside Down Cake	1 piece with apricot half on top	See recipe section and HSC p. 67. Use HSC recipe for 50.	
Cornmeal Buns	1 bun	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Graham Cracker with Peanut Butter	2 per child 1 tablespoon	2 1-pound boxes 2 pounds	

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Recipe section refers to the recipe sections of this book.

CHOPPED MEAT & MACARONI CASSEROLE

50 ½-cup servings

Macaroni, uncooked 2 pounds (2½ quarts)
 Margarine 1¼ cups
 Flour 2¼ cups
 Salt to taste
 Pepper to taste
 Hot milk 3 quarts
 Cream of chicken soup 6 12-ounce cans
 Worcestershire sauce 2 teaspoons
 Green peppers, if desired ½ cup
 Onions, chopped 2 cups
 Chopped meat, diced 2 cans
 Cheese, grated 4 cups

1. Cook macaroni in boiling water. Drain.
2. Melt the margarine and blend in flour, salt, and pepper.
3. Stir in hot milk, Worcestershire sauce, and condensed cream of chicken soup.
4. Add macaroni, onions, peppers, and chopped meat. Mix lightly.
5. Pour into greased baking pans.
6. Top with grated cheese.
7. Bake at 350° for 30 minutes.

Note: Diced pre-cooked ham may be used instead of chopped meat.

BISCUITS (from MISSOURI MIX)

50 biscuits

Mix 8 cups
 Water 2 cups

1. Add liquid to Mix. Stir 20 to 25 times.
2. Turn onto lightly floured board and knead 15 times.
3. Roll to half-inch thickness. Cut with floured biscuit cutter. Place on ungreased baking sheet.
4. Bake in a hot oven (425° F) for 10 minutes.

SWEET BISCUIT SWIRLS

1. Use Missouri Mix recipe for 50 biscuits. Add ⅓ cup sugar to recipe. Follow directions on how to make.
2. Divide dough into 2 pieces.
3. Roll each piece until ⅓-inch thick, 6 to 8 inches wide, and 25 inches long.
4. Brush entire top of dough with melted butter. Sprinkle top of dough with granulated or brown sugar. Then sprinkle with cinnamon.
5. Roll as for a jelly roll. Cut each roll into 25 slices, each slice about 1-inch thick.
6. Place slices (cut side up) in greased baking pan or greased muffin pans.
7. Place pecan half or cherry on top of each slice.
8. Bake in moderate oven (375° F.) for 10 to 15 minutes. May be served warm or cold.

CHOCOLATE ROLLED OATS CAKE

50 servings

Rolled oats 1 quart
 Water, boiling 1½ quarts
 Sugar, granulated 4 cups
 Sugar, brown 2 cups
 Shortening 2¼ cups
 Eggs 8 eggs
 Flour 4 cups
 Cocoa 1 cup
 Baking soda 1 tablespoon plus 1 teaspoon
 Salt 2 teaspoons
 Vanilla 1½ tablespoons

1. Mix rolled oats with boiling water. Cool.
2. Cream sugars and shortening. Add eggs. Beat well.
3. Add rolled oats mixture, along with flour, cocoa, soda, and salt. Add vanilla.
4. Beat until smooth. Bake in baking pans at 350° for 35 to 40 minutes.

More recipes on next page→

BRAISED BEEF LIVER

50 1/3-cup servings

Liver6 pounds
Flour3 cups
Salt2 teaspoons
Lard or shortening1 cup or 1/2 pound
Water, hot5 cups water

1. Skin the liver (*do not wash*). Cut out gristle and cut liver into small pieces, about 1 inch.
2. Roll the liver in a flour and salt mixture.
3. Melt fat in skillet and brown liver in the fat.
4. When brown, place in baking pans.
5. Pour water over the liver.
6. Bake uncovered at 350° for 45 minutes or until tender.

Note: If desired, sliced onions may be placed over liver while cooking.

OATMEAL PANCAKES

50 3-inch pancakes

Oatmeal1 quart
Milk, reconstituted1 quart
Flour2/3 cup
Baking powder5 teaspoons
Sugar1/4 cup
Salt2 teaspoons
Eggs, beaten separately4 eggs
Shortening, melted2/3 cups

1. Heat milk. Pour over oats. Allow to cool.
2. Sift together flour, baking powder, sugar, and salt.
3. Beat egg yolks. Add to oat and milk mixture.
4. Add melted fat.
5. Stir in dry ingredients.
6. Fold in stiffly beaten egg whites.
7. Pour batter from pitcher or from large spoon on a hot greased griddle or skillet.
8. Turn pancakes as soon as they are puffed and full of bubbles, but not before bubbles break. Turn and brown on other side.

Note: Oatmeal pancakes take longer to cook and brown than plain pancakes.

BEANS with CHOPPED MEAT or HAM

50 1/2-cup servings

Dry beans12 cups
Water7 1/2 quarts
Ham bones ...1 pound or 3/4 can chopped meat
Salt1 1/2 tablespoons
Onion if desired

1. Sort and wash beans.
2. Cover beans with cold water. Bring to boil.
3. Boil for 2 minutes.
4. Remove from heat and let soak 1 hour. Cover beans with lid.
5. Add ham and salt to soaked beans and simmer one and a half to two and a half hours.
6. Remove ham, cut in small pieces and return to beans. If chopped meat is used, add it during last five minutes of cooking.

Note: If more convenient, soak beans overnight after 2 minute boil. Be sure they are covered. These beans have a tendency to foam while cooking.

FRENCH DRESSING

Makes 5 cups

Onion juice1 1/4 teaspoons
Salt2 tablespoons
Mustard, dry1 tablespoon
Paprika1 tablespoon
Sugar1 1/3 cups
Vinegar1 1/3 cups
Salad oil1 quart

1. Put ingredients into a gallon jar and shake vigorously (until thick and creamy).
2. Pour on salad just before serving. Toss salad lightly and serve immediately.

CREAMY RICE PUDDING WITH RAISINS

50 $\frac{1}{4}$ -cup servings

Cooked rice	6 $\frac{1}{2}$ cups
Milk	8 $\frac{1}{2}$ cups
Sugar	1 $\frac{1}{2}$ cups
Salt	1 $\frac{1}{2}$ teaspoons
Eggs, beaten	4 eggs
Butter or margarine	$\frac{1}{4}$ cup
Vanilla	2 teaspoons
Raisins, plumped	3 $\frac{1}{2}$ cups

1. Combine rice, 7 $\frac{1}{2}$ cups milk, sugar, and salt.
2. Cook over medium heat, stirring occasionally, until thick and creamy (about 15 minutes).
3. Combine eggs and remaining milk, stir into rice mixture.
4. Cook 2 minutes longer, stirring constantly.
5. Add butter, vanilla, and raisins. Serve warm or cold.

Note: If using reconstituted nonfat dry milk, use 3 $\frac{1}{2}$ cups nonfat dry milk and 7 $\frac{1}{2}$ cups water. Increase butter to $\frac{1}{2}$ cup.

CINNAMON TOAST

1. Butter bread slices, place on baking sheet, put in oven to brown on one side.
2. Remove bread from oven. Turn. Sprinkle untoasted side with sugar-cinnamon mixture. Use $\frac{3}{4}$ tablespoon per slice.
3. Heat in a hot oven for 1 to 2 minutes and serve immediately.

Cinnamon-Sugar Mixture

Sugar	1 cup
Cinnamon	2 tablespoons

1. Mix together and place on the bread. (This will melt and become crusty.)

HOT COCOA

50 $\frac{2}{3}$ -cup servings

Nonfat dry milk	2 $\frac{3}{4}$ quarts
Sugar	2 $\frac{1}{4}$ cups
Cocoa	2 $\frac{1}{2}$ cups
Salt	$\frac{3}{4}$ teaspoon
Water, warm	2 quarts
Water, boiling	2 $\frac{1}{4}$ gallons
Vanilla, if desired	2 teaspoons

1. Mix together thoroughly the nonfat dry milk, sugar, cocoa, and salt.
2. Gradually add the warm water to make a smooth paste.
3. Gradually add hot water to dissolve the paste mixture and prevent lumping.
4. After all water has been added, heat quickly to boiling. Reduce heat and *simmer* for 5 minutes.
5. Remove from heat. Stir in vanilla, if desired. Serve hot.

STUFFED MEAT LOAF

50 servings

Bread	6 slices
Milk	1 $\frac{1}{4}$ cups
Ground beef (chuck)	4 pounds
Ground pork	4 pounds
Onions	$\frac{1}{2}$ cup
Celery	$\frac{3}{4}$ cup
Salt	1 tablespoon
Worcestershire sauce	1 tablespoon
Eggs, large	6 eggs

1. Soak bread in milk. While soaking, combine all other ingredients.
2. Then combine bread mixture with meat mixture. Mix well.
3. Place half of the meat mixture in greased pans. Flatten mixture in pans so you can cut the meat into the correct number of serving squares. Place dressing on top of meat. (See dressing recipe on next page.) Then place other half of meat mixture on top of the dressing.
4. Bake at 375° F. for 1 hour or until done.

STUFFING OR DRESSING

50 *¼-cup servings*

Margarine1½ cups
Celery, chopped1½ quarts
Onion, chopped3 cups
Bread cubes (use all heels
of old bread)2½ gallons
Salt2 teaspoons
Poultry seasoning2 teaspoons
Eggs, beaten3 eggs
Water, milk, or brothAs needed to moisten

1. Melt fat, add celery and onions. Cook until clear looking but not brown. Remove from heat.
2. Add cooked vegetables and seasonings to bread.
3. Add eggs and just enough water, milk, or broth to moisten slightly. Blend thoroughly. (Dressing will not set if you use too much liquid.)

CARAMEL PUDDING

50 *servings*

Boiling water5 cups
Brown sugar3 cups
Butter½ pound
Combine and boil 10 minutes. Set aside.

DOUGH

Flour2 cups
Baking powder4 teaspoons
Sugar2 cups
Raisins2 cups
Milk1 cup

1. Combine all dough ingredients. Put in bottom of 12x15 baking pan. (This makes thin layer of dough.)
2. Pour sugar mixture over top of dough and bake at 350° until firm on the bottom.
3. Cool before serving.

Note: May be served with whipped cream or a thin lemon sauce.

APRICOT UPSIDE DOWN CAKE

50 *servings with one apricot half on top*

Melted margarine1½ cups
Brown sugar5 cups
Apricot halves60 halves or
4 #2½ cans
Cake (HSC p. 67)use recipe for 50

1. Place melted margarine and brown sugar evenly in baking pans.
2. Place apricot halves (cut side down) on top of brown sugar and butter mixture so each child will have one apricot half on top of the cake when it is cut and served.
3. Pour cake batter over fruit and bake as recipe indicates.

Note: Read label on apricot cans to give you the count. Buy just what you need.

CORNMEAL BUNS

50 *servings*

Yeast, dry or compressed4 packages
Water, lukewarm½ cup
Milk, scalded1½ cups
Shortening1 cup
Sugar¾ cup
Water, cold1 cup
Salt1-1½ tablespoon
Flour, sifted2-2½ quarts
Eggs, beaten3 eggs
Cornmeal2½ cups

1. Soften yeast in lukewarm water. Add 1 teaspoon sugar.
2. Pour scalded milk over shortening, sugar, and salt. Add cold water and cool mixture to lukewarm.
3. Add half of the flour, all of the eggs and softened yeast. Beat until well blended.
4. Add cornmeal and enough more flour to make a soft dough. Mix and knead lightly.
5. Cover and let rise until doubled in size (about 1 hour).
6. Punch down, cover, let rest 10 minutes. Then shape into rolls, place in greased pans, brush lightly with melted shortening. Cover and let rise until doubled in size (about 45 minutes).
7. Bake in hot oven (400°) for 20 to 25 minutes.

Week's Menu—Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Breakfast</i>				
Stewed Prunes Rice Buttered Toast Milk	Tomato Juice Scrambled Eggs Hot Biscuits Margarine Apple Butter Milk	Orange Juice Oatmeal Pork Sausage Links Buttered Toast Milk	Pineapple Juice French Toast with Syrup Milk	Grape Juice Grits Buttered Toast Milk
<i>Morning Snack</i>				
Oranges	Assorted Fresh Vegetable Tray	Apple Wedges	Orange Juice	Tomato Juice
<i>Dinner</i>				
Chopped Meat Biscuit Roll with Cheese Sauce Buttered Broccoli Carrot-Raisin Salad Applesauce Milk	Chopped Meat Chili Coleslaw Cherry Cobbler Crackers Margarine Milk	Salmon Rice Loaf Creamed Carrots Molded Lime Jello with Grapefruit Section on Lettuce Leaf Applesauce Cake Hot Rolls Margarine Milk	Stew with Cornmeal Dumplings Buttered Mixed Greens Banana Pudding	Pigs-In-Blankets Baked Beans Lettuce Wedge with Mayonnaise Jello with Fruit Cocktail Milk
<i>Afternoon Snack</i>				
Milk Crackers with Cheese Slice	Milk Oatmeal Cookies	Milk Graham Crackers	Milk Crackers with Peanut Butter	Milk Doughnuts

Delta Head Start Menu

Monday: Week 4

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Stewed Prunes	2	2 pounds	
Hot Buttered Rice (HSC p. 54)	1/3 cup	2 pound box	
Buttered Toast	1 slice	3 loaves bread	
Milk	1/2 to 1 cup	3/4 pound margarine or butter	
		60 half pints or 3 3/4 gallons	
 <i>Morning Snack</i>			
Oranges	1/2 per child	25 oranges	
 <i>Dinner</i>			
Chopped Meat Biscuit	1 roll	See recipe section.	
Roll with Cheese Sauce	2 tablespoons		
Buttered Broccoli (HSC p. 98) (See HSC pgs. 101 and 103 for vegetable cookery)	2 tablespoons	5 lbs. fresh or 4 lbs. frozen	
		1/2 cup margarine or butter	
Carrot and Raisin Salad on Lettuce Leaf (HSC p. 86)	2 tablespoons	2 pounds carrots	
		1 head lettuce	
Applesauce	1/4 cup	10 #303 cans or 1 #10 can	
Milk	1/2 to 1 cup	60 half pints or 3 3/4 gallons	
 <i>Afternoon Snack</i>			
Milk	1/2 to 1 cup	60 half pints or 3 3/4 gallons	
Crackers with Cheese Slice	2 per child 1 ounce slice	2 pound box 3 pounds cheese	

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Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Tuesday: Week 4

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Tomato Juice	½ cup	4 46-ounce cans	
Scrambled Eggs (HSC p. 71)	3 tablespoons	30 eggs 3 cups milk	
Hot Biscuits (HSC p. 50)	1 biscuit		
Margarine or Butter	1 teaspoon	¾ pound	
Apple Butter	1 tablespoon	2 pound jar	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Morning Snack</i>			
Assorted Fresh Vegetable Tray		Have a variety on tray (at least 3 different foods) such as radishes, cabbage, cauliflower, turnips, potatoes, broccoli, and cucumbers. Have enough for each child to taste each kind. Use vegetables in season—wash thoroughly before serving.	
 <i>Dinner</i>			
Chopped Meat Chili	½ cup	See recipe section.	
Coleslaw with Green Peppers (HSC p. 87)	2 tablespoons	4 pounds cabbage 2 green peppers	
Cherry Cobbler (HSC p. 62)	¼ cup fruit and pastry		
Bread or Crackers	1 slice or 2 to 3 crackers	3 to 4 loaves bread or 2 pounds crackers	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Oatmeal Cookies	1 cookie	See recipe section.	

