

WAPPINGERS | Empower
CENTRAL SCHOOL DISTRICT | Challenge
Grow

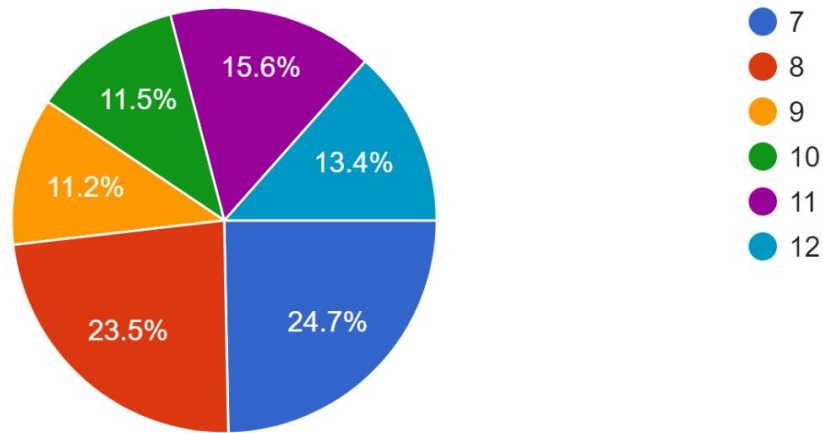
WCSD Wellness Committee

2023 Student Wellness Survey
409 Responses

Q2:

Indicate your current grade.

409 responses



Q3: If you eat breakfast at home on a school day, what do you typically have?

367 responses (a response of N/A has been removed)

Protein yogurt	chocolate chip waffles	toast
Cereal	Cereal usually cheerios.	At home A muffin
Eggo waffles	Typically lunch food (Sandwich or Pizza)	Cereal eggs
reeces puffs	Granola bar or a bagel and avocado	frozen waffles that i put in the toaster
cereal	Pancakes eggs bagels different every day.	1-2 croissants
Special k with strawberries and milk	Protein Shake	I don't eat breakfast but if I do I eat a fruit
Cereal	avacodo toast	granola bar
Cereal	frozen waffles	blueberry English muffin with butter peanut butter
fruit and eggs/ pancakes	leftovers	Sometimes either fruit or omelet muffin.
I have tea and an english muffin or a bagel	banana	Various
waffles	oatmeal	yes i do a bagel or cereal
I don't eat breakfast0	No	Nothing I don't have the time in the mornings
I eat it in school : yogurt coffee toast	I eat a clif bar	Toast
Rice cakes and a banana	i don't	bagel

Q3: If you eat breakfast at home on a school day, what do you typically have?

continued

367 responses

cereal	Oatmeal	I eat a pop tart waffles or banana.
mac and cheese or cereal	Cereal	Pop Tarts or Bagel
I don't eat breakfast	a crossont at home	Toast on Italian bread with butter. orange juice
cereal or waffles	Cereal	I don't eat breakfast
Cereal	cereal	I don't eat breakfast
Eggs	Dunkin	I don't eat breakfast before school
I dont have breakfast at home.	a sandwich	waffle
Mcdonalds	Bagel and banana	cereal
cereal pop tarts waffles or toast	cereal	croissant
Bagel	Cereal	Eggs and toast
cerial	no	Yes fruit and toast.
Rice and some side dish	nothing	smoothie/yogurt+banana+granola+raisins
A gluten free frozen muffin	Yogurt with fruit 	Pop tart
Nothing	Cereal a fruit and orange juice.	toast and strawberries
Cereal	I eat breakfast on the way (protein shake)	Egg rice vegetable curries in rice and salads.

Q3: If you eat breakfast at home on a school day, what do you typically have?

continued

367 responses

Home	Toast	fruit pancakes orange juice waffles bacon eggs
Bagel or Cereal	i don't eat breakfast	cereal with milk
I dont	Chocolate chip pancake	i don't
hot pockets	I eat a chocolate muffin.	muffin waffles scones.
A piece of toast	Eggs Bacon	Cheerios
Cereal or toast.	Eggs or a bagel	i eat toast
Two slices of bread without spread	Not sure	It varies a lot.
Veggie Sausages	half a bagel	Cereal Bagel
french toast(i never had breakfast in school)	Cereal	I dont eat breakfast
waffles or pancakes	Air	eggs
oatmeal or cereal	Waffles / Eggs	cereal or leftover food
I don't eat breakfast	Nothing	Cereal or bagel
i don't eat breakfast	I normally eat cereal muffin waffle	Porridge
Eggs	cereal	Nothing

Q3: If you eat breakfast at home on a school day, what do you typically have?

continued

367 responses

Bagel	eggs and toast	Nutella tortilla and cheese stick
Bagel	bread with strawberry jam or eggs or sausage	Tea/Smoothie and a Banana
waffle and milk	Banana	French toast bagels avocodo toast with egg
Toaster waffles	Cereal	yogurt with granola
Cereal or a bagel	Leftovers from earlier meals or a small snack	nothing
Nothing	Coffe and bread or i cook aomething up	Cereal bacon and eggs or pancakes any of those
Typically cereal if I get the chance	a bagel	bread
I don't	Bread eggs fruit avocado waffles	I have cerral outmeel a bagle
Something light (not too filling).	A granola bar	i dont
bagel with cream cheese	I usually have leftovers for breakfast.	Nothing
Pancakes	scrambled eggs	Bread with peanut butter
eggs and bacon a sandwich or cereal	fruit or bagels	Eggs
Cereal	Waffles	I don't eat breakfast at home
Protein Yogurt	waffles or cereal	Cereal
bagel yogurt fruit	Bagel	nothing
Bagel	Cereal	Wraps or protein bars

Q3: If you eat breakfast at home on a school day, what do you typically have?

continued

367 responses

i don't eat breakfast	Bagel	i eat a simple breakfast of eggs bacon and toast
Croissant	i typically dont have breakfast	cereal
Grape jelly and peanut butter Uncrustables	Breakfast burritos	protien shake
Nothing	Waffles	Croissant sandwich with eggs and turkey sausage
(sometimes) I'll have a toaster strudel or a bagel	Cereal or nothing	nothing
breakfast bar	Avacados with seasoning	i just drink a yogurt
cereal	no	I typically have pancakes and a egg sandwich.
a bagel	a fruit	cerel or like a hot pocket
Nothing	water	bagel
i dont	French toast	nothing
Toast bagel eggs etc. Usually one of those.	scrambled eggs coffee and bread.	cereal orange juice
bagle/breakfast sanwich	I dont have time	avocado toast
eggs	I dont eat because i'll barf	Granola bar
Nothing	waffles	I typically eat
ceral	Eggs	Nothing

Q3: If you eat breakfast at home on a school day, what do you typically have?

continued

367 responses

Cinnamon rolls	Yogurt kefir cereal fruit chia pudding	pop tart
I usually have bread with eggs.	Bagel/ceral	Muffins
cereal oatmeal protein bar banana	cereal	toast
Yes oatmeal and fruit	Dinner leftovers or eggs	i don't eat breakfast
a bowl of Cherios in milk and drink vitamin water	Ceral	i don't
Nothing	Meal shake	pancakes
Eggs	bagel w/ cream cheese	Usually cereal or oatmeal. Sometimes even pancakes
Toast or nothing at all	Nothing	Cereal Cinnamon Toast Crunch to be specific
I dont.	Bagel	Cinnamon Toast Crunch
A bagel and banana	pop tart	Strawberrys and other fruits.
I dont eat breakfast	Cereal or eggs or a bagel	I don't usually have breakfast I don't have time
I dont typically eat breakfast on weekdays	Cereal	Roti
oatmeal	I don't know	Cereal or a bagel
I don't eat before school	Fruity Pebbles cereal	Eggs and bacon
A bagel or cereal	Yes i have breakfast. Its normally a bagel.	omelet coffee/tea and garlic bread

Q3: If you eat breakfast at home on a school day, what do you typically have?

continued

367 responses

a bar	Toast	ceral or eggs
Bagel	nothing	i only eat the breakfast when they have pop tarts
Sausage eggs and a protein drink	Cereal of a small portion	Fruit
I have a piece of toast	A shake cereal or a bagel	i drink juice
An egg	A bagel and fruit	I don't eat breakfast
Eggs with bacon.	A chocolate chip muffin	Nothing
Cereal	cereal	I usually have boiled eggs or yogurt.
i don't have breakfast because its to early	Cereal	wafflessss
cereal	Toast or a hard-boiled egg.	protein bar or a banana and a energy starbucks
i don't typically eat breakfast.	WAFFLES OR AN EGG AND TOAST	I don't eat breakfast on school days
Cereal	A muffin or a bagel	A bagel or some quick snack
Milk	a bagel or a muffin	Pancakes eggs toast bacon
cereal	A muffin & choc milk	sushie
french toast or cereal	A piece of bread at home	oatmeal with bananas and blueberries
A protein bar.	Cereal	i dont
Probably a banana and drink some milk	cereal with orange juice	cereal or a bagel

