Lunch REFRESH

Fresh Finds

Try it Tuesday Serves up New Options

By: Sevyn Russell

The DT cafeteria has implemented a new program that has kids filling their trays. 'Try It Tuesday' and 'Think Outside the Tray Thursday' have become highlights of the school week, giving students the chance to step outside their usual lunch routine and explore new foods.

"We started 'Try It Tuesday' and 'Think Outside the Tray Thursday' so that students could try new foods, and so we could bring new dishes into the rotation," said Mrs. Melissa Wright, who works in the cafeteria.

Each Tuesday and Thursday, the cafeteria introduces different menu options, encouraging students to try meals they might not normally choose.

"I like some of the new options and the variety it gives to my plate," said sophomore Addy Bishop. "It is fun to try new things every week."

For students like Bishop, the program makes lunchtime more exciting and less predictable.

"Try It Tuesday' adds excitement, variety, and opportunity to the school lunch experience."

Some meals have quickly become student favorites. Such as Chicken BBQ Mac & Cheese, Chicken Enchiladas, and Tatchos.

Charlie Christensen answered, "Chicken and Waffles were my favorite meal from January so far. I liked the unique flavor combination."

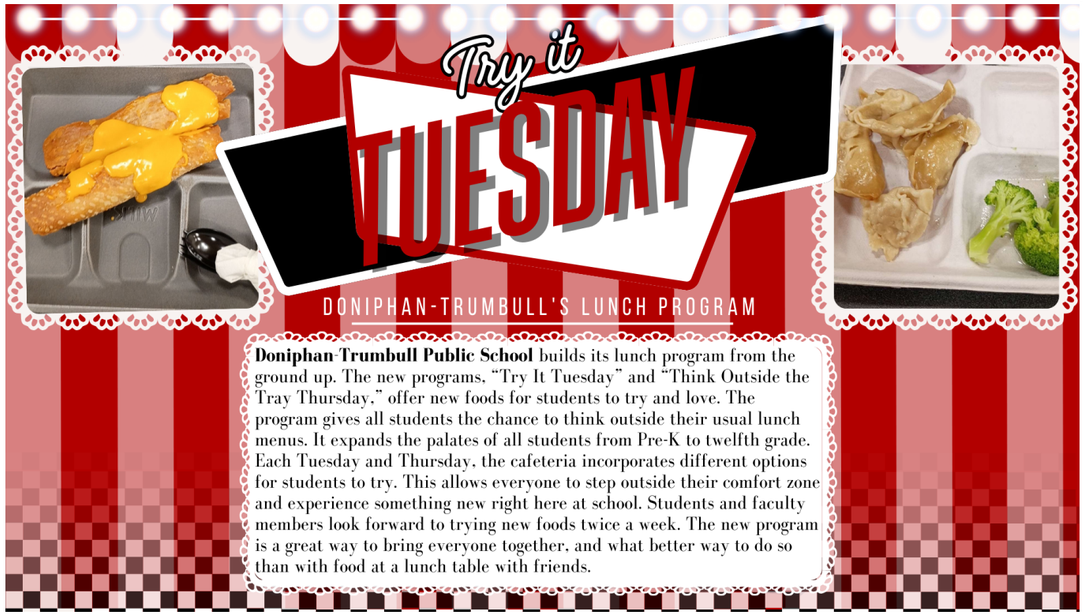
Unique combinations like this help make 'Try It Tuesday' and 'Think Outside the Tray Thursday' something students can look forward to. Beyond enjoyment, these new food options help students expand their tastes.

Sophomore Khloe Pomplun believes the program has real benefits, explaining, "I think it is good because we get exposed to a new variety of foods."

Trying new meals can encourage healthier eating habits and help students discover foods they may grow to love.

Overall, 'Try It Tuesday' adds excitement, variety, and opportunity to the school lunch experience. Introducing new meals each week, it creates a fun way for students to explore different foods and enjoy something new together.

Wright said, "I am happy to bring 'Try It Tuesday' to the students. I think it is good for them to find new foods that they like."



Graphic by: Shayla Hernandez

Filling my Trey?

