

WHY BUY A MEAL PLAN?

1. NO NEED TO CARRY CASH.

With a meal plan there's no concern with students carrying cash. Everything is right there for them.

2. GREAT FOOD.

Different soups, entrees, vegetarian items, deli selections and a bountiful salad bar are featured, enabling your student to obtain a well balanced meal every day.

3. CONVENIENCE.

No shopping, no cooking, no thinking. Knowing that it's there everyday!

4. DEEP DISCOUNTS.

Purchasing a yearly plan can save you **15 – 25%** over paying daily. PLUS with a full year plan you automatically get \$25 in FLIK cash if you sign up and pay in full on or before June 3, 2016.



FOOD AND NUTRITION PHILOSOPHY

- Menus are created on your campus, specifically designed for your dining facility and your community's needs. Parents and students are welcome to tour the foodservice facility, and their suggestions are encouraged.
- A nutrition specialist is on our corporate staff and is available to review menus, consult on disordered eating habits, to provide nutrition education and assist communities that need to become more "aware" of particular allergens and sensitivities such as peanuts and lactose.
- We have the resources to develop menus that will meet Vegan, Vegetarian, Orthodox Kosher and halal standards.
- To the extent possible, we prepare our foods from scratch, limiting the use of processed foods and avoiding foods 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 more monounsaturated and less saturated fat than other cooking oils. We use non-hydrogenated canola oil for fried preparations.
- To the extent possible, our salad bar items are prepared fresh on premise. Low-fat dressings, cottage cheese, yogurt and reduced cholesterol mayonnaise are available daily.
- Organic, low-fat and fat free milks are available daily.
- Seasonal fruits and vegetables are offered daily, utilizing local farmers practicing ecologically responsible farming methods whenever possible.
- We purchase meats graded "choice" or higher and our fresh ground beef and hamburger is 80% lean. We roast our deli beef and turkey on premises.



Nourishing a Brighter Future

Spartanburg Day School Meal Plan Options 2016-2017



Dining Program for Your Student

Flik Independent School Dining is pleased to be a part of the Spartanburg Day School community. We are the premier provider of foodservices for over 165 private and independent schools. We pride ourselves in preparing high-quality dishes from fresh ingredients. The menus are constantly changing in order to meet your student's needs. Different soups, entrees, vegetarian items, deli selections and a bountiful salad bar are featured daily, enabling your student to obtain a well balanced meal every day.

Please take a moment and read about the dining program available, and sign up by mailing in the attached form. Our chef manager is available to answer any questions you may have.

Flik is looking forward to providing an enjoyable and exciting dining experience to students at Spartanburg Day School.

MEAL PLAN PROGRAM

We are pleased to offer a complete meal program to the students at Spartanburg Day School enabling them to have a sound, nutritious lunch each day.

Your student will receive a complete hot or cold main dish, soup, vegetable and salad and deli bar options with a choice of juice, milk, or water .

FLIK CASH

For your convenience, and to eliminate the need for carrying cash, we offer a declining balance payment system for breakfast, lunch, and snack items.

Flik cash accounts are activated after students are signed up, and deposits can be made as often as needed. New accounts can be set up with as little as \$25. You may request a print out of your account activity from the chef manager or can view daily activity at www.myschoolbucks.com.

3K, 4K, & Kindergarten

	Aug/Sept	Oct	Nov	Dec	Jan	Feb	Mar	April	May	Total
Yearly	632									632
Half Year	318				355					673
Monthly	133	77	77	47	86	77	90	60	61	708
Daily	149	87	87	53	96	87	101	67	68	795

Grades 1 - 4

	Aug/Sept	Oct	Nov	Dec	Jan	Feb	Mar	April	May	Total
Yearly	757									757
Half Year	374				418					792
Monthly	157	91	91	56	101	91	106	71	71	835
Daily	186	108	108	66	120	108	126	84	84	990

Grades 5 - 12

	Aug/Sept	Oct	Nov	Dec	Jan	Feb	Mar	April	May	Total
Yearly	845									845
Half Year	409				462					872
Monthly	174	104	101	53	112	101	126	79	70	920
Daily	186	111	108	57	120	108	135	84	75	984



SIGN UP TODAY!

Student Name: _____

Entering Grade: _____

Student Name: _____

Entering Grade: _____

Student Name: _____

Entering Grade: _____

Student Name: _____

Entering Grade: _____

Parent Name: _____

Phone: (_____) _____

E-mail: _____

Home Address: _____

City/State/Zip: _____

Please check one:

- Super Saver - Yearly Meal Plan
- Half Year Meal Plan- **due in August and again in January**
- Casual Monthly Meal Plan
- FLIK Cash Only \$ _____

Make check or money order payable to :

FLIK Independent School Dining:

c/o Spartanburg Day School
1701 Syklyn Drive
Spartanburg, SC 29307

Signature: _____