Secondary Student Survey – Breakfast Expansion

1. What do you know about the importance of eating a healthy breakfast?

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1. Check any of these items you had for breakfast.

* 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 none of the above, what did you eat?

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1. Did you eat breakfast at school? YES / NO

If no, why not?

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1. Do you ever eat breakfast at school? YES / NO

If no, why not?

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1. Do you ever buy foods at a store, fast food restaurant or vending machine to eat for breakfast? YES / NO

If yes, what kinds of food do you buy?

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1. How do you get to school and how long does it take?

* Bus

\_\_\_\_\_\_ minutes

* Car

\_\_\_\_\_\_ minutes

* + - Walk

\_\_\_\_\_\_\_ minutes

* + - Other\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ minutes

1. What time do you get to school? \_\_\_\_\_\_\_\_ a.m.
2. Do you participate in before-school activities? YES / NO
3. List the kinds of foods you like to eat for breakfast.

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1. Would you eat breakfast at school if we added some of these items to the menu? YES / NO

If no, why not?

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1. We would like to make it easier for you to enjoy breakfast at school! Which of the following alternative methods of serving breakfast would you most like to see at [Insert school name here]? **[These are examples. List options you have identified as logistically feasible when using this question]**
   * Breakfast service in Cafeteria after 1st period
   * Bagged “Grab ‘n Go” breakfasts (served from carts throughout school)
   * Breakfast in homeroom
   * Breakfast on the bus (served on way to school)

If we served breakfast this way, would you be more likely to eat at school? YES / NO

If no, why not? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**OR:** We would like to make it easier for you to enjoy breakfast at school! Would you be more likely to eat breakfast at school if it were served **[Describe breakfast service method here]**? YES / NO

12. Would you purchase school breakfast if it cost less than $\_\_\_\_\_\_. YES / NO

If no, why not?

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