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WAR FOOD ADMINISTRATION  
Office of Distribution

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Apples in School Lunches

Three to four million bushels of apples harvested suddenly by the recent hurricane are now being marketed. To help save this portion of our record apple crop for 1944, the War Food Administration is urging all consumers - including those participating in the Community School Lunch Program - to use more apples now and to can apples for use later on.

Apples - raw, cooked, or canned - are always popular and they have limitless possibilities in menu planning. So feature many new apple dishes, and serve old favorites as well, in school lunch menus. And, wherever possible, can apples or applesauce, to use during winter months when fresh fruits are scarce, and make apple butter too.

In planning menus using apples consider these points:

1. Apples may be served to meet the vegetable-fruit requirement of either the Type A or Type B lunch, in whole or in part.
2. Nutritionally speaking, apples are in Group Three of the Basic 7 Food Groups together with potatoes and many other fruits and vegetables. The foods in this group vary somewhat in nutritive value but in general they add to our daily quota of vitamins and minerals and supplement the food values of green and yellow vegetables (Group One of the Basic 7) and citrus fruits, tomatoes, raw cabbage and other fruits and vegetables which go to make up the Group Two list. Eaten raw, apples furnish a fair supply of vitamin C to the diet.
3. Apples are well liked and can be served often in school lunches without making meals monotonous. Serve them alone, or combined with raw or cooked vegetables, to supplement the meat or meat alternate dish, or use them alone or combined with other foods in countless desserts.
4. To make the most of the food values in apples, serve them with their peel on in salads, fruit cups and other dishes whenever possible. As in the case of all raw fruits and vegetables, be sure to prepare apples for salads and fruit cups as close to the serving time as possible so that food values are not lost through standing.

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Some Ways to Serve Apples in School Lunches

As a 'vegetable' dish (alone or combined with vegetables)

- \*Panned (or scalloped) apples
- \*Panned apples and onions or carrots
- \*Panned (or scalloped) apples and sweet potatoes
- \*Panned (or scalloped) apples and cabbage
- \*Apple and cabbage salad
- \*Apple and celery salad

As a Dessert

- \*Raw apples - whole, or in sections
- \*Fruit salad with apple
- \*Apple, celery, peanut salad
- \*Apple, cottage cheese, peanut salad
- \*Fruit cup with apple
- \*Applesauce
- \*Stewed apples
- \*Apple whip
- \*Steamed (or boiled) apple pudding
- Baked apples - plain, or stuffed with raisins
- Apple scallop
- Apple crisp
- Apple betty (or soya or peanut butter apple betty)
- Apple and oatmeal pudding
- Apple dumplings or tarts
- Apple upside-down cake
- Applesauce spice cake (or soya applesauce spice cake)

\* These dishes can be prepared without cooking or with top-of-stove cooking facilities.