Note:

1. Make jello salad for tomorrow—drain grapefruit and use the juice as part of the liquid.
2. Cook rice for salmon loaf. Refrigerate rice. It will combine better with salmon when cold.

HSC refers to the Head Start Cook Book.
Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Wednesday: Week 4

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Frozen Orange Juice	½ cup	10 6-ounce cans frozen concentrate	
Oatmeal (HSC p. 55)	¼ cup	2 1-pound boxes (use 2 quarts)	
Pork Sausage	1 1-oz. link	3-3½ pounds or 50 links	
Buttered Toast	½ to 1 slice	4 loaves bread	
		¾ pound margarine or butter	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Apple Wedges	½ apple per child	25 apples	
<i>Dinner</i>			
Salmon Rice Loaf	1 slice	See recipe section.	
Creamed Carrots (HSC p. 101)	2 tablespoons	4 pounds carrots	
Cream Sauce (HSC p. 95)	2 tablespoons	2 quarts cream sauce	
Molded Lime Jello with Grapefruit Section on Lettuce Leaf	1 square (about ¼ cup)	6 3-ounce pkgs. lime jello 6 #303 cans grapefruit sections (use juice as part of the liquid) or 2 46-ounce cans grapefruit sections	
		2 heads lettuce	
Applesauce Cake	1 square	See recipe section.	
Hot Rolls	1 roll	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Graham Crackers	2 crackers	2 pounds	

Note: Cook prunes for tomorrow.

HSC refers to the Head Start Cook Book.
Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Thursday: Week 4

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Pineapple Juice	½ cup	6 quarts or 4 46-ounce cans	
French Toast, sprinkled with Sugar and Cinnamon or Syrup	1 slice	4 loaves bread 18 eggs 1½ quarts reconstituted milk See recipe section.	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Orange Juice	½ cup	6 quarts or 4 46-ounce cans	
<i>Dinner</i>			
Beef Stew (HSC p. 73)	½ cup	Use 6 pounds boneless stew beef ½ cup fat 1½ gallons water 2½ cups flour 3 tablespoons salt 2½ cups onions (buy 1 pound) 2 quarts diced potatoes (buy 4 pounds) 2 quarts diced carrots (buy 3½ pounds) 4½ cups diced celery (buy 2 pounds)	
Cornmeal Dumplings*	1 dumpling	See recipe section—double the recipe.	
Buttered Mixed Greens (HSC p. 105)	2 tablespoons	8 #303 cans or 1 #10 can	
Banana Pudding	¼ cup	Use recipe in recipe section for pineapple pudding, but leave out pineapple; when pudding is cold and just before serving, add 6 pounds sliced bananas.	
Bread	½ to 1 slice	2 loaves bread	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Crackers with Peanut Butter	2 crackers 1 tablespoon	2 pound box 2 pounds peanut butter	

Notes:

- *1. If preferred, corn-bread may be served in place of cornmeal dumplings.
2. Prepare beans for tomorrow. Cook beans for 2 minutes. Soak beans overnight in refrigerator. Put on first thing in the morning. Cook 1 hour before baking for 2½ hours.
3. Prepare jello for tomorrow's dessert.

HSC refers to the Head Start Cook Book.

Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Friday: Week 4

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Grape Juice	½ cup	4 46-ounce cans	
Hot Buttered Grits	¼ cup	2 pound box	
Buttered Toast	½ to 1 slice	4 loaves bread	
		¾ pound margarine or butter	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Morning Snack</i>			
Tomato Juice	½ cup	4 46-ounce cans	
 <i>Dinner</i>			
Weiners or Pigs-in-Blankets *	1½ per child	8 pounds all meat weiners See note #1.	
Baked Beans (HSC p. 70)	¼ cup	Add 2 cups catsup to HSC recipe.	
Lettuce Wedge with Mayonnaise	2 tablespoons 1 teaspoon	2 pounds lettuce 1 quart mayonnaise	
Strawberry Jello with Fruit	1 small square = ¼ cup	7 3-ounce boxes strawberry jello 4 #2½ cans fruit cocktail or 1 #10 can	
Cornmeal Buns	1 bun	See recipe section.	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Doughnuts	1 per child	4½ dozen	

Note:

- *1. If desired, *Pigs in Blankets* may be prepared. Use cornmeal bun or hot roll recipe for this.
2. Cut dough in squares. Spread with mustard.
3. Wrap one piece of dough around weiners. Pinch edge of dough together to seal.
4. Place wrapped weiners on greased baking sheets and let rise in warm place until dough is almost doubled (about 30 minutes).
5. Bake at 400° for 10 to 15 minutes.

HSC refers to the Head Start Cook Book.
Recipe section refers to the recipe sections of this book.

CHOPPED MEAT BISCUIT ROLL WITH CHEESE SAUCE

50 rolls with 2 tablespoons cheese sauce

Canned chopped meat 2 cans
 Celery, chopped fine 1/3 cup
 Onions, chopped fine 1/3 cup
 Parsley, dried 1 teaspoon
 Salt and pepper as desired
 White sauce about 3 cups
 Fat 1/2 cup

White sauce: (HSC p. 95) 2 quarts

1. Use reconstituted nonfat dry milk or evaporated milk to make white sauce.
2. Add just enough white sauce to meat mixture to make it spread easily.
3. Then add cheese (1/2 to 3/4 pound grated) to remaining white sauce to use as gravy or cheese sauce to serve over chopped meat biscuit roll. If this gets too thick, add a little more hot milk for right consistency. Do not cook the cheese—heat just enough to melt.

Note: A 1 1/4-inch slice of donated cheese (5-pound piece) will give you one half-pound of cheese.

Biscuit dough: (HSC p. 50)

1. Use HSC recipe or the Missouri Mix recipe for biscuits.

To make chopped meat biscuit roll:

1. Mash chopped meat.
2. Brown meat lightly with onion and celery in fat.
3. Make white sauce. Add small amount to meat mixture to reach spreading consistency (must not be too thin) and add parsley.
4. Place meat mixture in refrigerator to cool. Meat mixture needs to *cool* before spreading so that the biscuit dough can be rolled easily—otherwise it will tear apart.
5. While meat mixture cools, make biscuit dough. Divide dough into half or thirds. Roll each piece of dough oblong and about one half-inch thick.
6. Spread with half-inch meat mixture. Roll up like jelly roll, cut into 1-inch slices.

CHOPPED MEAT CHILI

50 1/2-cup servings

Bacon 1 pound
 Onion, chopped .. 3/4 pound (3-4 medium sized)
 Chopped meat, mashed 3 cans
 Tomatoes 2 #2 1/2 cans (6 cups)
 Catsup 1 1/2 cups
 Tomato juice 6 cups
 Beans, cooked 4 1/2 quarts (use 4 pounds or 8 cups or 1 #10 can chili beans)
 Chili powder about 2 tablespoons—more or less as desired (depending on kind of beans used)
 Salt as desired
 Pepper as desired
 Sugar 2 teaspoons

1. Cut the bacon into small pieces and fry with the onion until lightly brown.
2. While bacon is frying, mash the meat with fork.
3. Remove onions and bacon from skillet. Brown the mashed chopped meat in this fat.
4. Put tomatoes, catsup, tomato juice, beans, salt, pepper, sugar, and chili powder in sauce pan. Add the onions, bacon, and meat. Add bean juice as needed for desired consistency.
5. Cover with lid and *simmer* for 1 hour.

More recipes on next page→

7. Place each slice, cut side up on *greased* (use lard or shortening) baking sheet.
8. Bake in hot oven at 450° for 15 to 20 minutes or until brown.

Note: Any other kind of cooked meat can be substituted for canned chopped meat.

SALMON RICE LOAF

50 slices

Salmon (save liquid) 6 1-pound cans
Cold cooked rice 5 cups
Lemon juice ¼ cup
Celery, chopped fine 2 cups
Dried parsley 1 tablespoon
Fresh bread crumbs 5 cups
Melted margarine ¾ cup
Eggs, beaten 18 eggs
Combine salmon liquid and
reconstituted milk to make 4 cups
Salt 3½ tablespoons
Baking powder 1½ tablespoons

1. Drain salmon—save liquid.
2. Flake the fish—(break up bones, do not remove).
3. Combine all other ingredients. Add salmon. Mix lightly.
4. Pour into *well-greased* (use lard or shortening) baking pans. Shape into loaf or bake flat and cut in squares to serve.
5. Bake at 400° about 35 to 45 minutes or until loaf is firm in middle. Do not overcook.
6. Brush top with melted butter. Cut in squares. Serve hot.

APPLESAUCE CAKE

50 small pieces

Brown sugar 1¾ cup
Shortening ½ cup
Eggs 3 eggs
Applesauce 1½ cups
Flour, all-purpose 2¾ cups
Cinnamon 1 teaspoon
Soda 1 teaspoon
Salt ¾ teaspoon
Cloves ½ teaspoon
Nutmeg ¼ teaspoon
Buttermilk ¼ cup
Raisins 1½ cups
Flour to add to raisins 2 tablespoons

1. Cream shortening and sugar.
2. Add eggs one at a time, beating until light.

CORNMEAL DUMPLINGS

30 dumplings

Flour 2 cups
Cornmeal 2 cups
Baking powder 2 tablespoons
Salt 2 teaspoons
Eggs, beaten 4 eggs
Milk 1 cup

1. Sift all dry ingredients together.
2. Add eggs to milk.
3. Add to dry ingredients.
4. Stir until well blended—do not beat.
5. Drop by spoonfuls onto the meat and vegetables. *Do not* drop into liquid. (Dip spoon into the hot liquid before dipping in batter and the mixture will drop easily off spoon.)
6. Cover tightly and steam for 15 minutes.
7. Serve at once.

Note: Do not prepare dumplings until ready to drop onto the stew; then drop quickly so they will become light and fluffy.

3. Add applesauce and blend.
4. Mix together dry ingredients—flour, spices, soda, and salt. Add, alternating with buttermilk to creamed mixture, starting with dry ingredients.
5. Add raisins blended with flour to mixture.
6. Pour into greased pans.
7. Bake at 350° for 30 minutes or until done.
8. Cool and cut in squares to serve.

Note: May frost with vanilla cream frosting, HSC p. 69.

Week's Menu—Week 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Breakfast</i>	Orange Juice Sliced Bananas with Cornflakes and Milk Buttered Toast Milk	Orange Juice Hard-Cooked Eggs Quick Coffee Cake with Cinnamon Topping Margarine Milk	Cold Grapefruit Sections Pancakes Syrup Bacon Margarine Milk	Pineapple Juice Hot Buttered Rice Buttered Toast Milk	Orange Juice Scrambled Eggs Rolled Oats Biscuits Margarine Milk
<i>Morning Snack</i>	Carrot Sticks and Raisins	Dried Prunes	Celery Sticks stuffed with Cheese Strips	Tomato Juice	Dried Apricot Halves
<i>Dinner</i>	Fried Chicken with Giblet Gravy Buttered Rice Celery Sticks Buttered Green Beans Sliced Peaches Hot Biscuits Margarine Milk	Chopped Meatballs with Brown Gravy Mashed Sweet Potatoes Buttered Cauliflower Pineapple Waldorf Salad on Lettuce Leaf Brownies Rice Muffins Margarine Milk	Swiss Steak Mashed Potatoes Buttered Whole Kernel Corn Coleslaw Purple Plums Hot Rolls Margarine Milk	Bean Soup Cheese Sandwich Pears Molded in Lime Jello on Lettuce Leaf Rolled Oats Cake Crackers Milk	Baked Cod Fillets Buttered Potatoes Buttered Green Peas Sliced Tomatoes Bread Pudding with Raisins Cornbread Margarine Milk
<i>Afternoon Snack</i>	Milk Crackers	Milk Rolled Oats Cookies	Milk Graham Crackers	Milk Peanut Butter Cookies	Milk Crackers

Delta Head Start Menu

Monday: Week 5

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Orange Juice	½ cup	6 quarts or 4 46-ounce cans	
Bananas with Cornflakes	½ banana ½ cup	25 bananas 2 pounds	
Buttered Toast	½ to 1 slice	4 loaves bread ¾ pound margarine or butter	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Morning Snack</i>			
Carrot Sticks and Raisins	2 or 3 sticks 1 or 2 tablespoons	2 1-pound packages carrots 1 1-pound package raisins	
 <i>Dinner</i>			
Fried Chicken (HSC p. 81)	1 drumstick, 1 thigh, or half of breast half	8 2½- or 3-pound fryers	
Giblet Gravy	2 tablespoons	See recipe section.	
Buttered Rice (HSC p. 54)*	¼ cup	Use 2 pounds (5⅓ cups)	
Buttered Green Beans	2 tablespoons	8 #303 cans or 1 #10 can	
Celery Sticks	2 sticks	3 pounds	
Sliced Peaches	¼ cup fruit and juice	5 #2½ cans or 1 #10 can	
Hot Biscuits (HSC p. 50)	1 biscuit		
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Crackers	2 per child	2 pound box	

*Note: Cook enough rice for the rice muffins tomorrow. Refrigerate overnight.

HSC refers to the Head Start Cook Book
Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Tuesday: Week 5

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Orange Juice	½ cup	6 quarts or 4 46-ounce cans	
Hard-Cooked Eggs	1 egg	50 eggs	
Quick Coffee Cake with Cinnamon Topping	1 piece	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Dried Prunes	3	3 pound box	
<i>Dinner</i>			
Chopped Meatballs with Cream Gravy	1 meatball 2 tablespoons	See recipe section. See recipe section.	
Mashed Sweet Potatoes	2 tablespoons	10 #303 cans or 1 #10 plus 2 #303 cans and ½ cup butter	
Buttered Cauliflower (HSC p. 101)	2 tablespoons	10 pounds cauliflower and ½ cup margarine	
Pineapple Waldorf Salad on Lettuce Leaf (HSC p. 91)	¼ cup	4 pounds apples 2 #2½ cans pineapple chunks 2 heads lettuce	
Brownies (HSC p. 61)	1 small square		
Rice Muffins	1 muffin	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Rolled Oats Cookies	1 cookie	See recipe section.	

Note: Put the cans of grapefruit sections in the refrigerator so they will be cold in the morning for breakfast.

