

NUTRITION RAISES

THE GOOD STUFF

By: Tamar Ingber

Thirty minutes to eat, talk, and relax. Lunch has been the favorite bell of many. The nutritionists make lunch that

ever so great part if the day. The Nutrition Department was able to afford the purchase of new equipment to support their cooking, like refrigerators and a new oven.

The workers pride themselves on being unaffiliated with Sycamore Schools. Despite all the recent budget cuts, the Nutrition Department has not experienced turmoil.

"It is great to create the lunches for all of the students and

faculty," said **Carol Combs**, nutritionist.

The department tried to always ensure there was a healthy choice for students.

"Chicken-Popper-Wednesdays made my Wednesday. Actually they made my week," said **Jennifer Konerman, 11**.

Students appreciated the flavor and fun of daily lunches. A meal is more than just a time to eat, its one of the most enjoyable parts if the day.

"I love having fun with my friends at lunch," said **Avra Joffe, 9**.

Sitting in the commons, or out in the courtyard, was a simple way to breakup the day.

Nutritionists love seeing students daily. **Shirley Lanner**, nutritionist, smiled as she gave change because she enjoys her job. Many of the nutritionists had been working for many years, and as they see the students tranform from freshmen to seniors, at least they know they gave them the good meals they enjoyed!



'Would you like some peas with that?' **Carol Combs**, nutritionist, liked to create salads and enjoyed baking. As a nutritionist for twelve years, **Combs** had plenty of experience serving students, teachers, and administration.



Here's the change. **Shirley Lanner**, nutritionist, has aided the Nutrition Department for six years. The lunchline employees pride themselves on their self-sufficient department paying for all their own incomes and equipment costs.



Mmm, mmm good! **Matt Evans, 12**, loved the cheesy break all through high school. He bought his nutritional lunch almost every day. "I appreciate the effort of the nutronists to make our lunches tasty," said **Evans**.