



FLIK Dining Guide

MAIN MENU

- **Entrée:** Pricing ranges from 3.95 (Pizza) to 4.65 (Shrimp/Steak)
- **Sides:** Hot Sides: 2.05 (Vegetables, Starches)
- **Bread:** 1.35 (Sometimes Egg-Rolls are served in place of bread and priced at 1.85)

INNOVATION

- **Entrée:** Pricing ranges from 4.25 -4.65 (Based on the cost of Protein similar to Main Menu)
- **Sides:** Hot Sides 2.05 (Often a starch)

INNOVATION EXCEPTIONS

- Sometimes an innovation item is priced as 1 item only w/ Pricing range 6.25-7.00 (Based on protein cost)
It is considered a meal in its own (In that this item has a protein, vegetable and starch all in one dish)
Examples being Chicken Lo-Mein and Chicken Nachos. It can be combined w/ a 12oz beverage for a MEAL DEAL
- **Chicken Wings:** (Due to cost) Is priced at 6.50 (6 wings + Celery/Carrots) It has a premium price.
They can be combined w/ a 12oz beverage for a meal deal.
- **“Build A Bowl Day”:** This a premium Lunch offering w/ Pricing range of 9.25-9.75
This is on par with if your child walked into “Chipotle” or “Cava” and have lunch.
There is no MEAL DEAL Pricing as this offering is a premium option

ACTION STATION

- This is a 3rd meal option that is not on the menu. Pricing ranges from 6.40-8.50 (Depending on the product)
It CANNOT be combined as Meal Deal Offerings of this are based on product we have in house)

DELI

- **Sandwiches:** 4.35
- **Vegetarian Sandwiches:** 3.85
- **Extra Meat or Add Bacon:** + .60

SALAD BAR/YOGURT BAR

- Pricing on the salad bar is based on the amount of product that can be held in each serving
- **Plate:** 6.30
- **Bowl:** 4.30
- **9oz Cup:** 2.25



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RETAIL ITEMS

- **Chips:** 2.05 (All Chips & Pickle Chips)
- **Snack Items:** 2.05 (Goldfish, Scooby Snacks, Chewy bars, Nutri-Grain Bars)
- **Whole Fruit:** 1.25

ICE CREAM

- Pricing for Ice Cream is based on size and our cost to purchase. They are separated in 2 different coolers.
- **Big Ice Cream:** 3.50 (Blue Bunny Chocolate Chip Cookie Ice Cream Sandwiches, Hershey's Sundays, Ande's Ice Cream Sandwiches, Tropi-Kool FruitBars)
- **Little Ice Cream:** 2.05 (Scooter Crunch Bars, Fudge Bars, Banjo Bars, Dreamsicles, Small Vanilla & Chocolate Ice Cream Cups)

BOTTLED BEVERAGES

- Bottled Beverages CANNOT be combined for a Meal Deal.
Pricing is on the beverage cooler door for each item.
- Bottled beverages range in price from 1.85 (Aquafina & Dasani Bottled Waters) up to 4.50 (Muscle Milk)

BREAKFAST & BREAKFAST FOR LUNCH

- Breakfast items are for a-la-carte Purchase only.
- There is no MEAL DEAL for 3rd-12th grade breakfast for lunch days, due to the fact that there are many breakfast options to purchase and majority of students build their breakfast for lunch meal in different ways

TEAM MEALS

- We offer meals for teams after school and before games for 8.25 This is option is only available as a team.
Players do have the option to "opt out" for the season and not on an individual game by game basis.



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MEAL DEALS

- The 7.25 MEAL DEAL (5th-12th) & 6.50 MEAL DEAL (3rd & 4th)
- A MEAL DEAL is 1 Entrée, 2 sides, 1 12oz Cup or Small Beverage (Juice cup, Milk, Small Water Bottle)

WHAT CAN BE CONSIDERED:

• An ENTRÉE:

- The Main Menu Entrée
- The Innovation Menu Entrée (Unless otherwise noted)
- A Sandwich from the Deli
- A SMALL Bowl from the Salad Bar
- A bowl of Soup

• A SIDE:

- Any Hot Sides from Main Menu Window or Innovation Window
- Chips
- Snack Item
- Bread
- Whole Fruit
- Anything from Salad Bar or Fruit/Yogurt Bar that can be put in 9oz Cup
- Premade Parfaits or Salads in 9oz cups in retail Grab & Go Cooler

• WHAT CANNOT BE CONSIDERED A SIDE:

- Cookies
- Muffins
- Ice Cream
- A Second Entrée
- A Portion of an Innovation Item that is considered a meal in its own