



What is Flik?

Flik is the last name of the couple who began our company in 1971. Building their company through corporate dining services and private catering, Rudi and Julie Flik eventually expanded into the education market, focusing on private and independent schools. In 1995, our parent company, Compass Group, acquired Flik. We operate in more than 265 private and independent day and boarding schools throughout 34 states.

What is Flik's food philosophy?

As a culinary-driven organization, we believe freshly made is best made. Our focus has always been cooking from whole, fresh ingredients while limiting use of processed foods. We believe in using the highest standards for ingredients when cooking, including:

- Fresh fruits and vegetables sourced locally whenever possible
- In-house roasted turkey and roast beef
- Milk and yogurt sourced from cows that are certified rBGH/rBST free
- Poultry raised with restricted use of antibiotics
- Foods prepared without the use of artificial colors and flavorings

We know our high food standards and scratch - cooking methods will translate into more appealing, flavorful, and nutritious meals for your students to enjoy each and every day.

How do I know what's for lunch?

Menus are available for review at hollandhall.org/parents - select Dining Options.

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How are menus created?

The on-site chef creates menus with local/regional flavors and ingredients. They receive guidance, training and suggestions for on-trend innovative ideas from a central Flik culinary, nutrition and marketing team

What if I have an allergy or special dietary need?

Flik believes in a customized approach to serving students with special dietary needs. Schools receive support from registered dietitians regarding training, operation management and communication to ensure safety.

What type of offerings will be available?

- Scratch prepared entrées, including a vegetarian option
- Sides including fresh vegetables and a starch
- Action Station with a rotating Pasta Bar, Nacho Bar, Baked potato, and Bowl Station
- Chef prepared specialty salad
- Fresh fruit smoothies and Coffee selections
- Full salad bar
- Deli sandwiches with in-house roasted deli meats and a toppings bar for customization
- Fresh fruit, yogurt parfaits, assorted snacks and beverages
- Grab and go deli and salad options for those on the run

Healthy eating and managing your lunch expense

If you are concerned about the choices or selections that your student may make, we suggest reviewing the school menu with your child each week and talking about which foods and drinks are healthy options, what the prices are, and how they can manage their lunch spending.

For each grade level category, the following is the Meal Deal pricing. Each Meal Deal includes an entrée, two sides and a fountain drink. There are many additional a la carte items available.

Meal Deal

- | | |
|-------------------------|--------|
| • Pre-K | \$5.25 |
| • Primary School | \$6.00 |
| • Middle & Upper School | \$7.25 |

Paying for lunch?

- You can add funds to the lunch account prior to school starting by logging into the PCR parent portal and selecting to pay by credit card or by delivering cash or check to the reception desk at the Tandy Dining and Wellness Center.
- The lunch account is a "family" account so funds can be accessed by all students on the account.
- Please make a deposit on the account prior to school starting.
- Automatic emails are sent as a reminder when you need to replenish the funds in the account.
- If your account is temporarily overdrawn because a payment is being processed, your student can still eat in the dining hall. However, if a family balance is significantly overdrawn, then you will need to send a lunch from home with your child until the account has been paid.

Common Grounds

Common Grounds is open in the morning and afternoons for grab and go items, smoothies and coffee. Coffee is only sold to upper school students, faculty and parents.

