



Welcome to the all new Falk Cafe

The Falk Cafe features many options for our students

Salad Bar

Fresh greens, tomatoes, cucumbers, eggs, cheese, chick peas, peppers, croutons, the list goes on and on. Students make their own salads as a side or as their entrée. Locally grown produce featured when available.

Deli Express

Our daily feature menu serving specialty sandwiches is sure to please. Choose from classics such as Italian Subs, Grilled Chicken Wraps, or Turkey and Cheese Sandwiches.



Vegetarian deli features include Mediterranean Pitas, Veggie Subs, and Hummus and Grilled Veggie Wraps. Of course, we still have the classic Peanut Butter and Jelly.

Entrée of the Day

Two hot entrees featured daily. We have all of the favorites. Stir fry, Pasta, Wings, Tacos, Texas Grilled Cheese, Pizza, and more. Served with a hot side dish.

Simply to Go

Great choices featured daily. Chicken Caesar Salads, Yogurt Parfaits, Roasted Turkey Subs, Veggie Cups, Hummus Plates, Granola Bars and Fresh Fruit.



Soups on!

Hot soup served daily at the Cafe. Favorites such as Italian Wedding Soup, Chicken Noodle, Cream of Broccoli, Turkey Chili, and Harvest Vegetable. We feature vegetarian soups twice per week.

Of course, fresh organic fruit is always available.



All Meal Combos only \$4.25

♦ Hot Entrée Meal Combo

Your choice of entrée with 2 sides, fruit and a drink

♦ Deli Meal combo

Deli Sandwich, side, fruit and a drink

♦ Salad Bar Combo

Large salad, side, and a drink

♦ Grab and Go Combo #1

Chicken Caesar Salad and a drink

♦ Grab and Go Combo #2

Yogurt Parfait, side, and a drink

♦ Grab and Go Combo #3

Sandwich or wrap, side and a drink

What's in a meal?

Combos are created for every station so the students always get a complete meal. If they packed that day and just want to purchase a soup, side, snack or beverage, they can do that too. Please see our first months menu for a list of combos and prices.

Of course, from time to time we will be featuring great themed menus sure to tickle your taste buds!

Parent and Teacher Coffee at the Cafe

Looking for a great place to meet in the morning? Enjoy a fresh brewed cup of joe compliments of Dr McConnaha. The Falk Cafe will feature complimentary coffee every morning for both parents and teachers. For a great cup of coffee and a good conversation, the Café is the place to be!



We Look
Forward to a
Delicious and
Nutritious
Year!

Look for our featured veggies that come from farms close to us. Mason Farms, Cool Springs Farms, Dawson's Orchard, Harvest Valley Farms and Wexford Farms just to name a few.

This year our menu will also feature healthy new items such as Whole Wheat Pizza Crusts,

Introducing the new register system

No need to worry about having a meal plan or carrying cash any longer!

Convenient and easy, the new Meal Pay Plus system allows you to enter funds on to a student account online. This is then used like a debit card for your student to purchase their meals and snacks.

After choosing from a wide variety of choices, they simply scan their finger to check out. The student profile will

show. This card not only works as their payment method but also allows us to identify any allergies or dietary restrictions.

In order to expedite our lines at lunch, we are asking that all students use this account system instead of carrying cash.

Please see the enclosed flyer for more information. We will be sending home details on how and when you should sign up.

Morning Snack Program

Your Primary student will receive a snack and beverage every morning. For Intermediate students, the program is optional. Snacks will now be debited from your child's Meal Pay Plus account.

On the first Friday of every month, your account will be debited for **\$18.95**.

Our new snack program features choices such as dried fruit, trail mix, whole wheat crackers, and special treats.



Green at the Cafe

Wheat Pasta, and Brown Rice.



The renovation also features new Energy Star appliances to compliment the green features of the entire building.

Don't forget to use the recycle bins whenever possible.

We can all help make the cafe a little greener.

Did you know that we buy from local farmers as much as possible during the local growing seasons