



FISD

Engagement Plan

ELEVATING THE EVERYDAY

AUGUST 2024 – JULY 2025



Our Guiding Principles

Nourishment

We believe in nourishing the whole person, recognizing that true nourishment encompasses far more than just what's on the plate. Through wellness programming, nutrition education and more, we go above and beyond to ensure each of our guests thrive.

Community

We believe in nourishing the whole person, recognizing that true nourishment encompasses far more than just what's on the plate. Through wellness programming, nutrition education and more, we go above and beyond to ensure each of our guests thrive.

Responsibility

Through our dedication to sustainability efforts, stringent safety measures, continual innovation, and other key elements, we fully embrace our responsibility to always do the right thing.



a note from your campus *FISD* leader

Dear Students,

As we gear up for another exciting school year, I couldn't be more thrilled about the culinary adventures that await us all! This year promises to be filled with delicious surprises and delightful experiences that will tantalize your taste buds and expand your culinary horizons.

One of the things I'm most excited about is our focus on increasing global flavors and introducing specialty meals that will bring a world of tastes right to your lunch tables. From savory Thai dishes to zesty Mexican cuisine and everything in between, there will be something to satisfy every palate. I truly believe that exploring new flavors is not just about food—it's about broadening our understanding of different cultures and traditions. I hope that as you embark on this culinary journey with us, you'll discover new favorites and develop a greater appreciation for the rich tapestry of global cuisine.

Hosting events for you all is one of my favorite parts of the job. It's a chance to break away from the ordinary and inject a little extra excitement into your school day. Whether it's a themed food festival, a cooking demonstration, or a special tasting event, these occasions are designed to make your day brighter and give you something delicious to look forward to.

So, get ready to embark on a flavorful adventure this school year! Let's savor every bite, explore new tastes together, and create memorable culinary moments that will make this year truly exceptional.

Here's to a fantastic school year ahead!

To a year of success,
Joshua P. Henderson

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Celebrating a mosaic of cultures and communities with a feast of diverse flavors.

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PLANT POWERED PROTEINS

Protein can come in many forms! This year we're introducing students to protein powered by plants.

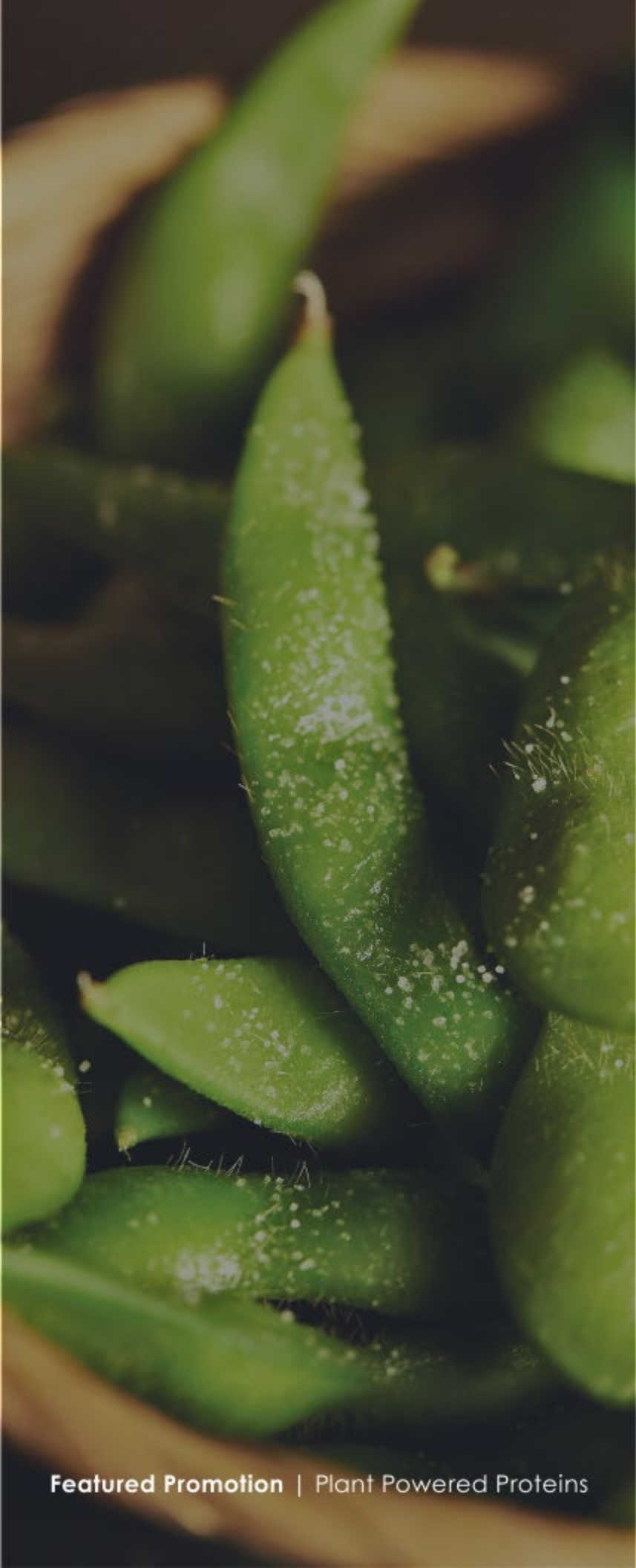
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FOOD HOLIDAYS

