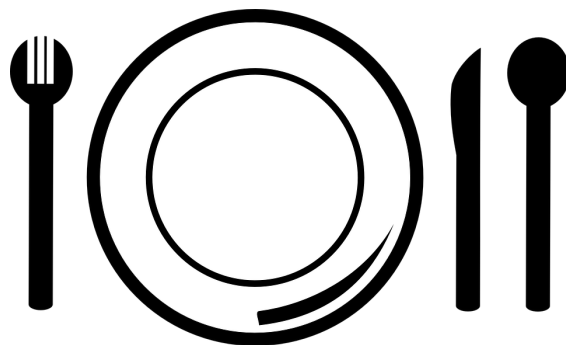


# Investigation Into Oak Hills Lunch

By: Emily Lipps



The Oak Hills lunchroom. Students bustling around with no concern for the people around them. The chaotic nature of everyone in the lunchroom makes for a quite interesting and problematic lunch. If you're lucky enough to get one of the early lunches (4A, 4B, 4C) you have a plethora of food choices at your fingertips. Unfortunately, if you have 5A or 5B lunch, you're not so lucky.

I spoke to Allison Lipps who has been a victim of the lack of food here in the lunchroom. "I have walked into the severary and there has been no fries. Usually they are good about getting more out, but sometimes it takes like 5 minutes. There is absolutely no fruits, vegetables, and premade wraps and salads. By 5B lunch, there are places in the cafeteria that are just closed and there is not a huge selection of food for us." A ton of 5B lunch students have experienced this and this is completely unfair to those students. I was lucky enough to get 4B but there is a whole other issue. The issue of the scarcity of vegetarian and vegan friendly options.

Although I do not have 5B lunch, I took it upon myself to eat/look for vegetarian and vegan friendly foods all week to see how many options there are.

**Monday:**

Vegetarian- Salad w/cheese only, Nachos w/cheese, Cheese pizza, fries, Bosco sticks, grapes, pineapple, carrots, celery, cookies, make your own wrap, no meat.

Vegan- Nacho chips only, Carrots, Celery, Grapes (3), Pineapple (2)

**Tuesday:**

Vegetarian- Nachos w/cheese, Cheese Pizza, cheese filled breadsticks, salad w/cheese, grapes, oranges, carrots, celery, cookies, make your own wrap.

Vegan- Potato skins, oranges (7), nacho chips, celery (3), carrots (5), grapes (1),

Peanut butter jelly Uncrustable (1)

**Wednesday:**

Vegetarian- Nachos w/cheese, cheese pizza, cheese filled breadsticks, salad w/cheese, Make your own wrap w/ no meat, Celery (2), Carrots (4), Cookies.

Vegan- Nacho chips, Celery (2), Carrots (5).

There was very little to make a full meal for Vegans. Eating like this left me feeling hungry throughout the day. It was quite astonishing that there were so little options for the people. I don't think that more than two Vegan meals could be eaten out of the lunch room during 5B lunch. Some people may say "If you are vegan/vegetarian you should just pack" Regardless of your dietary restrictions, you should be able to buy some food at your school. Along with already very little food for Vegans, there will be even less by the time 5B lunch comes around.

Oak Hills also fries everything in the same oil, meaning that vegetarians or vegans can eat any of the fried foods provided in the lunchroom. What Oak Hills needs

to do is stop giving out all of the food in the earlier lunches and save some for the later lunches and provide more Vegan and Vegetarian options.

The Oak Hills High School lunchroom needs some fixing, but all of it is very reasonable. All that is needed is more food for the students in the later lunches and more Vegan and vegetarian options, which in turn would provide more food for the students.