

‘There was nothing for me to eat in the lunch line’

Students who follow a vegan or vegetarian diet often feel they don’t have enough options during school meals

by Kyla Reed

[Pike Hi-Life](#)

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Junior Micah Evans is fed up with not having enough options at lunch. “It sucks coming to school and having to wait until I get home to eat,” Evans said.

Evans, who has recently started eating vegan, and other students complain that the school doesn’t offer enough or any options for those who follow a diet that avoids animal products. For example, the main campus cafeteria serves cow’s milk instead of water, which students complain about. Sophomore Joshua Jones, a vegetarian, mentioned that he is not only vegetarian but also lactose intolerant. So he has a hard time when he forgets to bring his water to school.

Animal and environmental science teacher Joshua Mott said, “I think that students should have more vegan and vegetarian options because those options are better for the environment and are more sustainable.”

Sophomore Ashley Guzman mentioned that there are religions that do not tolerate meat, such as Hinduism, Jainism and Buddhism. So there is another reason why there should be more options for people who do not eat meat or dairy products, Guzman said.

Although there is always a plan B, which is bringing their food from home to lunch, some people can’t do that based on their reasoning.

“There have been times where I’ve tried to bring my lunch. For example, my freshman year I had D lunch. I brought my lunch and (by the time D lunch, the latest lunch period, arrived) it went bad. I chose not to eat and there was nothing to eat for me in the lunch line,” Jones said.

Pike has recently created a salad bar in the main campus cafeteria, said assistant principal Brea Williams. But is the salad bar enough? Mrs. Williams mentioned a theory that suggests it’s hard for people to behave properly on an empty stomach.

Kelly James, a dietician for the school district, said there's definitely room for growth when it comes to offerings at lunch. She suggested that Chartwells, the company in charge of the district's food service, could do more to market the options to students.

"I agree there should be lots more options in the school day. I will say here in the high school with our salad bar we're trying to do more with those options," said Ms. James, who is vegetarian.



Students who follow a vegan or vegetarian diet might choose to eat from the salad bar during lunch. *Photo by Kyla Reed*