

PROGRAMMING

The Sustainable Eating and Environmental Dining (S.E.E.D.) program was designed as our way of ensuring that we are engaging in positive



practices that compliment the Flik Independent School Dining's food and nutrition philosophy.

The goal is to protect the environment and the ability for future generations to thrive. This year's S.E.E.D. program focus is Love Food, Not

Waste. Through this program we will focus on many different ways the dining services staff can help the school and community live more sustainably.

Some of the other programs featured in the dining hall this year will include:

Tastings - Tastings an opportunity for culinary experimentation and menu building, as well as for communication with students. Tasty Tuesdays is a great (and simple!) way to generate interest in the dining program by highlighting something special and to encourage students to try a small amount of a new healthy food or dish. The idea is that this exposure will lead to acceptance – and enjoyment! – of this food.

Food Focus - Our monthly Food Focus is a way of introducing culinary trends and traditions to your daughter. A theme is chosen for every school year and each month a meal made in that theme is served. The past year's Food Focus was the United Tastes of Flik, which focused on the diversity of our chefs and we served foods traditional to them and their region of the country.



Traveling Flavors - Once a semester, an international cuisine is highlighted through a traveling booth that visits your school. A traveling Chef helps prepare and serve the food for the day.

Veggies Matter - From September through May, a different vegetable will be highlighted throughout the dining hall. Several meals that month will feature the vegetable of the month, including a recipe card that is available for students to bring home.



OUR COMMITMENT TO

- Menus are created on your campus, specifically designed for your dining facility and your community's needs. Vegan and Vegetarian offerings are always available and menus reflect seasonal changes. Parents and students are welcome to tour the foodservice facility and their suggestions are encouraged.
- Our Nutrition Specialist is available to review menus, consult on disordered eating habits, provide nutrition education and assist communities that need to become more "aware" of particular dietary concerns such as allergies, celiac disease and food sensitivities.
- We prepare our foods from whole fresh ingredients, limiting the use of processed foods and avoiding products containing artificial flavorings, M.S.G., preservatives and high levels of sodium.
- We use minimal amounts of fat in food preparations. We primarily use olive and canola oils, which have a healthier blend of fatty acids than other cooking oils.
- Our salad bar items are prepared fresh on premise. Low-fat dressings, cheese, and yogurt are available daily.
- 100% fruit juice, low-fat milk and water are available daily.
- A variety of fruits and vegetables is offered daily. Local farmers practicing sustainable farming methods are utilized whenever possible.
- We serve seafood purchased in accordance with the Monterey Bay Seafood Watch guidelines for sustainability.
- We purchase meats graded "choice" or higher. Where space and facilities permit, we roast our deli beef and turkey on premise.

EAT. LEARN. LIVE.

Assumption High School

Meal Plan Options

2014 - 2015



We are honored to announce that we have partnered with the Assumption community. We pride ourselves on having a culinary team that is second to none and preparing fresh food from scratch. The menus are constantly changing in order to meet your student's needs. Different salads, entrees, vegetable choices and deli selections are featured, enabling students to make good choices for a well balanced meal every day.

We commit to purchasing as many local items as possible. We also grow a small amount of our own herbs in our garden. We partner local farmers with our produce supplier to ensure when local products are available we have them on our table.

For your convenience and to eliminate the need for carrying cash, we offer a declining balance program for prepaid a la carte purchases for both morning snacks and lunch.

New accounts can be set up with a minimum \$75 payment into the account. You may request a print out of your account activity, at any time, from your Chef Manager.

Declining Balance Plans may also be purchased as a supplement to a meal plan for use during snack service as the meal plan is only available for use during lunch.

Flik Independent School Dining accepts cash or checks at the school or online credit card payments at WWW.MYPAYMENTSPLUS.COM after August 1st.

Being ever mindful of the cultural and dietary preferences of a diverse student body, faculty, and staff our menus are created exclusively onsite by the Assumption High School foodservice management team. To view the menus, you can log on to www.myschooldining.com There you will find more information on our programming, menus and staff.

How do I reach the Flik team?

The Flik team always looks forward to creating a delicious, exciting and healthy dining experience while maintaining its commitment to excellence. Please direct questions regarding your Flik account to:

Chef Manager Lee Ashbrook

502-271-2534 office or email

FLIK@ahsrockets.org

A Flik representative will be available in the cafeteria from 7AM - 2PM as of August 1st.

How do I pay for lunch?

Students pay for Dining Hall by purchasing a Meal Plan or using a Declining Balance Account.

When checking out, students **must** swipe their student ID card.

Purchases are automatically deducted from the available balance in your daughter's account.

You can add money to your daughter's account in these ways:

1. Send in a check with your daughter to give to the cashier in the Dining Hall (please include your daughter's student ID on your checks).
2. Drop off a check in the Flik drop box located in the cafeteria.
3. Pay online by credit card through www.mypaymentsplus.com online account (please note that a fee will be charged that is not collected by the school nor FLIK).

Meal Plan Options

Students will receive a complete meal each day that includes an entrée, two sides and a half pint milk or a 12 oz. bottled beverage.

The following plans are offered for the 2014– 2015 school year:

Full Year Plan	\$775.00 (\$60 savings)
Fall Semester	\$400.00
Spring Semester	\$435.00

Sign Up Today

Student Name: _____

Student Id Number: _____

Parent Name: _____

Phone: (____) _____

Parent Email: _____

Home Address: _____

City/State/Zip: _____

Check all that apply:

_____ Full Year Plan \$775.00 (\$60 savings)

_____ Fall Semester \$400

_____ Spring Semester \$435

Declining Balance Plan \$75.00

(suggested minimum to open account)