

What's for Lunch?

Story By: Andrew Frinkle

"What's for lunch?" The question came up every day, but Janet had no idea today. She always got something ready for her children, but it was a challenge. Kids got bored with some things, resisted trying new things, and occasionally just demanded to eat junk food. It was a daily challenge.

Some days, she had little or no time, so she just prepared something frozen. This might be chicken patty sandwiches on toasted rolls. A salad or yogurt was a good side for that. Frozen pizza and corn dogs were always a hit with the kids. Chicken nuggets and frozen French fries went down easily, too. Still, they were full of salt and fat, and had very little in the way of vitamins and minerals.

Sandwiches with a soup were pretty easy. She could sneak vegetables between the bread and some into the soup as well. Canned soups were horribly salty, though. She made some on her own, but that could be time-consuming. Grilled ham-and-cheese with tomato soup was always a hit. Again, it was lacking in vegetables.

She made giant chef salads with lots of veggies, and the kids ate them well enough. She would put bacon bits, hard-boiled eggs, cheese, sunflower seeds, olives, and all kinds of goodies in them to make them a more well-rounded meal. Unfortunately, they liked too much dressing on their salads, ruining a healthy meal with lots of unnecessary fat.



Another option was a baked potato bar. She would make the potatoes, and they would load up on broccoli, cheese, bacon bits, butter, garlic, chives, and just about anything they wanted to go on top. She could get away with this now and then, but they got bored with them unless they were drenched in ranch dressing.

Janet sighed as she stared at the cabinets and fridge again, trying to figure out what today's meal would be. She walked off into the den and made up a dart game instead. Kids would throw rubber darts at a poster with options, and she would make whatever target they hit. Unhealthy options were much smaller targets. She would also start portioning out the sauces to limit their usage. She smiled to herself, wondering why she didn't come up with this earlier.



Now, finally, she wouldn't have to worry about making lunches!

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Use the information in the story to answer the questions below.

1. What is Janet worried about?
 - A. calories
 - B. fat
 - C. what to make for lunch
 - D. what to cook for dinner

2. What is wrong with most prepared frozen foods?
 - A. They are unhealthy.
 - B. They are too expensive.
 - C. They take too long to make.
 - D. They take a long time to prepare.

3. What is a good thing about chef salads?
 - A. They are full of fat.
 - B. They have lots of vegetables.
 - C. They are expensive.
 - D. They're boring without salad dressing.

4. How do the kids ruin the baked potatoes' healthiness?
 - A. They add lots of salt.
 - B. They don't eat the skins.
 - C. They use too much butter.
 - D. They drench them in ranch.

5. What method does Janet finally decide upon for choosing lunch menus?
 - A. a dart game.
 - B. random choice
 - C. kids choose
 - D. whatever is closest in the freezer

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