

What's the scoop? We Know.



Strawberry



"With cherries and extra strawberries."

- Tristyn Popelka 21



Sherbet



"I like it cold and colorful."

- Dylan Niebes 21



Coffee



"I like that it tastes like iced coffee."

- Abbie Kaestner 20

By the slice

What's your favorite pizza flavor?



Justin Engelking 21

Pepperoni: 32.8%



Cheese: 13.1%

Hawaiian: 13.9%

Taco: 14.8%

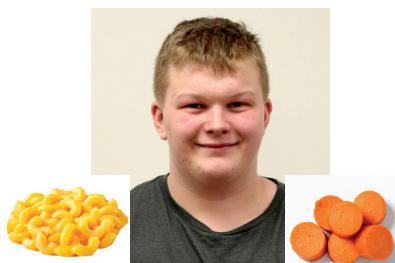
Breakfast: 25.4%

122 students polled



Brenleigh Sonka 23

Weird food combos

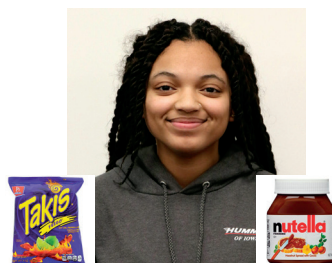


Mac & Cheese

Hotdogs

"My dad made it when I was sick one day. I make it myself. I like the texture of it. It's quick and easy. I think two hotdogs is enough."

-Ethan Hepker 23



Taki's

Nutella

"It takes away the spice in the Taki's. I found it from a friend. At first, I was like that sounds kind of weird, but then it was really good."

-Kaidee Mather 23



Pizza

Ranch

"It's got a certain tang that I like. [I eat] supreme pizza because it has more vegetables on it because I'm mostly vegan."

-Braden Mewes 20

Student Life Food

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School Name: Benton Community HS

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Healthy Habits

Students get a head start on a healthy lifestyle

Junk food was a commonality for teenagers, but different activities helped to fight back and support against those unfit habits.

Dawson Franck 22 said, "During wrestling I just try to stay away from pop and really sugary foods. I just try to put good stuff into my body. I eat sandwiches or anything with protein or carbs and try to stay away from cookies, pop and stuff like that."

Not only did food keep Franck in shape, but the gym also acted as a way to stay fit.

"I usually lift in the mornings and practice every day after school," Franck said.

Motives were not all the same as Hayley Young 21 started her health kick with the thought of age in mind.

"I have done this for about a year," Young said. "When getting older, your metabolism isn't as well, and I want to

keep up and be more cautious about what I am putting into my body."

An app on Young's phone was essential for her to monitor the food she ate every day.

Young said, "I use a calorie tracker to track my calorie intake. If I eat toast with peanut butter, I log in how much I ate. I make my own lunches so it is easier to track and so I know what I am putting into my body."

- Makenna McManemy

Coffee break

What's your go-to Starbucks order?



"My Starbucks drink is the Pink Drink with light ice. It's caffeinated, but it's not coffee. I drink it a lot in the summer, but I also drink it in the winter because it's a good refreshing drink."

-Kiah Coffin 22



"My go-to order is the Salted Carmel Mocha Frappuccino. It's sweet and salty, so it's the perfect mix. I get it once every two weeks. More people should try it if they like the combination."

-Caden Archambeau 21



"I get a strawberry refresher and one pump of raspberry with lemonade. My friend Ava [Heeren 23] got it, and I tried it and liked it. Now, I get it all the time. It's sweet and refreshing."

-Lillian Harris 23



How bout' homemade?

Italian Chicken, Green Bean, Potato Bake

1. Wash and cut green beans + potatoes.
2. Line green beans and potatoes on both sides of a 9x13 inch pan.
3. Get 4 chicken breasts and line them up in the middle.
4. Spread Italian seasoning over the whole bake.
5. Preheat oven for 425.
6. Wrap tin-foil over bake and put in oven for about an hour.
7. Take out and enjoy!

Olivia Janss 23