

Natalie Schnoor
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School Lunches: Healthy food, or bouncy balls made of cheese?

Some of the food in the cafeteria of schools can be good, and some not so much. It really depends on what you get, and when you get it. I have talked to several people who get school lunch, or who have had school lunch recently, and they have informed me that sometimes the chicken burgers can be stale, the hamburgers too plain, and the pizza too crunchy and greasy. People have also told me that the cheeseburgers are okay, and the salad is for the most part fresh. Sometimes the school lunches can taste weird because the foods are shipped fresh then frozen until needed. Once they are needed the employees who work in the kitchen will thaw the food, this can sometimes change the taste of the food. Something that we should also consider is that the people who work in the kitchen have a limited time to cook for about 500 kids. This is very challenging!

Have you ever heard that your school lunches are healthy? Well they are, and they are supposed to be. Our school wants us to eat healthy food, and exercise right, so that we (all the students) will be healthy. Some people might think that since the food we eat doesn't always taste amazing, that it's automatically not healthy. But food doesn't have to taste good to be healthy.

School lunches aren't terrible, but they could be better. Our school could get fresh food shipped daily. Our school could also raise money to hire a cook who would cook the food that we eat daily. I have talked to some people and they have said that they would like to see these foods pop into our school lunch menu: more vegetarian foods, rice balls, healthy desserts, garlic bread, sandwiches, Swedish meatballs, etc. Some students have said that the menu is fine the way it is just make taste adjustments so that they taste better.

Sometimes people won't eat school lunch because they heard that people got sick from it. People can get sick from school lunch, but it is very rare. School lunch can be good. This is what somebody told me about their old elementary school cook. She told me that her school (Coburg Charter) hired a professional cook to make breakfast and lunch. He was only hired to make the regular school lunch/breakfast menu, but he didn't think that it was a good use of his talents, so he started making food from scratch. She said that it was amazing! Next time you are in the cafeteria and forgot your lunch, or are in line for your school lunch give it another try if you don't like it, and if you have no problem for it there is one less thing to think about in the day.