

# Lunch Decisions



## Packed lunches go beyond Lunchables

By Kolton Pauley  
entertainment editor

Opening a lunchbox at lunch can be either one of the best or most disappointing moments.

Every kid who brings lunch to school has the hope that their mom or dad has packed them some of their favorite foods. As a kid, people can only hope that their guardian has packed what they want. Most kids hope for one of their favorite Lunchables, their favorite bags of chips, their favorite desserts, and their favorite drinks. There are also some items people hate to see when they open it.

Some of the best-packed lunch items are the pizza Lunchables, some Nacho Cheese Doritos, a Cosmic Brownie, and water. I get so excited when I open my lunch box and see these things inside. The Lunchable starts the lunch off with a flavorful, filling snack. The Doritos are a great compliment item to the Lunchable. Then, the Cosmic Brownie finishes it all off with a sweet treat. Other favorites are turkey sandwiches, salad, other chips, and chocolate chip cookies.

Some of the worst packed lunches for me used to be fruit, vegetables, V8 juice, and Jello. Since I have learned more about healthy eating and keeping a balanced diet, my lunch is much better now. But my day is ruined when I open my lunch box and see some of that stuff. It is okay, though, because the lunchroom is one of the happiest rooms. People get to sit together and laugh with their friends while also getting a break from school.

Only 40 percent of all students bring a packed lunch in grades K-12, according to the Journal of Child Nutrition and Management. Some favorite items include a variety of sandwiches, salads, pastas, chips, desserts, and drinks. Those students said that they preferred food they know they will like and eat then the school lunch. Popular favorite items were turkey sandwiches, Doritos, Jello and brownies.

Packed lunch either makes or breaks a day. People can pack whatever they want, and that just makes lunch so much more fun.

## packing a lunch



- 1 Start with a main course. Salads are often easy and popular choices.
- 2 Next, add a fruit or a vegetable. Cucumbers are quick to prepare and also tasty.
- 3 Lastly, add in a side. Chips are easy to pack and include some variety in a lunch box.

## Columnist pinpoints favorite school lunches



By Henry Barrett  
entertainment editor

School lunches have never been more popular.

The weekly schedule usually stays relatively the same. On Mondays, there are typically spicy chicken sandwiches or some sort of pasta. On Tuesdays, I usually find chicken sandwiches. On Wednesdays, there are always beef and cheese nachos. Sometimes, there are flatbreads or chicken soft tacos in the international line on Wednesdays as well. On Thursdays, there is often rice with either teriyaki or general tso chicken. Finally, on Fridays, there is typically either pizza, calzones or Bosco sticks.

Out of all of these options, a few of them stand out as better than the rest. One of the most popular choices, as well as one of my favorites, are the calzones. Every time the cafeteria is selling calzones, the line is extra long. Another one of my personal favorites is the spicy chicken wrap. The spicy chicken wrap is a tortilla with three spicy chicken tenders, cheese and lettuce. The spicy chicken wrap is filling, and I always feel satisfied after eating one.

Some of the most under-rated food items in the cafeteria are the flatbreads. Flatbreads are usually sold on Wednesdays, and almost every week, there are many more students who choose to get nachos instead. My favorite flatbread is the barbeque flatbread, but the buffalo flatbread is good as well.

Even though there are a lot of good options in the school lunch line, there are also some that I avoid. One option that I am not a fan of is the garlic cheese bread. The grilled cheese is also usually really hard and nasty. Another option I do not really like is general tso chicken. It does not taste too bad, but it is nowhere near the level of a lot of the other options. One final option I never choose is chef's choice. Chef's choice is when there are random options at lunch. I do not really like chef's choice because it is always a wild card on whether there will be something good or not. I imagine chef's choice is intended to clean out existing food in the freezer just like left-over night at home.

Personally, my favorite day is Wednesday. There are beef and cheese nachos, so there is always a safety option. The international line also usually features either a flatbread, a chicken soft taco or a spicy chicken wrap.

## Nuhfer defines Woodmen Way

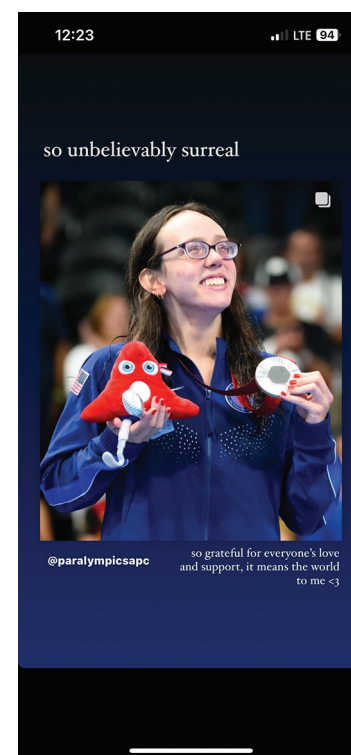
Former GHS student-athlete and 2021 graduate Grace Nuhfer made a name for herself at the 2024 Paralympics in Paris.

Many students, faculty, administrators, coaches and community members praise the former Woodman swimmer, who has competed on the GHS swim team and Akron University team in addition to the Olympic pool even though she is legally blind. Timberlines has a special connection to her because Nuhfer worked on the school newspaper for three years, and as a senior, she was the photo coordinator. In fact, she was an incredible photographer who won several awards for her work. The last newspaper staff members to share time at GHS with Nuhfer graduated this past May, but many former swimmers remember their time with her as incredibly positive.

For students who are relatively unfamiliar with Nuhfer's talents, her performance at the Paralympics – which is similar to the Olympics but designed for athletes with disabilities – was unexpected. Nuhfer was expected to do well at the Paralympics, but as a first-timer, few people expected her to medal. Nuhfer took home the silver medal in the 100m Butterfly final and placed 6th, 8th,

and 8th in her other events. The Timberlines staff celebrates this GHS athlete who has reached this level of competition. To our knowledge, Nuhfer is the first Woodman to reach the Olympics or Paralympics. To us, her story is inspirational and shines a positive light on GHS. It says a lot for someone who has faced adversity and has had to overcome challenges to reach her goals.

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