



Gaston Day School Dining Program



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Flik Independent School Dining



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If you are interested in knowing what's for lunch, the **mySchool Dining** is the go-to site for menus, resources and for meeting the staff. You can find us at mySchoolDining.com/GDS and download the app today!



Gaston Day School is pleased to partner with Flik Independent School Dining again offering half year and yearly meal plans in the 2018-2019 school year. Flik is the premier foodservice provider for over 250 independent schools nationwide. We are dedicated to offering healthy, fresh and, sustainable meals for our guests. Let us help make your mornings a little less hectic by providing a nutritious meal for your child each day while also offering opportunities for your child to try new foods they may have never tried before!

Signing up is easy. Simply complete the meal plan form and return it with your check to the Flik food service director. After the form has been processed, your child's account will be loaded with the meal plan funds and will be able to purchase a meal each day like usual. Each meal your child will get will include a choice of an entrée, vegetarian and gluten free options are available daily, with two sides, a fruit and a beverage.

Each meal plan includes a choice of:

**Hot Entrée or Deli Sandwich,
two Sides, Fruit or Dessert and a Beverage
or
Entrée Salad, one Side, Fruit or Dessert and
a Beverage**

Yearly Plan

Pre-K & Preschool: \$630

Lower School: \$722

Middle School: \$823

Upper School: \$874

Half Year Plan

Pre-K/Preschool: \$308 (Fall), \$364 (Spring)

Lower School: \$354 (Fall), \$419 (Spring)

Middle School: \$400 (Fall), \$478 (Spring)

Upper School: \$416 (Fall), \$491 (Spring)

Student Name: _____

Current Grade: _____

Parent Name: _____

Phone: (____) _____

Home Address: _____

City, State, Zip: _____

E-mail Address: _____

**Please make checks payable to
Flik Independent School Dining.
Credit cards are not accepted for
meal plan payments.**

Payments may be mailed or dropped off
to

FISD c/o Gaston Day School
2001 Gaston Day School Rd.
Gastonia, NC 28056