HSC refers to the Head Start Cook Book.
Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Wednesday: Week 5

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Cold Grapefruit Sections	2 tablespoons with juice	9 #303 cans or 3 46-ounce cans	
Pancakes	2 small	See recipe section. Use Missouri Mix Recipe.	
Syrup	2 tablespoons	See recipe section.	
Bacon	1 slice	4 pounds	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Celery Sticks stuffed with Cheese Strips	2 sticks	1 pound celery 1 pound cheese	
<i>Dinner</i>			
Swiss Steak*	1 piece	6 pounds round steak See note #1.	
Mashed Potatoes (HSC p. 106)	2 tablespoons	10 pounds potatoes	
Buttered Whole Kernel Corn (HSC p. 105)	2 tablespoons	8 #303 cans or 1 #10 can	
Coleslaw (HSC p. 87)	2 tablespoons	4 pounds cabbage (Check HSC recipe for other ingredients.)	
Purple Plums	¼ cup fruit and juice	7 #2½ cans or 1 #10 plus 1 #2½ can	
Hot Rolls	1 small roll	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Graham Crackers	2 crackers	2 pounds	

Note:

- *1. Have the butcher tenderize this round steak for you. Tenderizing will make the meat easier for the children to chew.
2. Before leaving, make the jello salad for tomorrow.
3. Start bean preparations for tomorrow—boil beans for 2 minutes and let soak overnight in refrigerator.

HSC refers to the Head Start Cook Book.
Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Thursday: Week 5

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Pineapple Juice	½ cup	4 46-ounce cans	
Rice (HSC p. 54)	½ cup	2 pounds	
Buttered Toast	1 slice	4 loaves bread	
		¾ pound margarine or butter	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Morning Snack</i>			
Tomato Juice	½ cup	4 46-ounce cans	
 <i>Dinner</i>			
Bean Soup (HSC p. 96)	½ cup		
Grilled Cheese Sandwich (HSC p. 94)	½ sandwich	4 loaves bread ¾ cup margarine or butter 25 1-ounce slices cheese	
Pears Molded in Lime Jello on Lettuce Leaf	1 square	5 #2½ cans or 1 #10 can 7 3-ounce boxes jello 2 heads lettuce	
Rolled Oats Cake	1 piece	See recipe section.	
Crackers	2 to 4	2 to 4 pounds	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Peanut Butter Cookies	2 cookies	See recipe section.	

Delta Head Start Menu

Friday: Week 5

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Orange Juice	½ cup	4 46-ounce cans	
Scrambled Eggs (HSC p. 71)	3 tablespoons	3 dozen eggs 3 cups milk	
Rolled Oats Biscuits	1 biscuit	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Dried Apricot Halves	3 halves	3 pounds apricots	
<i>Dinner</i>			
Baked Cod Fillets (HSC p. 82)*	1 piece	8 pounds (8 servings to a 1-pound block—See note #1.)	
Buttered Diced Potatoes	2 tablespoons	7 pounds potatoes	
Buttered Green Peas	2 tablespoons	8 #303 cans or 1 #10 can	
Sliced Tomatoes *	2 slices	4 pounds—see note #2.	
Bread Pudding with Raisins	1 square (about ¼ cup)	See recipe section.	
Cornbread (HSC p. 56)	1 piece		
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Crackers	2 crackers	2 pounds	

Note:

- *1. If cod fillets are not available, substitute fish sticks.
- *2. If fresh tomatoes are not available, serve stewed tomatoes. You may wish to add extra salt, a small amount of sugar, margarine, and cornstarch or flour to the stewed tomatoes. This will give them more flavor and thicken the juice.

HSC refers to the Head Start Cook Book.
Recipe section refers to the recipe sections of this book.

GIBLET GRAVY

3 quarts gravy

Chicken fat or drippings1 cup
Flour1½ cups
Chicken stock or milk2 quarts
Salt1 tablespoon
Pepper1 teaspoon
Chopped giblets (cooked turkey or
chicken livers and gizzards)1 quart

1. Stir flour into melted drippings and cook over low heat until lightly browned, stirring constantly.
2. Add stock or milk gradually, stirring until mixture boils and thickens. Add seasonings and giblets (cooked, chopped chicken livers and gizzards).
3. Continue cooking for 5 minutes or until flour has a cooked flavor. Serve hot over potatoes, rice, or dressing.

RICE MUFFINS

50 muffins

Flour, all purpose2 quarts
Sugar1 cup
Baking powder½ cup
Salt1 tablespoon
Eggs7 eggs
Milk, reconstituted nonfat dry2 cups
Shortening, melted¾ cup
Cooked rice1 quart and 1⅓ cups

1. Sift together the flour, sugar, baking powder, and salt.
2. Beat eggs. Add milk, melted fat, and rice to eggs.
3. Add this egg-milk mixture to the dry ingredients and mix only until just combined. *Do not beat.*
4. Use a ¼ cup measure to dip batter into *greased* muffin pans (use paper muffin cups if you have them).
5. Bake at 375°F for 25 to 35 minutes or until brown.

QUICK COFFEE CAKE WITH CINNAMON TOPPING

50 servings

Shortening1½ cups
Sugar4½ cups
Eggs7 eggs
Flour2 quarts and 2½ cups
Baking powder¼ cup
Salt1½ teaspoon
Reconstituted nonfat dry milk3 cups
Vanilla1 tablespoon

Topping and Filling

Margarine½ cup
Brown sugar1¾ cups
Flour½ cup
Cinnamon1½ teaspoons

1. Cream the shortening and sugar together.
2. Add eggs and beat until mixture is light and fluffy (about 2 minutes with mixer at medium speed).
3. Sift together flour, baking powder, and salt.
4. Add alternately with the milk to the creamed mixture.
5. Blend in vanilla.
6. Place half of the batter in greased baking pans.
7. Prepare topping and filling by blending together the margarine, brown sugar, sugar, flour, and cinnamon.
8. Sprinkle about half of the mixture on the batter.
9. Cover with remaining batter.
10. Sprinkle with rest of topping mixture. Bake at 375° for 35 minutes.

Note: Chopped pecans may also be sprinkled on top.

More recipes on next page→

CHOPPED MEATBALLS

50 2-ounce meatballs with 2 tablespoons gravy

Canned chopped meat3 cans
Onion, chopped fine1½ cups
Celery, chopped fine1½ cups
Fresh minced parsley6 tablespoons
or dried parsley flakes3 tablespoons
Bread crumbs, fine6 cups
Margarine, melted3 cups
Salt1½ tablespoons
Pepper⅓ teaspoon
Eggs8 eggs
Shortening to fry or to bake

1. Mash meat.
2. Combine all ingredients except the shortening to fry.
3. Mix thoroughly.
4. Shape into balls by using a ⅓ measuring cup or #12 dipper. Roll meatballs in flour.
5. Meatballs may be browned lightly in fat in heavy skillet on top of the stove or placed in well greased baking pans and baked uncovered in oven at 375° F. for 1 hour.
6. Serve with cream gravy.

Note: Six pounds of ground ham or 6 pounds of cooked ground beef may be substituted for the canned chopped meat.

To Make Cream Gravy

1. Use drippings in skillet; add ½ cup flour to drippings, brown slightly.
2. Then add 6 cups reconstituted nonfat dry milk or evaporated milk to flour mixture, stirring constantly. Cook until gravy thickens. This will make 1½ quarts of gravy.

ROLLED OATS CAKE

50 pieces

Rolled oats5½ cups
Water, boiling5 cups
Margarine1 pound or 2 cups
Melt margarine in boiling water, add oats and allow to cool.
Granulated sugar4 cups
Brown sugar4 cups
Eggs8 eggs
Flour4 cups
Salt1 teaspoon
Soda1 tablespoon plus 1 teaspoon
Nutmeg, if desired2 teaspoons
Cinnamon1 tablespoon plus 1 teaspoon
Vanilla1 tablespoon plus 1 teaspoon

1. Cream sugars and eggs.
2. Add dry ingredients. Add vanilla. Mix well.
3. Fold in rolled oats mixture.
4. Bake in greased pans at 350° for 30 to 40 minutes.
5. Allow to cool in pans 10 minutes before cutting or icing. Use favorite icing or topping.

Note: Rolled wheat may be substituted for the rolled oats.

Topping

Margarine1 cup
Brown sugar4 cups
Evaporated milk1½ cups
Vanilla1 tablespoon plus 1 teaspoon
Coconut4 cups
Nuts, chopped4 cups

1. Heat margarine, sugar, and milk until sugar is dissolved. Cool.
2. Add remaining ingredients and spread on cake.
3. You may place cake with topping under broiler until topping bubbles—watching it closely as brown sugar burns easily.

BREAD PUDDING WITH RAISINS

50 *small squares*

Bread	3 ³ / ₄ cups
Margarine, melted	³ / ₄ cup
Milk, reconstituted nonfat dry	3 quarts
Eggs	2 eggs
Sugar	1 cup
Salt	1 teaspoon
Vanilla	1 ¹ / ₂ teaspoon
Nutmeg, if desired	³ / ₄ teaspoon
Raisins	3 cups

1. Break bread into pieces. Pour melted margarine over bread, tossing lightly. Place in baking pans. Sprinkle raisins over bread.
2. Heat milk in double boiler.
3. Beat eggs, add sugar, salt, and flavoring.
4. Add hot milk slowly to egg mixture, stirring constantly until sugar is dissolved.
5. Pour over bread and raisins.
6. Bake at 325° for about 30 minutes or until custard is set.
7. Spoon into dessert dishes or cut into squares and serve.

ROLLED OATS BISCUITS

50 *biscuits*

Flour	1 ¹ / ₂ quarts
Rolled oats	2 ¹ / ₃ cups
Nonfat dry milk	¹ / ₃ cup
Baking powder	¹ / ₄ cup
Salt	1 tablespoon
Shortening	1 ³ / ₄ cups
Water, cold	2 cups (about)

1. Blend dry ingredients. Cut in fat.
2. Add enough water to make a soft dough. Turn on to a lightly floured board, roll or pat lightly.
3. Roll out to half inch thickness. Cut with floured 2-inch cutter and place on baking sheets. Bake 12 to 15 minutes at 475°.
4. Remove from the oven and brush with melted butter before serving.

Note: Rolled wheat may be substituted for the rolled oats.

Week's Menu—Week 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Breakfast</i>	Orange Juice French Toast Milk	Sliced Peaches with Puffed Wheat and Milk Buttered Toast Milk	Grapefruit Half Cinnamon Toast Bacon Hot Cocoa	Tomato Juice Hard-Cooked Eggs Sausage Patties Hot Biscuits Margarine Milk	Orange Juice Rice Buttered Toast Milk
<i>Morning Snack</i>	Bananas	Orange Juice	Dried Prunes	Assorted Fresh Vegetable Tray	Raisins with Mixed Nuts
<i>Dinner</i>	Canned Chopped Meat Loaf Scalloped Potatoes Buttered Spinach Applesauce Rolled Oats Muffins Margarine Milk	Juicyburger Beans in Tomato Sauce Tossed Salad with French Dressing Potato Chips Prune Cake with Butterscotch Glaze Milk	Roast Pork and Cornbread Dressing Candied Sweet Potatoes Green Beans Cranberry Sauce on Lettuce Leaf Lemon Refrigerator Dessert Bread Margarine Milk	Weiners and Sauerkraut Mashed Potatoes Cinnamon Apple Wedges Baked Custard Hot Cornmeal Buns Margarine Milk	Vegetable Beef Soup Ham Salad Sandwich (chopped meat) Apricot Halves Peanut Butter-Oats Cookies Milk
<i>Afternoon Snack</i>	Milk Graham Crackers	Milk Peanut Butter Cookies	Milk Crackers	Milk Cinnamon Crispies	Milk Crackers with Cheese Slice

Delta Head Start Menu

Monday: Week 6

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Frozen Orange Juice	½ cup	10 6-ounce cans or 5 12-ounce cans	
French Toast	1 slice	See recipe section. 4 loaves bread 18 eggs	
Milk	½ to 1 cup	1½ quarts reconstituted milk 60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Banana	½	25 bananas	
<i>Dinner</i>			
Canned Chopped Meat Loaf*	1 slice	See recipe section and note #2.	
Scalloped Potatoes (HSC p. 108)	¼ cup	10 pounds potatoes Use reconstituted nonfat dry or evaporated milk.	
Buttered Spinach	2 tablespoons	10 #303 cans or 1 #10 + 2 #303 cans	
Applesauce	¼ cup	8 #303 cans or 1 #10 can	
Rolled Oats Muffins	1 muffin	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Graham Crackers	2 crackers	2 pounds	

Note:

1. You may want to make tomorrow's dessert before you leave.
- *2. If canned chopped meat is unavailable, use Meat Loaf recipe, HSC p. 80.

HSC refers to the Head Start Cook Book.
Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Tuesday: Week 6

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Sliced Peaches with Puffed Wheat and Milk Buttered Toast	2 tablespoons ½ cup ½ to 1 slice	5 #2½ cans or 1 #10 can 2 pounds puffed wheat 4 loaves bread ¾ pound margarine or butter	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Orange Juice	½ cup	6 quarts or 4 46-ounce cans	
<i>Dinner</i>			
Juicy Burger	1 bun	See recipe section. 6 pounds ground beef or 3 cans chopped meat 7 packages buns	
Beans in Tomato Sauce (HSC p. 70)*	¼ cup	See note #1.	
Potato Chips		1½ pound package	
Tossed Lettuce Salad with French Dressing	2 tablespoons	2½ pounds lettuce (2 large heads). See recipe section.	
Prune Cake with Butterscotch Glaze	1 small square	See recipe section.	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Peanut Butter Cookies	2 cookies	See recipe section.	

Note:

- *1. For the beans in tomato sauce, use the recipe you used for baked beans (HSC p. 70) but use 1 to 1½ quarts *tomato sauce* and the hot bean liquid in this recipe. Then simmer on top of the stove until beans are soft and tender.
2. You may want to make the Lemon Refrigerator Dessert for tomorrow.

HSC refers to the Head Start Cook Book.
Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Wednesday: Week 6

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Grapefruit *	½ small	25 grapefruits See note #2.	
Cinnamon Toast	1 slice	See recipe section. 4 loaves bread ¾ pound margarine or butter	
Bacon	1 slice	4 pounds	
Hot Cocoa	1 cup	See recipe section.	
<i>Morning Snack</i>			
Dried Prunes	3	3 pounds	
<i>Dinner</i>			
Roast Pork (HSC p. 76)*	2 tablespoons (cut in bite-size pieces.)	See note #1. 8 pounds Boston butt	
Cornbread Dressing*	1 square (about ¼ cup)	See recipe section for Stuffed Meat Loaf and see note #4.	
Gravy	1 to 2 tablespoons	Use pork broth to make gravy.	
Candied Sweet Potatoes	2 tablespoons	See recipe section. 8 #2 cans or 1 #10 + 2 #2 cans	
Buttered Green Beans	2 tablespoons	6 #303 cans or 1 #10 can	
Cranberry Sauce on Lettuce Leaf	1 tablespoon	3 1-pound cans 2 heads lettuce	
Lemon Refrigerator Dessert *	1 square	See recipe section and note #3.	
Bread	½ to 1 slice	2 loaves	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Crackers	2 crackers	2 pounds	

Note:

- *1. Put pork roast in oven first thing.
- *2. Cut around grapefruit sections so sections will be easy for children to get out.
- *3. Make dessert early so it will have time to set. (It's better to make this the day before.)
- *4. Use dressing recipe that you have for stuffed meat loaf. Use only about ⅔ bread and ⅓ cornbread in the recipe. All other ingredients will remain the same.