Q3: If you eat breakfast at home on a school day, what do you typically have?

continued

367 responses

i dont	Nothing	Cereal
I dont eat brakfast	Bagle Smoothie Scrambled Eggs.	I don't eat breakfast. (lunch starts at 10 a.m.)
I have eggs on bread with a sausage patty.	i don't have enough time to eat breakfast	Chocolate Milk.
eggs waffles pancakes and cereal	I dont eat breakfast	Don't eat breakfast
waffles	eggs and rice (mixed)	Cereal or bread/toast
I dont	Nothing	nothing
nothing	dont eat breakfast	i eat plant based yogurt or nothing
Pancakes with any fruit juice	nothing	Eggs bacon and pancakes
A bagel with cream cheese and fruit	Mini pancakes or cereal	
cereal oatmeal and sometimes bagels	Cereal	Rice with egg
Cereal	eggs or cereal	yogurt cereal and cookies/biscuits.
Avocado egg toast	cereal	coffee banana and a breakfast bar
i dont have enough time to sadly empty stomach	Oatmeal or nothing	Fruit bowl
Dont have time to make breakfast in the morning.	I don't have time for breakfast	Bacon Egg and Cheese
Cereal	waffles	Pancakes And orange juice

Q4: If you bring lunch to school, what do you typically bring?

348 responses (a response of N/A has been removed)

Some type of protein	Wraps	nothing	nothing
I just buy lunch some days.	Berries and a bagel and a granola bar	Ham sandwich protein bar and fruit	a protien bar and a snack.
pasta rice sandwich w/ fruit	A bag of chips a water a nut bar a sandwich.	sandwiches	I buy the school lunch.
Crackers	I don't bring lunch	Pasta	I buy lunch
snacks	a turkey sandwich or nutella	I usually bring a snack like chips or fruit	Sandwich
Sandwich	snack bags	salad	An apple
A sándwich	I don't bring lunch to school	Sandwich chips vegetable/fruit.	Nothing
Fruit	gum	I don't ever bring.	A gluten free snack
salad	Rlce	I buy lunch.	Don't have a lunch so I don't eat
I don't bring lunch	A sandwich and apple sauce	I dont	A sandwich a snack and a fruit
Soup	ham and cheese sandwich	Pasta	A sandwich
Mac and cheese	Nothing	a sandwich	Pasta or fried rice
A sandwich and a orange	nothing	I don't bring lunch.	Sandwich or leftover s
chips drink candy	i dont bring lunch	Sandwich	Nothing
A salad and a ham sandwhich	Sandwich	I don't bring lunch to school	whatever leftovers i got
I bring soup orange slices and goldfish.	Sandwich etc	Sandwich	i buy
nothing	simple sandwich/bagel with cream cheese	Protein Shake	I bring sndwhich or hot lunch
a avaocado bagel 🥑🍔😋	Fruit	Sandwich	a salad and some fruits and veggies

Q4: If you bring lunch to school, what do you typically bring?

continued

348 responses

chips juice dessert crafted sandwich	a sandwich or rice with chicken	Artichokes	a sandwich - turkey with lettuce
A sandwich		Sandwich 2 snacks	Sandwich
i don't bring lunch	Pizza	a sandwich and apple sauce	Usually leftovers
Leftovers from dinner the night before	leftovers from dinner the night before	Chips	snacks; pretzels nuts protein bars
I bring a turkey and cheese sandwich.	i don't	Sandwiches Orange Granola Bars Water	I typically bring a bento box.
I dont bring lunch	sandwich	Belvita Biscuits and a Protein Bar	a sandwich with a juice or water bottle
a sandwich and fruit and a treat	A sandwich	crackers	Bagel Mac & Cheese.
I don't bring lunch	i bring yogurt or a sandwich	I eat lunch at school	Sandwich
i dont	This can also vary a lot.	A sandwich	nothing
random snacks	sandwich	i dont eat	A sandwich chips fruit
A Sandwich	Pizza rolls goldfish juice box and cookie.	A Sandwich	Sandwiches
A sandwich and fruit.	I don't bring lunch	ritz crackers	a grilled cheese or yogurt
nothing	i don't bring food to school	i dont	a peanut butter sandwich
pb and j	Peanut butter sandwiches	I buy a bag of Chips	i dont have a big enough bookbag
A rap	I don't bring lunch	peanut butter and jelly	A protein cookie and bar that is it.
roast beef sandwich	i dont bring lunch	I get hot lunch	sandwich
Mac n' cheese	leftovers	i dont bring lunch	I do not bring lunch to school.
sandwich and orange and water	Nothing	A sandwich	Pasta

Q4: If you bring lunch to school, what do you typically bring?

continued

348 responses

a sinlge granola bar	Fried rice	none	sandwich
Protein bar	Salad	nothing	A bagel carrots and celery with ranch.
Turkey sandwich with spicy mustard on a roll	Rice	Either pasta or a sandwich	Pasta
Nothing	pasta or a sandwich	I bring breaded chicken and soup.	yogurt
Sandwich.	i don't bring lunch	sandwich snacks	fruit bowl
sandwich	Stuff	sandwich fruit yogurt	I don't
a sandwich or salad	a sandwich or leftovers from last night	nothing	Sandwich and yogurt
a wrap	I don't bring lunch.	sandwich juice box nuts and crackers	sandwich chips and water
Sandwich	School lunch	deli sandwich	I dont bring lunch
i dont	Mexican food	Carrots	protein bar
a sandwich fruit snack	nothing	sandwich	food
Salad or sandwich	i get free lunch from the school	sandwich	A sandwich
Sandwitch	i don't bring	A sandwich and sometimes a salad.	edible food
a sandwich	sandwich	A sandwich chips and celery	I don't
Chinese food dinner leftovers applesauce	food	I don't	i dont
Sandwich	salad	a mortadella sandwich	sandwich
Nutella sandwich	Sandwich	I don't really bring lunch.	nothing

Q4: If you bring lunch to school, what do you typically bring?

continued

348 responses

Rice with Beans and a Protein. Chicken Cesar Salad	nothing i buy school lunch which is kinda bad ngl	I eat lunch at school
Italian wedding soup Korean pork dumplings BLT	Yogurt cookies water and sometimes cheese	A sandwich
Ramen Sandwich dinner leftovers and some fruit	Small portions of vegetables or packed ramen	Macaroni salad
Snack fruit or vegetable sandwich and water.	a ham and cheese subway sandwich & vitamin water	A sandwich and a bag of chips
A sandwich of some sort. And maybe some apples.	Turkey sandwich Peanut butter and jelly sandwich.	A variety of healthy nutritious snacks.
Yes i bring my own lunch its a sandwich & fruit.	A sandwich or salad with chips and fruit	Pasta and chips or I eat when I get home.
N/A. For years though I would bring a sandwich.	Ham and cheese sandwich with a fruit	I dont bring lunch
ham cheese manase sandwich chips fruit ice tea	Could be anything mostly homemade food	Buffalo chicken
snacks because i dont have a lunch period	a turkey sandwich crackers and applesauce	A sandwich bottled tea and some snacks.
A sandwich or left overs snack board with cheese	bring snacks throughout the day I have no lunch	A sandwich with cold cuts
Sandwich goldfish and Nutella & go	cream cheese bagels ice tea and an apple	Fruit and vegetables a sandwich
Leftovers (i.e chicken & rice w veggies seafood)	I usually snack. (popcorn pretzels protein bar)	Whatever my mom cooked the night before
A sandwich chips cookies and any other things	Leftovers (pizza steak chicken) and a candy bar	snacks like apples maybe cookies chips
peanut butter sandwich or cold cuts	a sandwich or chicken and rice	Last nights leftovers pasta and meat
i dont bring lunch i buy the school lunch.	a sandwich with gatorade and some snaks	snacks from the gas station like chips.
Turkey Sandwich popcorn veggie/fruit juice	sandwiches yogurt granola/protein bars	Rice & vegetable curry egg rice or lemon rice.

Q4: If you bring lunch to school, what do you typically bring?

