



Dear Stuart Families,

Flik Independent School Dining is proud to be the new dining service provider at Stuart Country Day School of the Sacred Heart. We are the market leader in independent school dining, currently serving 150 prestigious private and independent schools. Our successful partnership with independent school communities is based on our mantra *Eat.Learn.Live.*

Simply *Eat.Learn.Live.* is our commitment to the Stuart community. Every day we provide wholesome nutritious meals, prepared from fresh ingredients, which fuel the minds of your students. We go above and beyond foodservice by offering nutrition education programs that enable students to make healthy choices on a regular basis. By providing wholesome nutritious meals in conjunction with nutrition education, we're equipping them with the tools they need to live a happy, healthy life. The trademark of our dining program is reflected in "Our Commitment to You" Philosophy.

Being ever mindful of the cultural and dietary preferences of a diverse student body, faculty, and staff, our menus are created exclusively for each location by the onsite management team. Our Nutrition Specialist and Corporate Executive Chef review menus and provide culinary and dietary expertise so that students explore diversity through foods and learn the importance of making healthful choices.

Please visit us at www.FlikISD.com to learn more about our mission, programming and commitment to social responsibility. You will be interested to know that cage-free eggs, rBGH free milk, sustainable seafood, poultry produced without the routine use of human antibiotics and local produce are an everyday occurrence on our menus.

Menus can be seen weekly at www.MySchoolDining.com/Stuart, and we encourage you to check back often to stay updated on information on our [Resources](#) page.

Meal plan sign-ups may be done by completing the registration form and dropping it off or sending it into the dining hall office:

Flik Independent School Dining
1200 Stuart Road
Princeton, New Jersey 08540

We look forward to becoming a part of the Stuart community and making a difference in your students' lives!

Sincerely,

A handwritten signature in black ink that reads "Ray Mulligan". The signature is written in a cursive, flowing style.

Raymond Mulligan





President



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