Delta Head Start Menu

Thursday: Week 6

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Tomato Juice	½ cup	4 46-ounce cans	
Hard-Cooked Eggs	1 egg	4½ dozen eggs	
Sausage Patties	1 1-ounce patty or slice	5 pounds pork sausage	
Hot Biscuits (HSC p. 50)	1 biscuit		
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Morning Snack</i>			
Assorted Fresh Vegetable Tray		Have a variety on tray (at least three different foods) such as radishes, cabbage, cauliflower, turnips, potatoes, broccoli, and cucumbers. Have enough for each child to taste each kind. Use vegetables in season—wash thoroughly before serving.	
 <i>Dinner</i>			
Weiners and Sauerkraut	1 weiner 2 tablespoons	50 weiners, 5 1-pound packages 5 #2½ cans or 1 #10 can	
Mashed Potatoes	¼ cup	10 pounds potatoes	
Cinnamon Apple Wedges	2 wedges = ½ apple	See recipe section.	
Baked Custard (HSC p. 60)	¼ cup		
Hot Cornmeal Buns	1 bun	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Cinnamon Crispie Cookies (HSC p. 64)	2 cookies		

Delta Head Start Menu

Friday: Week 6

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Orange Juice	½ cup	6 quarts or 4 46-ounce cans	
Rice	¼ cup	2 pounds	
Buttered Toast	½ to 1 slice	3 loaves bread	
		¾ pound margarine or butter	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Morning Snack</i>			
Raisins with Mixed Nuts	2 tablespoons	2 pounds raisins 2 pounds nuts	
 <i>Dinner</i>			
Vegetable Beef Soup (HSC p. 97)	½ cup	Use 4 pounds soup meat 3 #2½ cans tomatoes 1 pound cabbage 1 pound carrots ½ pound celery ½ pound onions 2 #303 cans peas	
Ham Salad Sandwich	½ to 1 sandwich	See recipe section. Use chopped meat.	
Peanut Butter-Oats Cookies	2 cookies	See recipe section.	
Apricot Halves	¼ cup (3 halves)	8 #2½ cans or 1 #10 plus 1 #2½ can	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Crackers with Cheese Slice	2 crackers ½-ounce slice	1 pound 1½ pounds cheese	

HSC refers to the Head Start Cook Book.
Recipe section refers to the recipe sections of this book.

PRUNE CAKE WITH BUTTERSCOTCH GLAZE

50 servings

Prunes, cooked, chopped 3 cups
 Butter or shortening 1½ cups
 Sugar 3 cups
 Eggs 6 eggs
 Vanilla 1 tablespoon
 Flour, sifted 6¾ cups
 Baking powder 1 tablespoon
 Baking soda 1½ teaspoons
 Cinnamon 1 tablespoon
 Nutmeg 1½ teaspoons
 Allspice ¾ teaspoons
 Salt 1 teaspoon
 Buttermilk 3 cups
 Chopped pecans 1½ cups

1. Cook prunes according to package directions; cool and remove seeds. Then chop finely. Set aside.
2. In a mixing bowl cream butter; gradually add sugar, 1 cup at a time and beat until light and fluffy.
3. Beat in eggs, one at a time.
4. Add vanilla.
5. Sift together flour, baking powder, baking soda, cinnamon, nutmeg, allspice, and salt; add to creamed mixture alternately with buttermilk, beginning and ending with dry ingredients.
6. Stir in prunes and nuts.
7. Turn into greased baking pans.
8. Bake in a preheated 350° oven for 40 minutes. Test center of cake for doneness.

Butterscotch Glaze

Sugar 3 cups
 Buttermilk 1½ cups
 Margarine ¾ cup (1½ sticks)
 Corn syrup, light ¾ cup
 Baking soda 1½ teaspoon
 Vanilla 1½ teaspoon

1. Place all glaze ingredients into a 3-quart saucepan.
2. Cook over medium heat. Boil for 10 minutes, stirring constantly.
3. While sauce is hot, pour immediately over cake in pan.
4. Allow glaze to soak into cake.
5. Cool cake completely before removing from pan.

CANNED CHOPPED MEAT LOAF WITH TOPPING

50 2-ounce slices

Meat, canned, chopped 4 cans
 Onion, chopped fine 1½ cups
 Green peppers, chopped fine ¾ cup
 Eggs 16 eggs
 Crackers, crumbled or crushed 1 quart
 Bread crumbs 1 quart
 Pineapple juice 2 cups
 Catsup 2 cups

Topping

Crushed pineapple, drained 2 #2½ cans
 Worcestershire sauce ¼ cup
 Prepared mustard ¼ cup
 Garlic salt ¾ teaspoon

1. Grind or mash meat.
2. Add onion, green pepper, eggs, crackers, bread crumbs, pineapple juice, and catsup. Mix lightly.
3. Place in greased baking pan. Shape into 2 small loaves.
4. Place crushed pineapple on top of each loaf.
5. Mix other topping ingredients together. Pour this mixture over pineapple.
6. Bake at 350° for 30 minutes or until done. Cooking time will depend on how flat you make the loaves.

Note: Other toppings may be used, such as pineapple and brown sugar glaze, barbecue sauce, catsup, or apple jelly glaze.

More recipes on next page→

ROLLED OATS MUFFINS

50 muffins

Flour, sifted	3 cups
Sugar	1 cup
Soda	2 teaspoons
Baking powder	3 tablespoons
Salt	1 tablespoon
Rolled oats	1½ quarts
Eggs, beaten	4 eggs
Buttermilk	1 quart
Shortening, melted	¾ cup

1. Sift dry ingredients together into mixer bowl. Add rolled oats.
2. Add beaten eggs, buttermilk, and melted shortening. Then mix until all dry ingredients are dampened, about half a minute. *Do not over-beat.*
3. Fill greased muffin pans $\frac{2}{3}$ full. Bake in hot oven (425°) for 20 to 25 minutes depending on size of muffin.

Note: Rolled wheat may be substituted for rolled oats.

CINNAMON APPLE WEDGES

2 wedges (half an apple) for 50

Apples	25
Sugar	3 cups
Red cinnamon candies	$\frac{2}{3}$ cup or red food coloring and cinnamon
Water	$\frac{3}{4}$ teaspoon
Salt	2¼ cups
	$\frac{1}{2}$ teaspoon

1. Wash, core, and quarter apples. Place in baking pans with cut side down.
2. Cook sugar, salt, water, and cinnamon candies until candies are dissolved.
3. Pour $\frac{3}{4}$ of mixture over apples in pan.
4. Bake at 375° for 30 to 40 minutes or until apples are tender. Baste apples frequently with remaining liquid while baking.
5. Set aside to cool. As apples cool after baking they will absorb all the liquid. Serve warm or cold.

LEMON REFRIGERATOR DESSERT

50 squares

Graham cracker crumbs	1 pound (4½ cups)
Confectioners sugar, sifted	1½ cups
Butter or margarine, melted	¾ cup
Gelatin, unflavored	3 tablespoons
Water, cold	$\frac{2}{3}$ cup
Eggs	3 eggs
Egg yolks	6 yolks
Sugar	¾ cup
Milk, reconstituted	¾ cup
Cottage cheese	2 pounds (4 cups)
Sweetened condensed milk	1½ cups
Lemon juice	½ cup
Lemon rind, grated	1 tablespoon
Vanilla	1½ teaspoon
Egg whites	6 whites

1. Combine graham cracker crumbs and confectioners sugar with butter or margarine.
2. Press into pans (reserve small amount to sprinkle on top).
3. Soak gelatin in cold water.
4. Beat eggs and egg yolks.
5. Combine with sugar and milk. Cook in double boiler until thickened, stirring constantly.
6. Add gelatin to hot custard, stirring until it is dissolved. Do not cook any more. Set aside to cool.
7. Beat cottage cheese, condensed milk, lemon juice, lemon rind, and vanilla until well blended.
8. Add the cool custard mixture to the cheese mixture.
9. Beat egg whites until stiff. Fold into the cheese-custard mixture.
10. Pour into the crumb-lined pans. Sprinkle with remaining crumbs.
11. Chill in refrigerator until set.
12. Cut into squares to serve.

Week's Menu—Week 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Breakfast</i>				
Stewed Prunes Hot Grits with Butter Buttered Toast Milk	Pineapple Juice Scrambled Eggs Pork Sausage Links Rolled Oats Biscuits Margarine Milk	Bananas with Shredded Wheat and Milk Buttered Toast Milk	Orange Juice Oatmeal Pancakes Margarine Syrup Bacon Milk	Oranges French Toast with Cinnamon and Powdered Sugar Milk
<i>Morning Snack</i>				
Oranges	Grape Juice	Orange Juice	Dried Apricot Halves and Raisins	Pineapple Juice
<i>Dinner</i>				
Braised Beef Liver and Onions Buttered Noodles Buttered Sliced Beets Fruit Cup Salad Vanilla Ice Cream	Hot Roast Beef with Gravy Mashed Potatoes Buttered Frozen Peas Fruited Coleslaw Devil's Food Cake with Fudge Frosting Bread Margarine Milk	Breaded Pork Chops with Cream Gravy Buttered Rice Buttered Asparagus Carrot Sticks Applesauce Biscuits Margarine Milk	Chicken Pot Pie Frozen Buttered Green Lima Beans Sliced Tomato on Lettuce Leaf Gingerbread with Custard Sauce Bread Margarine Milk	Tamale Pie Buttered Spinach Lemon Jellied Fruit- Cottage Cheese Salad on Lettuce Leaf Tapioca Pudding Oatmeal Muffins Margarine Milk
<i>Afternoon Snack</i>				
Milk Cake Doughnuts	Milk Crackers	Milk Cookies	Milk Graham Crackers	Milk Crackers with Peanut Butter

Delta Head Start Menu

Monday: Week 7

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Stewed Prunes	3 prunes and juice	3 pounds prunes	
Hot Grits with Butter	1/3 cup	See recipe section. 2 pounds grits	
Buttered Toast	1/2 to 1 slice	3 loaves bread	
Milk	1/2 to 1 cup	3/4 pound margarine or butter 60 half pints or 3 3/4 gallons	
 <i>Morning Snack</i>			
Oranges	1/2 orange	25 oranges	
 <i>Dinner</i>			
Braised Liver with Onions and Gravy	1/3 cup	See recipe section. 6 pounds liver	
Buttered Noodles (HSC p. 53)*	1/4 cup	See note below. 3 pounds noodles	
Buttered Sliced Beets	2 tablespoons	7 #303 cans or 1 #10 can	
Fruit Cup Salad on Lettuce Leaf	1/4 cup	See recipe section. Use 1 1/2 pounds bananas 4 pounds oranges 2 half-pint cartons of cream 2 heads lettuce	
Vanilla Ice Cream	1/3 cup	Buy Dixie Cups or 6 quarts bulk ice cream	
Hot Rolls	1 roll	See recipe section.	
Milk	1/2 to 1 cup	60 half pints or 3 3/4 gallons	
 <i>Afternoon Snack</i>			
Milk	1/2 to 1 cup	60 half pints or 3 3/4 gallons	
Cake Doughnuts	1 doughnut	4 1/2 dozen	

*Note: May substitute macaroni for noodles.

HSC refers to the Head Start Cook Book.
Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Tuesday: Week 7

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Pineapple Juice	½ cup	4 46-ounce cans	
Scrambled Eggs (HSC p. 71)	3 tablespoons	30 eggs, 3 cups milk	
Pork Sausage Links	1 1-ounce link	4 pounds	
Rolled Oats Biscuits	1 biscuit	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Grape Juice	½ cup	4 46-ounce cans	
<i>Dinner</i>			
Sliced Roast Beef with Gravy (HSC p. 74)	1 small slice (1 or 2 ounces) 2 tablespoons gravy	7 pounds beef to roast	
Mashed Potatoes (HSC p. 106)	¼ cup	10 pounds potatoes	
Buttered Frozen Peas (HSC p. 103)	2 tablespoons	3 pounds peas	
Fruited Coleslaw	2 tablespoons	4 pounds cabbage 3 #303 cans fruit cocktail, salad dressing as needed.	
Devil's Food Cake with Chocolate Cream Frosting (HSC p. 69)	1 small square	See recipe section.	
Bread	½ to 1 slice	4 loaves bread	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Crackers	2 to 4 crackers	2 pounds	

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Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Wednesday: Week 7

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Bananas	½ banana	25 bananas	
Shredded Wheat	½ cup or ½ large biscuit	Buy bite size if possible. If not available, serve half of a large biscuit to each child.	
Buttered Toast	½ to 1 slice	4 loaves bread	
Milk	½ to 1 cup	¾ pound margarine or butter	60 half pints or 3¾ gallons
<i>Morning Snack</i>			
Orange Juice	½ cup	4 46-ounce cans	
<i>Dinner</i>			
Breaded Pork Chops with Cream Gravy *	1 small chop 2 tablespoons gravy	50 chops. See note #1. Use reconstituted nonfat dry milk or evaporated milk	
Buttered Rice	¼ cup	3 pounds rice	
Buttered Asparagus*	2 tablespoons	Buy canned cuts and tips 6 #300 cans or 1 #10 can See note #2.	
Carrot Sticks	2 sticks	2 pounds carrots	
Applesauce	¼ cup	8 #303 cans or 1 #10 can	
Biscuits (HSC p. 50)	1 biscuit		
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Plain Cookies (HSC p. 68)	2 cookies		

Note:

- *1 Salt and pepper pork chops. Dip in egg and milk mixture (1 egg to each half cup of milk). Roll in bread crumbs and flour mixture and fry slowly over low heat, uncovered. When golden brown, place in baking pan and bake in 300-350° oven until tender. You may cover lightly with aluminum foil. Do not seal foil tightly or breading will fall off because of moisture collecting in the pan. Use drippings in skillet to make cream gravy.
- *2. Pour liquid off asparagus. Heat to boiling in a flat pan. Season with salt, pepper, and butter. Add asparagus to hot liquid. Let come to a rolling boil. Remove from heat and serve immediately. Asparagus turns dark if it stands very long before serving.