348 responses

continued

sandwich	I only eat snacks at school	peanut butter sandwich salad or cheese	don't eat lunch
A sandwich	i buy my lunch	usually chips	Pasta
Don't eat lunch at school.	i dont	if anything a granola bar	sandwiches or left overs
sandwich	flat bread but its called chapati	sandwich and snacks	No lunch
apples	Sandwich	granola bars chips	I dont ever
sandwich some times	I bring a salad	I don't bring lunch to school	A sandwich of some kind.
sandwich and candy	chips cookies and gatorade	Sandwich and gatorade	Nothing
a sandwich some snacks	a salad or a sandwhich wrap	I ring a sandwich and leftovers	Nothing I buy lunch
I bring a sandwich and chips and a cookie	Ham and cheese sandwich	Don't bring lunch	Sandwich with yogurt and chips
a sandwich	no	yes a ham and cheese snadwich	A snack. Granola bar or chips
a sandwich and 1-2 snacks to go with	whatever my mom makes	I don't bring lunch.	perogies
A sandwich	Sandwich	I don't bring school lunch	Sandwich
Sandwich juice box fruit snack	Sandwich chips and cookies	Whatever was made that morning (rice)	granola bar
I don't but I would bring a sandwich.	A sandwich with a fruit roll up.	A turkey and cheese sandwich.	salads sandwicks chips
I do not bring a lunch to school.	Sandwich	Sandwich a drink fruit a snack and desert.	A sandwich (PB and J)
i dont	salad	A bagel or salad	Sandwich
chips	sandwich	Some type of sandwich with a side snack	Chicken Nuggets

Q5: What do you eat for breakfast & lunch on the weekend?

373 responses *(a response of N/A has been removed)*

Meats with protein	Rice with curry	Oatmeal for breakfast and lunch varies
Eggs breakfast sandwiches sandwiches	fast food or a sandwich	Egg sandwich PBJ
Fruit eggs... Mac&cheese leftovers sandwich	pancakes and sometimes a salad for lunch	Idk homemade food my parents make
whatever's in the house	Typically cereal oatmeal or a sandwich.	idk
Egg Sandwich Pizzar	Pizza Burgers Tacos etc.	whatever I make
cereal	Pancakes and a sandwich	Varies depending on the weekend.
anything	A bagel and a sandwich	i dont eat a meal i just snack throughout the day
eggs and fruit	Same thing	Dominos pizza
Pancakes and a sandwich	sandwiches and/or leftover food from dinner.	its mixed
Pancakes and eggs nachos and rice and beans	Eggs steak chicken mashed potatoe and vegetable	im not sure
waffles	Protein shake protein cereal	Eggs and pancakes with no lunch
bagel or sandwich for breakfast sandwichforlunch	same thing	Egg sandwich
anything i can find typically a bagel	pancakes and eggs/ deli sandwiches pasta	breakfast-toast with nutella and i dont eat lunch
A sandwich	Cereal bagel fruits etc	Cereal/McDonalds/ waffles and a sandwich
mac and cheese and broccoli	gum	cereal or lscrambled eggs
cereal sandwich	bagel and sandwich	Eggs on bread and chicken fingers.
Bagel leftovers basically anything	Eggs	some cereal for breakfast and anything for lunch
I eat scrambled eggs	bacon egg and cheese cereal or noodles	Breakfast: bagel/toast Lunch: some kind of chicken
chicken and cereal	anything i wnat.	A sandwich no breakfast
Pancakes pasta.	bagels eggs	Eggs and bread and chicken

Q5: What do you eat for breakfast & lunch on the weekend?

continued

373 responses

Breakfast:bacon egg bagel Lunch:snacks	I usually wont eat breakfast mcdonalds for lunch.	Bread for breakfast it varies for lunch
Cereal and sandwich	Waffle pancake cereal eggs and pizza chicken nuggt	bagel and chicken
Breakfast: waffles or cereal Lunch: sandwich	Really anything I have in my house	Big meals like French toast and pancakes
Eggs and sandwich	Waffle - Breakfast Pizza or Chicken - Lunch	it depends
food	enytthing	Whatever I am craving
I eat yummy in the tummy foods. I eat chick fil a	Rice with side dishes	whatever i can find
Ceral Pop Tarts sandwichies	Eggs fruit gluten free pasta and chicken	waffles for breakfast and for lunch anything
Whatever	Pancakes eggs waffles etc	Sushi 🍣 or a jersey mikes sub 🌭
pancakes or cereal and leftovers	Waffles or pancakes or eggs	B: See above L: Sandwich yogurt chips and juice
Toast for breakfast and different stuff for lunch.	Bagel and a snack	varies
Theres nothing specific	breakfast bagel or cereal lunch usually sandwich	pancakes & chicken patties
Eggs cereal pasta sandwich outside food	cereal or pancakes and eggs	nothing for breakfast and some cucumbers for lunch
Breakfast: chocolate chip pancake. Lunch: soup	waffles with fresh fruit & pasta or sandwich	cereal pasta meat
I eat donuts cereal dino chicken nuggets pizza	Healthy food	anything that is in my house
No breakfast and like whatever is leftovers	sandwich salad fruit	eggs and toast / a sandwich or pasta
pasta starches vegetables	Dosa idli salads and egg/vegetable rice.	Pasta
Pancakes sandwich salad	whatever im in the mood for	don't eat breakfast lunch is typically a salad
Breakfast sandwich or bowl	-cereal for breakfast -sandwich for lunch	Eggs for breakfast and leftovers for lunch
left overs	same as school days	A lot of different things
it depends what time i wake up	No breakfast pizza	Coffee egos bacon lunch: pasta fried food soup

Q5: What do you eat for breakfast & lunch on the weekend?

continued

373 responses

chicken	i eat eggs	Yogurt avocado bread
pancakes for breakfast and soup for lunch	It varies here as well but I eat pizza a bit.	Usually eat out.
cereal or eggs lunch is like a slice of pizza	Whatever there is to eat	cereal and a sandwich
whatever is in the house	Eggs or	Cereal (breakfast) sandwich simple snack(lunch
Breakfast: smoothie or eggs lunch: quesadilla	pizza burger	Cereal/ sandwich
Something similar.	pancakes eggs waffles bagels	Mostly the same stuff
Varies	WHatever my parents make	wAffels pancakes ramen leftovers
Cereal hot dogs mac and cheese. Sandwiches	"Brunch" of something random like bread or fruit	bagels pancakes and chicken or salad
I eat cereal for breakfast and leftovers for lunch	Hispanic food	a bagel and really anything for lunch
eggs and pizza	whatever leftovers are in the fridge from the week	nothing
Oatmeal avocado toast eggs sandwich meat	Maybe a bagel for breakfast and sandwich for lunch	Pretty much whatever
Breakfast - Cereal Lunch - Ramen Noodles	Cereal Sandwich.	breakfast - pancakes lunch - hot dogs
Not too sure it always changes	Breakfast eggs bacon and pancakes lunch I go out	I eat panckcks and pizza or something for lunch
For breakfast I eat egg's pancakes french toast	i eat lunch	Typically the same type of things.
pancakes and Mac and cheese	Breakfast sandwich and whatever my mom makes	bagel and pb and j
i usually eat chicken sandwiches tacos - lunch	Tea and a bagel. Soup/Salad	food
Toast i dont eat lunch much	Literally anything	for breakfast waffles and for lunch a sandwich
i dont	Usually cereal for lunch I wake up past breakfast	butter toast and eggs roti and beef curry
pancakes and eggs and waffle.	usually nothing	Cereal (for lunch no breakfast)
Nothing	Same thing as normal school day	popcorn

Q5: What do you eat for breakfast & lunch on the weekend?

373 responses

continued

pancakes and bacon	idk	it depends theres sometimes a new recipe
i usaully eat out.	it varies everytime	Nothing for breakfast sandwich/frozen food lunch
bagel and fast food	sa	I dont eat breakfast in the weekend. Lunch depends
Waffles/Bagels Rice	Bagel and fruit	French Toast Cereal Chicken Grilled Cheese etc
Nothing	CHINESE FOOD	pancakes for breakfast a pizza or sandwich
bagel . rice	Soup Mack & cheese toasted bagel	Pizza and sandwitches
No breakfast on weekend. Lunch depends.	For lunch it varies for breakfast waffles	pancakes
it varrys i guess	bagel salads pasta simple stuff	eggo breakfast meat for lunch
eggs and burger	The same thing as week days	I don't know
a bagel and grilled cheese	a bagel or pancakes chicken nuggets and fries	cereal or leftovers is not coming out
I skip breakfast and eat noodles for lunch.	Foodl can't write a lot because it doesn't let me.	An egg with turkey and cheese and lunch is pasta
cereal fruits and yogurt.	breakfast: cereal lunch: depends what i have	Breakfast- bagels lunch- pasta
bacon and eggs for breakfast and pizza for lunch	Absolutely nothing	whatever we have
Depends	Same thing	Fast Food
eggs and toast	Pancakes or eggs for breakfast. Lunch is leftovers	N/A
bread with eggs and sausage	Avocado toast	Oatmeal or eggs/ lunch depends
Nothing	A sandwich for lunch	McDonald's
Breakfast: Cereal Lunch: eat out(usually)	whatever my mom or grandmom makes	Eggs and bacon or sandwhiches
pancakes home made Indian food	Breakfast: Tuna with bread Lunch: Mix of foods	Cinnimon rollds and wings
cereal and sandwhiches	Breakfast: pancakes bacon tea Lunch: pizza agua	Cereal/eggs for breakfast and a sandwich for lunch

Q5: What do you eat for breakfast & lunch on the weekend?

