



HEALTHY FOOD MATTERS

We believe in a holistic approach to nutrition and our menus reflect our commitment to serving diverse needs. Menus are reviewed by a nutritionist and Flik staff encourage healthy eating.

*We are committed to using **fresh ingredients**, and, in order to avoid artificial ingredients and preservatives **we limit frozen, canned and processed foods**.

LUNCH OPTIONS AT THE BRITISH INTERNATIONAL SCHOOL OF HOUSTON

MEAL PLANS

- **Save around 10% off the cost of each meal** when you purchase a meal plan
- Your child will have **healthy meal options** daily
- The meal includes a **variety of options** and encourages your child to learn to **make healthy dietary choices**
- **Second servings** are included

To sign up: Fill out the form below and bring to the BOMA for processing. Payment by credit card or check is accepted.

*Our meal options include:

- **Hot Meal Main Entree**
- **Salad Bar**
- **Yogurt Bar**
- **Sandwich options**
- **Daily Soup**
- **Vegetarian options**

*Please see dietary restriction signage in BOMA.

MEAL PLAN DETAILS:

Main Entree:

Daily Hot Entrée, Specialty Sandwich, Pizza or Large Salad

Choice of Two Sides:

Soup, Veggies, Starch, Yogurt, Small Salad, Whole Fruit

Something Sweet:

Dessert of the Day

A Beverage:

Fresh fruit-infused water, juice or milk

*Meal plans do not include packaged snacks. Secondary break snacks or coffee shop items are a la carte purchases.

MEAL PLANS STARTING AUGUST 2023

Daily Lunch Fee	Meal Plan Annual Cost	
Early Years	\$6.85	\$1,125 (\$6.25 per meal)
Y1-Y2	\$7.50	\$1,215 (\$6.75 per meal)
Y3-Y6	\$7.85	\$1,260 (\$7.00 per meal)
Y7-Y13	\$8.85	\$1,440 (\$8.00 per meal)

	Term 1 (Aug-Dec)	Term 2 (Jan-Mar)	Term 3 (Apr-Jun)
Early Years	\$494	\$357	\$275
Y1-Y2	\$534	\$385	\$297
Y3-Y6	\$553	\$399	\$308
Y7-Y13	\$632	\$456	\$352

*Prices are subject to change

You may sign your child up at the BOMA Coffee Shop OR by filling out the form below and turning it into the BOMA Coffee Shop.

Student name: _____

Parent Name and Address: _____

Parent E-mail Address: _____

Phone: _____

Check your choice below:

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> Early Years: Term 1 \$494 | <input type="checkbox"/> Y1 - Y2: Term 1 \$534 | <input type="checkbox"/> Y3 - Y6: Fall Term \$553 | <input type="checkbox"/> Y7 - Y13: Fall Term \$632 |
| <input type="checkbox"/> Early Years: Term 2 \$357 | <input type="checkbox"/> Y1 - Y2: Term 2 \$385 | <input type="checkbox"/> Y3 - Y6: Winter Term \$399 | <input type="checkbox"/> Y7 - Y13: Winter Term \$456 |
| <input type="checkbox"/> Early Years: Term 3 \$275 | <input type="checkbox"/> Y1 - Y2: Term 3 \$297 | <input type="checkbox"/> Y3 - Y6: Summer Term \$308 | <input type="checkbox"/> Y7 - Y13: Summer Term \$352 |
| <input type="checkbox"/> Early Years: Annual Meal Plan \$1,125 | <input type="checkbox"/> Y1 - Y2: Annual Meal Plan \$1,215 | <input type="checkbox"/> Y3 - Y6: Annual Meal Plan \$1,260 | <input type="checkbox"/> Y7 - Y13: Annual Meal Plan \$1,440 |

Credit Card No.: _____

Security code: _____

Expiration date (mm/dd/yyyy): _____

For questions please contact Chef Sergio Diaz at sergio.diaz@compass-usa.com.