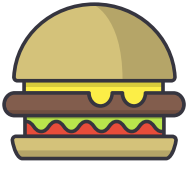


EATING OFF CAMPUS



FOR LUNCH



Juniors and seniors have the privilege to leave campus for lunch. Some students choose to make the quick trip home and enjoy a free, homemade meal. Sometimes, the thought of fast food is too tempting to pass up. However, what may seem to be just a casual lunch, may turn into a habit of eating unhealthily, wasting money and ignoring academic responsibilities.

WHERE LEESVILLE STUDENTS EAT OFF CAMPUS

Arby's	Dunkin' Donuts	Panera
Backyard Burger	Five Guy's	Schiano's
Bruegger's	Goodberry's	Shish Kabob
Bojangle's	Harris Teeter	Starbuck's
Chargrill	Jersey Mike's	Subway
Chick-Fil-A	Jimmy John's	Tony's
Chipotle	McDonald's	Tropical Smoothie
Dickie's	Moe's	Wendy's

55%

spend over \$6 each time they eat off campus

29%

have been late coming back from lunch

57%

purchase food off campus more 3 or more days per week

**We surveyed 90 juniors and seniors, enrolled in both honors and academic classes, to obtain the above statistics.

Of the many fast food restaurants around Leesville, students reported to purchase food from Bojangle's and Chick-Fil-A most often.

Although eating off campus is viewed as a privilege, it requires some self control. Upperclassmen have the opportunity to consume hundreds of calories, spend over \$5 per day (which will add up quickly), and are more likely to serve lunch detention.

The easiest way to avoid eating too much fast food, spending too much money and being late too often is to arrange to eat a homemade lunch at a friend's house. One meal at Chipotle may seem insignificant, but \$10 spent there followed by \$6 spent at Chick-Fil-A adds up to \$16 and 2000 calories.



Number of calories in an average Bojangle's meal:
910

Number of calories in an average Chick-Fil-A meal:
880