

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 Commitment to You. The goal is to protect the environment and the ability for future generations to thrive.



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

Traveling Flavors—In the past we have visited the growing food truck phenomenon with a Mexican Taco Truck and a Chinese Dumpling truck. We have had the experience of being on a cruise and last year took a trip on the TF Express to four different culinary stops. Next year should be another culinary opportunity to explore the exotic side of the food world.



Food Focus - Our monthly Food Focus is a way of introducing culinary trends and traditions to your son. A theme is chosen for every school year and each month a meal made in that theme is served.



OUR COMMITMENT TO YOU

- Menus are created on your campus, specifically designed for your dining facility and your community's needs. 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 are 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. We roast our deli beef and turkey on premise.



Marquette University High School Meal Plan Options

2018-2019



We are honored to announce that we are continuing our partnership with the Marquette 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 son'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 partner with local farmers and our produce supplier to ensure when local products are available we have them on our table.

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 Marquette University High School foodservice Chef Manager, Brett Muellenbach. To view the menus, you can log on to www.myschooldining.com/Marquette. There you will find more information on our programming, menus and staff.



Meal Plans

Each Plan option is outlined on the Meal Plan Election Form; available on the Marquette High School website. Each plan offered provides a balanced lunch meal that is designed specifically for your student at a discount from our a la carte pricing in exchange for your commitment. Please note that there is no refund for missed meals. For your convenience and to eliminate the need for carrying cash, we offer a declining balance program for a la carte purchases at any time during our open hours.

Declining Balance is a great way to supplement a Meal Plan during breakfast service or snack periods as the **Meal Plan is only available for use during lunch service.**

We also accept cash payments for items purchased in the dining hall at all meal periods.

How do I pay for lunch?

Meal plans must be paid in person, with the form filled out for filing, by either check or cash prior to **August 31, 2018**. Declining Balance monies will be collected during the school year, or on line at myschoolbucks.com. Once on the site, click "New User" and follow the prompts. From this site you can monitor what your son is purchasing with his Declining Balance Account, add funds to his account, or even have his account automatically reload if the account is low to ensure he always has a positive balance.

How does the system work?

Students pay for dining hall purchases by scanning their student ID card or by paying cash. Scanning an ID card will allow us to access your Meal Plan or a Declining Balance Account and will debit the account in real time.

What's A meal?

Students who are looking for a hot entree meal option will receive a Plate with a Protein, Starch and Vegetable. If the Main entree offering is a starch Protein Combination (Like Lasagna, Spaghetti & Meat Sauce, Casserole) the student will receive the entree and a vegetable. If a student wishes to purchase a Hot or Cold Sandwich or an Entree Salad, he will be able to add 2 additional sides. All students will then receive the corresponding beverage for his meal plan.

What are the savings?

The savings vary from plan to plan. By committing to a One Semester plan, your son will enjoy a balanced meal with variety every day at a savings up to 15% and even more when purchasing a full year plan. Also, because you are purchasing a plan there is no state sales tax.

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 Brett Muellenbach at (414)933-7220 ext. 3055 or email to brett.muellenbach@compass-usa.com



SIGN UP TODAY!

The Premium Plan

Full Year (154 days) \$1193.50
Fall Semester (74 Days) \$573.50
One Hot Entrée Plate, Hot or Cold Sandwich with 2 sides, or Entree Salad with 2 sides and a 20oz Bottled Beverage 7.75 per day

Value Plan

Full Year (154 Days) \$1039.50
Fall Semester (74 Days) \$499.50
One Hot Entrée Plate, Hot or Cold Sandwich with 2 sides, or Entree Salad with 2 sides and a 16oz Fountain Beverage 6.75 per day

The Flex Plan

Full Year (80 Days) \$540.00
Fall Semester (40 Days) \$270.00
One Hot Entrée Plate, Hot or Cold Sandwich with 2 sides, or Entree Salad with 2 sides and a 16oz Fountain Beverage 6.75 per day

Our Services

- The Café is open daily from 7:30am to 1:00 pm providing breakfast and lunch.
- After School program runs from 3:10 – 3:25 during the Fall and Spring sports seasons
- Meal plan options apply to lunch program only.
- Declining balance options are available for all services in the café and on line at www.myschoolbucks.com
- The Flik Independent School Dining team of food and nutrition experts focuses solely on creating healthful, innovative and unique dining solutions for Independent school communities.