We interrupt the everyday to surprise and delight our students with food holiday pop-ups that feature fun ingredients or loved food items that they won't be able to resist.

COMMUNITY ENGAGEMENT PLAN





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Exploring the world through globally inspired spices and seasonings... and discovering the flavors that make mealtime a universal experience.

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SWAVORY

Sweet or Savory? Try both! Swavory is back with all new recipes to encourage adventurous eating and persuade the picky palates.

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BREAKING BREAD

Designed for boarding schools, Breaking Bread is a program of events designed to bring students together, embrace campus culture, and create lasting memories!

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Our retail promotions provide guests with affordable access to fresh and nutritious food options!

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BOOK BITES

Satisfy curiosity and hunger for knowledge with our delicious, custom approach to nutrition education!

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CALENDAR

See how all the programs come to life in our calendar at a glance!



Major Promotions

MAJOR PROMOTION = MAJOR FUN!

Throughout the year, our monthly food festivities will captivate and thrill students, offering a continuous stream of excitement. We'll revamp our dining area, generating campus-wide anticipation as we highlight our local chefs and their culinary prowess, presenting students with fresh delights to savor and explore.

With themes spanning cuisines, holidays, and ingredients, we invite students to step out of their comfort zone, sample new dishes and embrace new cultures. Whether it's a tribute to seasonal harvests or a themed spread for a special occasion, our monthly food celebrations are sure to unite the campus community.

Major Promotions



FARMER'S

FRESH. FLAVORFUL. LOCAL.



MARKET

Food by FLIK



WINTER

COZY CELEBRATIONS



HOLIDAYS

We're dishing out excitement month after month, captivating our students with a range of lively events crafted to spark joy. From summer vibes bashes to warming winter feasts, our monthly celebrations on your campus aim to unite and thrill all students.



Welcome

FALL

HARVEST HAPPINESS ON EVERY PLATE!

PROGRAMS:

- **August:** Back 2 School BBQ
- **September:** Farmer's Market
- **October:** Halloween
- **November:** Dia de los Muertos or Thanksgiving
- **December:** Winter Festival
- **January:** Lunar New Year
- **February:** Super Bowl or Valentines Day
- **March:** Mardi Gras or St. Patrick's Day
- **April:** Stop Food Waste Day
- **May:** Memorial Day
- **June:** First Day of Summer
- **July:** All-American BBQ



Cultural Celebrations

THE TASTE OF BELONGING: CULTURAL CELEBRATIONS THAT UNITE STUDENTS THROUGH FOOD

From savory to sweet, spicy to mild, these gatherings showcase a wide array of dishes that reflect the cultural heritage and culinary expertise of our students and their families, as well as our FISD Teams and the communities we serve. Beyond just a meal, these events create opportunities for students to connect, learn, and appreciate each other's backgrounds and experiences.

