

School lunch survey

This survey is about lunch at our school. Please do not write your name. Answer for how lunch really goes for you, even if you never eat the school lunch.

Grade _____

Date _____

For each statement, tick one box from 1 (strongly disagree) to 5 (strongly agree).

1 On a normal school day, where does your lunch come from?

- ☐ The school cafeteria ☐ Packed from home ☐ Bought off campus ☐ I skip lunch
☐ It changes day to day

2 How many days a week do you eat the school lunch?

- ☐ Every day ☐ 3 or 4 days ☐ 1 or 2 days ☐ Less than once a week ☐ Never

STATEMENT	STRONGLY DISAGREE					STRONGLY AGREE				
3 School lunch tastes good on most days.	1	2	3	4	5					
4 There is enough food to fill me up.	1	2	3	4	5					
5 I can find something I want to eat most days.	1	2	3	4	5					
6 School lunch includes foods my family eats at home.	1	2	3	4	5					
7 School lunch is good for my health.	1	2	3	4	5					
8 I have enough time to sit down and eat my lunch.	1	2	3	4	5					

9 Which ONE change would make school lunch better for you?

- ☐ Better - tasting food ☐ Bigger portions ☐ More choices ☐ More time to eat ☐ A shorter line

10 What would make you want to eat school lunch more often?

Thank you. Your answers are anonymous.

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Optional questions (1 of 3)

Add any of these to the core questions. Keep the numbering running on from page one.

The menu and the food

11 Which foods would you like to see more often? (tick all that apply)

- ☐ Fresh fruit ☐ Salad or vegetables ☐ Hot main dishes ☐ Vegetarian dishes
☐ Foods from other cultures ☐ Grab-and-go meals

STATEMENT	STRONGLY DISAGREE				STRONGLY AGREE
12 Hot food is still hot when I get it.	1	2	3	4	5
13 The fruit and vegetables look fresh.	1	2	3	4	5
14 Which new dish should go on the menu next?					
☐ Build-your-own tacos ☐ Pasta bar ☐ Rice bowls ☐ Soup and sandwich ☐ Breakfast for lunch					
15 Do you avoid any foods for allergy, religion or diet reasons?					
☐ No ☐ Yes, a food allergy ☐ Yes, for religious reasons ☐ Yes, vegetarian or vegan ☐ Yes, another reason					

Time to eat and the lunch line

16 After you get your food, how many minutes do you have to eat?

- ☐ Less than 10 ☐ 10 to 14 ☐ 15 to 19 ☐ 20 to 24 ☐ 25 or more

17 If you buy school lunch, how long do you usually wait in line?

- ☐ Less than 5 minutes ☐ 5 to 9 minutes ☐ 10 to 14 minutes ☐ 15 minutes or more

18 Does recess come before or after your lunch?

- ☐ Before lunch ☐ After lunch ☐ No recess ☐ Not sure

19 How often do you leave food because time ran out?

- ☐ Never ☐ Once in a while ☐ About half the time ☐ Most days

Optional questions (2 of 3)

Add any of these to the core questions. Keep the numbering running on from page one.

Right after lunch: the tray check

20 If you took a main dish today, how much of it did you eat?

☐ All of it ☐ Most of it ☐ About half ☐ A little ☐ None

21 If you took vegetables today, how much did you eat?

☐ All of it ☐ Most of it ☐ About half ☐ A little ☐ None

22 If you took fruit today, how much did you eat?

☐ All of it ☐ Most of it ☐ About half ☐ A little ☐ None

23 If you took milk today, how much did you drink?

☐ All of it ☐ Most of it ☐ About half ☐ A little ☐ None

24 If you left food today, what was the main reason?

☐ Did not like it ☐ Too much ☐ No time ☐ Not hungry ☐ Ate it all

The cafeteria itself

STATEMENT	STRONGLY DISAGREE			STRONGLY AGREE	
25 The tables are clean when I sit down.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
26 I can find a seat with my friends.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
27 The cafeteria staff are friendly to me.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
28 Everyone is treated the same in the lunch line.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
29 I can talk with my friends at lunch without shouting.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

About you (optional)

30 What grade are you in?

☐ Grade 3 to 5 ☐ Grade 6 to 8 ☐ Grade 9 to 12 ☐ Prefer not to say

31 Which lunch period do you have?

☐ First ☐ Second ☐ Third ☐ Fourth or later

Optional questions (3 of 3)

Add any of these to the core questions. Keep the numbering running on from page one.

Parents and guardians (parents answer)

32 How many days a week does your child eat the school lunch?

☐ Every day ☐ 3 or 4 days ☐ 1 or 2 days ☐ Less than once a week ☐ Never

33 When your child takes a packed lunch, what is the main reason?

☐ My child prefers food from home ☐ Taste or choice of school food ☐ Allergy or special diet ☐ Cost
☐ Not enough time to eat

STATEMENT	STRONGLY DISAGREE			STRONGLY AGREE		
34 School lunches are healthy.	1	2	3	4	5	
35 School lunch saves our family time and money.	1	2	3	4	5	
36 I know what my child is served at school each day.	1	2	3	4	5	
37 Paying for school meals, or applying for free meals, is simple.	1	2	3	4	5	

38 What matters most to you about school lunch?

☐ Healthy food ☐ Food my child will eat ☐ Low cost or free ☐ Foods from our culture
☐ Enough time to eat

39 What would you like the school to tell you about lunch?

Thank you. Your answers are anonymous.

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