

FAQS

What type of offerings will be available?

- We will have scratch prepared entrees.
- Sides including fresh vegetables and a starch.
- Daily grill special
- Full salad bar
- Deli sandwiches with in-house roasted deli meats. A toppings bar is available for customizing.
- Fresh fruit, yogurt parfaits, assorted snacks and beverages.
- Snacks are available for purchase during break periods

How do I know what's for lunch?

Our menus are planned in advance and available for review at www.myschooldining.com/Stratford. You can also find them on our My School Dining App found at Google Play or Apple App Store.

How much does a lunch cost?

There will be daily meal deals available in both the lower school and upper schools. A meal deal typically includes an entrée, two sides, and a drink. Additionally many a la carte options are available.

- Lower School Meal Deal \$5.00
- Upper School Meal Deal \$6.00

How does my student pay for lunch?

For your convenience and to eliminate the need for carrying cash, we offer a declining balance program for lunch purchases. Funds can be added for your student by creating an account at www.myschoolbucks.com or by bringing a check to the dining hall made out to Flik. Funds deposited on My School Bucks before 5 PM are available for use by the next business day. Checks can be brought to the front office, a Flik cashier or put into the Flik check deposit box in the dining hall. Checks will be credited to your students account within 24 hours.

PIN Numbers

Each student has a POS ID number assigned to them. You or your student can get this number from Josh or any Flik cashier. Please provide the POS ID number to your student. It serves as his/her PIN for completing lunch and/or break purchases.

New This Year!

- Stratford tumblers will be available for purchase in the Eagles Nest
- When using the tumbler, water and ice will be free and drink fill ups will have a \$0.25 discount!
- We are completely cashless, we will not be able to accept cash of any kind.
- The max student negative balance allowed will be -\$50. If your student exceeds this amount they will be given a plain sandwich, fruit and drink at a rate of \$5 until funds are replenished.
- Each child in a family will have a separate lunch account with individual PIN ID, money will need to be deposited in each student account separately.

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:

Josh Nowell
Flik@stratford.org
478-477-8073 ext. 228

How to set up a MySchoolBucks Account

When establishing a new declining balance account, \$75 is suggested as a minimum opening amount.

To set up account for declining balance

Go to www.myschoolbucks.com

- Select **Georgia** from the list of available states
- For District, select **Stratford Academy**
- Enter your contact information
- Create a login id and password
- Add your child to the account by entering his/her name and date of birth.
- Repeat process for additional children.

Account Features include:

*Check Account Balance
Viewing Cafeteria Purchases
Making Payments
Set up automatic payments
View payment history
Low Balance Notification via email*



SIGN UP TODAY!

Student (1) Name, POS ID, Amount:

Student (2) Name, POS ID, Amount:

Student (3) Name, POS ID, Amount:

Student (4) Name, POS ID, Amount:

Parent Name: _____

Phone: (_____) _____

Email: _____

Home Address: _____

City/State/Zip: _____

Total Declining Balance Deposit amount:

Check Payment Options:

Mail to the school, drop off at the front office, give to a Flik cashier or place into Flik check deposit box in dining hall.

Signature: _____

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 complement 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 is an opportunity for culinary experimentation and menu building, as well as for communication with students. Tastings are 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 student. A theme is chosen every school year and each month a meal made in that theme is served. This year's

Food Focus is Beats by Flik. We will focus on foods that associate with music genres, including Country, Pop, Rock n' Roll, Jazz, Broadway, 50s, and more.

Traveling Flavors - Once a year 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. This year's theme will be the Orient Express, highlighting foods along the way.



Grain Matters - From August through May, a different whole grain will be highlighted throughout the dining hall.

Several meals that month will feature the grain as the center of the plate. Each new grain will include a recipe card that is available for students to bring home.



CLEAN EATING FOR BETTER LIVING

We believe food is an education
and a path to a healthy lifestyle.

So we focus on bringing you
innovative meals that are:

Unique, flavorful and designed to
satisfy your nutrition needs

Made with fresh and authentic
ingredients to excite your taste buds

Grounded in wellness to
fuel your day

Created with sustainable and
responsible practices

Nourishing a Brighter Future



Lunch Program
2019—2020