It's not just about the food; it's about the connections made over shared meals and the bonds forged through the exploration of different tastes and traditions.

Cultural Celebrations

PROGRAMS:

September:

Hispanic Heritage Month Sept 15th - Oct 15th
Chef Appreciation Week Sept 8th - Sept 12th

October:

Hispanic Heritage Month Sept 15th - Oct 15th

November:

Diwali Nov 1st
Native American Heritage Month

December:

Hanukah Dec 25th - Jan 2nd
Kwanza Dec 26th

January:

Martin Luther King Jr. Day Jan 20th
Lunar New Year Jan 29th

February:

Black History Month

March:

Women's History Month
Ramadan Feb 28th - Mar 30th
Eid-al-Fitr Mar 29th - Mar 30th

April:

Arab American Heritage Month
Earth Day Apr 22nd

May:

Asian American Pacific Islander Heritage Month
Jewish American Heritage Month
Cinco de Mayo May 5th

June:

Juneteenth Jun 16th



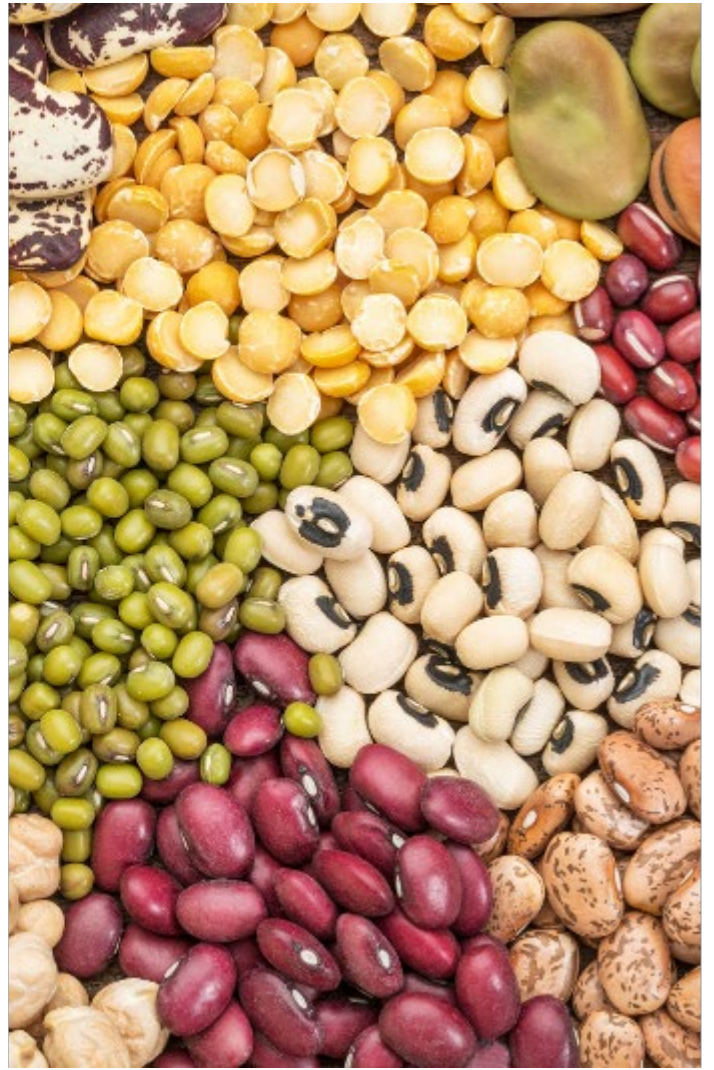


PLANT POWERED PROTEINS

PLANT PACKED RECIPES THAT ARE
ANYTHING BUT BORING.

Explore the diverse world of protein! In the upcoming year, we're thrilled to unveil a new approach to nutrition, introducing our students to the wide variety of protein options sourced from plants! Featured monthly, this program will get your students thinking about protein in a whole new way.

