

POWNAI STATE SCHOOL  
DIETARY FOR CHILDREN  
FOR THE WEEK OF DECEMBER 19-25, 1943

|        | BREAKFAST  | DINNER   | SUPPER  |
|--------|--|--|---|
| Sun.   | Cornflakes - Milk<br>Bread - butter<br>Coffee - Milk     | Roast Lamb<br>Gravy<br>Mashed potatoes<br>Carrots<br>Bread - butter<br>Baked pumpkin   | Pea Soup<br>Crackers<br>Bread - Butter<br>Bread pudding               |
| Mon.   | Oatmeal - Milk<br>Bread - butter<br>Coffee - Milk        | Hamburg<br>Rice - Beets<br>Bread - butter<br>Apples  | Creamed Carrots<br>Bread - butter<br>Hermits                          |
| Tue.   | Cr. of Wheat - Milk<br>Bread - butter<br>Coffee - Milk   | Baked Beans<br>Relish<br>Cole Slaw<br>Cornbread - butter<br>Vanilla pudding  | Beet & Vegetable<br>Hash<br>Bread - butter<br>Cake                    |
| Wed.   | Shredded Wheat - Milk<br>Bread - butter<br>Coffee - Milk | Pot Roast<br>Potatoes - Turnips<br>Bread - butter<br>Apple sauce   | Spanish Rice<br>Bread - butter<br>Gingerbread                         |
| Thurs. | Maltex - Milk<br>Bread - butter<br>Coffee - Milk         | Sausage - Potatoes<br>Cabbages<br>Bread - butter<br>Jello  | Vegetable Stew<br>Crackers<br>Biscuits - butter<br>Prunes             |
| Fri.   | Rolled Wheat - Milk<br>Bread - butter<br>Coffee - Milk   | Fish Hash<br>Catsup - Greens<br>Bread - butter<br>Oranges  | Baked Beans<br>Relish<br>Bread - butter<br>Cookies                    |
| Sat.   | Cr. of Wheat - Milk<br>Bread - butter<br>Coffee - Milk   | Roast Chicken<br>Gravy - Stuffing<br>Cranberry sauce<br>Sweet potatoes<br>Mashed Squash<br>Onions<br>Bread - butter<br>Apple pie | Corn chowder<br>Crackers<br>Bread - butter<br>Ice Cream<br>Choc. Cake |

Working children are served extra food.  
Crippled children are given tomato juice every day.  
Modified Ketogenic Diet for epileptics.

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Contributed to Maine Memory Network by New Gloucester Historical Society  
Date: Dec. 19-25, 1943  
Description: Children's menu at the Pownal State School