

Cafeteria Cuisine

By: Kelli Rogers



It's fries vs. fruit. Who was the winner? It depended on each student's personal preference. Some students could have probably eaten fries everyday, while others could not have lived without their apple or turkey sandwich.

Everyone knew that eating healthy was important, but that was easier said than done. Fries or a turkey wrap? The choice was the student's own, but the hard-working ladies of the cafeteria made sure to provide everyone with as many choices as possible.

This year, the goal was to reduce the fat in many of the available treats such as muffins and ice cream.

"We're always looking for more healthy options that the kids will buy," said **Mrs. Felice Chapman**, Supervisor of Child Nutrition.

Besides the usual bagels and cookies, Montgomery Inn Day was popular with many hungry students. In just one day, the cafeteria sold 660 Montgomery Inn sandwiches, and 500 baskets of chips.

Yet another option: salad. Salads were a good way to eat healthy and add some color to a lunch with cheese, bacon, tomatoes, or eggs.

"If it's a good day I get my salad with bacon, eggs, and a tomato. If it's a bad day, there are only salads with cheese, which makes me unhappy," said **Kelsey Kiley, 11**.

Most everyone found something they fancied in the cafeteria, and remembered to balance those fries with a piece of fruit or two.

What do you eat at lunch?



"I've eaten a bagel, cream cheese, cookies and a Diet Coke every day of high school."

- **Paige Buffington, 11**



"I eat a pretty big lunch: usually two sandwiches, a banana, an apple, an orange, a bag of chips, and some peanuts."

- **Todd Whitman, 11**



Annie Phillips
Myisha Phillips
Caitlin Pikna
Daniel Pink
Aaron Pitman
Anna Pittman
Jonathan Plona

Bikem Polat
Alexa Polites
Sarah Porter
Paul Procaro
Daniel Pyles
Trent Rademacher
Manoj Rajagopal

Lisa Ramstetter
Karthik Rao
Dena Rapoport
Bashir Rawas
Kathryn Rawlinson
Blythe Reinhard
Michael Reinhardt