Nutrition Standards Serve Up Distaste

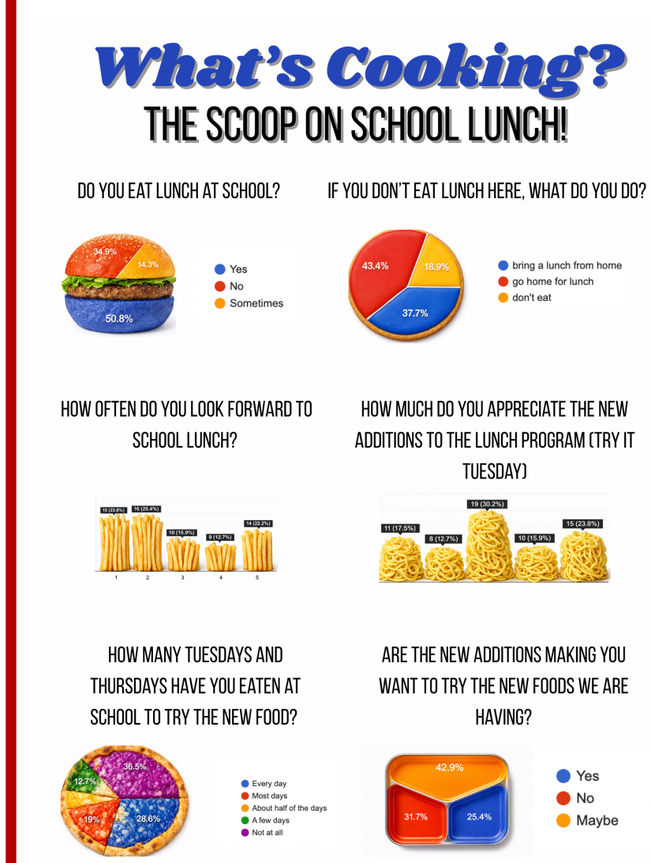
By: Isabella Wright

School lunches are often perceived as unappetizing to students, even if they haven't tried them. Movies depict cafeteria food as beige slop, but that's not what I see here at DT. The issue with the food in our cafeteria isn't so much the food itself, the dedicated kitchen staff works hard to make foods we like, the real issue is that the meals are designed to be good for you. Lunches at schools are made with healthy ingredients, ensuring that kids receive the nutrients they need to learn effectively. While on paper, this seems like a great thing, it's actually what is making kids turn away from school lunch in favor of sack lunches filled with chips and cookies or fast food takeout that is essentially heart disease in a bag. To many kids, healthy equals gross, and while I'm a fan of eating whole foods and fresh fruits and veggies, that isn't what the government guidelines are serving up.

The food has little flavor due to laws making it so we can't have salt, which is desperately needed in some foods. Because of the government regulations, my friends and I aren't being served healthy food with flavor, so while the government is trying to sell us healthy food, they are making it impossible for that food to actually be good. If asked to choose between soggy, bland canned green beans and McDonald's French fries, which would you choose? I know that I'm going to go for the fries every time, even though I know they're bad for me, because they taste better.

Another reason I am not a big fan of school lunches is that they are repetitive. We have the same thing multiple times, sometimes more than once a month. This is due in part to the regulations. It's easier for the cafeteria to find something that fits into the guidelines that kids kind of like and repeat often. To me, this makes my lunch break feel less like a break and more like a chore.

While the lunch ladies have certainly been trying to find food that the kids like with the implementation of 'Try it Tuesdays,' these foods still have to meet the nutrition guidelines, so it's not like I'll ever look down at my plate and see a heaping tray of sushi. I think that bringing in new foods is a great idea and will make kids like me like school lunches more, but my expectations are low.



Graphic by: Myiah Antle

Artist Statement

For this graphic illustration, I wanted to uncover how students at DT feel about the lunch program. I first made a Google Form and put a series of questions on it about the lunch program in order to get the data I needed to make the infographic. Once I had the data organized, I put it on Canva. I created graphics that I converted into foods that we have at the school to help make the topic more visually appealing.