

## Lunches from page 1B

Debbie Bruening of Plymouth Township has observed firsthand the nutritional improvements in her district's school lunch program.

The mother of five girls, including 8-year-old twins, Triasha and Ashley, she has been making or buying school lunches ever since her 24-year-old daughter, Dawn, was in elementary school.

"Over the years, lunches served at school seem to have improved," said Bruening. "They're healthier and more appealing, although they still have some high-fat items like pizza and tacos. I occasionally let the girls buy these popular foods at school, but at home and in the lunches I make, they have low-fat and healthy foods."

Bruening said she didn't think of the nutritional value when preparing lunches for her older girls, including Anji, 21 and Candi, 19. She just wanted them to eat.

"When I made lunches 15 years ago, I'd throw in some cookies, a candy bar, some potato chips and lunch meat sandwiches with margarine and mayonnaise."

Bruening said newly available nutritional information, and her husband's heart attack a few years ago made her more conscious of what she feeds her family.

"Now I add more fruit and vegetables to the girls' lunches, and I have replaced bags of potato chips with pretzels, which have less fat," she said.

To make things interesting and nutritious, she cuts sandwiches with cookie cutters, cuts oranges into wedges she labels smiles, and

**'As a lunch lady, I learned real fast what kids eat and what they throw away. Unfortunately, most don't eat fruit and vegetables.'**

Cindy Cares

add vegetable dips or salad dressing for carrot and green pepper sticks.

She often replaces sandwiches with banana nut bread (minus the nuts) and yogurt. She said her girls' Plymouth elementary school offers students a fruit break in the morning, and encourages youngsters to bring fresh, not processed fruit.

Giving their children the "proper fuel" to concentrate and achieve in school is the goal of all mothers. Another goal, Cares said, is to teach children to make good food choices.

Cares gives her kids nutritional and health information so they can make better food choices. She has taught them the importance of reading food labels.

"Reading these labels has been an eye-opening experience for them," Cares said. "For example, they learned that such favorites as chocolate chip cookies and pre-packaged fruit pies contain excessive amounts of fat, not to mention calories. Now they substitute graham crackers for the cookies and a piece of my 'Apple Pie Square' for fruit pie."

## Back-to-school treats look good

See related story on Taste front.

### NO FAT VEGETABLE DIP

1 cup no-fat sour cream  
1 teaspoon dried dill weed  
½ teaspoon (or to taste) garlic powder  
1 teaspoon Beau Monde seasoning (in the spice section of your favorite grocery store. Brand name is Spice Islands)  
Mix ingredients together. Refrigerate for one hour. Serve with cut vegetables.  
Recipe submitted by Margaret Hack.

### APPLE PIE SQUARE

Crust: 1 cup shortening  
2½ cups flour  
1 tablespoon sugar  
½ teaspoon salt  
1 egg yolk (save egg white to brush on top of apple pie squares) add milk to egg yolk to make ½ cup liquid  
Filling:  
10 to 12 sliced and peeled apples  
1 cup sugar  
1 teaspoon cinnamon  
1 cup corn flakes crumbs  
To make crust: combine flour, sugar and salt. Cut in shortening. Slowly add liquid and mix until ingredients are moistened and dough almost cleans side of bowl.

Gather in a ball, then roll ½ of dough to the size of a 10 by 15 inch cookie sheet (jelly roll pan). Place on cookie sheet and cover with filling.

To make filling: Mix apples, sugar and cinnamon together and spread on crust. Sprinkle corn flakes crumbs on apple.

Roll out remaining ½ of dough to fit cookie sheet. Place on top of apple filling. Pinch bottom and top crusts together to seal. Beat egg white until stiff and spread on crust.

Bake at 400 degrees for 15 minutes, then at 350 degrees for 45 minutes.

To make icing: Mix 1 cup powdered sugar with 1 tablespoon milk. Drizzle on top of Apple Pie Square while it's hot. Let pie square cool before serving.  
Recipe submitted by Cindy Cares.

