School Meals

School meals are important, because most schoolkids do not get homemade food from their parents and eat whatever their school offers. If their school has unhealthy meals, it could lead to some health problems if students eat unhealthy food or fast food regularly. Many scientists have also confirmed this.

Our school also offers school meals. It ranges from soup to spaghetti and our school also offers vegetarian alternatives and all that for four euros a meal. I have never tried out our canteen, so I can’t really say anything about how healthy or tasty the food is, but I heard great things about it.

My perfect school meal would be something easy to eat because I don’t want to spend my entire break eating something. Spaghetti is nice and all, but I’d prefer a sandwich or a salad instead, because it’s easier to eat and less messy. I would eat something like spaghetti occasionally.