Kid-Pleasin’ Meals - Menus & Recipes

american dairy association
Discover new ways to:

1. Keep a well-balanced budget with thrifty food specials.

2. Keep a well-balanced diet and put new taste appeal into everyday meals with appetizing selections from the Basic 4 Food Groups.

It's easy to give your family the nourishing meals they need when you use the Guide To Good Eating at the right. On the following pages, you'll find 3 daily menus that are carefully planned to include servings from each of the Basic 4 Food Groups. Try them soon!
1. Milk and Dairy Products
   3 to 4 glasses milk—Children.
   Smaller glasses for some children under 9.
   4 or more glasses—Teenagers.
   2 or more glasses—Adults.
   Cheese, ice cream and other milk-made foods can supply part of the milk.

2. Meat Group
   2 or more servings.
   Meats, fish, poultry, eggs or cheese—with dry beans, peas, nuts as alternates.

3. Vegetables and Fruits
   4 or more servings.
   Include dark green or yellow vegetables; citrus fruit or tomatoes.

4. Breads and Cereals
   4 or more servings.
   Enriched or whole grain, added milk improves nutritional value.

This is the foundation for a good diet. Use more of these and other foods as needed for growth, for activity and for desirable weight.
Serve Milk with Meals

Nothing makes kid-pleasin’ meals more pleasin’ than milk. Cold, refreshing milk... the one mealtime beverage that refreshes and revitalizes. (It’s nature’s vitality drink, you know.)

Serve better balanced meals, meals your whole family will love... with milk. Be sure you always have enough milk on hand.
BREAKFAST
Grapefruit Half with Cherry  
Bacon Griddle Cakes, Butter and Syrup  
Banana Eggnog (pg. 13)

Bacon Griddle Cakes

PREHEATED GRIDDLE 10-12 CAKES
6 slices bacon  1/2 teaspoon salt
1 1/4 cups sifted regular all-purpose flour  1 egg
1 tablespoon baking powder  1 1/4 cups milk
1 tablespoon sugar  1/4 cup (1/2 stick) butter, melted

Cut bacon into 1-inch pieces. In skillet fry until crisp; drain on absorbent toweling. Meanwhile, into a bowl sift together flour, baking powder, sugar and salt. In a small bowl beat egg; stir in milk, butter and bacon. Add to dry ingredients and stir just until moistened (batter will be lumpy). Using a 1/4 cup measure, pour batter onto ungreased griddle. Bake until top is bubbly and edges baked. Turn and bake other side. Serve at once with butter and syrup.

LUNCH
Italian Cheeseburger  
Vegetable Slaw (pg. 14)  
Frothy Pink Dessert, Whipped Cream (pg. 12)  
Milk

Italian Cheeseburgers

Yield: 4
1 pound ground beef  1/4 teaspoon leaf oregano
1/4 cup chopped onion  1/8 teaspoon pepper
1 teaspoon salt  4 slices Mozzarella cheese
1/2 teaspoon garlic salt  4 sandwich buns, buttered
1/2 teaspoon basil leaves

In a bowl lightly mix beef, onion, salt, garlic salt, basil, oregano and pepper just until blended. Shape into 4 patties. Place on broiler pan. Broil to desired degree of doneness. Top each patty with a slice of Mozzarella cheese and broil just until cheese begins to melt. Serve on buns.
DINNER

Braised Beef Round Steak,
Parsley Buttered Noodles
Stewed Tomatoes
Cheddar Tossed Salad, Sour Cream Dressing (pg. 14)
Enriched White Bread, Butter
Frozen Chocolate Cream (pg. 12)
Milk

Braised Beef Round Steak—
Parsley Buttered Noodles
6 servings

LARGE COVERED SKILLET

1½-2 pounds beef round steak, cut 1-inch thick
3 tablespoons butter
1 teaspoon salt
⅛ teaspoon pepper

1/4 cup water
3 tablespoons flour

Cut steak into 6 servings. In skillet melt butter; brown meat slowly on both sides. Season with salt and pepper. Add water; cover and cook slowly 1½-2 hours or until tender. Add butter and parsley to noodles; toss lightly until butter is melted. Place steak on noodles; serve with gravy.

