**Elementary Student Survey – New Breakfast Program**

1. Did you have breakfast this morning before you came to school? (Check one)

* YES
* NO

1. Did you have any of these foods? Check which ones you had for breakfast this morning.

* Milk/Soy Milk
* Yogurt
* Cheese
* Meat/Fish
* Eggs
* Beans
* Juice
* Fruits
* Vegetables
* Cold Cereal
* Hot Cereal (oatmeal, cream of wheat, grits, etc.)
* Bread/Muffin/Breakfast Bar/Bagel/Tortilla

If no, what did you eat this morning?

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1. What is your favorite thing to eat for breakfast?

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1. How do you feel when you’ve missed breakfast?

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1. Do you get hungry before lunch?

* YES
* NO

1. If you could eat breakfast at school, would you?

* YES
* NO

If no, why not?

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7. What does eating a good breakfast help you do better?

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