

School lunches essay

[Life](#), [Friendship](#)



School lunches today are not as hearty and delicious as they were back in the day. When I was a child my lunches were prepared at school by the cafeteria workers. Today, the cafeteria workers heat up the already prepared food.

Today's food is prepared by means of " nuking" it in the microwave, or heated up in the oven. This could maybe be the cause of obesity with the unhealthy choices at lunchtime in the dining halls. When I was a child the mashed potatoes and turkey dinner were on of the best foods. I remembered all of my friends and I being so excited when turkey dinner day was approaching. The mashed potatoes were real with potatoes mashed not that power that you put milk in. The turkey was a real turkey, not fake or processed.

That is not the case today. Just the about the weekend before Thanksgiving, I saw that turkey dinner was on the menu for school lunch. I thought yummy! I went down to the Miller Dining Hall for the turkey Dinner.

I went to the front desk and the lady scanned my card. When this person started to tell me about the dreadful turkey dinner. She said, " This is not the " Turkey Dinner" that we had as kids. " I just laughed at her thoughts and went in to try for myself. The turkey was a processed chunk of whitish colored meat. This meat was floating in brownish colored gravy. This gravy tasted like it was mostly water with maybe brown food coloring added in.

Potatoes are not what this white fluffy stuff tasted like. The food tasted horrible, and the portions were limited. I can remember when I was a young

boy in school; I never was hungry at any point throughout the day. The portions were healthy portions.

You were given healthy portions of all the food that was offered for lunch. There was more variety in our choices. We had a choice of two vegetables and two of something else. I can remember when chicken nuggets were served we received six nuggets.

The nuggets were along the size of the nuggets served at McDonalds. Today, the portions are more of micro baby sized portions. The portions are extremely small and college students are not satisfied throughout the day.

Students today are allowed four mini nuggets with a choice of corn or carrots or soup. That is all good for students that eat salads. Not all students are salad eaters, and those kids are the ones that suffer throughout the day. Not only the non-salad eaters but students that are picky with there eating habits.

Good reasons about school lunches is that who is vegan has their own little food bar with goodies that mare made just for them. You can make special orders about what food you can and cannot eat. If your allergic or you can't have gluten in your meals. When you usually judge food on the smell and looks of the meal. But Miller Dining Hall that doesn't work;(7) you just have to hope to God that it turns out good. Most of the food is fattening also.

So let's say you're on a diet or a body builder, it's really hard to maintain your fat in take at the dining hall because or the deep fried food already pre-made (6) food. I am fully aware that the schools are tying to cut down on

obesity. The school is trying to cut the portions to not promote obesity. If I don't have much for lunch or some days I say that lunch is nasty and I refuses to eat, I still have food at my dorm waiting. I would imagine that there are a few kids that have nothing waiting for them.

These are the kids that I want to help. School lunches today will never be as good as they were. I think that the school could work a little harder to purchase food that tastes better, fixing homemade food, instead of preparing express food for the students.

I feel that school lunch of the past would make a better alternative to the school lunch of today.