

School Lunch Food Journal

Name: _____

Dates of Record: _____

Day	Food Served	# of servings of				
		Grains	Vegetables	Fruits	Dairy	Protein
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Totals for Week						

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School Lunch Menus from 1916*

Day	Food Served	# of servings of				
		Grains	Vegetables	Fruits	Dairy	Protein
Monday	- Slice of meat or bean loaf - Bread and butter sandwich - Stewed fruit - Small frosted cake					
Tuesday	- Dried codfish chowder - Crackers - Fruit - Maple-sugar sandwich					
Wednesday	- Baked bean and lettuce sandwich - Apple sauce - Sweet chocolate					
Thursday	- Meat and vegetable stew - Bread and butter - Cookies					
Friday	- Hard-boiled eggs - Crisp baking powder biscuit - Celery or radishes - Brown sugar sandwich					
Totals for Week						

*Menus from "School Lunches." Farmers' Bulletin #712. United States Department of Agriculture. 1916.

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School Lunch – Past and Present Worksheet

1. Are school lunch menus the same as they were in 1916?
2. What are some of the differences between the menus today and in 1916?
3. What are some of the food items from 1916 that we still eat today?
4. Did you notice any differences between your lunch and lunch in 1916 in the amount of:
 - Grains eaten
 - Vegetables eaten
 - Fruits eaten
 - Dairy products eaten
 - Protein products eaten
5. Did you eat food from each of the food categories every day?
6. Did you eat food from each of the food categories over the course of the week?
7. Based on the information from “MyPlate,” do you think you need to make any changes in your lunch menus? If so, what changes do you want to make?

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Historical Food Guide Chart ~ Food Guides from the USDA*

For more information and graphics, visit the Historical Dietary Guidance Digital Collection: <https://naldcnal.usda.gov/historical-dietary-guidance-digital>

Food Guide	Number of Food Groups	Protein-Rich Foods				Breads		Fruits and Vegetables				Other		
		Group Names	Meats and Other Protein-Rich Food	Cereals and Other Starchy Foods	Fruits and Vegetables	Fatty Foods	Sugars							
1916 - Food for Young Children	5	Group Names	Meats and Other Protein-Rich Food	Cereals and Other Starchy Foods	Fruits and Vegetables	Fatty Foods	Sugars							
								# of Servings	1 milk + 2-3 others	9	5	9	10	
		Serving Size	3 oz. 1 C		1 oz or ¾ C		8 oz		1 Tbsp	1 Tbsp				
1930's - Planning for Good Nutrition	12	Group Names	Milk	Meat, Poultry, Fish	Dry Beans, Peas and Nuts	Eggs	Flours, Cereals	Leafy Green, Yellow	Potatoes, Sweet Potatoes	Other Vegetables and Fruits	Tomatoes and Citrus	Butter	Other Fats	Sugars
			# of Servings	2 C	9-10/week	1/week	1	As desired	11-12/week	1	3	1	-	-
				Milk and Milk Products	Meat, Poultry, Fish, Eggs, Dried Beans, Peas, Nuts	Bread, Flour, and Cereals	Leafy Green, Yellow	Potatoes and Other Fruit and Vegetables	Citrus, Tomato, Cabbage, Salad Greens	Butter-fortified, margarine				
				# of Servings	2 cups or more		every day	1 or more	2 or more	1 or more	some daily			
1941 - Eating the Right Food to Help Keep You Fit	10	Group Names	Milk	Eggs	Meat	Cereal-Bread	Leafy Green, Yellow	Other Vegetable and Fruits	Citrus, Tomato, Cabbage	Fats	Sweets	Water		
			# of Servings	2 C or more	1 or at least 3-4/week	1 or more	At least 2 whole grain or enriched	1 or more	2 or more	1 or more	use every day	in moderation	6+ glasses	
				Milk	Egg	Meat	Cereal-Bread	Vegetable	Potato	Fruit	Butter-Fortified Oleo		Sugar-Fat	
1941 - A Yardsstick for Good Nutrition	9	# of Servings	2 C	3-4/week	1 (3 oz)	At least half of intake	2; at least 1 green or yellow	1 or more	2; at least one citrus or tomato	100-500 cal	to complete calories			
					Milk	Eggs	Meat, Cheese, Legumes	Cereal-Bread	Vegetables	Fruit	Butter			
1941 - A Guide to Good	7	Group Names	Milk	Eggs	Meat, Cheese, Legumes	Cereal-Bread	Vegetables	Fruit	Butter					

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	# of Servings	2 C or more	3-5/week: 1/day preferred	1 or more	Whole grain or enriched	1 potato, 2 or more other including green/yellow	2 or more including citrus or tomato	2 Tbsp or more
1956-70's – Basic Four Foundation Diet	Group Names	Milk Group	Meat Group	Bread, Cereal	Vegetable-Fruit Group			
	# of Servings	2	2 or more	4 or more	4 or more including dark green/yellow veg frequently and citrus daily			
	Serving Size	1 C	2-3 oz	1 oz, 1 slice, ½-¾ C	½ C or average size piece			
1979 – Hassle-Free Foundation Diet	Group Names	Milk-Cheese Group	Meat, Poultry, Fish and Beans Group	Bread-Cereal Group	Vegetable-Fruit Group	Fats, Sweets, Alcohol Group		
	# of Servings	2	2	4	4 including Vitamin C source daily and dark-green/yellow vegetable frequently	use dependent on calorie needs		
	Serving Size	1 C; 1-1/2 oz	2-3 oz	1 oz, 1 slice, ½-¾ C	½ C or typical portion			
1984 – A Pattern for Daily Food Choices; 1992 Food Guide Pyramid	Group Names	Milk, Yogurt, Cheese	Meat, Poultry, Fish, Eggs, Dry Beans, Nuts	Breads, Cereals, Rice, Pasta	Vegetable	Fruit	Fats, Oils, Sweets	
	# of Servings	2-3	2-3	6-11 whole grain or enriched	3-5 including 1 dark green/yellow; 1 starchy/legume and 1 other	2-4 including 1 citrus and 1 other	Total fat not to exceed 30% of cal; sweets vary by caloric need	
	Serving Size	1C, 1-1/2 oz	5-7 oz total/day	1 slice, ½ C	1 C raw, ½ C cooked	½ C or average		
2005 - MyPyramid	Group Names	Milk	Meat & Beans	Grains	Vegetables	Fruits	Oils	
	Servings/Day	3 cups/day	5.5 oz/day	6 oz/day	2.5 cups/day	2 cups/day	Oils are represented on the pyramid, but not considered a food group	
2011 – MyPlate	Group Names	Dairy	Protein	Grains	Vegetables	Fruits		
	Servings/Day Group**	2.5-3 cups/day	3-7 oz/day	4-10 oz/day half whole grains	1.4 – 4 cups/day	1-2 cups		

*Adapted from: Welsh, Susan, Carole Davis and Anne Shaw. “A Brief History of Food Guides in the United States.” Nutrition Today. Nov/Dec. 1992. pp. 6-11.

Davis, Carole and Etta Saltos. “Dietary Recommendations and How They Have Changed Over Time.” AIB-750. USDA/ERS. pp. 33-50.

**Recommended servings vary by age and gender.

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