

Nourishing a Brighter Future

January 2018

Eat to Nourish



Food Focus... Features #FlikSoCheesy Smoked Gouda Grilled cheese this month! Be sure to grab one before January is over!



Healthy Foods Matter... Try January's featured #FlikGrains! Make sure to grab a Black barley grain bowl packed with fiber!



This year, #TravelingFlavors brings you #FlikAroundTheWorld in which we will be featuring some wonderful meals from London England, Bombay India, Yokohama Japan and San Francisco USA!

Share Knowledge

Thyme is this month's #Tastings herb! Our guests will be able to taste Thyme many times throughout January!



This month's #SuperPOWERFood is Citrus! Citrus fruits are packed with Vitamin C which helps boost immune system!



Nutri-message:

Vitamin C: Needed for the growth and repair of tissues in all parts of the body. (Heals wounds, helps absorb iron, makes collagen, maintains bones and teeth, boosts immunity!)

Connect Community

Happy New Year from our Flik Family to yours! We hope that you have enjoyed the holiday season and are ready to get back into the groove of school here at Stratford Academy Just to recap, we have been implementing all of our innovative healthy, safety, and sustainability approaches including:

- rBGH free Milk
- Antibiotic free poultry
- Cage-free eggs
- Local produce
- Sustainable seafood

These are just a few of our sustainability initiatives and as more opportunities come along, we will integrate them into our dining halls.