### BANANA NUT BREAD

2½ cups all-purpose flour  
1 cup sugar  
3½ teaspoons baking powder  
1 teaspoon salt  
3 tablespoons vegetable oil  
¾ cup milk  
1 egg  
1 cup (2-3 medium) mashed ripe bananas  
1 cup finely chopped nuts  
Mix ingredients together and beat for 1½ minutes on medium, scraping sides of bowl. Pour into a greased, floured loaf pan.  
Bake at 350 degrees for 55 to 65 minutes or until toothpick stuck in center comes out clean.

Cooking tip: If your kids don't like nuts, leave them out or use walnut halves which can be easily picked out of bread.  
Recipe submitted by Debbie Bruening.

## Legislators eye school lunches

BY SANDRA DALKA-PRYBY  
Special Writer

Parents aren't the only ones concerned about proper nutrition for school children. There are a number of others who take school food programs seriously.

Among the concerned are U.S. senators and congressmen and women, who periodically review and amend the National School Lunch Act and the Child Nutrition Act of 1966 (both foundations of school lunch, breakfast and milk programs). Currently there are three proposed bills (two in the House and one in the Senate) to amend these laws.

The goals of the proposed amendments include:

- To assist schools in offering greater quantities of fresh fruits and vegetables under the school lunch program;
- To extend the school breakfast program;
- To further promote healthy eating for children;
- To reduce fat and saturated fat and to assure compliance for fat, fiber, sodium and other guidelines;
- To establish more stringent rules to minimize the sale of junk food on school campuses.

The reason for the changes, according to the Federal Register, is that the U.S. Department of Agriculture studies consistently shows that children's diets, including meals served in schools,

do not conform to dietary guidelines established by the USDA and the U.S. Health and Human Services Department.

"While lawmakers and the Federal government are charged with making and reviewing the Dietary Guidelines, it's up to the states to see that school districts follow the recommendations," said Susan Anderson, supervisor, Child Nutrition Program, Michigan Department of Education.

Anderson said that her office yearly reviews at least a quarter of the state's school districts to assure that their breakfast and lunch programs meet federal guidelines.

"In addition, we hold training sessions for staff members of all the state's schools to help them plan and prepare healthy and nutritious food programs."

How's your school district doing? Are you happy with the quality of your child's school lunch program? Let us know. After the school year begins, we'll feature schools which are doing an outstanding job serving tasty and nutritious lunches. Send school lunch menus and lunch program recommendations to Keely Wygonik, Taste Editor, Observer and Eccentric Newspapers, Inc., 38251 Schoolcraft, Livonia, MI, 48150. Or call 1-313-953-2106.

## Biscuits, muffins are fine

See Larry Jones' Taste Buds column on Taste front.

### MOMMA'S BISCUITS

1½ cups all purpose flour  
½ teaspoon salt  
1 tablespoon double acting baking powder  
5 tablespoons Crisco  
¾ cup well chilled milk  
Sift together the dry ingredients. Cut the Crisco in with your fingers until mixture is mealy, for no more than a minute.

Dump in the well chilled milk all at once, stir with a spoon for 30 seconds. Turn the dough onto a lightly floured table and knead for 8-10

fold. Roll out with a lightly floured rolling pin to about ¾-inch thick.

Cut with a cutter and place on an ungreased cookie sheet. Brush tops of biscuits with a little milk. Bake at 450 degrees for 12-15 minutes or until lightly golden. Makes about 20 biscuits.

Momma's Secret: She uses the same dough but adds a tablespoon of sugar when making biscuits for strawberry shortcake.

### MOMMA'S BRAN MUFFINS

2 cups all bran cereal  
1½ cups milk  
1 cup all purpose flour

¾ cup firmly packed brown sugar

2 teaspoons baking powder  
½ teaspoon baking soda  
¼ cup margarine (melted)  
1 egg, beaten

Combine bran and milk. Allow to stand for 5 minutes. Combine next four ingredients; set aside.

Mix margarine (melted) and egg into bran mixture. Stir in the flour mixture until just barely blended. Spoon into 12 lightly greased muffin cups and bake at 400 degrees for 18 minutes or until done.  
Recipe compliments of Nabisco.

