#### Cafeteria workers

(Continued from Page B2)

cafeteria because, "Johnny gets what Johnny likes and then he never learns to eat anything else."

She is quick to add, "Students are learning other things as well as good nutrition when they buy lunch. They learn good table manners and the responsibility of carrying money. There is a lot to be learned in the lunchroom."

Futhermore, she adds, "If you constantly offer balanced lunches for 12 years, they have to learn something about nutrition."

According to information from the Dairy Council, a lunch packed at home containing the same nutrition as a school lunch is more expensive than school cafeteria prices. Also, school personnel are trained in providing high-density nutrition

June says that many lunches packed at home do not contain nutritious food, but food that is expensive and easy to pack.

Peer pressure, that oft-criticized of young people, can sometimes be helpful. Mrs. Witman recalls that when they introduced tacos several years ago she visited one section of each grade, showing the ingredients in tacos and allowing the children to taste them. "We asked them to watch for tacos on the menu and tell their friends about them. You have to promote things," she says. She said she has tried getting student groups to taste new items before placing them on the menu, asking the students if they will eat it and if other students will buy the

amed in providing ingraders). It and it other stated is with only in

Hot dogs are a popular menu item and usually bring out a high number of buyers for that day. Here, Stella puts the steaming hot dogs in a warmer to await the first onslaught of students.

# END OF SEASON SALE ON RENTALS 17 FT. CANOES...\$20000



• Built For Sporting Action

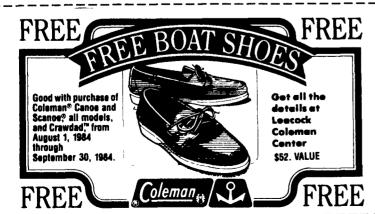
Cartopable

• Economical

Power Efficient

• Built To Last

Special FREE SHOES COUPON Available On All Canoes, Scanoes & Crawdads



## LEACOCK COLEMAN CENTER

89 Old Leacock Rd., RD 1, Ronks, PA STORE HOURS: Mon. thru Sat. - 8 to 5; Tues. & Fri. till 8:30

item.

Mrs. Witman has expanded her duties beyond the cafeterias, and often goes into the classroom and to home economics classes to promote nutrition education. She also likes to be in a cafeteria every day at lunch to observe and interact.

She noted that after elementary school there is a big change in students' eating habits, and they begin to try a wider variety of foods. Mrs. Witman would also like to see schools having recess before lunch so that children would not race through their lunch to go play.

One of the challenges of preparing menus is using the commodities offered by the government. In the last few years there has been a "deluge of cheese" according to Mrs. Witman. "There is also a lot of powdered milk and powdered eggs."

"I don't always take everything they offer," she says. "If it is just going into storage, then I think maybe somebody else can use it. I go by what I have on hand and what I can use. Sometimes I wish they would just give us the cash so we could buy what we want, but I understand the program."

She must also consider the number of people working the cafeterias when choosing menus. "When the government reimbursement figures went down so did our hours," she points out. That means fewer people and simpler preparation.

An innovation of hers was to use printed menus which offer nutrition education on the reverse side. Carnation provides the nutrition information, and she fills out the menus, using art from Hempfield students to brighten up the page.

Another change has been offering kindergarten classes snacks from the cafeteria instead of the

Northeast

systems

agri

### Packing lunch

(Continued from Page B2)

chocolate so they can make chocolate milk. And she points out, "Yogurt is a nice change from sandwiches."

Homemade bologna cut in

chunks and cheese cut in chunks

are a welcome change of pace. "I

don't always put a sandwich in because it gets boring." A favorite

for her children is pie, and she will

sometimes treat them by including

There is a real secret to a good

ches always taste better with a

little love note from home. It's

always a surprise." Occasionally

her children will write notes for

each other. LilliAnn agrees, I like

to write a note or cut out a cartoon

Some other ideas that might

work in your school lunches in-

clude wrapping cheese or meat

around a commercial breadstick,

using a wooden pick to hold the

meat in place. This makes

'crunch-wich,'' a pleasant change.

For a "walking salad" try slicing off the top of an apple,

hollow out the core, leaving the

bottom intact. Brush the hollow

with orange or lemon juice, then

fill with peanut butter mixed with

raisins, cream cheese, chocolate

chips or caramels. Replace the top

of the apple and wrap in plastic wrap for a nutritious treat. Dried

traditional milk and cookies. The

snacks are nutritious and are often tied in with the school menu,

helping the children become familiar with foods offered through

The school cafeteria offers good

nutrition, and enough fuel to get

students through the long af-

the school.

ternoon.

fruit adds easy-to-pack interest.

school lunch. Linda says,

a "sip-up" beverage.

to send in their lunch.'

Using graham crackers instead of bread takes away the monotany of peanut butter sandwiches, and adding something like raisins, carrots, coconut, or crushed pineapple will be a nice surprise.

Lettuce can be packed separately to add crunch to sandwiches, and using pita bread adds interest.

Fruit juice can be frozen in either small cans or plastic containers, then wrapped in plastic to contain the moisture as it defrosts. The cold of the juice will keep other foods cool until lunch, and the juice can be eaten or drunk as slush.

With a little imagination, your lunch boxes can be filled with interesting, nutritious food which will delight students and energize them for the afternoon.



Naomi prepares a sandwich for her lunch.

# Fast track to egg cost reduction



Chore-Time's MEALMASTER
FeedKar traveling feeder can
help you get your egg costs on track
Here's how

- 1 The typical chain feeder uses 1<sup>1</sup>2 hp to feed each cage tier – 6 hp for a 4high Our hopper system, traveling on tracks, is pulled by a cable using only ½ hp – a 95% energy reduction!
- 2 Cuts feeder maintenance and labor costs to virtually "zero" You know what a chain feeder costs to maintain!
- 3 Evens out egg production from

one end of the row to the other — birds at the front can't "highgrade" the feed We'd like to talk to you about the

We'd like to talk to you about the other ways the nearly 200 feeders we've sold are helping owners. Our FeedKar is now standard on all Chore-Time brood-grow and layer cages our famous shallow PYRAMID and new deep PYRAMID our 3- and 4-high SSS.

Find out more about the FeedKar – plus our line of cage systems and the Chore-Time 'total package" of feed bins auger ventilation, and waterers

CHORE-TIME

NORTHEAST AGRI SYSTEMS, INC
PO Box 187 Local Re

Fitchville, CT 06334

Phone (203) 642-7529

Local Representative DAVID NEWMAN (717) 299-9905