

PROGRAMMING

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 Flik So Cheesy. We will focus on grilled cheese made with different types of cheeses, including Cheddar, Swiss, Provolone, Pepper Jack, and more.



Traveling Flavors - Once a year an international cuisine is highlighted through a traveling booth that visits your school. This year's theme will be Around the World in 80 days, highlighting foods from London, Egypt, Hong Kong/Japan, and USA.



Grains Matter - From August through May, a different grain will be highlighted in the dining hall. Grain bowls each month will feature the grain, such as barley, bulgur, wild rice, and more. Each new grain will include the grain bowl recipe that is available for students to bring home. Encourage your student to try something new!



WHY BUY A MEAL PLAN?

1. NO NEED TO CARRY CASH.

With a meal plan or declining balance there's no reason for students to carry cash. Everything is right there for them.

2. CONVENIENCE.

No shopping, no cooking, no thinking. Knowing that it's there everyday!



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

St. Xavier High School
Meal Plan Options
2017-2018



To pursue excellence in all endeavors.

1609 Poplar Level Road | Louisville, KY 40217 | www.saintx.com



Flik Independent School Dining is pleased to be a part of the St. Xavier High School community. We are the United States premier provider of foodservices for over 200 private and independent schools. We pride ourselves in preparing high quality dishes from fresh ingredients. The menus are constantly changing in order to meet our student's needs on the Saint Xavier campus. Different soups, entrees, vegetarian items, deli selections and a bountiful salad are featured daily, enabling your student to obtain a well balanced meal every day.

Please take a moment and sign up by mailing in the attached form, or signing up on-line at myschoolbucks.com. To view the menus, you can go to myschooldining.com/StX. There you will find more information on our programming, menus and staff.

Flik is looking forward to providing an enjoyable and exciting dining experience to students at St. Xavier High School.

MEAL PLAN PROGRAM

The meal plan is only available for lunch.

Meal Plan Program includes;

1-A (entrée),

2-B's (sides)

and 1-C (drink).

ALL menu items will have a letter.

All items on our menus will have FLIKEL values.

A: An entrée; Chef-inspired entrée, a large "made to order" salad, two slices of pizza, a sandwich from the grill, chicken tenders, a deli sandwich, a meat and cheese burrito, a chicken quesadilla, or any of the entrees posted on the lunch menu. **Note: half of an "A" DOES NOT equal a "B".

B: Vegetable of the day, side of the day, French fries, fruit cup, pudding parfait, cake, brownie, crudité cup, chips or cookies.

C: A half pint of milk, a fountain beverage, a 12 oz. PowerAde or a bottle of water.

In the event the student chooses not to receive all the components of the meal plan on a given day, the student receives a FLIKEL that he may redeem at a later date for any item listed on the menu with a FLIKEL value. Flikels may be used anytime throughout the school year at breakfast, lunch or after school. A FLIKEL has no cash value and may not be used with cash purchases to equate to the selling price of a single item. If a student is absent on a given day, he will not receive Flikels for the day(s) he was absent. In the event that a student wants to use several FLIKELs at a time, he must make prior arrangements with the Chef so that we can make production adjustments.

HOW DO STUDENTS PAY FOR LUNCH?

Students can pay utilizing Cash, a Meal Plan or a Declining Balance Account. Both the Meal Plan and the Declining Balance Account work from the students ID number.

DECLINING BALANCE PROGRAM

For your convenience and to eliminate the need for carrying cash, we offer a Declining Balance program for a la carte purchases for breakfast, lunch and after school. Declining Balance Plans may also be funded as a supplement to a Meal Plan. Your Declining Balance Program is for use at anytime, breakfast, lunch or after school.

The Meal Plan is only available for lunch.

Flik representatives will be available in the cafeteria from 7AM - 2PM on August 16th and August 17th. We will also be available in the Café before school on the 18th. We will be accepting Cash and Checks for the programs. Credit card payments must be done online at myschoolbucks.com. MySchoolBucks is **NOT** mandatory.

SAINT XAVIER CULINARY CLUB

Flik will continue its sponsorship of the Culinary Club for the 11th year. This elite group of students venture into the wonderful world of Culinary Arts.

The club meets every Monday beginning August 28th immediately after school in the Saint X kitchen. The Club is moderated by a St. X faculty or staff member and our Culinary Team. The club meeting will start with a basic skills lesson. The meetings will last about two hours. This club can help prepare your young man for life and a possible future in Culinary Arts!



SIGN UP BEGINNING

August 1, 2017

Student Name: _____

Student Number: _____

Parent Name: _____

Phone: (_____) _____

Home Address: _____

City/State/Zip: _____

Please check all that apply:

- | | |
|---|--------|
| <input type="checkbox"/> Fall Meal Plan Aug/Dec | \$530 |
| <input type="checkbox"/> Spring Meal Plan Jan/May | \$635 |
| <input type="checkbox"/> Full Year Dining Plan | \$1090 |
| <input type="checkbox"/> Declining Balance Plan | \$100 |

Payment Options:

1. Turn in cash, check or money order in person to the Director of Dining Services. **Make check payable to Flik Independent School Dining (FISD)**. Please include the student ID number in the memo line on check.
2. Mail in a check or money order to Saint Xavier High School (address below) Attn: Flik Dining Services.
3. Pay with a credit card ONLINE only at myschoolbucks.com. (please note that a 4% service fee will be charged. This fee does not go to Flik or Saint Xavier).

**We (FISD) cannot accept counter or starter checks.

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c/o Saint Xavier High School
1609 Poplar Level Road
Louisville, KY 40217

Flik Independent School Dining accepts, cash or checks at the school or online credit card payments at myschoolbucks.com beginning August 1st.