

# Tasty Tips For School Lunches

By ELLY

It's always fun to see the children going off to school. There's an electric excitement visible as they sparkle with cleanliness and enthusiasm. New shoes, new dress, new socks, new lunchbox.

What goes in the lunchbox is up to you and unfortunately many lunches are as boring to eat as they were to prepare.

A wide-mouthed thermos lends itself to a wide variety of uses and you know what "they" say about variety. Remember to include foods that are easy to eat and carry. Even the addition of a colorful napkin adds to the appeal of a packed lunch.

Lunch should supply about one-third the daily food needs. Don't underestimate the nutritive value of a peanut butter and jelly on whole wheat bread sandwich but here are some ideas to add some excitement to a dreary lunchbox routine.

**BUSY DAY SOUP**

1 can condensed green pea soup  
1 can condensed tomato soup  
2 1/2 c. milk  
1/2 t. Worcestershire sauce  
1/4 t. curry powder

Blend soups together until smooth. Gradually add milk and spices stirring until smooth. Pour lunch portion into preheated vacuum bottle. Cover tightly.

**CHICKEN CHEESE SAUCER PIES**

Pastry for two crust 9 in. pie  
2 c. cooked chicken, diced  
1 chicken bouillon cube  
1/2 c. boiling water  
1 4 - ounce can sliced mushrooms  
1/4 c. butter  
3 T. flour  
1/2 t. salt  
1/4 t. garlic salt  
1/4 t. pepper  
1 c. cream  
1/2 t. Worcestershire sauce  
1/4 c. grated cheddar cheese

Set out four small individual pie pans. Divide pastry into two balls, one ball slightly larger than the other. Roll out larger ball and cut into four 8 1/2 - inch rounds. Fit into pans. Roll out remaining balls for top crusts and cut into four 6 1/2 - inch rounds. Wrap in waxed paper and set aside.

Dissolve bouillon cube in boiling water. Set aside to cool. Drain and set aside mushrooms. Heat butter in skillet; add onion and cook until transparent. Blend in a mixture of flour, salt, and pepper. Heat until mixture bubbles. Remove from heat and add gradually while stirring constantly, the chicken, cream, and Worcestershire sauce. Return to heat and stir constantly until blended thoroughly. Stir in chicken and mushrooms. Set aside to cool. Place one-fourth cooled filling into each pastry shell. Sprinkle the grated cheese over the filling. Put the top crust on. Bake at 450 degrees 15 to 20 minutes, or until pies are delicately browned. Chill pies before packing in lunch.

These can be made the night before and are just right for big appetites. Cut them into halves for smaller capacities.

**DRIED FRUIT**

Wrap and pack dried apricots, prunes, peaches, figs, dates and raisins.

**PEANUT BUTTER COOKIES**

1/2 c. oil  
1 c. honey  
3/4 c. peanut butter  
2 eggs, beaten  
5 1/2 T. skim milk powder (7 1/2 instant)  
2 t. baking powder  
1/2 t. salt  
1 t. cinnamon  
1/2 t. mace  
1/2 c. rolled oats  
1/2 c. raisins  
3/4 c. whole wheat flour

In a large bowl with an electric mixer blend oil and honey several minutes until they get creamy and light. Add the peanut butter and continue beating until the mixture is blended. Beat in eggs, milk powder, salt and spices. At this point the batter will be very thick and gluey so do the rest of the mixing with a wooden spoon. Stir in the oats, raisin, and whole wheat flour making sure everything is well blended. Drop by teaspoons on an ungreased cookie sheet. Bake at 325 degrees for 10 to 12 minutes. Makes about 30 cookies.

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