HSC refers to the Head Start Cook Book.
Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Thursday: Week 7

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Orange Juice	½ cup	4 46-ounce cans	
Oatmeal Pancakes	2 small	See recipe section.	
Syrup	2 tablespoons	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Bacon	1 slice	4 pounds	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Dried Apricot Halves and Raisins	2 to 3 halves 1 tablespoon	2 pounds 2 pounds	
<i>Dinner</i>			
Chicken Pot Pie	⅓ to ½ cup	See recipe section.	
Buttered Frozen Green Lima Beans (HSC p. 103)	2 tablespoons	3 pounds	
Sliced Tomato on Lettuce	2 slices	4 pounds tomatoes 2 heads lettuce	
Gingerbread (HSC p. 65)	1 small square		
Custard Sauce	2 tablespoons	See recipe section.	
Bread	½ to 1 slice	4 loaves bread	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Graham Crackers	2 crackers	2 pounds	

Note: You may want to make the jello salad for tomorrow.

Delta Head Start Menu

Friday: Week 7

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Oranges	½ orange	25 oranges	
French Toast with Cinnamon and Powered Sugar	1 slice	See recipe section.	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Pineapple Juice	½ cup	4 46-ounce cans	
<i>Dinner</i>			
Tamale Pie	1 small square	See recipe section.	
Buttered Spinach	2 tablespoons	12 #303 cans or 1 #10 plus 2 #303 cans	
Lemon Jellied Fruit- Cottage Cheese Salad on Lettuce (HSC p. 89)*	1 small square	See note #1. 4 3-ounce packages lemon jello 1 #2½ can pears 2 #2 cans crushed pineapple	
Tapioca Pudding*	¼ cup	See recipe section (See also note #2.)	
Rolled Oats Muffins	1 muffin	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Crackers with Peanut Butter	2 crackers 1 tablespoon	2 pounds 2 pounds	

Note:

*1. One pound of cottage cheese equals 2 cups; buy accordingly. Change pineapple chunks to crushed pineapple in this recipe.

*2. Cook tapioca pudding first. Refrigerate. Then prepare the tamale pie.

HSC refers to the Head Start Cook Book.
Recipe section refers to the recipe sections of this book.

HOT GRITS WITH BUTTER

50 1/3-cup servings

Grits 4 cups
Water 5 quarts
Salt 4 teaspoons
Butter 3/4 pound

1. Add salt to water and heat to boiling.
2. Slowly stir in corn grits.
3. Lower heat and stir until thickened.
4. Cook for 15 to 20 minutes longer, stir to keep from sticking or place in double boiler.
5. Serve hot with 1 teaspoon butter and 1 teaspoon sugar on top of each serving. Extra sugar and extra milk may be needed.

DEVIL'S FOOD CAKE

50 3-ounce servings

Cake flour 2 quarts
Sugar 1 3/4 quarts
Cocoa 2 cups
Salt 1 tablespoon
Soda, baking 2 tablespoons plus
1 teaspoon
Margarine or butter 2 1/2 cups
Buttermilk 5 1/3 cups
Vanilla 1 tablespoon
Eggs 6 eggs

1. Sift flour, sugar, cocoa, salt, and soda together 3 times or blend in with mixer at low speed for 5 minutes.
2. Add the fat, buttermilk, vanilla, and eggs. Beat until smooth at high speed for 5 minutes.
3. Place batter in greased pans.
4. Bake at 350° for 30 to 40 minutes.
5. When cool, ice with chocolate cream frosting, HSC p. 69.

FRUIT CUP SALAD

50 1/4-cup servings

Oranges, diced 5 cups
Bananas, diced 3 cups
Pineapple chunks 5 cups
Marshmallows, miniature 5 cups
Coconut 1 1/4 cups
Salad dressing 1 1/4 cups
Cream, whipped 2 cups

1. Drain all fruits and combine. Add marshmallows and coconut.
2. Whip cream; combine with salad dressing.
3. Blend lightly with fruit mixture. Do *not* mash or mush fruit. Chill an hour or more before serving.

CUSTARD SAUCE

Makes about 4 quarts.

Milk, scalded 3 quarts
Cornstarch 7 tablespoons
Sugar 1 3/4 cups
Milk, cold 1 cup
Eggs, whole 2 cups
Salt 1 teaspoon
Vanilla 1 tablespoon

1. Mix cornstarch, sugar, and cold milk together. Add to scalded milk. Cook thoroughly, until thickened.
2. Beat eggs lightly; add a little of hot mixture to eggs and mix; add all to hot mixture and heat until eggs are cooked.
3. Remove from heat and add salt and vanilla.

More recipes on next page →

CHICKEN POT PIE

50 $\frac{1}{2}$ -cup servings

Chicken fat plus margarine
to make correct amount2 cups
Flour $2\frac{1}{4}$ cups
Chicken stock, heated4 quarts
(Add water to make correct amount)
Carrots, diced, cooked2 quarts
Potatoes, diced, cooked2 quarts
Chicken meat, diced, cooked2 quarts
Salt4 teaspoons
Pepper1 teaspoon

1. Melt chicken fat and margarine in large saucepan. Add flour and blend.
2. Add chicken stock slowly, stirring to form a smooth sauce. Cook until thickened.
3. Place chicken meat, carrots, and potatoes evenly in baking pans. Pour sauce over meat and gravy.
4. Top with rich biscuit dough or pie crust if desired. (Use recipe, HSC p. 50—add another $\frac{1}{4}$ cup shortening to this recipe.)
5. Bake at 400° until brown.
6. Cut in squares that would equal $\frac{1}{2}$ cup.

Note: One $4\frac{1}{2}$ pound hen will give you 1 quart of cooked diced chicken meat. Buy accordingly. Commodity canned chicken or canned turkey may be used instead of buying fresh chicken.

TAPIOCA PUDDING

50 $\frac{1}{4}$ -cup servings

Minute tapioca (quick cooking)1 cup
Sugar2 cups
Salt $\frac{1}{2}$ teaspoon
Eggs, beaten6 eggs
Milk3 quarts plus 2 cups
Vanilla4 teaspoons

1. Mix tapioca, sugar, salt, sugar, beaten eggs, and milk together in saucepan.
2. Let stand 5 minutes. Then bring to full boil, stirring constantly. Do not overcook. Remove from heat. (This will be a thin consistency, but it thickens as it cools.)

50 $\frac{1}{4}$ -cup servings

Cornmeal or grits $3\frac{1}{2}$ cups
Boiling water $3\frac{1}{2}$ quarts
Salt4 teaspoons
Onions, chopped $1\frac{1}{2}$ cups
Green pepper, chopped $1\frac{1}{2}$ cups
Ground beef4 pounds

or

Canned chopped meat2 cans
Butter or margarine $\frac{1}{2}$ cup
Canned tomatoes, drained $6\frac{1}{2}$ cups
Corn, whole kernel, drained6 cups
Salt4 teaspoons
Chili powder5 tablespoons

1. Add cornmeal slowly to boiling salted water in top of double boiler. Cook on top of stove until mush begins to thicken. Then place over water in double boiler. Cook for 40 minutes stirring occasionally.
2. Cook onions, green peppers, and meat over low heat in the margarine or butter until onion is tender and meat is browned.
3. Add tomatoes, corn, salt, pepper, and chili powder to meat mixture. Cook until thick (about 15 minutes).
4. Line greased baking pan or pans with half of the mush. Pour in meat mixture. Cover with remaining mush. Brush top with melted butter or margarine.
5. Bake at 375° F. for 20 minutes or until brown.
6. Cut in squares equal to $\frac{1}{2}$ cup.

Note:

1. Use grits for better results.
2. Use canned meat when available.

-
3. Add vanilla. Cool 20 minutes.
 4. Stir. Then refrigerate until ready to serve.

Week's Menu—Week 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Breakfast</i>	Oranges Cinnamon Toast Hot Cocoa Milk	Tomato Juice Hard-Cooked Eggs Rolled Oats Coffee Cake Margarine Milk	Stewed Prunes Cornflakes with Milk Buttered Toast Milk	Grapefruit Hot Oatmeal Buttered Toast Milk
<i>Morning Snack</i>	Pineapple Juice	Assorted Vegetable Tray with Crackers	Oranges	Celery Sticks stuffed with Peanut Butter
<i>Dinner</i>	Tuna and Noodle Casserole Green Beans Chopped Lettuce with Tomato Wedges Orange Puff Bread Margarine Milk	Spanish Swiss Steak Buttered Rice Mustard or Turnip Greens Pineapple Chiffon Cheese Cake Hot Biscuits Margarine Milk	Barbecued Canned Chopped Meat Buttered Potatoes Blackeyed Peas Cabbage Slaw Banana Cake Cornbread Margarine Milk	Salmon Croquettes Potato Wedges in Cream Sauce Buttered Broccoli Sliced Tomatoes Lemon Fluff Pie Corn Muffins Margarine Milk
<i>Afternoon Snack</i>	Milk Vanilla Wafers	Milk Crackers with Peanut Butter	Milk Graham Cracker Sandwich with Butter	Milk Glazed Yeast Doughnuts

Delta Head Start Menu

Monday: Week 8

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Grape Juice	½ cup	4 46-ounce cans	
Hot Buttered Rice (HSC p. 54)	½ cup	2 pounds	
Buttered Toast	1 slice	3 loaves bread	
Milk	½ to 1 cup	¾ pound margarine or butter 60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Carrot Sticks with Raisins	2 sticks 1 to 2 tablespoons	2 1-pound packages 2 1-pound boxes	
<i>Dinner</i>			
Tuna and Noodle Casserole	⅓ to ½ cup	See recipe section.	
Buttered Green Beans	¼ cup	9 #303 cans or 1 #10 can	
Chopped Lettuce with Tomato Wedges	2 tablespoons 1 wedge (about ⅓ tomato)	2 pounds lettuce 12 tomatoes	
Orange Puff *	¼ cup	See recipe section and note below.	
Bread	½ to 1 slice	3 loaves bread	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Vanilla Wafers	2 wafers	2 pounds	

*Note: Prepare Orange Puff first thing.

HSC refers to the Head Start Cook Book.
Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Tuesday: Week 8

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Oranges	½ orange	25 oranges	
Cinnamon Toast	1 slice	3 loaves bread	
Hot Cocoa	1 cup	See recipe section. See recipe section.	
 <i>Morning Snack</i>			
Pineapple Juice	½ cup	4 46-ounce cans	
 <i>Dinner</i>			
Baked Ham	1 small slice	See recipe section. 8-pound boneless, cured ham	
Scalloped Potatoes (HSC p. 108)	¼ cup	Use 10 pounds potatoes and dry nonfat or evaporated milk	
Buttered Frozen Mixed Vegetables (HSC p. 103)	2 tablespoons	3 pounds	
Sliced Peaches	¼ cup fruit and juice	5 #2½ cans or 1 #10 can	
Cornmeal Buns	1 bun	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Rolled Oats Cookies	2 cookies	2 pounds See recipe section.	

Note: You may want to prepare the dessert for tomorrow.

HSC refers to the Head Start Cook Book
Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Wednesday: Week 8

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Tomato Juice	½ cup	4 46-ounce cans	
Hard-Cooked Eggs	½ to 1 egg	50 eggs	
Rolled Oats Coffee Cake	1 square	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Morning Snack</i>			
Assorted Raw Vegetable Tray and Crackers	1 or 2 crackers	2 pounds	
		Have a variety on tray (at least three different foods) such as radishes, cabbage, cauliflower, turnips, potatoes, broccoli, cucumbers, green pepper strips, and stuffed olives. Have enough for each child to taste each kind. Use vegetables in season. Wash thoroughly before serving.	
 <i>Dinner</i>			
Spanish Swiss Steak (HSC p. 83)*	1 small serving	See note #1. 7 pounds round steak	
Buttered Rice (HSC p. 54)	½ cup	2 pounds	
Mustard Greens	2 tablespoons	9 #303 cans or 1 #10 can plus 2 #303 cans	
Pineapple Chiffon Cheese Cake	1 square	See recipe section.	
Hot Biscuits (HSC p. 50)	1 biscuit		
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Crackers with Peanut Butter	2 crackers 2 tablespoons	2 pounds 2 pounds	

Notes:

- * 1. Spanish Swiss Steak: Follow directions on HSC p. 83 for swiss steak, but use tomatoes and tomato juice instead of water. Add some chopped celery at the same time you add onions. Sprinkle top with paprika. Cover with foil and bake according to directions.
2. Cook prunes for tomorrow's breakfast.

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Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Thursday: Week 8

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Stewed Prunes	3 prunes	3 pounds	
Cornflakes	½ cup	2 pound package	
Buttered Toast	1 slice	3 loaves bread	
Milk	½ to 1 cup	¾ pound margarine or butter 60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Oranges	1 orange per child	Buy 50 oranges so each child can peel his own orange.	
<i>Dinner</i>			
Barbecued Canned Chopped Meat	¼ cup	See recipe section.	
Mashed Potatoes (HSC p. 106)	2 tablespoons	10 pounds potatoes	
Black-eyed Peas	2 tablespoons	10 #303 cans or 1 #10 can	
Cabbage Slaw (HSC p. 87)	2 tablespoons	4 pounds cabbage 1 green pepper 4 stalks of celery	
Banana Cake	1 square	See recipe section.	
Cornbread (HSC p. 56)	1 small square		
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Graham Cracker	2 crackers	2 pounds	
Sandwich with Butter	1 teaspoon butter	¾ pound margarine or butter	

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Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Friday: Week 8

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Grapefruit	½ grapefruit	25 grapefruits	
Oatmeal (HSC p. 55)	½ cup	2 pounds	
Buttered Toast	1 slice	3 loaves bread	
		¾ pound margarine or butter	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Morning Snack</i>			
Celery Sticks stuffed with Peanut Butter	2 sticks 1 tablespoon	3 pounds celery 2 pounds peanut butter	
 <i>Dinner</i>			
Salmon Croquettes	1 croquette	See recipe section. 6 1-pound cans	
Potato Wedges in Cream Sauce (HSC p. 95)	¼ cup potatoes and sauce	See recipe section. 10 pounds potatoes	
Buttered Broccoli (HSC p. 98) for fresh, (HSC p. 101-103) for frozen	2 tablespoons	Make 1 quart of sauce 5 pounds	
Sliced Tomato on Lettuce Leaf	1 slice	3½ pounds tomatoes 2 pounds lettuce	
Lemon Fluff Pie	¼ cup	See recipe section.	
Corn Muffin	1 muffin	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Glazed Yeast Doughnuts	1 doughnut	4½ dozen	

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Recipe section refers to the recipe sections of this book.

TUNA AND NOODLE CASSEROLE

50 1/2-cup servings

Noodles, uncooked 2 pounds
Tuna fish, flaked 4 pounds
Mushroom soup, condensed .. 6 10½-ounce cans
Milk 4 cups
Salt 2 teaspoons
Pepper ½ teaspoon
Bread crumbs 3 cups
Shortening, melted ⅓ cup

1. Cook noodles in boiling salted water until tender. Drain off liquid.
2. Combine cooked noodles, tuna fish, mushroom soup, milk, salt, and pepper.
3. Pour into greased pans.
4. Combine bread crumbs and melted shortening. Sprinkle on mixture in pans.
5. Bake at 350° for 1 hour.

