

Nourishing a Brighter Future



Flik Independent School Dining is Food, Education, Clean Eating and a partner with Stuart Country Day School of the Sacred Heart.

Here is what you can expect for the upcoming 2018 – 2019 school year:

Nutrition Education

We understand the importance of educating your daughters about what they are eating. We do our best and take every opportunity to teach them something new about the foods they see in the dining room. Our monthly Tastings program allows them to try something new without the pressures of taking too much. Our Nutritionist approved menus, always give the girls healthy balanced choices.

An All Inclusive Lunch Program

All Middle and Upper School girls will enjoy all of the meals, specials and events in the dining hall during lunch in the all-inclusive meal program. Each day's choices are well-balanced, nutritious and allergy friendly. By providing a well-balanced lunch, we are making an effort to improve the overall health and eating habits of your girls.

Lower school girls will be offered a well-balanced, nutritious and allergen friendly menu plan for purchase on a yearly and half-year plan.

Food Prepared from Fresh Ingredients

We believe in clean eating. We have a comprehensive Food and Nutrition Philosophy and our focus has always been cooking from fresh, whole foods using minimal processed or frozen foods. This style of preparation also enhances the quality and variety.

Sustainable and Locally Produced

As often as possible, we serve foods that meet responsible and sustainable agricultural practices. This is standard practice for us and has been for years. Our new Chef Anthony Abate is supported by a company that strives to make positive changes in the communities we serve by supporting local economies, sourcing sustainable seafood, and implementing measures to address climate change issues and more.

We are proud to lead the foodservice industry with groundbreaking policies such as:

- Championing local family farmers and Fair Trade
- Sourcing foods that are produced with minimal use or free of chemicals and antibiotics
- Supporting campaigns that reward the efforts of farmers and laborers
- Sourcing proteins from suppliers that promote the humane welfare of farm animals.

We know that telling young ladies about the importance of nutrition will not always translate into the selections they make during lunch. Instead, we must demonstrate that eating nutritious foods can also be fun, creative and delicious. Chef Anthony's Tastings program empowers the girls to try new foods at their own pace. They have the opportunity to sample unfamiliar foods in small bites, rate them and let her know if they would like to see them on upcoming menus. In this way, they are helping build the program they want to see.

What if my child has an allergy or medical condition?

Chef Anthony will work with any family that may have concerns regarding the dietary needs of their daughter. In addition to the posted allergy board, all foods are labelled and he is available throughout lunch to answer any questions the girls may have. He can also be reached by email at stuardining@stuartschool.org.

What Offerings are Available During the Lunch Meal?

Every day the girls have a choice of either a hot or cold main dish including vegetarian and free from gluten options, vegetables, a full salad bar, a deli option, fresh fruit and a choice of milk, 100% fruit juice or WaterWorks, our fruit infused water program.

Breakfast, Gouter and After School snacks will be available for purchase with a declining balance account. Declining balance accounts can be setup on myschoolbucks.com.

How does my daughter know what to do on the first day back to school?

On the first day of school, Middle and Upper School girls will go through the serving area and choose their meals. Appropriate signage will be on each station and additional associates will be available in case questions arise. Lower school students will be directed by their teacher.

How Do We Get Information Regarding Menus and Promotions During the School Year?

As always, you will see a link to www.mySchoolDining.com/Stuart on the Stuart website. This will connect you to our website which has been customized for Stuart. There you will find the monthly menus, promotions and Chef Anthony's contact information. You can also download the mySchoolDining app, available in the App Store or the Google Play Store.

How can I get additional information regarding the dining services program?

Chef Anthony can be reached at stuardining@stuartschool.org and the team is always available to answer questions. You will also receive communications made available from the Stuart Community.

Who Can We Talk to Once School Starts?

Chef Anthony Abate is on site every day. Feel free to stop by and introduce your family to him or you can call him at 1-609-921-6615. We want to ensure we meet you and also answer any questions you may have about our program, our food and our staff.

We look forward to meeting all of you and are excited for your daughters to experience our dining program!