Gravy:

Meat drippings
3 tablespoons flour
⅓ cup water
Salt and pepper

Add water to meat drippings to make 1 1/2 cups. Gradually add ⅓ cup water to flour to make a smooth paste; stir into drippings. Cook over medium heat, stirring constantly, until thickened. Cook 2 additional minutes. Season to taste with salt and pepper.
BREAKFAST
Orange Juice
Cottage Cheese Scrambled Eggs
Beef Sausage
Toast, Butter and Jelly
Cocoa, Peppermint Marshmallow (pg. 13)

Cottage Cheese Scrambled Eggs
4 servings
LARGE SKILLET
4 eggs
1/2 cup cottage cheese
1 1/2 tablespoons milk

1/4 teaspoon salt
Dash of pepper
2 tablespoons butter

In a mixing bowl beat eggs just until yolks and whites are blended. Stir in cottage cheese, milk, salt and pepper. In skillet, over low heat, melt butter; add egg mixture. Cook over low heat, turning with spatula as mixture thickens. Do not stir or overcook. Serve immediately.

LUNCH
Creamed Smoked Sliced Beef on English Muffin
Buttered Peas
Relishes
Fruit Cup
Domino Butter Cookies (pg. 13)
Milk

Creamed Smoked Sliced Beef
4 servings
HEAVY SAUCEPAN, 1-QUART
1/4 cup (1/2 stick) butter
1 package (3 1/2 oz.) smoked sliced beef, cut up
1/4 cup chopped green pepper
3 tablespoons regular all-purpose flour
1/4 teaspoon salt
2 cups milk
1 can (4 oz.) mushrooms, undrained
Toast OR corn bread squares OR English muffins

In saucepan melt butter; add beef and sauté over low heat a few minutes. Add green pepper and cook 1 minute. Stir in flour and salt until thoroughly blended. Remove from heat; gradually stir in milk; then add mushrooms including liquid. Return to heat and cook, stirring constantly, until thickened. Cook 2 additional minutes. Serve over hot buttered toast, corn bread, English muffins or in center of a noodle ring.
DINNER

Igloo Meat Loaf

Green Bean and Mushroom Casserole (pg. 14)
Gelatin Salad, Lemon Dressing (pg. 14)
Rolls, Butter
Cinnamon Apple Crisp, Vanilla Ice Cream (pg. 12)
Milk

**Igloo Meat Loaf**
6-8 servings

**SHALLOW BAKING PAN**

**Meat Loaf:**
- 2 pounds ground beef
- 1/2 cup fine dry bread crumbs
- 6 tablespoons instant minced onion
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1 1/3 cups evaporated milk

**PREHEATED 325° OVEN**

**Potato Frosting:**
- 1 1/2 cups water
- 2/3 cup evaporated milk
- 1/2 teaspoon salt
- 1 tablespoon butter
- 1 envelope (3 1/2 oz.) instant mashed potatoes
- Cheddar cheese slices

To prepare Meat Loaf: In a bowl lightly mix ground beef, crumbs, onion, salt, pepper and evaporated milk just until blended. Pack firmly into a 1 1/2-quart bowl; turn out of bowl onto pan. Bake 1 hour 15 minutes to 1 hour 30 minutes. To prepare Potato Frosting: In a 1 1/2-quart saucepan combine water, evaporated milk, salt and butter; bring just to boiling. Remove from heat; with whip or fork stir in potatoes; whip briskly. Frost loaf with potato mixture. Bake an additional 15 minutes. Place Cheddar cheese slices on top of Igloo; return to oven just until cheese starts to melt.
BREAKFAST
Tomato Juice
Dry Cereal with Cream
Soft Cooked Egg
Sweet Rolls
Milk

LUNCH
Zippy Barbecued Frank
Tossed Salad
Chocolate Pudding, Whipped Cream (pg. 12)
Milk

ZIPPY BARBECUED FRANKS

6 servings

COVERED SAUCEPAN, 1½-QUART

\[ \frac{1}{4} \text{ cup \ (1/2 stick) butter} \quad \frac{1}{2} \text{ cup water} \\
\frac{1}{3} \text{ cup finely chopped onion} \quad \frac{1}{2} \text{ cup chili sauce} \\
2\frac{1}{2} \text{ tablespoons flour} \quad 2 \text{ tablespoons vinegar} \\
\frac{1}{2} \text{ teaspoon sugar} \quad 1 \text{ tablespoon Worcestershire sauce} \\
\frac{1}{2} \text{ teaspoon dry mustard} \quad 6 \text{ frankfurters} \\
\text{Dash of garlic powder} \quad \text{Hot dog rolls} \]

In saucepan melt butter; sauté onion until tender. Blend in flour, sugar, mustard and garlic powder. Gradually stir in water, chili sauce, vinegar and Worcestershire sauce. Cook over medium heat, stirring constantly, until mixture thickens. Add franks; cover and simmer 10-12 minutes. Brush rolls with barbecue sauce; place on broiler pan. Toast under broiler. Serve frankfurters in rolls with sauce spooned over.
DINNER