Note: May use salmon, canned chicken, canned turkey, or canned pork as a substitute for the tuna.

BAKED HAM

Place ham in baking pan.
Stick 6 to 12 whole cloves into ham.

Make syrup of:

Prepared mustard 2 tablespoons
Brown sugar 2 cups
Pineapple juice or orange juice 1½ cups

1. Pour part of syrup over ham.
2. Place in 300° oven. Bake slowly until tender. This will depend on the size of the ham (usually an 8-pound ready-to-cook ham will require 2½ hours of baking at 325° F.).
3. Continue to pour some of the syrup over the ham while it is baking. This should form a nice glaze on top and keep it moist.
4. Let it cool at least 15 minutes before slicing. Remove whole cloves before serving.

ORANGE PUFF

50 1/4-cup servings

Orange gelatin dessert ¾ cup
Boiling water 2 cups
Orange juice, frozen concentrated .. 2 6-ounce cans or 1½ cups

For Whipped Topping

Nonfat dry milk 1½ cups
Water, cold 1½ cups
Lemon juice ½ cup
Sugar 1½ cups

Mandarin oranges, drained 2 cups
Coconut to sprinkle on top

1. Dissolve gelatin in boiling water. Add frozen concentrated orange juice, stir until melted. Mixture should start to thicken almost at once.
2. Place gelatin in refrigerator while whipping nonfat dry milk. Watch so it does not get too stiff. You need just the right consistency to fold into topping.
3. For whipped topping, sprinkle nonfat dry milk on ice water, whip until peaks form (use high speed).
4. Add lemon juice (small amount at a time) and continue beating *until very stiff*.
5. Add sugar slowly (small amount at a time) continue beating at a lower speed until sugar is dissolved.
6. Fold in gelatin and oranges. Pour into pans. Top with coconut. Chill.

Note:

1. Whipping cream may be substituted for whipped topping if desired.
2. If you have room, you may want to put the dessert dishes in the refrigerator to cool. This will prevent the dessert from melting while serving.

ROLLED OATS COFFEE CAKE

50 2-inch squares

Milk	3 cups
Rolled oats	3 cups
Margarine	2 cups
Sugar	4 cups
Eggs	8 eggs
Flour	4 cups
Baking powder	2 tablespoons plus 2 teaspoons
Salt	2 teaspoons
Nutmeg	2 teaspoons
Vanilla	1 tablespoon plus 1 teaspoon

1. Pour milk over rolled oats and let soak 15 minutes. Set aside while you make other preparations.
2. Put margarine and sugar in a bowl and mix well.
3. Add eggs and beat well.
4. Mix flour, baking powder, and salt together.
5. Add half of flour mixture to egg mixture.
6. Stir in half of rolled oats mixture.
7. Add rest of flour mixture and nutmeg.
8. Add vanilla. Mix well.
9. Stir in rest of rolled oats mixture.
10. Fill greased baking pan half full.
11. Bake at 375° for 20 to 25 minutes or until done and golden brown on top.
12. To serve, cut into 2-inch squares.

POTATO WEDGES

1. Cut potatoes into wedges—boil until *just* tender.
2. Pour off liquid—use liquid to make the reconstituted milk for the white sauce.
3. Place potatoes in baking pan and be careful not to break or mash potatoes.
4. Make white sauce according to recipe, HSC p. 95.
5. Pour white sauce over potatoes, sprinkle with paprika, and cover with foil.
6. Place potatoes in 350° oven. Cook 5 to 10 minutes or until tender.

PINEAPPLE CHIFFON CHEESE CAKE

50 servings

Sugar	1½ cups
Syrup, drained from pineapple and water	4 cups
Egg yolks	8 yolks
Gelatin, unflavored	6 tablespoons
Pineapple, crushed, cold	2 #2½ cans
Cottage cheese, small curd, drained and cold	2 pounds
Lemon rind, grated	2 tablespoons plus 2 teaspoons
Lemon juice	½ cup
Egg whites	8 whites
Salt	½ teaspoon
Whipping cream	2 cups or 2 cartons
Graham crackers	4 cups
Sugar	¾ cup
Butter, melted	1½ cups

1. Combine graham crackers, sugar, and melted butter to make the mixture to line the pan.
2. Combine 2 cups sugar and 2 cups of the syrup and water mixture with the slightly beaten egg yolks.
3. Cook over hot water until smooth and thickened, stirring constantly. Remove from heat.
4. Soften gelatin in remaining syrup and water mixture (2 cups) for 5 minutes. Add this to hot mixture and stir until dissolved. Do not cook.
5. Pour into pan and chill until it starts to firm; add cold pineapple, cottage cheese, lemon rind, and juice.
6. Fold stiffly beaten egg whites, the salt, and the whipped cream into above mixture.
7. Pour into pan lined with crumb mixture. Chill several hours until firm.

Note: Use fresh lemons.

BARBECUED CHOPPED CANNED MEAT

1. Slice meat to $\frac{1}{8}$ to $\frac{1}{4}$ -inch slices. Then cut these in half.
2. Place these slices in baking pans, each slice should cover half of slice already in pan.
3. Pour barbecue sauce over meat, cover with foil. Bake for 1 hour.
4. Serve 2 to 3 slices per person.

Barbecue Sauce

Makes 2 quarts.

Lemon, thinly sliced	1 lemon
Chopped onions	1 pound (3 or 4 onions)
Chili powder	1 tablespoon
Celery seeds	2 tablespoons
Brown sugar	$\frac{1}{2}$ cup
Vinegar	$\frac{1}{2}$ cup
Worcestershire sauce	2 tablespoons
Tomato catsup	$3\frac{1}{2}$ cups
Pepper	$\frac{1}{2}$ teaspoon
Hot water	1 quart

1. Mix sauce ingredients thoroughly—pour over meat. Bake at 325° for 1 hour.

Note: Make additional sauce if needed to cover meat.

SALMON CROQUETTES

50 servings

Salmon	6 pounds
Bread crumbs	2 quarts
Celery, chopped fine	3 cups
Onion, chopped fine	2 cups
Salt	$1\frac{1}{2}$ tablespoons
Pepper	$\frac{1}{2}$ teaspoon
Lemon juice	$\frac{1}{3}$ cup
Eggs, beaten	6 eggs
Milk	2 cups
Butter, melted	$\frac{3}{4}$ cup

1. Combine all ingredients.
2. Shape into croquettes—use $\frac{1}{4}$ cup measure for each patty.
3. Place in *well-greased* pans. During baking pour $\frac{1}{2}$ teaspoon butter over each croquette. Bake at 350° for 25 minutes.

BANANA CAKE

50 servings

Vanilla	1 tablespoon
Shortening	$1\frac{1}{2}$ cups
Sugar	$4\frac{1}{4}$ cups
Eggs	$1\frac{1}{4}$ cups (6 eggs)
Bananas, mashed	$2\frac{1}{2}$ cups
Buttermilk	$1\frac{1}{2}$ cups
Flour	$1\frac{3}{4}$ quarts
Baking powder	1 tablespoon
Soda	1 teaspoon
Salt	$1\frac{1}{2}$ teaspoon

1. Cream shortening, sugar, and vanilla until light and fluffy.
 2. Add eggs, one at a time, beating constantly. Add mashed bananas and continue beating.
 3. Sift together flour, baking powder, soda, and salt.
 4. Add flour alternately with buttermilk to the creamed mixture, starting with the *dry ingredients*.
 5. Pour into greased pans. Bake at 325° for 45 to 60 minutes.
 6. Ice with vanilla cream frosting (HSC p. 69).
- Note:* Get over-ripe bananas to mash for the cake. They also make a better flavored cake. One pound of bananas will make about 2 to $2\frac{1}{2}$ cups pulp.

LEMON FLUFF PIE WITH OATMEAL CRUST

50 servings

Crust

Rollled oats, uncooked	2 quarts or 8 cups
Shredded coconut	2 cups
Brown sugar, firmly packed	2 cups
Butter or margarine, melted	3 cups

1. Heat rolled oats and coconut in shallow pan in 350° oven for 10 minutes, stir often.
2. Combine with remaining ingredients, mixing well.
3. Press into bottom and side of baking pans. Chill. (*Turn page for rest of recipe.*)

Lemon Fluff Pie continued

Filling

Lemon gelatin	6 3-ounce packages
Sugar	3 cups
Boiling water	6 cups
Lemon juice	1½ cups
Lemon rind, grated	1 tablespoon
Whipped topping	Use recipe below

Pie Filling

1. Dissolve gelatin and sugar in boiling water.
2. Stir in lemon juice and lemon rind.
3. Chill until mixture is partially set.
4. When jello is ready, whip topping according to directions until stiff peaks are formed, then fold gently into gelatin mixture.
5. Pour mixture into chilled crust. Chill thoroughly before cutting.

Note: If desired, you may use whipping cream instead of whipped topping recipe.

Whipped Topping

Ice water	2½ cups
Nonfat dry milk	2½ cups
Lemon juice, fresh	½ cup plus 2 tablespoons
Sugar	½ cup plus 2 tablespoons
Vanilla	2 teaspoons

1. Pour ice water into cold bowl.
2. Sprinkle dry milk on ice water.
3. Beat until stiff enough to stand in soft peaks.
4. Add lemon juice (small amount at a time) and continue beating until stiff.
5. Beat in sugar, small amount at a time.
6. Add vanilla. Use topping as directed in recipe. If not used immediately, cover bowl with wax paper. Refrigerate.

Note: Have beaters and bowls cold. Place in refrigerator to cool. This topping can be used in any recipe calling for whipped cream.

CORN MUFFINS

50 muffins

Flour	2¾ quarts
Salt	1⅔ tablespoons
Baking powder	6 tablespoons plus 1 teaspoon
Sugar	½ cup
Milk, reconstituted	4½ cups
Eggs, beaten	1 cup
Shortening, melted	¾ cup
Whole kernel corn, well drained	4 cups

1. Sift flour, salt, baking powder, and sugar together.
2. Add beaten eggs to milk and beat.
3. Form a hole in the center of the dry ingredients. Pour milk and egg mixture into this. Start to stir and then add melted shortening, then corn. Mix only enough to dampen dry ingredients. *Do not beat.*
4. Fill greased muffin tins ⅔ full and bake at 400° for 20 minutes or until done.

Note: Small pans may require less time; do not overbake.

Delta Head Start Menu

Monday: Week 9

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Tomato Juice	½ cup	4 46-ounce cans	
Fried Egg	1 egg	50 eggs	
Bread	1 slice	3 loaves	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Morning Snack</i>			
Assorted Dried Fruits	1 peach 1 prune 1 apricot 1 tablespoon raisins	Buy 1 pound box of each	
 <i>Dinner</i>			
Canned Chopped Meat Spaghetti Casserole*	½ cup	See recipe section. See note #1.	
Buttered Wax Beans	2 tablespoons	8 #303 cans or 1 #10 can	
Tossed Salad with*	2 tablespoons	Use lettuce (2 pounds), green peppers, radishes, onions, cucumbers, and grated carrots. See note #2.	
French Dressing		See recipe section.	
Pears	1 pear	12 #303 cans or 2 #10 cans	
Hot Rolls	1 roll	See recipe section.	
Butter or Margarine	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Crackers	2 crackers	2 pounds	

Notes:

- *1. May use macaroni instead of spaghetti.
- *2. Buy what salad materials you need. Use what you have on hand first. Make as much salad dressing as you think you need for your center.
3. You may want to make tomorrow's salad before you leave *or* make it first thing tomorrow morning.

HSC refers to the Head Start Cook Book
Recipe section refers to the recipe sections of this book.

Week's Menu—Week 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Breakfast</i>				
Tomato Juice Fried Eggs Bread Margarine Milk	Pineapple Juice Cornmeal Pancakes Syrup Pork Sausage Margarine Milk	Orange Juice Scrambled Eggs Bread Margarine Milk	Grapefruit Sections Hot Oatmeal with Raisins Buttered Toast Milk	Grape Juice French Toast with Sugar and Cinnamon Bacon Milk
<i>Morning Snack</i>				
Assorted Dried Fruits	Orange Juice	Apples	Bananas	Assorted Fresh Fruit Tray
<i>Dinner</i>				
Canned Chopped Meat Spaghetti Casserole Buttered Wax Beans Tossed Salad with French Dressing Pears Hot Rolls Margarine Milk	Braised Liver with Gravy Mashed Potatoes Fried Okra Molded Cabbage, Carrot, and Pineapple Salad Yellow Butter Cake with Chocolate Cream Frosting Rolled Oats Biscuits Margarine Milk Milk Graham Crackers	Hungarian Goulash Buttered Macaroni Buttered Green Cabbage Cranberry Fruit Fluff Carrot Cake Bread Margarine Milk	Meat Balls with Mushroom Gravy Buttered Rice Buttered Mixed Greens Molded Peach Slices in Raspberry Jello Chocolate Chip Cookies Oatmeal Yeast Rolls Margarine Milk	Fresh Pork Roast Great Northern Beans Hot Potato Salad Celery Sticks Lemon Pudding Cake Bread Margarine Milk
<i>Afternoon Snack</i>				
Milk Crackers	Milk Rolled Oats Cookies	Milk Rolled Oats Cookies	Milk Vanilla Wafers	Milk Crackers with Peanut Butter

Delta Head Start Menu

Wednesday: Week 9

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Orange Juice	½ cup	4 46-ounce cans	
Scrambled Eggs (HSC p. 71)	3 tablespoons	30 eggs	
Bread	1 slice	3 cups milk	
Margarine or Butter	1 teaspoon	3 loaves bread	
Milk	½ to 1 cup	¾ pound	
		60 half pints or 3¾ gallons	
 <i>Morning Snack</i>			
Apples	½ apple	25 apples	
 <i>Dinner</i>			
Hungarian Goulash	⅓ cup	See recipe section.	
		8 pounds cubed beef	
Buttered Macaroni	2 tablespoons	2 pounds elbow macaroni	
Buttered Green Cabbage (HSC p. 101)	2 tablespoons	6 pounds green cabbage	
Cranberry Fruit Fluff*	¼ cup	See recipe section.	
		See note #1.	
Carrot Cake	1 square	See recipe section.	
Bread	½ to 1 slice	3 loaves	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
 <i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Rolled Oats Cookies	2 cookies	See recipe section.	

Note:

- *1. Make salad first thing. It needs several hours to set.
2. Make tomorrow's salad before leaving.