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373 responses

parfait ramen	Nothing a sandwich whatever for dinner.	Yogurt oatmeal chia pudding rice salad chicken
Bagel and coffee. Snacks sometimes.	Chocolate chip pancakes	Pancakes ramen
bacon egg and cheese and breadsticks or steaks	Pancakes and a sandwich or soup	waffles and chicken
Waffles or cereal	food	eggs bacon pancakes toast soup salad etc
bagel for breakfast and soup for lunch	For breakfast I make pancakes and lunch pasta.	cereal sandwich
cereal and for lunch sandwich or leftovers or soup	A sandwich or a quesadilla	Applesauce lasagna roast beef waffles kabobs
Anything I can find	Hot pockets	pancakes for breakfast and a sandwich for lunch
Microwave Dinners or Can Soups	Eggs toast for breakfast. And for lunch sandwich.	Cereal fruit pancakes or eggs
Cereal	Eggs and leftovers	eggs bacon toast / eat alot of meat
good breakfast pancakes eggs waffles bacon yk	grapefruits or just fruits	Cereal and Sandwiches
Whatever my mom makes me.	cereal and romen	Bagel and tacos
Indian food Rice	Bagel with cream cheese eggs toaster waffles.	pop tart and some times fast food or a sandwich
Breakfast= small biscuits Lunch= depends...?	Sandwich with homemade fries	cereal and yogurt and cucumbers
I sleep till 12 then eat a sandwich	fingers covered in cheese dipped in ketchup/mayo	Avocado toast a bagel oatmeal fruit yogurt
For breakfast cereal and for lunch it depends.	I don't eat much aside from healthy beverages	eggs pancakes bacon etc.
pizza burgers	Eggs and toast	cereal and hot pockets
Waffles and a sandwich	Pancake bacon sausage salads burgers	Yes
Rice chicken mutton yogurt banana other fruit	anything healthy	Breakfast: pancake hash browns lunch: pasta
cereal	indian food	a drink(breakfast small somthin(lunch
Pancakes waffles sandwich	just a sandwich and toast	Cereal and a Sandwich.
sandwich cereal juice	Cereal in the morning and for lunch a fruit salad	many different things

Q5: What do you eat for breakfast & lunch on the weekend?

continued

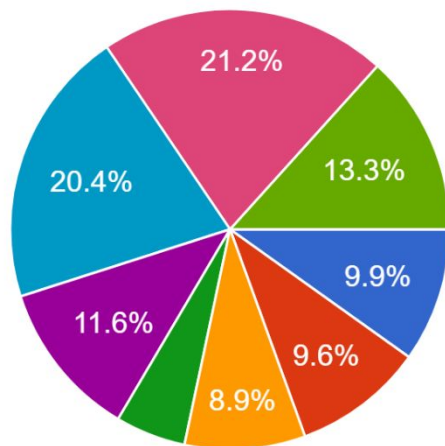
373 responses

Bacon Burgers Pizza Sushi	Egg sandwiches bagels cold cuts McDonalds.	sandwich
Waffles or Pancakes with a smoothie.	Nothing specific as we go out to eat on weekends.	eggs and bacon and a sandwich
Patacones with egg and toasts	Cinnamon Toast Crunch and Pizza or Pasta	Steak chicken salad
Chicken Tenders Fries Blueberrys Watermelon	Depends on the day. Sometimes sandwiches	Nothing for breakfast and a sandwich for lunch
pancakes or waffles and for lunch leftovers.	Breakfast: eggs toast ... Lunch: grilled cheese ...	A sandwich
fruits and proteins	It depends but usally toast with a topping of sort	Eggs and bacon for breakfast Pasta for lunch
Dunkin bacon egg and cheese	oatmeal and then pasta with chicken	cereal and PBJ
Lunch-rice and beans w/ meat No Breakfast	pancakes avocado toast; sandwiches and pasta	bagel hash brown bacon
Cinnamon rolls and a sandwich	Cerealforbreakfast then leftovers/something random	pancakes mazzorella sticks chicken nuggets
cereal and I don't eat lunch	Pancakes and for luch mac and cheese	Eggs and toast for breakfast and lunch is a salad
cereal french toast pancakes waffles	Curries and rice	Typically the same things as a school day
cereal and salad	Breakfast: Bagel and fruit; Lunch: Sandwich/Soup	a bagel or a muffin
Pancakes Toast Cereal and for lunch sandwich	ups and downs	Same thing I said above.
french toast sandwich	food	for breakfast waffles pancakes lunch can depend
Anything I choose like mac and cheese.	eggs or bagel. sandwich or whatever i feel like	cereal/eggs and bacon for breakfast
I have a shake or I eat waffles	omelette and mac and cheese	pancakes or french toast
Breakfast: Bagel Eggs doughnuts Lunch:Leftovers	usually nothing	Whatever i have in my house
bacon and eggs	I eat takeout on the weekends	I don't know
Eggs and Chicken	Cereal and leftovers	Pancakes and cheeseburgers and pizza.
Nothing for breakfast usually soup for lunch	Bagel then probably a sandwich	Rice Bowls omelettes sandwiches etc.

Q6:

How many school days do you buy a la carte food (snack items) for lunch from the school cafeteria?

406 responses

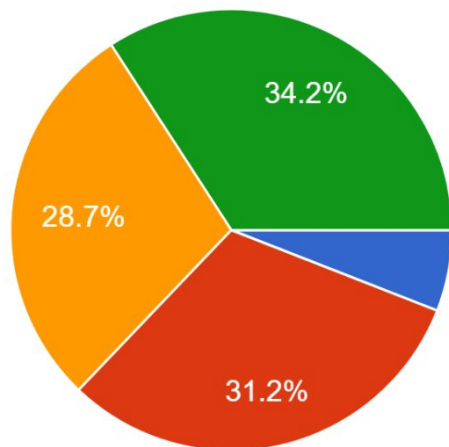


- 1 Day
- 2 Days
- 3 Days
- 4 Days
- 5 Days
- I bring a snack and drink from home.
- I do not buy a la carte (snack) food items at school.
- I do not have a lunch period.

Q7:

If you eat the school breakfast and/or school lunch, how happy are you with the food?

404 responses

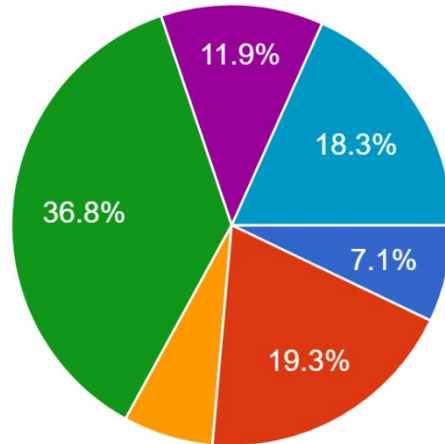


- Happy
- Neutral
- Unhappy
- I do not eat the school breakfast and/or school lunch.

Q8:

Which item would you like to remove from the lunch menu?

394 responses



- Burger
- Pizza Bagel
- Max Filled Breadsticks
- Beef Hot Dog
- Breakfast for Lunch (Pancakes, French Toast Sticks, Egg Patty, Turkey Sausage)
- None

Q9: What prevents you from eating the school breakfast and/or school lunch?

Check all that apply.

391 responses

Write in comments

Health concerns	100 (25.6%)
Quality of the food	267 (68.3%)
Number of choices	98 (25.1%)
Appearance of food	230 (58.8%)
Nothing I like is ever served	76 (19.4%)
I just like to bring my own food	111 (28.4%)
My class schedule prevents me	57 (14.6%)
Takes a long time to get through the line	116 (29.7%)
My parents like me to bring my own food	53 (13.6%)
Other	3 (0.8%)

concern how it will affect my healh	Not having lunch money
Food doesn't have much flavor	Sometimes I dont like what is served.
i buy lunch 1-3 times a week but mostly bring	The food tastes kinda weird sometime and its unappetizing
I found a hair and fingernail in my food last year so it turned me off	The meat isn't halal so it's hard to find choices that aren't pizza and fries everyday
Its nasty	The smell is sometimes nasty...
Most of the time the food doesn't taste very good it tastes nasty.	Food is not filling
food has no season or not enough AND ITS STALE AND TASTE LIKE PLASTIC	The price is very high
smells horrendous atrocious and absolutly treacherous	School lunch is so trash and unhealthy and it tastes so bad
smells bad	I don't like the fish sticks
Food is always cold	The fish sticks made me sick please take them off of the menu
I like my sandiwch from home	i have food intolerances
price	The food's disgusting
i dont bring money every day	concern how it will affect my healh
I don't have money	People in cafeteria