Barbecued Pot Roast, Potatoes and Carrots
Cottage Cheese and Fruit Salad
Rolls, Butter
Ice Cream Snowballs
Milk

Barbecued Pot Roast
6 servings

DUTCH OVEN WITH RACK OR LARGE COVERED SKILLET

Barbecue Sauce:
1 cup catsup
1/2 cup grated Parmesan cheese
2 tablespoons butter, melted
1 large onion, diced
1 tablespoon vinegar
1/2 teaspoon Worcestershire sauce
1/4 teaspoon leaf thyme
1/4 teaspoon oregano

1/4 teaspoon salt
1/4 teaspoon pepper

Pot Roast:
2 tablespoons butter
3 1/2 pound beef pot roast, round or blade bone
1 bay leaf
3 large potatoes, peeled and sliced
6 carrots, halved

1/4 teaspoon salt
1/4 teaspoon pepper

To prepare Barbecue Sauce: In small bowl combine ingredients and set aside. To prepare Pot Roast: In Dutch oven melt butter; brown meat slowly on both sides. Place a rack under meat. Sprinkle meat with salt and pepper; add bay leaf. Spread Barbecue Sauce over meat, cover and simmer over low heat 2 hours. Add potatoes and carrots; cover and cook 1 hour or until vegetables and meat are tender. Remove meat and vegetables to a warm platter.

Gravy:
2 tablespoons flour
1/4 cup cold water

Meat drippings
Salt and pepper

Remove rack from pan. Skim off excess fat. In a small bowl combine flour and water, mixing until smooth. Blend some of meat drippings into flour mixture until smooth; return all to pan. Stir and cook until thickened. Cook 2 additional minutes. Season to taste with salt and pepper.

Ice Cream Snowballs
Cover bottom of dessert dish with strawberry sauce. Scoop large balls of ice cream and quickly roll in shredded coconut; place in center of strawberry sauce.
Frothy Pink Dessert
4 servings
1 cup boiling water
1 package (3 oz.) cherry flavor gelatin
1 cup cold water

In a bowl pour boiling water over gelatin; stir until dissolved. Add cold water. Divide 1 1/3 cups of gelatin into four sherbets; chill until set. Chill remaining 1/2 cup of gelatin until partially set. Then add ice cream and whip together until fluffy. Spoon over gelatin in sherbet dishes. Chill until firm. Serve with a dollop of whipped cream.

Cinnamon Apple Crisp
6-8 servings
BUTTERED SQUARE BAKING PAN, 9-INCH
1/4 cup red hot cinnamon drops
2 tablespoons water
6 cups peeled sliced apples (approx. 6 apples)

PREHEATED 325° OVEN
1/2 cup regular all-purpose flour
3/4 cup sugar
1/4 cup (1/2 stick) butter
Vanilla ice cream

In a small saucepan, over low heat, dissolve cinnamon drops in water. Pour over apples and toss. Turn apples into pan. In a small bowl combine flour and sugar; cut in butter until mixture resembles coarse meal. Spread over apples. Bake about 45 minutes or until apples are tender and top very lightly browned. Serve warm with ice cream.

Chocolate Pudding
4 servings
SAUCEPAN, 1-QUART
1/2 cup sugar
1/4 cup cocoa
2 tablespoons cornstarch

2 cups milk
1 teaspoon vanilla
Sweetened whipped cream

In saucepan combine sugar, cocoa and cornstarch. Gradually add milk. Cook over medium heat, stirring constantly, until thickened. Cook 2 additional minutes. Add vanilla. Pour into dessert dishes; chill. Serve with sweetened whipped cream.

Frozen Chocolate Cream
10 servings
1 tablespoon (1 envelope) unflavored gelatin
1 egg yolk, beaten
1 egg white
1/4 cup milk
1 1/2 cups milk
1/2 cup sugar
1/2 teaspoon salt
1 1/2 squares (1 1/2 oz.) unsweetened chocolate
1/2 cup chopped walnuts
Whipped cream

Sprinkle gelatin over 1/4 cup milk to soften. In a saucepan combine 1 1/2 cups milk, sugar, salt and chocolate; heat, stirring constantly, until chocolate melts. Blend a little hot mixture into egg yolk; return all to saucepan. Cook 1 minute. (Do not boil.) Add gelatin and stir until dissolved. Chill until partially set. Beat egg white until peaks fold over. Fold egg white, whipped cream, marshmal-
Banana Eggnog

1 serving

1 half ripe banana
1 egg
2 teaspoons sugar

Nutmeg

In a small mixing bowl beat banana until smooth. Add egg and sugar; beat thoroughly. Gradually add milk and beat until frothy. Pour into mug; sprinkle with nutmeg.

