

# *We are so happy to serve you!*

FLIK Independent School Dining is proud to continue its partnership with Monte Vista Christian School as its dining services provider. We are honored to continue serving you!



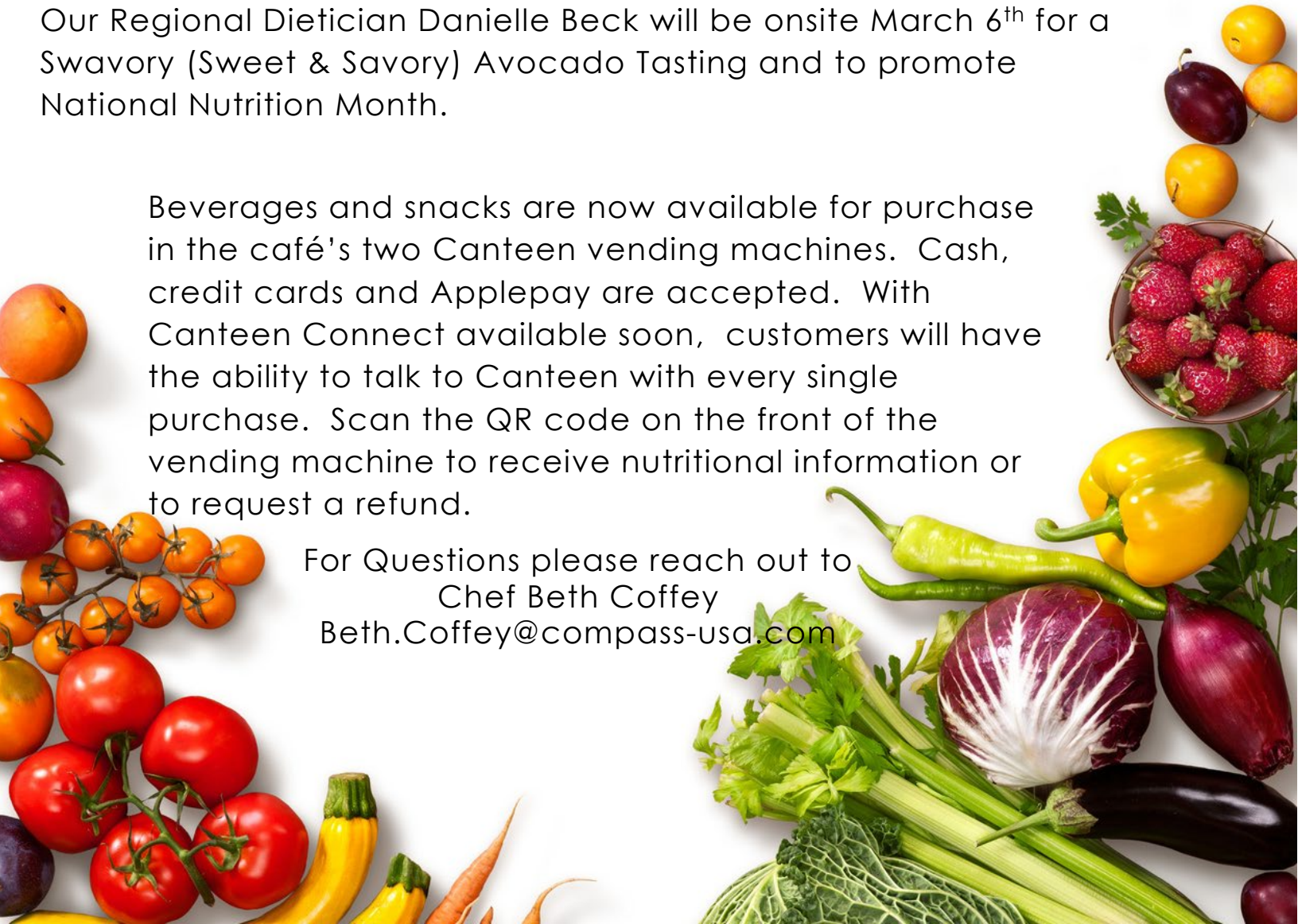
## *Happenings*

Our menus featuring fresh, nutritious items, are created on your campus from scratch, specifically designed with your student's needs in mind. Menus are live and can be found by visiting <https://mvcs.flikisdining.com> website.

Monte Vista Christian School is supported throughout the school year by our on-site and regional support teams to ensure that our standards and your school's unique needs are being served. Our Regional Dietician Danielle Beck will be onsite March 6<sup>th</sup> for a Swavory (Sweet & Savory) Avocado Tasting and to promote National Nutrition Month.

Beverages and snacks are now available for purchase in the café's two Canteen vending machines. Cash, credit cards and Applepay are accepted. With Canteen Connect available soon, customers will have the ability to talk to Canteen with every single purchase. Scan the QR code on the front of the vending machine to receive nutritional information or to request a refund.

For Questions please reach out to  
Chef Beth Coffey  
[Beth.Coffey@compass-usa.com](mailto:Beth.Coffey@compass-usa.com)





# WHAT'S THE DISH?

Coming soon to your cafeteria!

February 2024

*Sneak Peek!*



Fresh Smoothie Bar  
Coming Soon

FISD  
**NATIONAL  
PIZZA**



*Day!*

CELEBRATE  
FEBRUARY 9TH!

## DIETITIAN VISIT

March 6

Swavory

(Sweet & Savory)

Avocado Tasting

National Nutrition Month

## HEALTH & WELLNESS

As a culinary driven organization from inception, FLIK'S focus has always been cooking from fresh, whole foods and using quality ingredients. Our mission is to provide wholesome, nutritious meals that fuel the minds of our campus communities.

*Check it out!*

**Market Fresh**

Turkey Taco Bowl

2/5-2/9



**NATIONAL  
MUFFIN**

*Day!*

CELEBRATE  
FEBRUARY 20TH!

[VIEW OUR MENU](#)

# Rotating

## BAKED POTATO BAR

### Assortment of Flavors

*Variety of classic to adventurous toppings*

## SALAD BAR

### Stocked with local, fresh in-season produce

*All salad dressings and croutons are house-made.*

### Assortment of Freshly Cut & Prepared Salad Toppings

### Deli Salads

*All deli salads are house-made, including Chicken Salad, Tuna Salad, Egg Salad, and Hummus*

## SOUP

### House-Made Soups

*Made with seasonal ingredients.*

## BEVERAGES

### 2% Milk

### Assortment of 100% Juices

### WaterWorks

*An assortment of seasonal house-made naturally flavored waters*

## DELI BAR

### Specialty Local Bread & Wrap Options

### Assortment of Deli Meat

*Including house roasted turkey breast.*

### Assortment of Sliced Cheeses

## SWEET TREATS

### Local Seasonal Fresh Fruit

### House made Yogurt Parfaits

### Assorted Baked Goods

**A variety of healthy options available daily!**



Food by FLIK

# Classics