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Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Tuesday: Week 9

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Pineapple Juice	½ cup	4 46-ounce cans	
Cornmeal Pancakes	2 pancakes	See recipe section.	
Pork Sausage	1 patty	5 pounds	
Syrup	2 tablespoons	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Orange Juice	½ cup	4 46-ounce cans	
<i>Dinner</i>			
Braised Liver with Gravy	1 small piece	6 pounds liver See recipe section, omit onions.	
Mashed Potatoes (HSC p. 106)	¼ cup	10 pounds potatoes	
Fried Okra*	2 tablespoons	6 pounds frozen or fresh See note #1.	
Molded Cabbage, Carrot, and Pineapple Salad on Lettuce Leaf*	1 square	7 3-ounce packages orange jello 3 #303 cans crushed pineapple, drained 2 heads lettuce See note #2.	
Yellow Cake Chocolate Cream Frosting (HSC p. 69)	1 square	See recipe section.	
Rolled Oats Biscuits	1 biscuit	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Graham Crackers	2 crackers	2 pounds	

Note:

- *1. Slice okra while still frozen—salt and pepper slices. Sprinkle with cornmeal until slices are coated. Place in skillet. Fry slowly until golden brown and okra is tender and done.
- *2. Use just enough shredded cabbage and carrots to make nice medium thick mixture before chilling.

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Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Thursday: Week 9

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Grapefruit Sections	½ cup	3 46-ounce cans	
Hot Oatmeal with Raisins (HSC p. 55)	½ cup plus 1 tablespoon raisins	2 pounds rolled oats 1 pound raisins	
Buttered Toast	1 slice	4 loaves bread ¾ pound margarine or butter	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Bananas	½ banana	25 bananas	
<i>Dinner</i>			
Meat Balls with Mushroom Gravy	1 small meatball 2 tablespoons	Use 2 pounds sausage and 6 pounds ground beef See recipe section.	
Buttered Rice (HSC p. 54)	¼ cup	2 pounds rice	
Buttered Mixed Greens	2 tablespoons	8 #303 cans or 1 #10 can	
Molded Peach Slices in Raspberry Jello	1 square	4 #2½ cans peaches or 1 #10 can 7 3-ounce packages jello	
Chocolate Chip Cookies	1 cookie	See recipe section.	
Oatmeal Yeast Rolls	1 roll	See recipe section.	
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Vanilla Wafers	1 to 2 wafers	2 pounds	

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Recipe section refers to the recipe sections of this book.

Delta Head Start Menu

Friday: Week 9

Menu	Size of Serving	Food Needed for Meal	Our Center Needs:
<i>Breakfast</i>			
Grape Juice	½ cup	4 46-ounce cans	
French Toast with Sugar and Cinnamon	1 slice	See recipe section. 18 eggs 1½ quarts reconstituted milk 4 loaves bread	
Bacon	1 slice	4 pounds	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Morning Snack</i>			
Assorted Fresh Fruit Tray		Use fruits in season that are not regularly on menu such as strawberries, cherries, grapes, tangerines, plums, cantaloupe, watermelon, and peaches. Have variety and enough for each child to taste each kind.	
<i>Dinner</i>			
Fresh Boneless Roast Pork (HSC p. 76)	1 to 2 ounce servings	10 pounds pork	
Great Northern Beans (HSC p. 75)	¼ cup	4 pounds	
Hot Potato Salad*	2 tablespoons	See recipe section. See note #1.	
Celery Sticks	2 sticks	2 pounds	
Lemon Pudding Cake*	1 square	See note #2. See recipe section.	
Cornbread (HSC p. 56)	1 square		
Margarine or Butter	1 teaspoon	¾ pound	
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
<i>Afternoon Snack</i>			
Milk	½ to 1 cup	60 half pints or 3¾ gallons	
Crackers with Peanut Butter	2 crackers 1 tablespoon	2 pounds 2 pounds	

Note:

- * 1. Make about 1 hour before serving, so that seasonings will go through the potatoes. This will not spoil at room temperature for 1 hour.
- * 2. Make pudding first. It has a better flavor after it cools.

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Recipe section refers to the recipe sections of this book.

HUNGARIAN GOULASH

50 1/3-cup servings

Beef cubes 8 pounds
Onions, chopped 1 pound or 3 cups
Garlic, chopped 3/4 clove
Fat 3/4 cup
Mustard, dry 2 teaspoons
Paprika 3 tablespoons
Pepper 1/2 teaspoon
Salt 3 tablespoons
Sugar, brown 3/4 cup
Worcestershire sauce 3/4 cup
Vinegar 1 1/2 tablespoons
Catsup 3 cups
Water, hot 2 quarts
Water, cold 1 3/4 cups
Flour 1 1/2 cups

1. Brown beef cubes, onions, and garlic in fat.
2. Add mustard, paprika, pepper, salt, brown sugar, Worcestershire sauce, vinegar, catsup, and hot water.
3. Simmer in a covered container about 3 hours or until meat is very tender.
4. Mix the cold water and flour together. Use this to thicken the liquid from meat.
5. Serve goulash over the macaroni.

LEMON PUDDING CAKE

50 servings

Nonfat dry milk 2 cups
Flour 4 cups
Sugar 4 1/2 cups
Salt 1 teaspoon
Butter 2 cups
Egg yolks, beaten until light 32 yolks
Lemon juice 2 cups
Grated lemon rind 1/3 cup
Water 2 quarts plus 3 cups
Egg whites 32 whites
Sugar for egg whites 4 1/2 cups

1. Mix nonfat dry milk, flour, sugar, and salt with a french whip.
2. Cream butter until light and fluffy. Add beaten egg yolks. Blend in dry ingredients from Step 1.

CANNED CHOPPED MEAT SPAGHETTI CASSEROLE

50 1/2-cup servings

Chopped meat *or* ham 6 pounds (3 cans)
Fat, for browning meat 2/3 cup
Onions 10 small
Tomatoes 4 quarts
Mushrooms, stems &
pieces, chopped 2 8-ounce cans
Spaghetti 1 pound
Cheese, grated 1 pound
Green pepper, chopped 2 large

1. Place fat in large saucepan. Brown meat in fat.
2. Add onions. Heat thoroughly but do not brown.
3. Add tomatoes and mushrooms. Cook slowly until thick.
4. Cook spaghetti in boiling salted water until done. Drain.
5. Add spaghetti to meat and tomato mixture.
6. Add grated cheese. Simmer for 10 minutes on *very low* heat until cheese is melted.
7. Remove from stove and add green pepper.
8. Pour mixture into greased baking pans.
9. Bake at 350° for 25 to 30 minutes.

Note:

1. One-half pound of cheese is a 1-inch slice of a 5-pound loaf. One pound of cheese is a 2-inch slice of a 5-pound loaf.
2. May use macaroni instead of spaghetti.
3. If desired, breadcrumb topping may be added.

3. Combine lemon juice, grated rind, and water. Add to mixture and blend until well mixed.
4. Beat egg whites until stiff but not dry. Add sugar slowly, beating as it is added. Fold into lemon mixture. Pour into greased pans.
5. Bake at 350° for 45 minutes to 1 hour.

Note: Cake forms on top with lemon custard on bottom. Cut in squares or spoon out to serve. Be sure cake is on top when serving.

HOT POTATO SALAD

50 $\frac{1}{4}$ cup servings

Potatoes, cooked, sliced	10 pounds
Onion, chopped	$\frac{2}{3}$ cup
Green pepper, if desired	$\frac{2}{3}$ cup
Eggs, hard cooked, diced	12 eggs
Bacon, diced, fried crisp	$\frac{2}{3}$ pound
Bacon fat	$\frac{3}{4}$ cup
Salt	2 tablespoons
Sugar	2 cups
Vinegar	2 cups
Water	1 cup

1. Cook potatoes, then cool, peel, and slice. Add onion, green pepper, and hard cooked eggs.
2. Dice bacon. Fry bacon pieces until crisp. Add to potatoes.
3. Combine salt, sugar, vinegar, water, and bacon fat. Mix well. Boil 1 minute. Remove from fire. Pour over potato mixture.
4. Toss and mix lightly. Let stand at least 1 hour before serving so flavor will go through potatoes. Toss occasionally because the liquid tends to settle in bottom of pan.

CHOCOLATE CHIP COOKIES

6 dozen 2-inch cookies

Shortening	1 cup
Granulated sugar	$\frac{1}{2}$ cup
Brown sugar	1 cup
Vanilla	1 teaspoon
Eggs, well beaten	2 eggs
Flour	$2\frac{1}{4}$ cups
Soda	1 teaspoon
Nuts	$\frac{3}{4}$ cup
Semisweet chocolate bits	$2\frac{1}{2}$ cups

1. Cream shortening, gradually adding the sugars. Cream until light and fluffy.
2. Add well beaten eggs.
3. Sift together flour, soda, and salt. Add gradually to creamed mixture, blending after each addition.
4. Drop by teaspoons on greased cookie sheets. Bake at 375° for 10 minutes.

YELLOW BUTTER CAKE

50 servings

Shortening	2 cups
Sugar	1 quart
Vanilla	1 tablespoon
Eggs	2 cups
Milk, reconstituted	$2\frac{1}{2}$ cups
Flour	$2\frac{1}{2}$ quarts
Baking powder	2 tablespoons
Salt	2 teaspoons

1. Cream shortening, sugar, and vanilla until light and fluffy.
2. Add eggs one at a time, beating after each addition.
3. Sift together flour, baking powder, and salt. Add alternately with milk to creamed mixture, starting with dry ingredients and blending after each addition. (Mix 1 minute on medium speed or until smooth.)
4. Pour into greased baking pans. Bake at 350° for 35 to 40 minutes.
5. Cool, then frost with chocolate cream frosting, (HSC p. 69). Cut in squares to serve.

CRANBERRY FRUIT FLUFF

50 $\frac{1}{4}$ -cup servings

Marshmallows	$1\frac{1}{2}$ pounds
Whole cranberry sauce	6 cups
Crushed pineapple	6 cups
Apples, chopped fine	3 cups
Lemon juice	$\frac{1}{3}$ cup
Salt	$\frac{2}{3}$ teaspoons
Heavy whipping cream	3 cups

1. Snip marshmallows into small pieces with scissors or sharp knife. Miniature marshmallows may be used.
2. Combine marshmallows with whole cranberry sauce, crushed drained pineapple, apples, lemon juice, and salt.
3. Mix thoroughly.
4. Whip cream and fold into fruit mixture.
5. Chill in refrigerator several hours before serving or serve frozen if desired.

OATMEAL YEAST ROLLS

50 servings

Nonfat dry milk	3 cups
Lukewarm water	5 cups
Rolled oats	1 quart
Fat	1½ cups
Flour	2½ quarts
Brown sugar, packed	1¾ cups
Salt	3 tablespoons
Yeast	6 packages
Lukewarm water to soften yeast	1 cup
Eggs	1 cup
Flour	2½ to 3 quarts

1. Sprinkle nonfat dry milk on water. Blend with a french whip.
2. Heat milk to scalding. Pour over rolled oats and fat. Let stand until mixture is lukewarm.
3. Blend flour (amount listed first), sugar, and salt. Use first speed on mixer for 2 minutes then use second speed for 3 minutes.
4. Soften the yeast in water. Add to above mixture. Mix 3 minutes on second speed.
5. Add eggs. Mix 2 minutes with mixer.
6. On first speed, add ¼ of remaining flour to mixture. Mix on second speed for 3 minutes. Add remaining flour and mix on first speed for 5 minutes.
7. Let rise until doubled in volume.
8. Shape into rolls. Place on greased baking sheet.
9. Let rise again until doubled in size.
10. Bake at 375° for 20 to 25 minutes.

MEATBALLS WITH MUSHROOM GRAVY

50 servings

Beef, ground	6 pounds
Pork, ground	2 pounds
Bread crumbs, soft	4 cups
Eggs	8 eggs
Milk, reconstituted	3 to 4 cups
Salt	3 tablespoons
Onion, chopped <i>very</i> fine	½ cup
Pepper	½ teaspoon
Mushroom soup	4 10½-ounce cans

50 squares

Flour	2 quarts
Baking powder	1 tablespoon plus 1 teaspoon
Baking soda	1 tablespoon plus 1 teaspoon
Cinnamon	1 tablespoon plus 1 teaspoon
Salt	1 teaspoon
Vegetable oil	6 cups
Sugar	2 quarts
Eggs	16 eggs
Carrot, raw, finely grated	8 cups (2 quarts)

1. Sift together the flour, baking powder, baking soda, cinnamon, and salt. Set aside.
2. Combine the vegetable oil and sugar.
3. Add the eggs to this mixture. Mix well.
4. Gradually add the dry ingredients.
5. Add the finely grated carrots.
6. Pour into baking pans which have been greased and lightly floured.
7. Bake at 350° for 50 to 60 minutes or until done.
8. Ice with cream cheese frosting.

CREAM CHEESE FROSTING

Margarine or butter	½ cup
Cream cheese	1 8-ounce package
Powdered sugar	1 box
Vanilla	1 teaspoon

1. Mix ingredients and spread on cooled cake.

Note: Make amount of icing you feel is necessary for your center.

1. Mix together all ingredients except mushroom soup. Do not overmix.
2. Shape into balls—enough for 2 per person.
3. Bake in oven for ½ to 1 hour until brown or until done.
4. Remove meatballs from oven and cover with mushroom soup that has been diluted with milk. Return meatballs to oven. Cover with foil and bake 30 to 40 minutes.

Nutritional Evaluation of Head Start Menus

GOAL of this study was to evaluate the basic menu used by the Delta Head Start centers for the past several years and then adjust it to meet the essential nutrient requirements of the children. The data presented are from the adjusted menu.

Nutrient content of all food served at the Head Start centers was determined through use of an IBM Model 360/65 computer. Each food item, such as meat loaf, was broken down into the individual ingredients that went into the item and the nutrient content of each ingredient was analyzed by computer. Agriculture Handbook 8 was the basis for the analysis.

All calculations were based on the minimum quantity of food served each child. Although the children frequently have second helpings, the amount is variable and was not included in our calculations.

The nutrients reported here are what we consider the important and critical nutrients in nutritional problems of children in this age group. Nutrients reported

were based on daily levels served, the weekly average for the five-day period when the children are at school, and the average for the nine-week period.

The daily nutrient level for each nutrient, as well as the percent of calories, are given in the tables. The weekly average remained fairly constant during the nine weeks and was generally adequate except for iron. The level of performed niacin reached 64 percent of the recommended daily allowance (RDA).

If calculations of total niacin equivalents had been used, the percentage of niacin would have exceeded 100 percent of RDA. Levels of vitamin C, riboflavin, vitamin A, and protein were far above the RDA.

