

# A F S

Abington Friends School

**CulinArt Dining Services  
2018-2019**



Sign-up for the Student Meal Plan by returning your completed Meal Plan Enrollment Form to CulinArt at Abington Friends School. **Include credit card info or enclose check payable to CulinArt Inc. at Abington Friends School.** Mail to Abington Friends School, ATTN: CulinArt Dining Services, 575 Washington Lane, Jenkintown, PA 19046.

For questions regarding our meal plan program, please contact our Director of Dining Services at [afsdining@abingtonfriends.net](mailto:afsdining@abingtonfriends.net).



**CULINART GROUP**  
INNOVATIVE DINING SOLUTIONS

Abington Friends School dining services is proudly served by CulinArt Inc. CulinArt is a strong supporter of local farmers and farm-to-fork initiatives. CulinArt's Sustainable Solutions programs include daily local produce offerings, organic, and free-range menu options.

CulinArt and Abington Friends School are working towards an environmentally friendly school community. We are excited to share our green initiatives with you and will continue to make dining decisions that can have a positive effect on the environment. Look for highlighted sustainability statements throughout the café.

CulinArt offers fresh and healthy foods in our cafe everyday so that our students can make smart selections for lifelong good health. Our Eat Well offerings contain:

- Beneficial sources of fat including nuts, seeds and other plant sources
- Less than 10% of calories from saturated fat and 0 artificial trans fat
- Less than 800mg of sodium per serving
- Less than 8g of added sugar, the equivalent of approximately 2 teaspoons
- At least 3g of dietary fiber per serving, with the exception of protein-based entrees and soups

Look for clear identifiers throughout the cafe, highlighting Eat Well, Vegetarian and Vegan offerings.



Eat Well



Vegetarian



Vegan

## Pizza Villaggio

Fresh-baked traditional and contemporary pizza prepared with our fresh dough and zesty sauce. Look for our house-made calzones, stromboli, garlic knots, stuffed pizza, and fresh pasta selections.



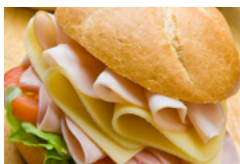
## Fresh Select

Our salad bar is chock full of the freshest ingredients—greens, veggies, protein, toppings, and more, with choice of light and non-fat dressings. Look for featured local produce throughout the salad bar.



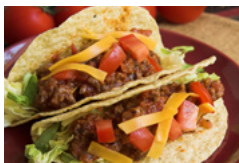
## New York Deli

Our New York Deli presents custom sandwiches using the finest provisions and cheeses. All sandwiches are available on choice of bread, roll, or tortilla wrap, including whole wheat and multi-grain varieties.



## Chef's Choice

Take "comfort" in our hot entree favorites, and specialty selections, which offer students a well-balanced meal including fresh vegetable, and potato, rice, or alternate starch. Our Chef's Choice selections range from traditional American fare to international and regional cuisine.



## Souper Soups

Our cauldrons of soups, chowders, and chilis are sure to please with daily Chef's selections including vegetarian options. Soups can be combined with sandwiches or salads for a well-rounded meal.



## Sweet Shoppe

Fresh-baked David's Cookies, brownies, and fruit bars are complimented by sliced fresh fruit plates, low-fat yogurt and berry parfaits.



**What is a meal?** Each AFS complete meal includes either one (1) main course selection from New York Deli, Chef's Choice (comfort-style hot entree), Pizza Villaggio (1 slice), Salad Bar (large salad with toppings), or Pasta Villaggio, accompanied by two (2) side dish selections (soup, small salad, vegetable, rice or potatoes, fresh fruit, etc.) with one (1) dessert (2 cookies, 1 brownie, 1 pudding, etc.) and one (1) beverage.

# Abington Friends School

## 2018-2019 Meal Plan Enrollment Form

I select the Meal Plan below for my child and authorize CulinArt to bill my account according to the published costs for each grade indicated in this brochure.

**Student Name:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

**Meal Plan (select one from below):**

Meal Plan	School/Class	Cost	# of Meals
Full Year	Middle & Upper	\$879	170
Full Year	Lower	\$835	170
Full Year	Senior	\$775	150
Half- Year	Middle & Upper	\$525	85
Half-Year	Lower	\$475	85
Partial Year	Middle & Upper	\$350	53
Partial Year	Lower	\$325	53
Basic	Middle & Upper	\$225	25
Basic	Lower	\$205	25

**Parent's Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Parent's Phone #:** \_\_\_\_\_

**Credit Card Type:** MC    VISA    AMEX    DISC

**Credit Card #:** \_\_\_\_\_

**Exp Date:** \_\_\_\_\_ **CSV Code:** \_\_\_\_\_

\_\_\_\_\_  
**Cardholder's Signature**

\_\_\_\_\_  
**Date**

If not paying by credit card, enclose check payable to CulinArt Inc. at Abington Friends School. **\*There is a 4.75% convenience fee for each credit card transaction and/or electronic check. Meal plans do not carry over from year to year.**