

## **Flik Dining Program 2021-2022**

*With the caveat that pandemic safety concerns could potentially impact our protocols, we anticipate returning to normal lunch service this year, with salad and deli bars open and most students making menu selections at mealtime. In the event that we do need to make changes to our dining procedures at any point during the year, we will provide as much advance notice as possible.*

*Questions? Contact Liz Summers, Assistant Head and Director of Finance and Operations: 803-231-7736 or [summersl@heathwood.org](mailto:summersl@heathwood.org).*

Flik Independent School Dining has been busy this summer working out menus and creating new recipes for our lunch program.

### **Flik at a Glance:**

- Flik works with over 200 independent schools in the U.S.
- Flik serves many locally produced products and cooks most meals from scratch.
- Flik uses little added fat and very few processed or frozen foods.
- Jim McMahon ([jmcmahon@heathwood.org](mailto:jmcmahon@heathwood.org)) is our chef and manager.

### **Dining Practices:**

- The Dining Commons is another classroom at Heathwood Hall. Flik staff and each division have created developmentally appropriate opportunities to learn about healthy eating and the science of nutrition.
- We practice environmentally-friendly habits: our plates and utensils are reusable and we compost our kitchen and lunch waste.
- The Dining Commons is a wonderful place to practice manners and share time together as a community.

### **Daily Lunch Offerings:**

- Hot foods (two entrees daily—one vegetarian; 2 soups, vegetables and sides)
- Salad bar (variety of lettuces, cheeses, cold vegetables, prepared salads, yogurt, fruit, homemade dressings)
- Deli bar (breads, cold turkey breast and roast beef prepared on-site, other cold meats, cheeses, condiments, specialty sandwiches)
- Panini station (breads, bagels, wraps, meats, cheeses, condiments)
- Dessert (occasional ice cream and freezer treats, smoothies, homemade cookies, applesauce, fruit)
- Drinks (skim, 2%, and soy milk, low-fat chocolate milk, 100% fruit juices, iced tea, fruit-infused water)

*While every student may not care for every offering, the variety provided by Flik ensures that our students have plenty from which to choose.*

## **Dining Guidelines:**

- Students may choose from any or all of the daily offerings. EC students are served “family style” and are encouraged to try most offerings.
- Students may return for additional servings but are asked to eat what they take and consider their choices with a balanced diet in mind.
- In order to encourage healthy eating habits, the Dining Commons staff is asked not to provide more than a reasonable portion of any one item to a student and will encourage choices of fruit and vegetables to accompany entrees.
- For nutritional reasons, some drink and dessert choices are limited for students up through grade 4.
- Panini sandwich presses are available for students in grades 5 through 12. On some days the dining commons staff will prepare panini sandwiches for younger students.

If you would like to know more about Flik and/or view upcoming menus and other resources, please visit [www.myschooldining.com/heathwood](http://www.myschooldining.com/heathwood).

## **Allergies and Special Needs:**

- An allergy board is posted daily to assist students and teachers with identification of common allergens.
- Please let our school’s Head Nurse, Kristin Cartin, and Flik’s chef/manager, Jim McMahon, know if your child has a food allergy or dietary restriction/requirement.
- Flik’s corporate nutrition specialist is available to consult on food allergies or sensitivities, disordered eating habits, or dietary concerns.
- If you are concerned that your child is not eating enough, is eating too much, or is not making reasonably healthy lunch choices, please contact his or her teachers or division head. We are more than willing to keep an eye out, be sure your child is aware of all choices, and help him or her be comfortable finding things they like to eat.

## **Final Notes:**

- While the fee for the lunch program is required of all students in grades K-12, eating 100% from the lunch service is not. A student is always welcome to bring lunch or a portion of lunch from home.
- If you wish to purchase lunch for an Early Childhood student, please contact the Business Office at 231-7713 or [presch@heathwood.org](mailto:presch@heathwood.org) to arrange payment.
- We welcome you on an occasional basis to join your child for lunch. Please purchase a lunch ticket (cost is \$8) from the school receptionist, Nicole Morris, one of the division administrative assistants (Nikki Merritt, Bonnie Bruner, Cindy Scannella) or the Plaid

Peddler. Please do not ask to pay at the Dining Commons, as they are not staffed to sell lunch tickets or to make change.

We look forward to seeing you and your children in the Dining Commons!