



Summer 2011

Dear Mon Don Parents,

Flik Independent School Dining, a division of Compass Group, is proud to continue as the food service provider to the Monsignor Donovan Family. We are looking forward to another exciting year. Student feedback from surveys completed last year were utilized to enhance menu options. We are devoted with continuing to provide your children with a healthy and satisfying dining experience.

**Did You Know:**

In addition to our Flik Independent School Dining, Food and Nutrition Philosophy, at Monsignor Donovan High School, we have implemented many progressive and innovative practices that embody a healthy, safe, and sustainable dining lifestyle.

Every day we will provide wholesome nutritious meals prepared fresh from fresh ingredients, which nourish the minds and bodies of students and faculty. We go above and beyond foodservice by offering nutritional options that enable students to make healthy choices on a regular basis. By providing wholesome and well balanced meals in conjunction with nutrition education, we're equipping them with the tools they need to live a happy, healthy life.

Being ever mindful of the cultural and dietary preferences of a diverse student body, faculty and staff, our menus are created exclusively for each location by the onsite management team. Our Nutrition Specialist and Corporate Executive Chef review the menus and provide culinary and dietary expertise so that students may experience diversity through foods and learn the importance of making healthy choices.

We periodically offer specials which include Sustainable Sushi Day, Earth Week Celebration, Monthly Holiday Celebrations, Food Focus Series, Flik's Traveling Flavors Booth, Slow Cuisine and Whole Grains Challenge. We feature organic, local and Fair Trade fruits and vegetables as availability & pricing allows.

You will be interested to know that cage-free eggs, rBGH free milk, sustainable seafood, poultry produced without the use of human antibiotics and an emphasis on local produce are an everyday occurrence on our menu. Please visit us at [www.FlikISD.com](http://www.FlikISD.com) to learn more about our mission, programming and commitment to social responsibility.



FISD Office  
6 Lloyd Road  
Montclair, NJ 07042

**PHONE** 973.783.8802

[www.FlikISD.com](http://www.FlikISD.com)



Payforit will again be used as a secure online payment system which simplifies payment, collection and balancing of funds. Log on to [www.payforit.net](http://www.payforit.net) to sign up. . A Declining Balance Account is a debit account which utilizes the student's Monsignor Donovan ID card as the debit card.

Our on-site Director of Dining Services, Ray Sumaya may be contacted during the school year for any questions you may have at 732.349.8801 ext 2412

We look forward to continuing as a part of the Mon Don family & making a difference!

Sincerely,  
Ray Sumaya  
Director of Dining Services



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