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.

Pricing
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.

<table>
<thead>
<tr>
<th>Grade Level</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-K</td>
<td>$5.25</td>
</tr>
<tr>
<td>Primary School</td>
<td>$6.00</td>
</tr>
<tr>
<td>Middle &amp; Upper School</td>
<td>$7.25</td>
</tr>
</tbody>
</table>

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.