Join us as we showcase a plethora of ingredients such as Tofu, Kamut, Lentils, and beyond, each brimming with protein-packed goodness. Prepare to be amazed by the versatility and richness of plant-based proteins .



PLANT ***POWERED PROTEINS***



PROGRAMS:

August: Chickpea

September: Tofu

October: Black Bean

November: Sun Butter

December: Kamut

January: Edamame

February: Quinoa

March: Northern White Bean

April: Green Peas

May: Lentils

June: Pinto Beans

July: Student Favorite from the Year



Food Holidays

GET READY TO BE WOWED! IT'S A POP-UP CELEBRATION THAT'S SIMPLY IRRESISTIBLE.

Prepare for a series of lively pop-up food holidays that are bound to thrill our students and leave them grinning from ear to ear. Whether it's National Nacho Day or Banana Day, these events will debut tantalizing new menu offerings, showcase exclusive limited-time recipe deals, and unveil exciting festive menu options that will have students eagerly returning for more.

Food Holidays



AUGUST
19

**HOT &
SPICY
FOOD** Day!



Food by FLIK



DECEMBER
06

**CHOCOLATE
COVERED
ANYTHING** Day!



Food by FLIK

PROGRAMS:

August:

Aug. 19th Hot & Spicy Food Day
Aug. 28th Bow Tie Day

September:

Sept. 16th Guacamole Day
Sept. 26th Dumpling Day

October:

Oct. 1st World Vegetarian Day
Oct. 15th Mushroom Day

November:

Nov. 6th Nacho Day
Nov. 8th Apple Cider Day

December:

Dec. 4th Cookie Day
Dec 6th Chocolate Covered Anything Day

January:

Jan. 6th Bean Day
Jan 31st Hot Chocolate Day

February:

Feb. 4th Homemade Soup Day
Feb. 27th Chili Day

March:

Mar. 14th Pie Day
Mar. 26th Spinach Day

April:

Apr. 8th Empanada Day
Apr. 16th Banana Day

May:

Salad Month
May 20th Strawberry Day

June:

Fresh Fruit & Veg Month
Jun. 4th Cheese Day

July:

Pickle Month
Jul. 14th Mac & Cheese Day



SPICE EXPLORERS

GET YOUR PASSPORT READY!
DISCOVERING FLAVORFUL SPICES,
LOCAL FLAIR, AND CULTURAL DELIGHTS!

Join us on an exhilarating culinary expedition as we dive deep into the vibrant tapestry of global flavors, unlocking the secrets of spices and seasonings from around the world. Students will not only savor the tastes of distant lands, but also uncover the unique local twists that add an extra dimension of excitement to each dish.

From the hearty flavors of Germany to the rich spices of Nigeria, the tropical delights of Puerto Rico, and the aromatic dishes of Turkey, every destination promises a mouth-watering adventure that will leave taste buds tingling with anticipation.

SPICE EXPLORERS



DISCOVER THE WORLD THROUGH FLAVOR



PROGRAMS:

- | | |
|---------------------------|---|
| August: Caribbean | February: Puerto Rico |
| September: Germany | March: Turkey |
| October: Malaysia | April: Philippines |
| November: Nigeria | May: Hawaii |
| December: Peru | June: Vietnam |
| January: Poland | July: Student Favorite from the Year |



GET SWAVORY

WHERE SWEET BATTLES SAVORY IN A MOUTHWATERING SHOWDOWN!

Prepare your taste buds to enter the culinary arena with our Swavory Tried it! Program, where students will engage in a battle of flavors like never before! Explore the dynamic world of sweet and savory variations as students sample, critique, and vote for their preferred creations.

Swavory encourages students to embrace the excitement of trying new flavors and textures. Whether it's experimenting with unique ingredients or reinventing traditional dishes, each new recipe offers an opportunity for students to expand their palate and indulge in a world of culinary possibilities!