We found that the nutritional intake of children in the Delta Head Start program was adequate for all the nutrients measured except iron. This suggests that iron fortification can be used if the intake needs further increase.—**Dr. William Yamanaka, Assistant Professor of Nutrition, School of Home Economics, University of Missouri-Columbia.**

TABLE 1--HEAD START MENU NUTRIENT LEVELS

Week	K. Cal	Protein (G)	Fat (G)	Carbo- hydrate (G)	Calcium (Mg)	Iron (Mg)	Vit. A (IU)	Thiamine (Mg)	Ribo- flavin (Mg)	Niacin (Mg)	Ascor- bic acid (Mg)	Phos- phorus (Mg)
1	1223	42.1	55.8	141	768	5.80	3511	0.67	1.19	6.50	69.7	811
2	1243	44.9	48.5	159	798	5.74	3077	0.68	1.22	8.70	67.5	831
3	1177	40.9	49.2	145	774	5.61	4597	0.73	1.62	7.95	65.9	800
4	1056	39.9	42.2	133	763	5.15	5617	0.58	1.13	5.97	67.1	782
5	1400	46.0	58.1	177	806	5.18	2870	0.58	1.35	7.27	51.7	878
6	1302	46.6	53.9	163	784	6.44	4141	0.62	1.22	7.24	60.0	871
7	1133	38.9	47.4	141	751	5.23	5929	0.63	1.18	5.53	57.8	796
8	1424	58.7	63.6	158	902	6.37	4292	0.77	1.39	9.12	69.2	936
9	1395	45.0	58.2	179	743	7.49	6278	0.74	1.30	7.01	77.6	866
Ave.	1261	44.8	53.0	155	788	5.89	4979	0.67	1.29	7.25	65.2	841
Percent of RDA	79	149	----	---	98	59	199	84	143	66*	163	105

*Performed Niacin. Niacin equivalents would be about 14 mg/day (125% RDA).

TABLE 2--HEAD START WEEK 1

Nutrient	Monday	Tuesday	Wednesday	Thursday	Friday
Calories (K. Cal)	1152	1179	1321	1339	1123
Protein (G)	41.7	33.0	49.6	45.9	40.3
Total Fat (G)	35.7	60.5	68.2	61.7	53.2
Carbohydrate (G)	168	129	131	157	122
Calcium (Mg)	683	718	957	739	744
Iron (Mg)	6.49	4.72	5.40	6.06	6.33
Vitamin A (IU)	2294	2125	2334	2351	8453
Thiamin (Mg)	0.71	0.55	0.74	0.70	0.63
Riboflavin (Mg)	1.16	1.06	1.36	1.18	1.19
Niacin (Mg)	6.45	3.82	7.45	8.67	6.12
Ascorbic acid (Mg)	73.5	80.2	63.5	82.6	49.1
Phosphorus (Mg)	778	665	968	874	771
Nutrients as Percent of Calories					
Protein	14	11	15	13	14
Total Fat	27	46	46	41	42
Carbohydrate	58	43	39	47	43

TABLE 3--HEAD START WEEK 2

Nutrient	Monday	Tuesday	Wednesday	Thursday	Friday
Calories (K. Cal)	1156	1252	1244	1141.3	1418
Protein (G)	38.3	40.8	47.0	40.6	57.5
Total Fat (G)	38.4	40.1	54.9	52.9	56.2
Carbohydrate (G)	169	186	141	129	172
Calcium (Mg)	671	729	687	898	1006
Iron (Mg)	4.29	6.75	5.83	4.37	8.04
Vitamin A (IU)	2395	3313	4473	2000	3205
Thiamin (Mg)	0.44	0.62	0.64	0.53	1.16
Riboflavin (Mg)	1.07	1.21	1.17	1.24	1.38
Niacin (Mg)	5.97	6.67	10.05	4.99	7.27
Ascorbic acid (Mg)	72.5	85.8	89.9	41.1	57.2
Phosphorus (Mg)	717	769	784	804	1082
Nutrients as Percent of Calories					
Protein	13	13	15	14	16
Total Fat	29	28	39	45	35
Carbohydrate	58	59	45	40	48

TABLE 4--HEAD START WEEK 3

Nutrient	Monday	Tuesday	Wednesday	Thursday	Friday
Calories (K. Cal)	1303	1076	1113	1049	1346
Protein (G)	43.0	40.2	42.1	43.6	35.9
Total Fat (G)	55.4	48.9	45.3	47.3	49.3
Carbohydrate (G)	164	122	137	116	188
Calcium (Mg)	1028	700	738	723	684
Iron (Mg)	5.02	6.19	6.78	4.93	5.14
Vitamin A (IU)	2304	14498	2215	1729	2239
Thiamin (Mg)	0.64	0.62	0.70	0.63	1.08
Riboflavin (Mg)	1.48	2.06	1.10	0.87	2.60
Niacin (Mg)	4.91	8.18	3.87	6.86	15.94
Ascorbic acid (Mg)	102.3	45.6	69.7	81.9	30.1
Phosphorus (Mg)	930	798	845	748	684
Nutrients as Percent of Calories					
Protein	13	14	15	16	10
Total Fat	38	40	36	40	32
Carbohydrate	50	45	49	44	55

TABLE 5--HEAD START WEEK 4

Nutrient	Monday	Tuesday	Wednesday	Thursday	Friday
Calories (K. Cal)	1117	919	1111	1047	1088
Protein (G)	41.5	30.9	46.5	44.6	36.2
Total Fat (G)	40.5	47.5	46.6	44.0	32.8
Carbohydrate (G)	156	94	129	121	163
Calcium (Mg)	825	669	703	918	700
Iron (Mg)	6.64	4.36	3.93	4.64	6.17
Vitamin A (IU)	5020	2795	6429	11311	2529
Thiamin (Mg)	0.39	0.41	0.74	0.55	0.78
Riboflavin (Mg)	1.11	1.05	0.91	1.40	1.17
Niacin (Mg)	5.75	4.18	7.66	6.42	5.89
Ascorbic acid (Mg)	48.4	43.3	71.3	95.9	76.4
Phosphorus (Mg)	724	639	892	918	739
Nutrients as Percent of Calories					
Protein	14	13	15	17	13
Total Fat	32	46	38	37	27
Carbohydrate	56	40	47	46	59

TABLE 6--HEAD START WEEK 5

Nutrient	Monday	Tuesday	Wednesday	Thursday	Friday
Calories (K. Cal)	1556	1262	1388	1622	1172
Protein (G)	57.5	33.1	50.2	43.2	45.8
Total Fat (G)	50.0	60.7	71.6	55.0	53.3
Carbohydrate (G)	221	148	138	248	130
Calcium (Mg)	981	675	940	694	740
Iron (Mg)	4.25	4.48	4.80	7.41	4.95
Vitamin A (IU)	2139	3218	2883	2284	3828
Thiamin (Mg)	0.52	0.57	0.57	0.61	0.62
Riboflavin (Mg)	1.60	1.08	1.70	1.14	1.24
Niacin (Mg)	10.21	4.03	8.51	7.50	6.09
Ascorbic acid (Mg)	23.5	74.7	33.5	36.9	90.0
Phosphorus (Mg)	1071	694	937	790	900
Nutrients as Percent of Calories					
Protein	14	10	14	10	15
Total Fat	28	43	46	30	40
Carbohydrate	56	46	39	61	44

TABLE 7--HEAD START WEEK 6

Nutrient	Monday	Tuesday	Wednesday	Thursday	Friday
Calories (K. Cal)	1302	1873	1282	902	1151
Protein (G)	48.1	65.8	46.0	30.9	42.3
Total Fat (G)	53.5	74.2	39.0	52.4	50.3
Carbohydrate (G)	164	242	195	80	134
Calcium (Mg)	645	1247	755	476	798
Iron (Mg)	6.65	8.15	7.04	5.14	5.24
Vitamin A (IU)	3164	4072	7360	2747	3364
Thiamin (Mg)	0.50	0.77	0.56	0.56	0.69
Riboflavin (Mg)	1.19	1.96	1.06	0.81	1.10
Niacin (Mg)	8.56	9.66	5.51	3.78	8.63
Ascorbic Acid (Mg)	95.4	23.7	63.2	35.8	81.9
Phosphorus (Mg)	792	1302	846	596	819
Nutrients as Percent of Calories					
Protein	14	15	14	13	14
Total Fat	36	38	27	52	39
Carbohydrate	50	47	60	35	46

TABLE 8--HEAD START WEEK 7

Nutrient	Monday	Tuesday	Wednesday	Thursday	Friday
Calories (K. Cal)	1234	1181	1346	961	1211
Protein (G)	44.3	41.4	34.5	30.1	44.1
Total Fat (G)	49.2	53.4	38.8	45.0	50.2
Carbohydrate (G)	156	137	150	113	151
Calcium (Mg)	755	735	669	724	874
Iron (Mg)	5.42	4.50	5.03	3.85	5.35
Vitamin A (IU)	2267	3325	2099	4689	2566
Thiamin (Mg)	0.73	0.58	0.92	0.42	0.51
Riboflavin (Mg)	1.30	1.25	1.01	1.02	1.30
Niacin (Mg)	7.77	5.36	6.41	3.36	4.77
Ascorbic Acid (Mg)	9.6	30.4	82.0	79.4	42.7
Phosphorus (Mg)	827	776	719	681	980
Nutrients as Percent of Calories					
Protein	14	13	13	12	14
Total Fat	35	35	38	42	37
Carbohydrate	50	52	49	46	49

TABLE 9--HEAD START WEEK 8

Nutrient	Monday	Tuesday	Wednesday	Thursday	Friday
Calories (K. Cal)	1410	1371	1392	1453	1493
Protein (G)	69.7	56.3	58.6	49.2	59.8
Total Fat (G)	42.2	55.1	75.5	70.2	74.8
Carbohydrate (G)	184	164	127	164	152
Calcium (Mg)	765	1001	889	957	898
Iron (Mg)	6.15	7.20	7.35	5.48	5.68
Vitamin A (IU)	2431	5900	6659	3484	2990
Thiamin (Mg)	0.82	1.25	0.48	0.62	0.71
Riboflavin (Mg)	1.03	1.70	1.37	1.42	1.44
Niacin (Mg)	10.78	12.70	10.71	5.62	5.80
Ascorbic Acid (Mg)	36.6	49.6	64.5	23.5	172.0
Phosphorus (Mg)	785	1075	1053	849	922
Nutrients as Percent of Calories					
Protein	19	16	16	13	16
Total Fat	26	36	48	43	45
Carbohydrate	52	47	36	45	40

TABLE 10--HEAD START WEEK 9

Nutrient	Monday	Tuesday	Wednesday	Thursday	Friday
Calories (K. Cal)	1296	1399	1568	1391	1323
Protein (G)	44.3	35.1	39.0	47.0	59.8
Total Fat (G)	56.3	53.8	68.4	54.6	57.7
Carbohydrate (G)	161	198	207	185	144
Calcium (Mg)	746	750	645	810	765
Iron (Mg)	9.76	5.91	5.59	7.85	6.17
Vitamin A (IU)	5168	1700	2145	5506	2172
Thiamin (Mg)	0.79	0.71	0.72	0.80	0.67
Riboflavin (Mg)	1.40	1.14	1.08	1.28	1.54
Niacin (Mg)	8.60	5.34	6.26	7.52	7.35
Ascorbic Acid (Mg)	62.1	90.4	90.3	71.7	73.5
Phosphorus (Mg)	885	773	786	919	969
Nutrients as Percent of Calories					
Protein	13	10	9	13	18
Total Fat	39	34	39	35	39
Carbohydrate	49	56	52	53	43

Ways to Increase Iron Content in Menus

USE ground liver as part of the fresh ground meat in meat patties, meat loaf, croquettes, chili, juicy-burgers, and in meat sauce for spaghetti. Braunschweiger, liver sausage, liverwurst, and liver spreads may be used as fillers for sandwiches. Liver spreads also may be used to stuff celery for snacktime, or as a dip.

More high iron content foods could be added to menus—such as beef roasts, pork chops, chicken, eggs, dry beans, spinach, green peas, oatmeal, dried apricots, and prunes.

However, if extra foods are added to menus, or deletions or substitutions are made, the nutrient summary analyses will change accordingly.

PRUNE BUTTER DIP

3 cups

Prunes, cooked and seeded 1 ½ cups
Salad oil 1 teaspoon
Peanut butter ½ cup
Corn syrup ½ cup
Cinnamon ¼-½ teaspoon

1. Mix prunes and oil to coat.
2. Combine peanut butter, corn syrup, and cinnamon with the prunes.

LIVER SPREAD

2 cups

Liver 1 pound
Bacon 4 slices
Onion 1 small
Eggs, hard cooked 3 eggs
Salt ½-1 teaspoon
Pepper ¼ teaspoon
Milk 3-4 tablespoons
Mayonnaise 2-3 tablespoons
Worcestershire sauce ½-1 teaspoon

1. Cook bacon until crisp. Remove from skillet.
2. Cook liver and onions slowly in bacon fat (about 10 minutes).
3. Grind liver, bacon, onion, hard cooked eggs.
4. Add salt, pepper, milk, mayonnaise, and Worcestershire sauce. Mix well.

Note: If desired, ½ cup melted butter or margarine and 2 tablespoons prepared mustard may be used to replace the bacon.

LIVER BISCUIT ROLL

Place liver spread on biscuit dough, roll up (like jelly roll). Bake in moderate oven. Serve with a tomato sauce gravy.

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Custard Sauce (Thurs.)	85
*French Toast (Fri.)	11
*Tamale Pie (Fri.)	86
Tapioca Pudding (Fri.)	86
*Rolled Oats Muffins (Fri.)	74

Week's Menu No. 8

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Orange Puff (Mon.)	97
*Cinnamon Toast (Tues.)	37
*Hot Cocoa (Tues.)	37
Baked Ham (Tues.)	97
*Cornmeal Buns (Tues.)	38
*Rolled Oats Cookies (Tues.)	13
*Hard-Cooked Eggs (Wed.)	24
Rolled Oats Coffee Cake (Wed.)	98
Pineapple Chiffon Cheese Cake (Wed.)	98

Barbecued Canned Chopped Meat (Thurs.)	99
Banana Cake (Thurs.)	99
Salmon Croquettes (Fri.)	99
Potato Wedges (Fri.)	98
Lemon Fluff Pie (Fri.)	99
Corn Muffins (Fri.)	100

Week's Menu No. 9

Canned Chopped Meat Spaghetti Casserole (Mon.)	111
*French Dressing (Mon.)	36
*Hot Rolls (Mon.)	13
*Cornmeal Pancakes (Tues.)	11
*Syrup (Tues.)	24
*Braised Beef Liver with Gravy (Tues.)	36
Yellow Butter Cake (Tues.)	112
*Rolled Oats Biscuits (Tues.)	63
Hungarian Goulash (Wed.)	111
Cranberry Fruit Fluff (Wed.)	112
Carrot Cake (Wed.)	113
*Rolled Oats Cookies (Wed.)	13
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Hard-Cooked Eggs	24

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Salmon Rice Loaf	50
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HAM

Baked Ham	97
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Custard Sauce	85
Hot Cocoa	37
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Bread Pudding with Raisins	63
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Fruit Cup Salad on Lettuce Leaf	85
French Dressing	36
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SYRUP

Maple Flavored Syrup	11
Pancake Syrup	24



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