Q9: What prevents you from eating the school breakfast and/or school lunch?

write in comments continued

391 responses

Don't feel like eating.	I dont care for school breakfast
I strongly dislike the cafeteria and avoid it	Food is always burned
It's made me sick on multiple occasions.	It is easier to bring my own food.
I have literally gotten food poisoning from the milk.	i leave after 5th no need to eat until i get home
It looks gross.	i like the food nothig about it bothers me other the the nuggets not being crispy
It doesnt taste good	I don't eat school breakfast because of time
The food will make you sick	it costs money
the food is built like the nasty patty from sponge bob	It doesnt taste good at all
I do not wish to attend lunch	My mom don't got enough money to pay for more than one school lunch a week
not free	it is too much money
Low quality tasteless and disgusting	My religion is that I am not allowed to have beef.
Allergies	I Can't Afford It
Expensive	i dont like going through the line
I am allergic to gluten	Nothing other than the fish sticks because I don't like fish
I am ok	It costs too much- were low income and the paper doesn't qualify me to get lunch for less
I buy lunch	When stuffing is for lunch the worst food ever.
I can't eat School food because of an auto immune disorder. But when i could eat it i was just annoyed by the . Also the lack of different menu items. I wish there was more diversity	I'm a vegetarian and I can't eat meat...and the days meat isn't served the food doesn't taste too great and once I found a piece of chicken in the pasta I got in the school cafeteria.

Q10: List 3 (three) foods that you would like to see served for school lunch.

313 responses (a response of N/A, idk or I don't know has been removed)

Quality meats	appealing food like not sponge/ plastic looking eggs
mac & cheese pasta more vegetables	make sandwiches like blts and stuff
breakfast	Salad yogurt and fruit salad
can't think of any	breadsticks should be served more often grapes should be a fruit option
Meatball Sub	anything
protein bar wings	Burrito quesadillas mac and cheese
Mac and Cheese Wings Dominoes pizza	More mozzarella sticks mac and cheese and !dressing! with my salad
protein bars in the snack item cart dominos pizza lobster	Turkey Sandwich Chicken nuggets noodles
BLT's and idk	tacos
mac and cheese pickles dessert foods like chocolate and strawberries	The cheese filled breadsticks chicken
pasta soup steak	Cooked food More chicken because thats the only item that has flavour.
Salads Steaks (mini pieces) and chicken	Mozzarella sticks pizza cheesesticks
The Chinese food italian food and just something with higher quality	good mac and cheese cake Iced tea
bacon egg and cheese avacado toast and slushis	pupusas sesame chicken korean bbq
better quality pasta/ deli sandwiches/ salad	cooked pasta mac and cheese bagel
Mozzarella sticks chicken breakfast	mac and cheese please and more fries or a burrito maybe
steak mac n cheese alligator	baked chicken pizza from a pizza place fries
chinese wings mexican	Corn dogs. Waffle fries chicken tenders
Roast beef lasagna and seafood.	The good brand of chicken that you buy. Tacos. A better brand of pizza
fully COOKED pasta tacos NOT NACHOS steak	Salad spaghetti pasta and Chinese food more often
Macaroni and cheese salad soup	Chicken Curry steak sushi.

Q10: List 3 (three) foods that you would like to see served for school lunch.

continued

313 responses

pizza bagels breadsticks pizza	sloppy joe baked potato tuna
tacos salads spring rolls	salad pasta garlic bread
Grilled cheese salad fruit bowls	Side salad yogurt parfaits wraps
more variety of sandwiches mac n cheese pasta	Empanadas Chinese food nothing else
bacon egg and cheese fruit salad more alternative sandwich options	None in mind
Salads More healthy unprocessed protein better fruit options	mac&cheese tomato soup salads
honestly just better quality food	Some foreign foods like Mexican or Asian
Cucumbers garlic bread Mac and cheese	Gluten free safely prepared items
rice/burger/fries	Good quality chicken cutlets better quality pizza and real burgers
salads burritos crispy french fries.	PB and J salads
tater tots tacos stuffing	Quesadillas chicken caesar salad and penne pasta. Better quality food.
hot pockets	Fried Chicken Ribs Soul food
I would like more options for a "fruit" in my school bought meal.	Dumplings orange chicken waffles
Meatballs macaroni and cheese sausage and peppers.	I'm not sure Mabey more vegetables
Dumplings tacos blt	pie soup salads
salad bar grilled cheese wraps	peanut butter and jelly
Salads sandwiches	more salads something edible and something edible
cheese quesadillas and mac n cheese but like actually REALLY good please 🙏	more healthy options (i dont buy food)
spaghetti	I bring lunch so it doesn't really matter to me
Empanadas chinese food tacos.	More foreign cuisine (Chinese/Asian) italian sandwiches better pasta
chicken	chicken tenders mac and cheese grilled cheese

Q10: List 3 (three) foods that you would like to see served for school lunch.*continued*

313 responses

Grilled cheese steak tacos 🌮 chicken salad 🥗	Id rather just bring my own food.
Healthier sandwiches pasta and vegetables.	Pasta
quesadillas smoothies falafel pita bread	Salads and more sandwich options
tacos dumplings boneless thai chicken	Belgian waffles (with toppings) or egg on croissants.
French fries pasta and mac&cheese	sloppy joes
Bagels and cream cheese cheesy potatoes chili soup	Salads corn on the cob veggie patty
Penne ala Vodka Wings Mac and cheese	Mozzarella sticks Chicken Burgers Pizza from outside
Tacos Mashed Potatoes Lasanga	Max filled bread sticks chicken bites and pizza
more pizza prezels tacos	Chicken tenders mozzarella sticks pasta
better pizza pasta	Salads Paninis Wraps
mac & cheese chicken nuggets pepperoni/salami wraps	veggie sandwiches salads fresh fruits
a good looking Chicken. Thats all i can think of.	Grilled cheese from a deli actually good dumplings and better eggs
Corn dogs chicken tenders more often and pasta	Mac and cheese salads with chicken good French fries
no preference	Good salad Spaghetti and meatballs chicken
More breakfast for lunch	Salad pure leaf and Protein bars
Burgers dumplings and pizza	Real pizza dumpings
PBJ	chicken tenders mac and cheese wraps
get better brands the food looks and tastes fake and unhealthy	Filled breadsticks pizza chicken smackers
Chicken Tenders/ Popcorn Chicken/ Chicken Sandwich	burrito quesadillas curly fries
Bagel bites Digiorno Sandwiches	McDonald's
Actual pizza AND NO FROZEN FOOD	i want them to serve more than 2 breadsticks and more mozzarella sticks

Q10: List 3 (three) foods that you would like to see served for school lunch.

continued

313 responses

Just add more food to the plate. Decent amoint of rice and other things	Triangle pizza chicken nuggets/smackers and maybe pancakes
Tacos BLT chili fries	pasta that looks good chinese food chicken
Anything that's nourishing and healthier	no maet sandwhich good pizza non processed meats
Mac n' cheese spaghetti and garlic bread	1. Avocado Toast 2. More sandwiches 3. Pasta
Sandwiches bagels water.	chinese food chicken tenders and garlic bread
Chinese food.	SEASONED RICE SEASONED PASTA AND SEASONED CHICKEN
hot wings free water and takis	nothing new just better quality food
Burger rice and meat mozzarella sticks	chinese food (like noodles and sesame chicken) sandwiches grilled cheese
I'm not sure there's a decent selection just so unappetizing	Chips More pizza More milks
I don't buy that often but mainly something of real nutrition.	Mac and Cheese better burgers better pizza
Sushi boba teriyaki chicken	It does not affect me
Garlic bread (not the sticks the slices)	Make more Italian combos fresh fruit salad and a regular salad w/dressing
tacos(real tacos) burritos chicken wings	Mozzarella sticks lo mein and Mac and cheese
salds	fried chicken with rice a good burrito lasagna
dumplings served more.	chicken nuggets and onion rings burrito chicken sandwichs
mac n cheese waffle fries	Something that doesn't look like the pasta...
sesame chicken karean bbq taquios	Better burgers.
Hot dogs are already served but having them more often would be nice.	Empanadas pasta (with butter and salt not just sauce) onion rings
real pizza real burgers real chicken wraps	chicken tenders
Salad bar fruit grilled cheese	chicken wings free water instead of milk everyday
mac and cheese and chicken tenders and frys	Steak mac n cheese and other food that looks appealing

Q10: List 3 (three) foods that you would like to see served for school lunch.

