

## Why Kids Should Be Allowed to Choose Their Own School Lunch

Kids should be able to pick what they eat for lunch at school. Grown-ups always say we need healthy food, and that's true, but sometimes the food they give us just sits on the tray. When kids help choose, we actually eat it instead of throwing it away.

Most school lunches taste okay, but some days it's the same thing over and over: dry chicken, soggy broccoli, or mystery meat that nobody touches. If schools let kids vote on menus or pick from more options, we'd learn how to make good choices on our own. It's not about having pizza every day; it's about food that's healthy and something we like.

Letting kids choose lunch would also cut down on waste. Every day, I see whole apples, unopened milk cartons, and untouched vegetables tossed in the trash. That's money and food gone for no reason. When people like what's on their tray, they finish it. Simple.

Some adults think kids would just pick junk food, but that's not always true. If we learn what makes a meal healthy, we can make smart choices too. Maybe carrots taste better next to a turkey sandwich than next to meatloaf. We just want food that feels like ours.

Letting students help plan school lunches would make everyone happier and teach real responsibility. Lunch shouldn't feel like punishment. It should be the part of the day that gives us energy, not one we try to get through fast.