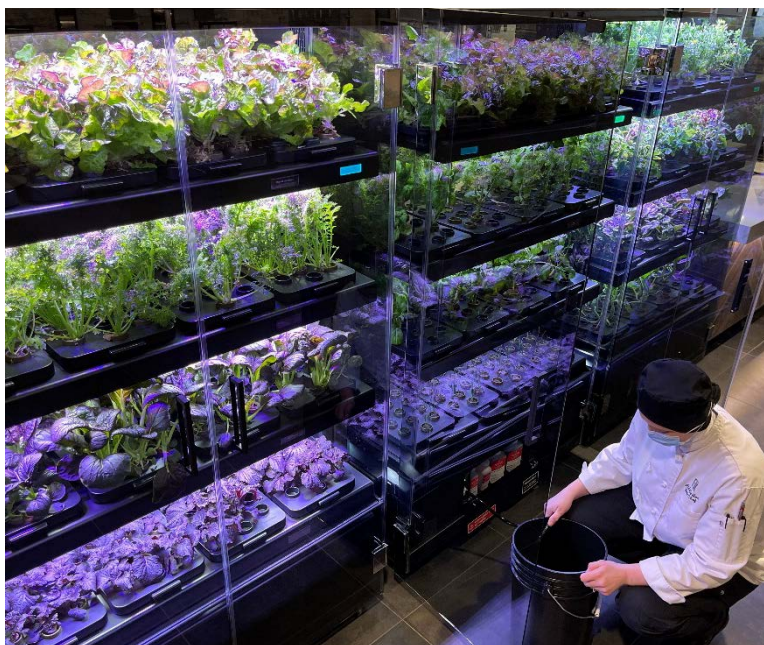


George Walton Academy

Monroe, GA

Food by FLIK



Our Mission

To empower a community of kindness through great food, with respect for each other and our amazing planet.

Welcome!

FLIK Independent School Dining is proud to be serving George Walton Academy community as your dining service partner in the 2021-2022 school year.

You may have a few questions about who we are and what to expect.

As we begin our partnership, we wanted to share a series of communications with information about our company, our food and nutrition philosophy, our food sourcing, information on food allergies, plans for service and more.

We are thrilled to be a part of the George Walton Academy community and look forward to your feedback.

Together, we can nourish a brighter future!

A LITTLE BIT ABOUT US

OUR PHILOSOPHY

What's a FLIK?

Founded in 1971 by Rüdiger & Julie Flik, FLIK Independent School Dining takes its name from our founders. Built on the principles of great food, great service, and great people, our culture is steeped in the tradition of culinary arts, health & wellness, with deep roots in the world of education.



EAT to Nourish

Nourishing students and school communities is more than our business—it's our commitment to building strong bodies and fueling sharp minds.

SHARE Knowledge

Rooted in nutrition education, we ensure the student experience, and the entire campus community can make healthy food choices every day.

CONNECT Our Community

We are responsible for creating an environment of respect for each other and our planet. Through local partnerships, we can better support our local community together.

ALWAYS COOKING SOMETHING UP

Food by FLIK

We encourage you to view our menu, meet the staff, comment and provide feedback about the day's menu.

gwa.flikisdining.com

Need the menu on-the-go?! Download the NutriSlice app to any IOS or android device. Its easy to use and full of information you can use.



Through creative, crafted-from-scratch menus, focusing on seasonal ingredients, unique tastings, and other programming we can ensure our students regularly explore new flavors and foods at school

Wellness is always center stage.

Our customized approach to nutrition education provides students with exciting, digestible, age-appropriate wellness information that promotes a nutritious, healthy, and sustainable lifestyle.

We are committed to purchasing ingredients from local and regional sources as a first choice, to support small and mid-sized American farms. Our dining hall will support sustainable practices and seek unique ways to reduce waste.

Food by FLIK

LUNCH AT GEORGE WALTON ACADEMY

Here is what you can expect for the upcoming 2021 – 2022 school year:

Meal Program

Lunch is available for purchase by all students. Each day's choices are well-balanced, nutritious, and allergen-friendly. Students have a choice from multiple selections including Soup, two Hot Entrées, Grill, Pizza and two Sides. There will always be vegetarian options and items made without gluten available. Complimenting each meal will be a choice of milk, fruit juice, or water.

Breakfast available daily for middle and upper school students. Multiple selections will include breakfast cereals, biscuits, eggs, sausage, bacon, muffins, bagels, and more.

Lunch Fees

4 year olds \$4.75

K – 8th \$5.25

9th – 12th \$5.75

Daily Offerings

There will be many a la carte offerings available daily. Cold pre-packaged grab and go items may include a selection of deli sandwiches and wraps, fresh composed salads, yogurt parfaits, fresh cut fruit, hummus with mixed vegetable crudité, and packaged desserts.

Food Allergy Management

We understand and take very seriously our responsibility to educate our culinary staff about safe food preparation. Allergen information will be posted at the point of service on our customized allergy board and at each station. Students can use these tools to identify foods safe to eat.

Students with dietary restrictions are strongly encouraged to meet with our on-site managers. During lunch, our on-site manager will be available to answer questions and help students navigate the Dining Hall.

