

FAQs

ABOUT YOUR DINING SERVICES

What type of offerings will be available?

- We will have scratch prepared entrees, including a vegetarian option.
- Sides including fresh vegetables and a starch.
- Daily grill special
- Chef prepared specialty salad
- 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.
- Grab & Go deli and salad options for those on the run.
- Breakfast will be available every day from 7—10 AM
- 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 carrollwoodday.flikisdining.com.

How much does a lunch cost?

There will be daily meal deals available in both the elementary school and MS/US (main dining). A meal deal typically includes an entrée, two sides, and a drink. Additionally many a la carte options are available.

- Elementary Meal Deal \$6.25
- Main Dining Meal Deal \$7.00

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 Welcome Center made out to Flik. Funds deposited on My School Bucks before 5 PM are available for use by the next business day. Checks will be credited to your students account on the day received. Each student has a POS ID number assigned to them. You should receive an email from Flik@carrollwooddayschool.org that provides this number. Please provide the POS ID number to your student. It serves as his/her PIN for completing lunch purchases.

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:

Chef Robin Frechette
Flik@carrollwooddayschool.org
813-920-2288 ext. 118

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 **Florida** from the list of available states
- For District, select **Carrollwood Day School**
- 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.



Flik Independent School Dining is proud to be the new dining service provider at Carrollwood Day School. We are the market leader in independent school dining, currently serving over 200 prestigious private and independent schools. Our successful partnership with independent school communities is based on our mantra *Nourishing A Brighter Future*.

As your new provider, our business and responsibility is to provide a top quality, nutritious dining service. Our passion is represented in our menus and food preparation philosophy. We start with fresh, whole ingredients and prepare our menu items from scratch. School menus, which will feature local and sustainable items, are created on your campus, specifically designed for your dining facility and your community's needs.

Once the school year begins, menus can be found on your school's dining website:

[HTTPS://CARROLLWOODDAY.FLIKISDINING.COM](https://carrollwoodday.flikisdining.com)



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Meet Your New Chef Manager!

ROBIN FRECHETTE

Robin started as a young child with a love of food. Not only to eat it, of course, but to create. She knew at a very young age that she wanted to be in the culinary industry. Robin started, as many culinary professionals do, as a dishwasher and worked her way up. She continued after high school with an associate's degree in Culinary Arts at the prestigious Johnson and Wales University in Rhode Island.

While at Johnson & Wales, she took her internship at the Doubletree Guest Suites in Boston, Massachusetts. She was quickly promoted to Lead Line Cook and a short time later to Executive Sous Chef. In 2010, Robin began her career with Flik as a Sous Chef at Ropes & Gray Law Firm in Boston. A relocation opportunity for her husband brings their family Tampa. She is excited to continue her career with Flik by providing healthy and delicious meals to the Carrollwood Day School community.