



Hunger pains

New regulations have changed way students eat lunch

By Hannah Henricks

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A calorie cap has been put on school lunches this year, limiting the maximum calorie intake to 850 calories.

New lunch restrictions and meal plans have left some students in a fury.

"I have stopped eating school lunch because the food isn't worth the price of it," sophomore Shayla Jordan said. "Students don't get a decent quantity of food for the quality of it."

On Dec. 13, 2010, the Healthy Hunger-Free Kids Act was signed by President Obama. This act has changed the way students will eat lunch at school. This act was promoted by first lady Michelle Obama, who wants to have healthier kids for the future.

By doing this, food served in schools has changed to more whole wheat, fewer calories and less sodium and trans fat. More fruits and vegetables have been added to the menu as well.

"If you picture your lunch plate, half of the plate needs to be a mix of fruits and vegetables. A fourth of it should be protein and a fourth should be whole grains/dairy," Via Christi dietician Linda Wartick said.

The maximum intake a high school

student can consume at lunch is 850 calories.

"The minimum calorie intake a day should be 1,800 and the max should be 3,000; 850 calories should be enough for an average student," nurse Dana Desjardins said.

Even though 850 calories should fulfill the average student's needs, some athletes are suffering.

"For some people 850 calories isn't enough," junior Jason Costello, cross country and track runner, said. "Everyone is different, so everyone's needs are different also."

Athletes burn off the energy they consume at practice, making lunch time critical.

"People that do intense workouts need to consume more calories than people that don't," Wartick said.

Another complaint of students is that portions are too small.

"If kids would take all the food being offered then they would be full," kitchen manager Kim Stuckey said.

Jordan describes school lunch as ined-

ible and untasteful compared to last year.

A boycott, led by senior Kenzie Mayta, was planned for Oct. 5 to have students bring their own lunches and not buy food from the school. Mayta hoped for enough people to participate so that the kitchen would see a decrease in sales for that day.

"There wasn't a difference in income. The sales were the same as they are every other day," Stuckey said.

Papa John's pizza day has also been removed from this school year. The pizza wasn't nutritious enough to be served. If Papa John's can make a healthy adjustment to the pizza, then bringing back pizza will be considered.

"Right now we are just waiting on Papa John's. They are hoping that by changing the type of crust, will change the calorie amount," Stuckey said.

The Healthy Hunger-Free Kids act was created to make students healthier and have a healthy future.

"We are trying to change a little at a time not all at once," Desjardins said. ■