Cocoa

Yield: 4 cups

In saucepan combine cocoa and sugar; gradually stir in water. Bring to boil and allow to boil 1 minute. Add milk and heat to serving temperature. (Do not boil.) Add vanilla and serve immediately, topped with a peppermint marshmallow, if desired.

Variations

SPICED COCOA: Add 1/4 teaspoon cinnamon, 1/8 teaspoon nutmeg to cocoa and sugar.

MOCHA COCOA: Add 2 tablespoons instant coffee powder to cocoa-sugar mixture.

ORANGE COCOA: Add 1-2 tablespoons grated orange rind when milk is added. Strain before serving.
Vegetable Slaw

4 servings

- 2 cups shredded green cabbage
- ½ cup shredded red cabbage
- ¼ cup shredded carrot
- ¼ cup chopped green pepper
- ¼ cup chopped onion
- 2 teaspoons vinegar
- 1 teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon dry mustard
- ¾ cup dairy sour cream

In bowl combine green cabbage, red cabbage, carrot, green pepper and onion. Chill. Stir vinegar, sugar, salt and dry mustard together. Fold into sour cream. Chill. Just before serving pour sour cream dressing over vegetables; toss lightly.

Gelatin Salad, Lemon Dressing

6-8 servings

SALAD MOLD, 4-CUP

- 1 can (13½ oz.) pineapple tidbits
- 3 tablespoons white vinegar
- 1½ cups liquid
- 1 package (3 oz.) lemon flavor gelatin
- ½ teaspoon salt
- 1½ cups shredded cabbage

Drain pineapple reserving syrup; add sufficient water to syrup to make 1½ cups. Heat to boiling. In a bowl pour boiling liquid over gelatin; stir until dissolved. Add vinegar and salt. Chill until partially set. Stir in pineapple and cabbage; turn into mold. Chill until firm. Unmold and serve with Lemon Dressing*.

*Lemon Dressing

- 2 teaspoons lemon juice
- ½ cup dairy sour cream
- 1-2 teaspoons sugar

Gently stir lemon juice and sugar into sour cream. Yield: approx. ½ cup.

Sour Cream Dressing

Yield: 1 cup

- 1 tablespoon sugar
- ½ teaspoon prepared mustard
- 2 teaspoons lemon juice
- Dash of pepper
- 1 teaspoon salt
- 1 cup dairy sour cream or yogurt

In a bowl blend together sugar, lemon juice, salt, mustard and pepper; fold in sour cream. Cover and chill. Serve with tossed salad. Serve with tossed salad add julienne strips of Cheddar cheese.

Green Bean and Mushroom Casserole

6-8 servings

COVERED CASSEROLE, 1¼-QUART

- 2 packages (9-oz. each) frozen green beans, thawed
- 1 can (10½ oz.) condensed cream of mushroom soup

In casserole combine beans and soup. Cover. Bake, stirring occasionally, for 1 hour or until beans are tender.
MAIL THIS COUPON NOW!
Get your bulbs in time for spring planting

BULBS
P.O. Box 1330 • Maple Plain, Minnesota 55359

Please send me the following checked items. I am enclosing name panel from a dairy product and $_________ to cover the cost of my order.

☐ Begonias
   4 bulbs in planter for $1.00

☐ Tigrinia
   5 bulbs in planter for $1.00

☐ Zephyranthes
   6 bulbs in planter for $1.00

☐ Chincherinchee
   6 bulbs in planter for $1.00

☐ Acidanthera
   5 bulbs in planter for $1.00

☐ Ranunculus
   6 bulbs in planter for $1.00

NAME

ADDRESS

CITY ______________________ STATE ______ ZIP CODE ______

Offer expires August 31, 1967. Void in any state where prohibited or taxed. Offer good only in U.S.A. and possessions. Please include your zip code number on your order. Send cash, check or money order (no stamps, please).
Order your Imported Bulbs in time for Spring planting!

DOUBLE CAMELIA FLOWERING BEGONIAS
Four Begonias, each a different color.

ZEPHYRANTHES
(Rain Lilies)
Available in mixed pastel colors.

CHINCHERINCHEE
(Wonder Flower)
Long-lasting flowers that last for several weeks.

RANUNCULUS
Available in assorted colors.

ACIDANTHERA
(Aztec Tiger Flower)
Your choice of colors; pink, white, lilac, yellow, scarlet and orange.

TIGRIDIA
Summer-flowering iris blooms in August.

ALL BULBS READY TO GROW IN TRAYS OR PLANTERS.

COUPON ON REVERSE SIDE