GET SWAVORY



GET SWAVORY



PROGRAMS:

- August:** Watermelon
- September:** Quinoa
- October:** Butternut Squash
- November:** Eggplant
- December:** Cottage Cheese
- January:** Grapefruit
- February:** Beets
- March:** Plantains
- April:** Red Bean
- May:** Mango
- June:** Brown Rice
- July:** Peach



BREAKING BREAD

CREATING LASTING MEMORIES AROUND THE TABLE

Crafted with the unique needs of our boarding school community in mind, Breaking Bread is a transformative program of events dedicated to strengthening bonds, celebrating diversity, and nurturing a vibrant campus culture. Bonding students through shared experiences, this program is guaranteed to ignite a spirit of unity, inclusivity, and belonging across campus.

Through a diverse array of engaging activities, and thoughtfully curated fun events, Breaking Bread aims to create an environment where every student feels valued, supported, and empowered to contribute to the collective tapestry of our school community.



PROGRAMS:

August:
Camp Welcome
Back to School!

September:
Brunch

October:
Old World Italian

November:
Wizarding World

December:
Ugly Sweater Party

January:
Ramen Bar & Bao Buns

February:
Brazilian Steakhouse /
Elevated Dinner

March:
Retro Dinner - Blast
from the 90s

April:
Luau

May:
Southern Style Supper

June:
Breakfast for Dinner

July:
Seafood Festival

BREAKING BREAD





Retail Offers

Start the year off right with our newest selection of seasonal treats, available for a limited time only at our retail spots! Each month unveils a fresh array of shaker salads paired with invigorating beverages, providing guests with an irresistible combo deal designed to please both the palate and the wallet. Indulge in nutritious, flavor-packed recipes that are guaranteed to leave you feeling satisfied and eager to try the next month's offerings.

This or That?

PROGRAMS:

Experience Diverse Flavors as a Salad or Sandwich!

August:

Balsamic
Watermelon

September:

Caprese

October:

Wedge

November:

Fall Harvest

December:

Flavors of Lebanon

January:

Asian Inspired

February:

Flavors of Italy

March:

Buffalo Chicken

April:

Flavors of Greece

May:

Mexico Inspired

June:

Mandarin Flavors

July:

Strawberry Fields

you decide,
SALAD OR SANDWICH?





Book Bites

NUTRITION EDUCATION SIMPLIFIED: FISD DIETITIANS SERVE UP TURN-KEY FOOD & NUTRITION LESSONS

Offering a delightful blend of literature and culinary exploration for students. Developed by FISD dietitians, this innovative program integrates food and nutrition education seamlessly into lower school classrooms. Each lesson is carefully crafted to engage young minds while addressing picky eating challenges.

Through custom activities and tasty treats, students not only enjoy interactive learning but also develop a balanced approach to eating. With Book Bites, students embark on a flavorful journey where stories come to life on their plates.



Book Bites



VOLUME ONE



"A Garden in Your Belly"
(D'Yans, 2020)
2nd - 5th Grade



"Bread and Jam for Frances"
(Hoban, 2008)
K - 3rd Grade



"I Can Eat a Rainbow"
(Rose, 2021)
pre K - 1st Grade



"I Will Never Not Ever Eat a Tomato"
(Child, 2003)
pre K - 3rd Grade



"What's on Your Plate?"
(Stewart, 2018)
K - 4th Grade

...and counting!

WE PROVIDE EVERYTHING YOU NEED!

- ✓ FISD Instructor
- ✓ Copy of Selected Book
- ✓ Instructor Guides for Every Book
- ✓ All Activity Materials
- ✓ Opportunities to Try New Foods
- ✓ Lesson Plans & Learning Objectives for Students
- ✓ Bookmark for Participant

A top-down view of a large, diverse collection of fresh vegetables. The assortment includes several bright orange carrots, several green cucumbers of various sizes, a large red bell pepper, bunches of leafy greens like arugula and basil, several round brown potatoes, and a cluster of red cherry tomatoes. There are also some green zucchini-like vegetables and purple-stemmed leafy greens. The vegetables are piled together on a dark wooden surface.

