

SPRING MENU

*ATHLETIC DIET*

An orange or an apple, on rising

BREAKFAST

Plain wheat, boiled  
Eggs or buttermilk  
Nuts and raisins

LUNCHEON

Lettuce and tomatoes, with oil  
Corn bread or corn hominy  
Baked beans, with butter

DINNER

Soup—cream of rice or corn  
Peas, asparagus, or carrots  
A potato  
Baked beans or lentils  
A red banana, with raisins and cream

SUMMER MENU

*ATHLETIC DIET*

Berries, melon, or peaches, on rising

BREAKFAST

Three or four whipped eggs; add sugar to taste, and flavor with fruit-juices  
A pint of milk  
A corn muffin or a small portion of coarse cereal—flaked wheat

LUNCHEON

Fresh corn or shelled beans  
Buttermilk  
Raisins and nuts  
Peaches and cream

DINNER

A small salad  
Choice of one fresh vegetable:  
Beans Peas Lentils  
Corn bread  
A sweet potato  
Cottage cheese and either raisins or currants  
Nuts  
Plain ice-cream

FALL MENU

*ATHLETIC DIET*

Grapes, melons, or pears, on rising

BREAKFAST

Corn hominy or steamed barley; serve with butter or cream  
A pint of milk  
A red banana, with cream, figs, and nuts