## Challah from page 1B

shape of a ladder or bird. The ladder expresses the understanding of what the holiday is really about, according to "Roah Hashana: Laws and Customs, An Abridged Version of The New Roah Hashana Anthology," by Rabbi Aaron Levine. "On Roah Hashana G-d will decide who will ascend the ladder of success and who shall descend that ladder to less-success," he said.

Additionally, the bird shaped loaf illustrates the wish that our prayers, like a bird, will soar heavenward and be heard. Besides shaping these cake-like breads in unique ways, extra honey and white raisins are often added, illustrating the hope for a sweet and blessed year.

Roah Hashana is celebrated for 10 days beginning at sunset on Monday, Sept. 5, and ending with Yom Kippur services on Thursday, Sept. 15.

"The challah produced at this time of year is special," said Dena Sanders of Zeman's Bakery. "Throughout the year the kosher bake shop at 25258 Greenfield, sells 1,000 loaves of challah per week. But before the holidays, according to Sanders, the ovens are going around the clock in order to provide the 4,000 loaves sold per day.

"For weeks ahead, people come from as far away as Ohio, to buy our challahs. It's one time of year that

people put their freezers to good use," she said.

Still, there are many people who especially at this time of year, choose to bake their own challah. According to Marge Burstin of Southfield, baking challah is the way of starting off the year with a mitzvah, "a good or praiseworthy deed."

For Burstin, the mother of five, making challah is a family activity. "Everyone takes part in some aspect of making the challah whether it's kneading, rolling or shaping the dough," she said. "But the best part is sitting at the Roah Hashana table where we share blessings and enjoy eating what we all baked together."

## Bake your own challah for the Jewish New Year

See related story on Taste front.

### BASIC CHALLAH

2 packages dry yeast  
2½ cups warm water  
½ cup honey  
1 tablespoon salt  
¾ cup oil  
4 eggs  
6 cups flour  
Cream:  
1 egg yolk, beaten  
1 teaspoon water  
Poppy seeds  
Dissolve yeast in water in a large bowl. Add honey and let stand 2 minutes until yeast foams. Add salt, oil and eggs and mix well.

Gradually add flour, 2 cups at a time, mixing after each addition. As

desired, and place in greased pans or on baking sheet. Let rise again until doubled in size.

Preheat oven to 375 degrees. Brush with cream. Bake for 45 minutes to 1 hour or until brown. Remove from pans and cool on racks. Yield 3 loaves.

### HONEY AND WHOLE-WHEAT CHALLAH

6 packages dry yeast  
4 cups warm water  
1 cup honey  
1 cup oil (preferably safflower or sunflower)  
5 eggs  
¾ cup honey and ¼ cup molasses or 1 cup honey  
2 tablespoons salt  
12 cups whole-wheat flour  
5 cups white flour  
Cream:  
1 egg yolk, beaten  
Poppy or sesame seeds

In a large bowl, dissolve yeast in 4 cups warm water mixed with 1

tablespoon honey. Set aside 5 to 10 minutes. Add oil, eggs, honey, and remaining 3 cups warm water, and mix well.

Gradually add dry ingredients and knead dough until elastic and not sticky, 5 to 10 minutes. If necessary, add more flour, ¼ cup at a time. If too stiff, add more water, a little at a time.

Place dough in an oiled bowl, turning to coat all sides with oil. Cover and let rise 1 to 2 hours. Punch down and let rise 1 hour. Divide dough into seven pieces. Shape dough as desired and place in greased pans. Let rise another hour.

Preheat oven to 350 degrees. Brush loaves with beaten egg and sprinkle with poppy or sesame seeds. Bake until brown, 45 minutes to 1 hour. Remove from pans and cool on racks. Yield 7 loaves.

Recipe from "Rights and Sides: The Complete Kasher Santa Cookbook."

## Keep a healthy balance

Here are some tips for healthy eating from the American Dietetic Association and National Food Information Council.

- Eat a variety of nutrient-rich foods.
- Enjoy plenty of whole grains, fruits and vegetables.
- Maintain a healthy weight.

- Eat moderate portions.
- Eat regular meals.
- Reduce, don't eliminate certain foods.
- Balance your food choices over time.
- Know your diet pitfalls.
- Make changes gradually.
- Remember foods are neither good nor bad.

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