continued

313 responses

more cold sandwiche varieties more salad varieties ramen	grapes strawberries mango
Mozzarella sticks bread sticks or nice quality pizza	Pizza salads and empanads
More Chinese food soup and more French toast	Taco meatloaf Mac and cheese
ramen noodles wontons and cooked vegetables	fruit salad mc donalds
vegetarian/ vegan options soup/salad regular sandwiches	Wendy's Mario's and potatoes.
mac and cheese more apples/fruit options cheese sticks more often.	Spicy chicken sandwich Pepperoni pizza and ramen noodles
juice boxes salad soup	Salad acai and fresh fruit.
nachos salad more options for sandwiches	cheese sticks grilled cheese breakfast
mac and cheese edible burgers just edible food in general	romen rotisery chicken and sloppey joe
Soup baked potatos good salad	Buffalo chicken wings sausage and peppers chicken sandwich
pizza pasta and meatballs	Grilled chicken bread rolls better fruits and veggies
Dishes with Rice	cultural food
Anytime of food is good just make it good.	More dumplings salads fruits
Pasta Quesadilla	Dumplings
chicken nuggets bacon egg and cheese sandwich quesadillas	tacos more often bagels NOT PIZZA BAGELS salads more alternative items.
healthy make-your-own sandwich day (like subway) burritos chicken y rice	mozzarella sticks waffles pancakes
Fresh fruit	real pancakes real waffles
Mcdonalds KFC warm moist chicken salad	Some type of baked fish potato wedges macaroni and cheese.
ravioli breakfast sausage garlic bread	roasted ripe ackee fruit proper yogurt and dill pickles (separate)
n/a since I do not have a lunch period.	mac n cheese bagels chicken sandwiches
mozzerella sticks corn dogs and chicken burger	More breakfast chicken steak

Q10: List 3 (three) foods that you would like to see served for school lunch.*continued*

313 responses

PB&J or sun butter instead of PB	Bagels lazanga
Mac and cheese sandwichs i dont know what ele	pasta mac and cheese Margarita pizza
Mac n cheese steak and salmon	Burritos Mac & cheese bread
general tso chicken salisbury steak chicken wings	more vegetable options
Chicken Wings Tacos Chicken Sandwiches	penne alla vodka pizza spanish food mac and cheese strawberries
Healthy choices like more wraps being served salads nuts	salad mac and cheese pasta
Everything bagel strawberries taco.	quesadillas mac & cheese and some tomato soup with the grilled cheese!
ceasar salad rice with chicken and spaghetti	Lasagna More Pasta with Marinara maybe tacos.
perogies chicken cutlets soup	sushi fish salad
empanadas better pizza chicken cutlets	Mozzarella sticks fish sticks and dumplings
Sandwiches Dino nuggies Eggs	Gluten free Breakfast Gluten Free Snacks and Gluten free Lunch
Quesadillas bacon egg and cheese tacos	variety of pastas more diverse foods salad bars
Beans tater tots soup	The pulled pork is top tier and the parmesan sticks as well as the meatballs
Sesame chicken Quesadillas Sandwiches.	salad
real tacos better pizza	mac and cheese good pasta meatball lunchables
Sandwich and Nuggets Bacon	Fries strawberry milk chicken cutlets
hot pockets waffles burritos(WELL COOKED)	mac n cheese big pancakes(not little ones) dumplings
White rice (edible) pizza rolls noodles	no idea just make it tasty and nutritious healthy food plz make it better
Some kind of Soup Smoothies Salads.	freshly made grilled cheese sushi steak
pasta bar fried chicken sandwich	Filet mignon Lobster. A7 wagu
Fajita Actual edible dumplings ramen.	cheese filled breadsticks

Q10: List 3 (three) foods that you would like to see served for school lunch.

continued

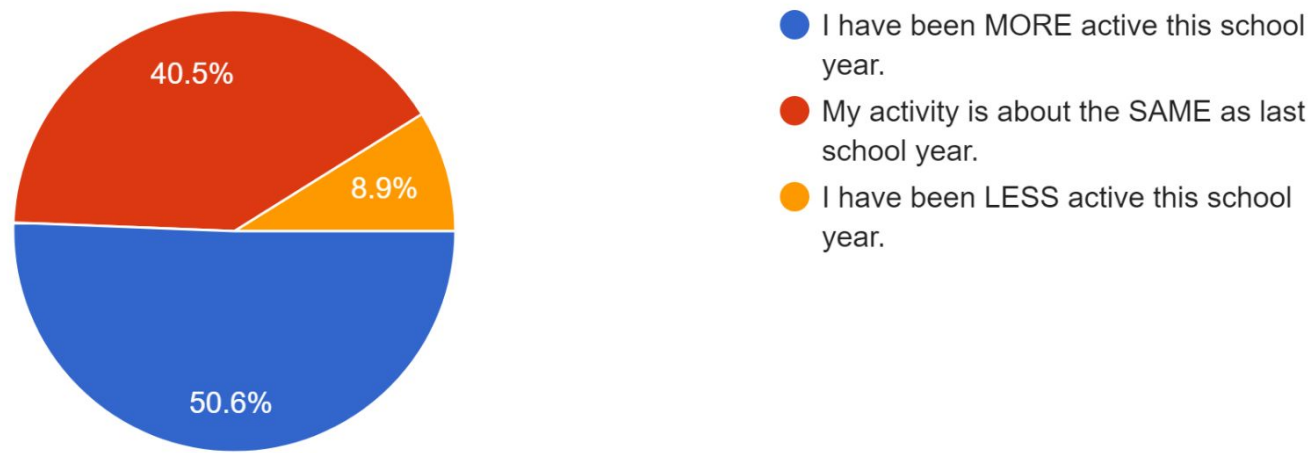
313 responses

mac and cheese french fries fish	salad pure leaf bacon
Curries	Kraft Mac and cheese sushi ramen
mac n cheese real pizza soda	popcorn chicken chicken potstickers and vegetable spring rolls
Chicken eggs and steak	I don't get school lunch
Steak chicken and Lamb	Meatloaf Cooked sushi and chicken noodle soup
something edible	Better french fries better salad Better sandwiches.
Dumplings Mac and cheese big pancakes(not small ones)	Ramen noodles tacos and fried chicken
I want to see max cheese bread sticks served more. That's it.	Chicken sandwiches tacos pancakes and waffles
Puerto Rican food cooked sushi orange fanta	Chicken wings unexpired milk free water is a neccestiy to life
more fish fried shrimp somthing tasty	Lasagne Pizza with more toppings Meatball Sub
Mac and Cheese Pepperoni pizza and something else	A taco bar actual pizza quesadilla
Better pizza mac and cheese and i don't have a third.	Milk that's not expired more food that are balanced
Fruit salads soup and more cold cut varieties	Anything thats actually good the school food is disgusting
Burgers Max Filled Bread sticks mozzarella sticks	steak caviar salmon
watermelon cantaloupe and energy drinks	hot dogs grilled cheese lazagna
Baguette sashimi bags of chips that aren't mostly air.	cheese quesadilla and grilled cheese and tomato soup
Taquitos Different pizza slices and I can't think of a 3rd one.	anything thats actually edible
mac and cheese	Cheesburgers Bacon egg & cheese borito
Pulled pork stuffed rust pizza and corn dogs	Fried chicken. (healthily)
burgers pizza actual good food	

Q11:

Have you been more or less physically active this school year?

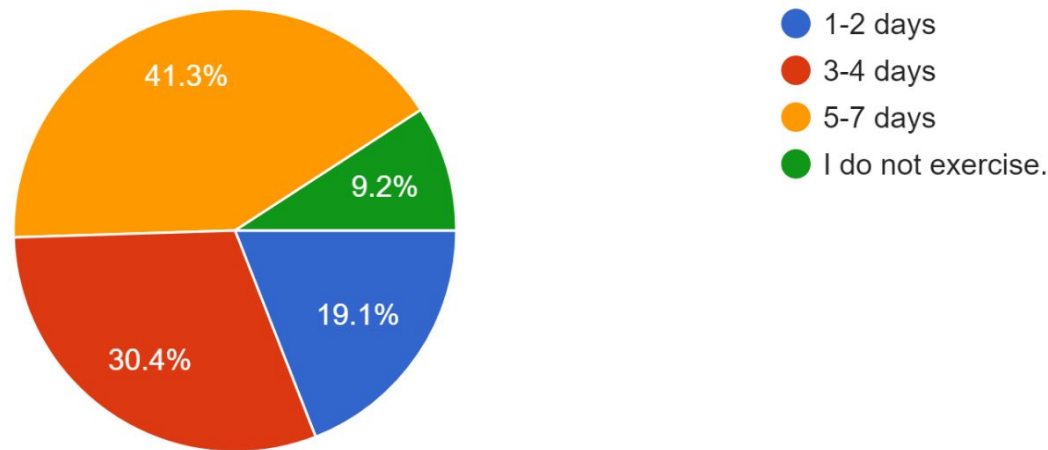
405 responses



Q12:

Not including your PE class, how many days during the week do you spend exercising? (For example: a brisk walk, ice skating, dancing, househ...skiing, hiking, swimming, gymnastics, sports, etc.)

