



Students who have breakfast at school...

1. Perform better on standardized tests.
2. See improved math grades, attendance and punctuality.
3. Are more likely to follow diet standards for important vitamins and minerals.
4. Are more likely to consume fruit and milk with breakfast.



bright start BREAKFAST

START YOUR DAY ON THE SUNNY SIDE

Every school in Polk County offers breakfast to students everyday. Save time and be confident that your child is getting a nutritious breakfast to fuel their day!

Traditional breakfast service offers students the opportunity to eat in the cafeteria before class starts. This is a great chance for students to socialize with friends and get mentally prepared for their day of learning. We offer hot menu items and a selection of healthy cereals with protein-rich choices like hard-boiled eggs, cheese sticks and yogurt daily.

Grab 'n Go style breakfast service is offered in many schools to make it more convenient for students to grab a quick, healthy breakfast on their way to class.



BREAKFAST in the classroom

- Breakfast in the Classroom is our newest option for school breakfast. In participating schools, all students receive breakfast at no charge. They pick up their meal right before heading into class. Students eat at their desks while the teacher is leading the class through the morning classroom routine.

Find your school's menu and pricing online at { www.polk-fl.nutrislice.com }

www.polk-fl.net search keyword: nutrition