

# SYCAMORE SCHOOL

## A LITTLE BIT ABOUT FLIK

### WHO IS FLIK INDEPENDENT SCHOOL DINING?

FLIK is a premier foodservice provider for over 300 private and independent schools nationwide (including Hawaii!). We are unique in that FLIK Independent School Dining is singularly focused on serving independent schools like Sycamore School. Therefore, we understand your community is unique and we look forward to building a program that is customized to the needs of your community.



We offer nutrition education that empowers students to make healthy choices daily. Whether it be tasting tables in the dining hall encouraging students to try new healthy foods, or delivering nutrition lessons in the classroom, our Regional Dietitian is available to support the wellness initiatives at your school.

Our chef ensures high quality foods are produced at each meal, creates customized menus that reflect the unique needs of your community, engages students in culinary education through new foods and flavors in the dining hall, and answers questions and receives feedback relating to the food service program.

FLIK takes seriously our role in safely serving students and staff with dietary restrictions. Our staff is required to complete comprehensive food allergy training. If your child has a dietary restriction, we encourage you to contact us to learn how allergens are communicated and discuss any special dietary accommodations needed at school.



# LUNCH AT SYCAMORE SCHOOL

## Scratch Made Meals Prepared From Quality Ingredients

Since the founding of our company in 1971 by Rudi and Julie Flik, we have been a culinary driven company that believes fresh made is best made. Our focus has always been cooking from whole, fresh ingredients while limiting the 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 to be rBGH/rBST-free
- Poultry raised with restricted use of antibiotics
- Foods prepared without the use of artificial colors and flavorings



### DINING HALL

Typical lunch offerings include hot entree and sides, deli sandwiches, salad bar, and soup. Vegetarian and allergy-friendly options are available daily as well. Beverages include water, milk, juice, and house-made fruit-infused water, called WaterWorks.



### PRICING

Grade	Full Year	Fall Sem.	Spring Sem.
Early Childhood	\$1054	\$596	\$673
Lower School	\$1143	\$651	\$726
Middle School	\$1327	\$738	\$822



### LUNCH

Meal bundles consist of one entrée including our daily hot offering, sandwich, or entrée salad, 2 sides, and milk or juice.

Meal bundle portion sizes vary depending on the grade level of the student. Current menus can be found at [sycamoreschool.flikisdining.com](http://sycamoreschool.flikisdining.com).

