



Did you know your child can eat breakfast at school everyday? If you qualify for free lunch, your child can also receive a free breakfast. Students on reduced lunch pay just 30 cents and paid breakfast is just a dollar!

National School Breakfast Week (March 9 - 15) is a great time to introduce your child to school breakfast, but why wait until then! Check with your cafeteria manager for details, you could even come eat with your child.

Save time and be confident that your child is getting a nutritious breakfast to fuel their day!

For more information check out our webpage  
[www.polk-fl.net](http://www.polk-fl.net) keyword: nutrition  
or call the foodservice office at 534-0589.

2011 - 2012

### Breakfast Prices

Reduced Breakfast	\$0.30
Paid Breakfast	\$1.00
Adult Breakfast	a la carte



# breakfast

2011 - 2012

Polk County



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W E E K 1	Cereal with Graham Cookies or Toast or Wheat Bagel	Cereal with Graham Cookies or Toast or Wheat Bagel	Cereal with Graham Cookies or Toast or Wheat Bagel	Cereal with Graham Cookies or Toast or Wheat Bagel	Cereal with Graham Cookies or Toast or Wheat Bagel
	Muffin Cheese Stick	Whole Wheat Pancakes with Syrup Sausage Patty	Breakfast Burrito	French Toast Sticks Yogurt	Egg and Cheese Melt
	Juice Milk	Canned Fruit Milk	Fresh Fruit Milk	Canned Fruit Milk	Juice Milk

W E E K 2	Cereal with Graham Cookies or Toast or Wheat Bagel	Cereal with Graham Cookies or Toast or Wheat Bagel	Cereal with Graham Cookies or Toast or Wheat Bagel	Cereal with Graham Cookies or Toast or Wheat Bagel	Cereal with Graham Cookies or Toast or Wheat Bagel
	Breakfast Pizza	Mini Pancake Wraps Syrup (optional)	Oatmeal w/ Mix-ins Scrambled Eggs	Whole Grain Waffle Sticks w/ Blueberry Sauce Yogurt	Sausage Biscuit
	Juice Milk Variety	Canned Fruit Milk Variety	Fresh Fruit Milk Variety	Canned Fruit Milk Variety	Juice Milk Variety

A variety of cereal is available daily.

This two week cycle repeats throughout the year, for the exact menu at your school, check with the cafeteria manager.

This institution is an equal opportunity provider and employer.