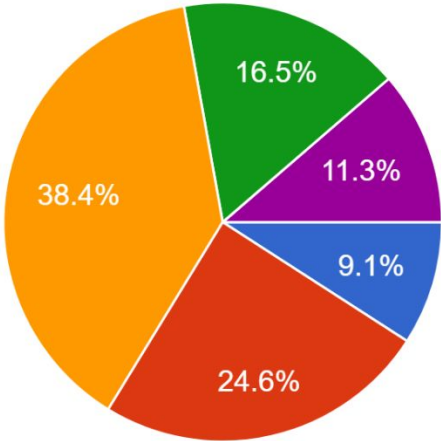
404 responses



Q13:

I feel engaged and motivated in school.

406 responses

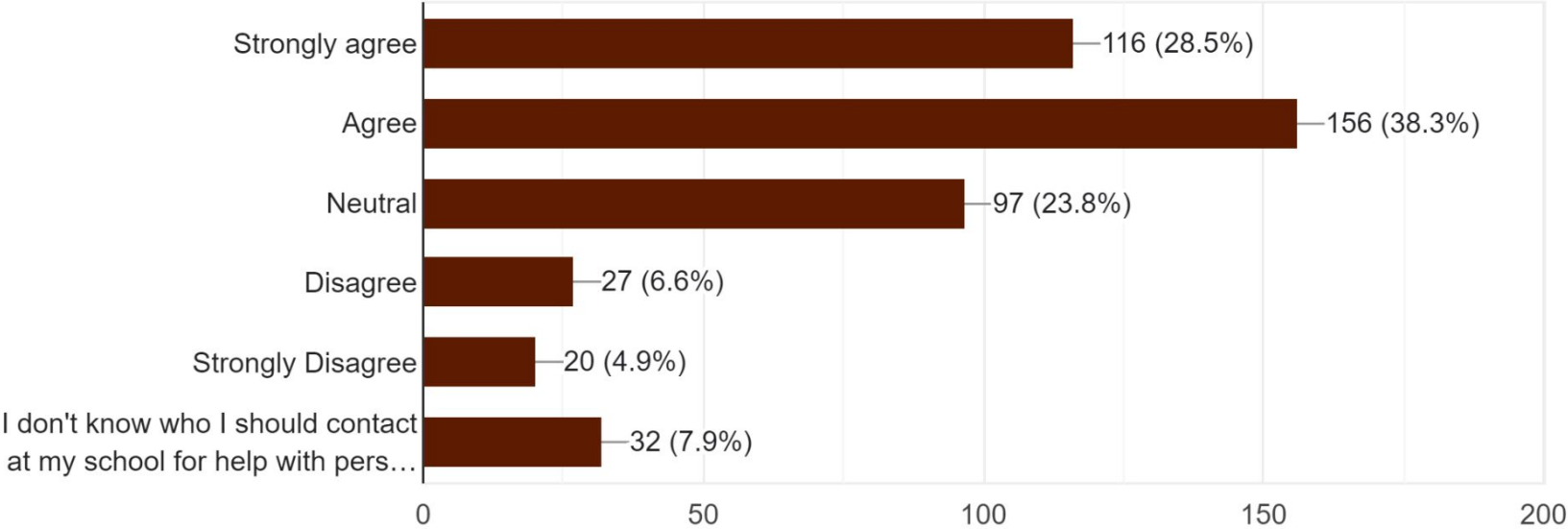


- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

Q14:

I know who to contact at my school if I need help with my own personal concerns or my concern for others. Check all that apply.

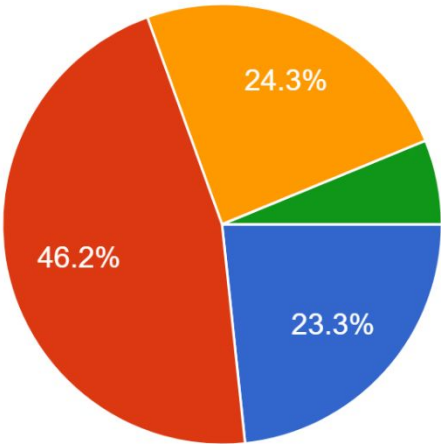
407 responses



Q15:

Your school building has wellness activities and programs available for your participation. For example, after-school clubs, athletics, blood drive, ...ide events, etc. How frequently do you participate?

403 responses

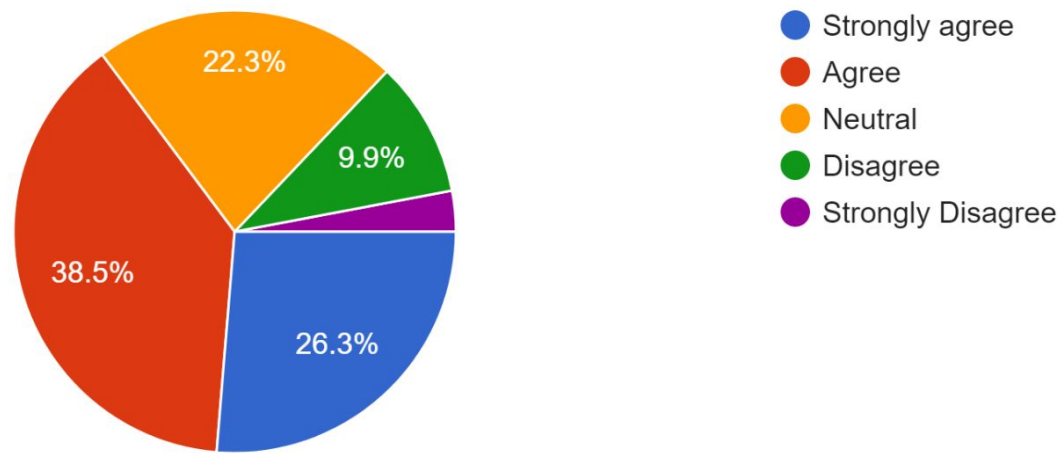


- I make a point to get involved.
- As much as I can. I have a busy schedule.
- I do not participate in these school activities.
- I did not know about the wellness activities and programs at my school.

Q16:

I participate in activities that take place in and out of school, that help me learn and grow.

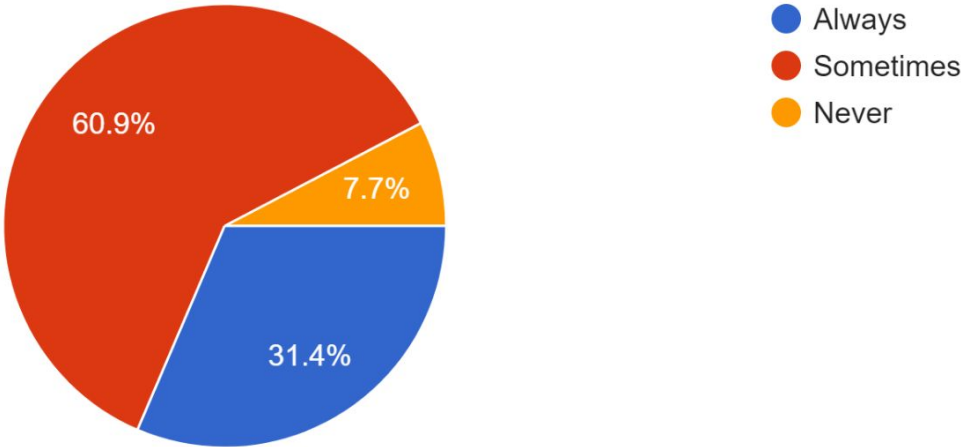
403 responses



Q17:

How often do you feel that you have the opportunity to pursue your interests and hobbies?

404 responses



Q18: Please provide any additional feedback:

142 responses (a response of N/A or none has been removed)

I feel like with things that are supposed to promote wellness in students there should be consistency. Sometimes events/plans fall through or aren't as on par with what they were described to be and I can see that it disappoints a lot of students. Especially with non-sports activities sports are so heavily prioritized that students who are interested in other things feel discouraged since there's not much for them to partake in and if there is the scheduling and/or funding is inconsistent.
Make lunch free
PLEASE PUT PROTEIN BARS IN THE SNACK ITEM CART AND SERVE DOMINOS PIZZA!!!!!! AND MAKE LUNCH COST LESS
We should have a garden/garden club
hi nice to meet you.
If possible could we return free lunch it greatly helped give me through the day
i wish that we had more time in the mornings. Even if that mean a more busy day. It would nice to go to school at 7 get inside at 7:30 and still end at like 2:15
I feel like the guidance officie should be something that is normalized and not something that you feel scared to go to
I think we need more money to the sports progams like i play lacrosse basketball and football for the school and i have been playing these sports for a long time and this year the quality of the teams exopt basketball where very poor football needs new helmets and shoulder pads and in genreal football and lacrosse need better and more coaches
soggy cheese toes on top 🙄❤️💯💯💯💯💯💯🔥🔥🐱🐱🐱
The school should provide healthier lunch options.
I just think food quality should be a little higher at least
The school should provide healthier lunch options.
have a vidoe game club you would have so many people join
Please allow everyone who tries out to make the jv team
Just make it free some kids cant afford it everyday.
For the lunch situation in our school in 7th period only 1 line is open and the other one is closed leading to lots of crowding in the line. Someone needs to fix this as it is a health concern as well as it being an inconvenience to many.

