**Second abstract**

Studying breakfast behaviour creates an understanding of the magnitude of the problem and guides public health recommendations.

The proportion of breakfast skipping was 19%. The mean breakfast quality score was moderate. Breakfast quality was marginally associated with calcium intake, phosphorous intake and dietary diversity.

Stakeholders responsible for implementing the Integrated School Health Policy should up-weight breakfast messaging as part of nutrition education, and improve delivery of breakfast as part of the Integrated School Nutrition Programme.