

OPINION: Cafeteria Hell

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One of the staples of any good high school is lunch.

The mid-day break from classes provides us the chance to hang out with friends. But most importantly, we get to eat food.

For most, food is a good thing. Some people don't know this but without it you will die and dying is not good. But with the food the school serves I think not eating might be a better option for your health.

Some of the food in the cafeteria looks like it's from an extinct animal and they forgot to refrigerate it. I'm not saying this to be mean either. I used to eat the school lunch.

"The food I ate was OK, not always the worst thing in the world, but there were some days where I wouldn't eat at all," said a GJHS student who asked to remain anonymous.

I compete in wrestling, cross country and track. What I eat can affect how practices and competitions will go. If I have a good meal then my stomach won't hurt and I have plenty of energy. If I have a bad meal then my stomach will hurt and my energy will be low. Thus my food dictates how hard my practice and competition is.

For some students this could be the only meal they get for the day. So having a good healthy lunch should be a necessity. I understand that the cafeteria staff have no control over this. They have to just make the food they are given. But as seen in the images above you can



see what appears to be a hot dog with something that looks like snot.

Some students have even compared the food to tasting like cardboard.

The cafeteria staff are not the nicest people either. Whenever I



walk into the cafeteria to get my food they look at me like I just said something offensive. I have tried to be nice by saying "Hi" or asking them how their day is going but most of the time I get a mean response.

Every time another student or I go in there, they are glaring daggers back at us.

"I personally don't feel respected by them, and the way they treat me. I feel as though they don't enjoy working there," said another GJHS student who asked to remain anonymous.

One of the best experiences at a restaurant in my opinion is getting to meet the server and learn their personality. This could also apply to school lunch. If you have a bad restaurant server you only have to deal with them once. But with the bad cafeteria staff you interact with them daily.

When writing this piece about the kitchen staff, I was wondering if maybe I was being mean. If I was taking this too far. But when I went out to talk with students I found that they have some stronger opinions than me. They asked to be anonymous for their protection.

"I'll walk in and they're just screaming at somebody," I was told by one student. "They get annoyed really easily."

Now I understand that what I said above can be seen as heartless but it's my truth. I care about what I eat. But when my meal is awful like this it can be kind of depressing. I might be tired for the rest of the school day or even grumpy. The point being is what you eat dictates how you feel physically and mentally.

One solution for this is to have similar food to another school in Grand Junction: Holy Family Catholic School. Their online menu sounds a lot better than our current one. Instead of Mexican Spaghetti they Have Sweet & Sour Chicken Fried Rice for one meal. After all, happy chefs make happy meals.