

Foods at AMS, Ranked from Worst to Best

Number 10: Pizza



The pizza is probably the most unhealthy thing and not fresh. It's not high on the list because the pizza is pre-made and delivered.

Number 9: Macaroni and cheese



The macaroni and cheese is probably one of the worst because the cheese is pre-made and so is the macaroni, so it's not fresh

Number 8: Teriyaki Chicken



The teriyaki chicken isn't the best because the sauce is pre made and so is the chicken. Again, it's not fresh and made somewhere else

Number 7: Bean and rice burrito



The bean and rice burrito is also not the best because they are also pre-made. Also, these come in packages.

Number 6: Cookies



The cookie is also not the best because sometimes when you get them they are hard and also pre-made.

Number 5: Chicken Nuggets



The Chicken nuggets are pre bought, but they aren't the worst and are pretty healthy. But at least it has some meat in it.

Number 4: Garden chicken salad



The garden chicken salad is one of the healthiest things also, but it has pre-made chicken in it which is heated up.

Number 3: Yogurt



The yogurt is pre made and kept cold so it doesn't go bad, plus it has a bit of artificial fruit to give it the fruity taste

Number 2: Salad



The salad is one of the healthiest things on the menu because it consists of lettuce carrots and other veggies

Number 1: Deli Sandwiches



The Deli Sandwich is the best one on this list because it consists of: Cold meat that isn't pre-heated, lettuce, tomato, mayo, and sourdough bread