Calendar

Ready to see how it all comes to life? Check out our bi-monthly calendar to get a glance at what's happening in our servery!

August - September

2024

AUGUST

MO	TU	WE	TH	FR	SA	SU
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SEPTEMBER

MO	TU	WE	TH	FR	SA	SU
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MONTHLY EVENTS

Get Savory – Aug 17th
Hot & Spicy Food Day – Aug 19th
Back 2 School BBQ – Aug 22nd
Breaking Bread – Aug 26th
Bow Tie Day – Aug 28th
Spice Explorers – Aug 30th

MONTHLY EVENTS

Farmer's Market – Sept 6th
Chef Appreciation Week – Sept 8th –
Sept 12th
Hispanic Heritage - Each Tuesday
between Sept 15th – Oct 15th
Guacamole Day – Sept 16th
Spice Explorers – Sept 18th
Get Savory – Sept 20th
Dumpling Day – Sept 26th
Breaking Bread – Sept 27th



October - November

2024

OCTOBER

MO	TU	WE	TH	FR	SA	SU
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER

MO	TU	WE	TH	FR	SA	SU
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MONTHLY EVENTS

1st World Vegetarian Day – Oct 1st
Spice Explorers – Oct 9th
Mushroom Day – Oct 15th
Breaking Bread – Oct 17th
Get Savory – Oct 24th
Halloween – Oct 30th

MONTHLY EVENTS

Diwali – Nov 1st
Native American Heritage – each
Weds through the month of
November.
Nacho Day – Nov 6th
Apple Cider Day – Nov 8th
Spice Explorers – Nov 14th
Breaking Bread – Nov 20th
Thanksgiving Meal – Nov 22nd



December - January

2024 - 2025

DECEMBER

MO	TU	WE	TH	FR	SA	SU
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MONTHLY EVENTS

Cookie Day – Dec 4th
Chocolate Covered Anything
Day – 6th
Spice Explorers – Dec 11th
Winter Festival – Dec 13th
Breaking Bread – December
16th

JANUARY

MO	TU	WE	TH	FR	SA	SU
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MONTHLY EVENTS

Bean Day – Jan 6th
Spice Explorers – Jan 15th
Get Swavory – Jan 9th
Breaking Bread – Jan 16th
Martin Luther King Jr. Day –
Jan 20th
Lunar New Year – Jan 29th
Hot Chocolate Day – Jan 31st



February - March

2025

FEBRUARY

MO	TU	WE	TH	FR	SA	SU
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

MONTHLY EVENTS

Homemade Soup Day – Feb 4th
Spice Explorers – Feb 7th
Valentine's Day – Feb 14th
Get Swavory – Feb 18th
Black History Month – Each
Wednesday throughout February
Breaking Bread – Feb 20th
Chili Day – Feb 27th

MARCH

MO	TU	WE	TH	FR	SA	SU
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MONTHLY EVENTS

Spice Explorers – Mar 6th
Get Swavory – Mar 11th
Pie Day – Mar 14th
St. Patrick's Day – Mar 17th
Women's History Month – Each
Wednesday throughout March
Ramadan – Each Friday through
March
Breaking Bread – Mar 20th
Spinach Day – Mar 26th



April - May

2025

APRIL

MO	TU	WE	TH	FR	SA	SU
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY

MO	TU	WE	TH	FR	SA	SU
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MONTHLY EVENTS

Arab American Heritage Month -
Each Wednesday throughout April
Spice Explorers - Apr 3rd
Empanada Day - Apr 8th
Banana Day - Apr 16th
Get Swavory - Apr 17th
Earth Day - Apr 22nd
Breaking Bread - Apr 24th
Stop Food Waste day - Apr 30th

MONTHLY EVENTS

Asian American Pacific Islander
Heritage Month - Each Wednesday
throughout May
Jewish American Heritage Month -
Each Friday throughout May
Cinco De Mayo - May 5th
Get Swavory - May 8th
Spice Explorers - May 15th
Strawberry Day - May 20th
Breaking Bread - May 22nd
Memorial Day - May 25th



