

take YOUR pick

Lunch options provided students with opportunities to create and customize unique meals.

Pizza, sandwiches, and salads were only some of the options available during lunch. For freshman Valentina Mouhaffel, having panini presses to make hot sandwiches were a welcomed treat.

"Having the panini press here at the Upper School gives us more choices during lunch," Mouhaffel said.

Aside from a variety of sandwich creations, students could customize salads or bowls to their liking. Hot food choices, including pasta and soup were always an option. Some students also said they appreciated having options that addressed their food restrictions. "I'm gluten free and having a food section dedicated to foods that I know are safe for

me to enjoy is a big plus," sophomore Laura Solorzano said.

Sophomore Isabella Golod let her creativity guide her as she prepared her salad every day.

"I like making new delicious salads every day so I don't get bored of the same thing," Golod said.

Having nutritious options were important to students, especially for those whose days were longer due to after school sports and activities.

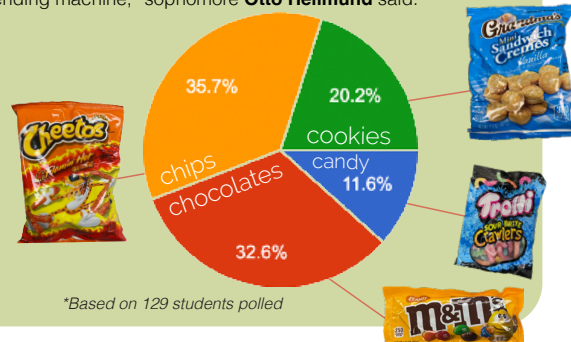
"I'm super busy after school with sports and clubs so having a place where I know I can get a variety of options for everything I need is a huge win," sophomore Catalina Palacio said.

Story by Valentina Fernandez



snack attack

Aside from cafeteria lunches, visiting the vending machine was popular for a quick snack. From savory to sweet, there were many options to choose from. "I am a chocolate lover, and M&Ms are the best choice in the vending machine," sophomore **Otto Hellmund** said.



panini press

The sizzling sound of the panini makers and the smell of the melting cheese attracted students to the panini station. As soon as classes ended and lunch began, the panini section was filled with students desperately trying to get first in line to make their sandwiches. "When class ends, I rush towards the cafeteria so I do not have to make a long line to make my panini," sophomore **Katharina Zichy** said. Students enjoyed paninis because of how easy and quick they are to make. "I like paninis, because they are easy to make and delicious; you can never go wrong with a panini," senior **Daniel Lara**.



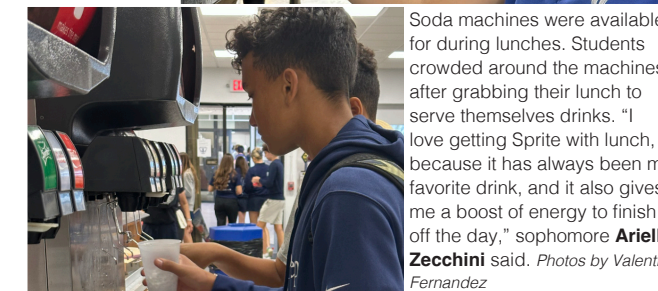
cultural cuisine

On any given day, the cafeteria offered a selection of dishes from different cultures. The hot food section often featured Latin, Asian, and Italian dishes, just to name a few. "I like that [Sage] offers food from different countries, because it allows me to try a variety of different foods with different flavors," senior **Chiara Zecchini** said.



fizzy drinks

Soda machines made a comeback.



Soda machines were available for during lunches. Students crowded around the machines after grabbing their lunch to serve themselves drinks. "I love getting Sprite with lunch, because it has always been my favorite drink, and it also gives me a boost of energy to finish off the day," sophomore **Ariella Zecchini** said. Photos by Valentina Fernandez

living gluten free

The cafeteria offered students the option of gluten-free bread.

The bread selection in the cafeteria included gluten-free options. Having selections for those with food restrictions made it easier for students, so they wouldn't have to bring lunch from home. "Since I am gluten intolerant I always make a sandwich for lunch using the gluten-free bread that the cafeteria provides," sophomore **Taylor Coxhead** said. Photos by Valentina Fernandez