Q18: Please provide any additional feedback:

continued

142 responses

Let seniors leave school and come back so we dont have to eat that trashy ass school food.
thank you for this survey
they NEED to get PACKAGED UTENSILS They need salt and pepper packets and they need to give use more ketchup and stop it with the broccoli its gross and nobody wants to eat it.
The school should provide healthier lunch options.
I just think food quality should be a little higher at least
Let seniors leave school and come back so we dont have to eat that trashy ass school food.
thank you for this survey
they NEED to get PACKAGED UTENSILS They need salt and pepper packets and they need to give use more ketchup and stop it with the broccoli its gross and nobody wants to eat it.
MAKE SCHOOL FOOD FREE. Not everyone is rich. stop serving the same lunch food. Not everyday pizza and fries since we are paying.
It's a good school
Please try to actually use REAL food when adding new items to the school lunch menu. I know that would be more expensive but the fake/heavily processed food is unhealthy and just gross.
School lunch is kinda gross but the snacks are good
assemblies that better resonate with upperclassmen
I have no feedback to share
stop severing whole weat food and stop making gym mandatore
maybe healthier food
Please change the food it is really bad!!!!!!!!!!!!!!
New sports jerseys

Q18: Please provide any additional feedback:

continued

142 responses

there should be more activities and maybe a big feild trip like how the 8th graders go to boston
Hallways need to be more safer.
I would like to do softball for the school but the family id closed to soon
Fire Mr. Seipp if you want to increase student wellbeing at RCK
advertise more sports opportuintys
We don't like lready.
WE WANT CHICKENS! (for the agriculture classes)
Teachers need to let go of their egos
None have a great day!
Please sell pure leaf at van wyck im on my knees
I definitely think healthier more appetizing options should be served in the cafe and that we should be doing actual fun activities in PE like options to play basketball or volleyball or just simply walk around (for the students who don't enjoy sports) Playing ping pong is not physical activity.
You guys need to do better and get some ac and better school lunch
The fries should be crispier (I know i don't eat them but they are often soggy)
make good food and make better rules
I feel like theres not enough free time even with my laziness and procrastination. I've heard people complaning that they don't feel like they have enough personal time.
The fact you ignore when people yell the n-word hard r in the hall is strange.
Students should be allowed to have food delivered to school once a week
I just think food quality should be a little higher at least

Q18: Please provide any additional feedback:

continued

142 responses

I guess there are problems but the school is ok 🙄
School is stressful. This form wouldn't be able to portray the intangible factors that go into the stress most average students feel.
YOU NEED TO SEASON THE FOOD THANKSSS
we need more sauce options! i want ranch and hot sauce not only ketchup
I feel like kids are very restricted by the fact school starts so early in the morning. If it was an hour later then it'd be fine and we'd be more motivated but that's just not the case. It's hard to be active in out of school stuff when you're struggling to stay awake during school as a whole and teachers like to say that it's because we don't get enough sleep... how are we meant to get enough sleep work to maintain ourselves socialize so we have some happiness and so HW. Unrealistic
they give out old milk sometimes. i do not drink the milk because it gets me sick.
have a great day.
you should include more fruit options like strawberries or bananas
Classes are boring.
Let seniors leave school and come back so we dont have to eat that trashy ass school food.
I would consider putting healthier options on the breakfast/ lunch menu.
The new bake sale rule is insane. We should be adding more options for kids with allergies instead of taking away basically everything. Clubs will start getting less money from bake sales and it's going to show. If you want kids to eat healthier you should buy higher quality food. At least at bake sales most of the stuff is homemade without unneeded preservatives.
The lunch here makes me gag sometimes there was this one time where I opened a carton of milk and it was actually the consistency of slime. I almost threw up the pasta sauce tastes like chunky liquid with not-alot-of-taste and the pizza is okay but its always either too cheesy or too saucy the only good thing there has been is the chinese food and thats barely around it doesnt particualry taste rught. I have alot more concerns but its whatever
Your school food is trash. Except for chicken smackers and mozzarella sticks. Also actually cook your bun and don't make the burgers cold
It sucks the breakfast and lunch is not free anymore

Q18: Please provide any additional feedback:

continued

142 responses

I think I would buy school lunches more often if there was more diversity in terms of served meals. For my levels of engagement during school hours I think having more hands on learning would be more helpful since I learn easier that way.
People should talk more are how to join school clubs or someone needs to explain the clubs
I don't like the fish sticks for lunch. I think you should make a seve dedicated to lunches that the school serves that people like.
gym should have an option of open gym for people who don't want to play games. I would always participate in gym if i could walk but they don't plow me to.
Please tell some of the students to be appropriate on the school with the celluar devices.
Please fix the food.
we good
The Wrestling team should have more school funding like all the other sports.
I like these surveys
School food could be better and more alternative options/more vegetarian options.
The gf services are fantastic and the chefs are very comitted doing much with what they have. The roasted veggies are good with no cauliflower and brussel sprouts.
I don't have any additional feedback
ur mom
the lunch ladies are always super nice :)
schools need to care more
I feel that teachers have no care for the students are just there for a paycheck and don't really care about us and the fact that we have other classes outside of theirs. I don't know anyone besides my guidance counselor that I would go to if I needed help. I think that since we came back after covid everything changed for students and the school keeps using it as an excuse to not get anything done. It would be great to have stocked vending machines and more than 500 characters for this
New foods

142 responses

can you please change the lunch like for example give us a pretzel with food.
A huge reason why I don't eat the school lunch is because there aren't many healthy options. I used to eat the sandwiches but soon they tasted not so great because the cheese and lettuce were soggy... so I moved onto the wraps but they aren't served regularly.
The food here is so-so not all of it is good. I would strongly consider changing the pizza pizza bagels and max cheese filled bread stick. I would also like to see more traditional foods from different nationalities.
The food here is so bad we need better food!!! I am done with this horrible food that is not only disgusting and unappealing but really bad for your health.
Hi :)
Thank you for giving us students a say in the schools
No additional feedback
Please add lasagna and add Cinnamon Toast Crunch to the menu at lunch without the less sugar it doesn't taste as good without the sugar it normally has..
Please get allergy free food for people that are vegan or celiac.
:)
I think that 4th-6th period lunch is too early.
to not have raw hamburgers
I dont like the fish sticks and dumplings and turkey gravy cube.Sereve more mac n cheese bread sticks to fill us up more.
Please take off the fish sticks and make a survey about kids favorite foods and please make school start later.
I want free water please it's a necessity to live as a human while milk is not so please replace free milk with free water because it's needed.
I need a break
I don't think im okay... #mentalhealthmatters 🤔🙄👉👉🔄📶🔥🔥🔥100100100🦅🦅🦅💡💡💡💡
the food at school is DISGUSTING
we want Chicken ceaser salad everyday!!!!!!!

Q18: Please provide any additional feedback:

continued

142 responses

Make better school food
Please cook the French fries.
more chicken caesar wraps!!!!
too much homework
we want chicken ceaser salad
Need a new lunch ladie the lunch ladie stole the bake sale
If your looking to make people feel like they have somebody to go to the least you could do is let kids go to guidance when they want to rather than needing a meeting scheduled.
Even though no one will read this and if so nothing will change about it The school should put more money into the lunch it is absoulutely disgusting i would rather not eat then eat that garbage
Unhealthy snacks should have a limit at schools
We need lots more school spirit for sports games more from the student body & not too much strictness with banter towards the opposition
The food is always burned or under cooked
I dont really have any.
pls make the food better! and please make a budget for cheer boys should be allow to make it on the team instead of the coach saying u can't try out bc your a boy. Also stop being rilly strict with phones i can do whatever i can do if i need to message a parent i should be able to go on my phone instead of getting yelled and taking my personal property thanks!
MAKE POLAND SPRING WATER FREE WITH THE FIRST LUNCH YOU BUY NO MATTER WHAT AND ANY WATERS AFTER THAT COST 75 CENTS. PLEASE. Add nutritional facts to the school lunches and meals like calories sodium sugars and stuff like that like how u see on the back of boxes and stuff please give us somewhere where we can see that at please make the school lunches better. MAKE SCHOOL 4 DAYS A WEEK MAKE SCHOOL 4 DAYS A WEEK MAKE SCHOOL 4 DAYS A WEEK MAKE SCHOOL 4 DAYS A WEEK MAKE SCHOOL 4 DAYS A WEEK
thank you for this survey