

Nourishing a Brighter Future

May 2018

Eat to Nourish



Food Focus... #FlikSoCheesy presents our final grilled cheese, Provolone grilled cheese!



Healthy Foods Matter... Make sure to try the #FlikGrains Red Quinoa which will be featured in grain bowls!



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

Zatar is this month's #Tastings spice! We will give our guests many opportunities to try this spice throughout May!



May 1st will be #SuperFoodDay! We hope to see everyone enjoying all of the different #SuperFoods throughout the month of May!



Nutri-message:

Eat breakfast. Studies show that eating a *healthy* breakfast may improve concentration in the classroom and performance in sports!

Connect Community

Sustainability has become a standard part of the foodservice industry. Our guests, parents and children alike, have been showing a strong interest in concepts like sourcing our ingredients locally and implementing the use of on-site gardens. It is a widely known fact that when it comes to food, people are always more interested in what it is and where it is coming from. People are also willing to pay more for fresher and more sustainably produced food because they know that it will be healthier and taste better. We at Flik have been active in providing sustainably grown food including cage free eggs, local produce coming from within 400 miles of your dining hall, antibiotic free poultry and rBGH free raised milk and yogurt. All of these initiatives that we take help us to minimize our eco-footprint. While many other food service providers are just beginning to transition to sustainable food service, we have been committed to sustainability in our kitchens.

