

May 2023

FSC

Who's hungry?

District Scholar Bowl Champions!

The LuSo Academic Team won the district scholar bowl championship for the second year in a row! Garrick Springer took second place as an individual, and Jackson Joyce took fifth. The team advanced to the quarterfinal competition on Tuesday, April 25 at Lutheran South.

Congratulations!



FSC Family Features



She Said Yes!

Tyler Johnson and Karli Jacobs were engaged on Feb. 4, 2023. The wedding will take place on October 5th, 2024.

Tyler is the son of Larry and Michele Johnson. Michele is our Catering Coordinator and will use her many years of wedding planning experience to plan the wedding with the happy couple.



Our dietitian Lisa Baragiola loves to exercise and look for new places to visit and run. She traveled to Florida and ran the Seaside half marathon on February 19 and on April 8, she ran her 28th marathon in Carmel, IN.



Dominique Crawford and Vernon Union, our Manager at St. Dominic Priory, got engaged February 17, 2023.

FSC Family Features



Scott Krietemeyer's youngest daughter Mackenzie celebrated her first communion at Holy Spirit Church on Sunday, April 16. Scott is a District Supervisor with FSC.



It's fun to watch the kids grow up over the years. Jordon attended his first and last middle school dance April 7th!!!!

His mother Millicent Williams is our manager at Tower Grove Christian Academy.

The theme was *"A Red-Carpet Event!"*



We love celebrating birthdays at the office. Susan Parisi turned 65 in February!



Jan Wilferd's son Sean has been promoted to Major in the United States Space Force.

Sports

Mid-States Hockey Champions!

DeSmet Jesuit High School Spartans win the title in a thrilling 2-1 OT victory over SLUH. Mitch Geiser '23 with both goals!

Congrats!



State Champs!

Closing out a winning weekend in February with State Championship titles for both the boys and girls middle school basketball teams at Lutheran North High School. It sure is a *GREAT* day to be a Crusader!



Sports



Congratulations to Mark Linneman, who received a Lifetime Achievement Award from the Missouri Interscholastic Athletic Administrators Association. Linneman has served as Lutheran South's athletic director for more than nine years. He is in his fourth year as the Metro League president. He is the vice president of the MSHSAA Board of Directors, having served on the board since 2015.

Prior to South, Linneman served as athletic director for 11 years at Marquette High School, where he won the 2012 MIAAA State Athletic Director of the Year award. He was AD at his alma mater, Parkway North, for 11 years. He played collegiate baseball for two years and basketball for four years at Lindenwood University, where he was named Most Valuable Male Athlete in 1982.



All-Metro ice hockey player of the year: Govero leaves winning legacy at De Smet with championship season.

De Smet hockey coach Casey Ott simply refers to senior goaltender Brady Govero as the G.O.A.T.

"He's rare," Ott said. "He's a four-year starter for us."

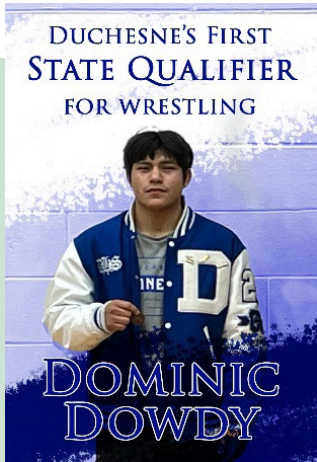
But rare or not, Govero shies away from the moniker.

"I'm definitely glorified in the De Smet community, maybe a little too much in my eyes," Govero said. "It's honorable, but a little much maybe."

While Govero may not fully buy in to the G.O.A.T. status, his play surely did.

The 6-foot-3 netminder raised his game to elite level during the Spartans' playoff run that culminated in the school's 15th Mid-States Club Hockey Association Challenge Cup championship and first since 2010. He is the Post-Dispatch All-Metro ice hockey player of the year.

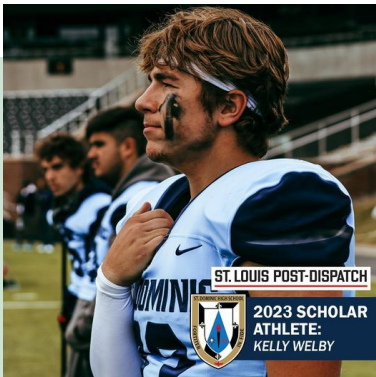
Sports



Shoutout to Dominic Dowdy, the first-ever state qualifier for wrestling at Duchesne!



Messiah Lady Lions, what an experience at Nationals! These girls are incredible and we are so proud of them! We had hopes of winning maybe 1 game but these girls won 4 games, lost 2, and came home with an 8th place finish in Nationals!



Congratulations to Kelly Welby on being selected as St. Dominic's 2023 Post Dispatch Scholar Athlete!

This Columbia College golf commit & National Football Foundation Elite 11 Student Athlete has a 4.27 GPA.

Kelly does fantastic work on the field and in the classroom!

Photo credit: Emma Larkin '23



Congratulations to Jackson Miller from St. Clement of Rome School. Jackson competed in the Nike Indoor Nationals on March 10 and won the Boys' Middle School Mile. Jackson's time of 4:32.76 set a new meet record!

We Serve *Great People!*



Lucas Wilson, a senior at St. Pius X High School, earned TWO Global Seals of Biliteracy. Lucas earned his Global Seal of Biliteracy in Spanish and in Latin.

Congrats!



Lutheran South High School students Garrick Springer and Ty Smith are National Merit Finalists! These seniors earned scores in the top 1% of students nationwide who took the PSAT last year. This award qualifies them for academic scholarships across the country.

Garrick plans to study computer science at the University of Tulsa, and Ty is interested in pursuing mechanical engineering at Florida State University.

We know they will be successful wherever they go.

Congratulations!

“ IN THE MIDDLE OF DIFFICULTY LIES OPPORTUNITY ”



We Serve Great People!

2023 SCHOLARSHIP RECIPIENT 



EZEKIEL SAMKING
Lutheran High School South
Attending Grand Canyon University

Ezekiel Samking, a senior at Lutheran High School South, received a 2023 Affton-Lemay Chamber of Commerce Scholarship to continue his education in the fall. He will attend Grand Canyon University to pursue a career in Business Marketing.

Jessica Kelly, a senior at Notre Dame High School, received a 2023 Affton-Lemay Chamber of Commerce Scholarship to continue her education in the fall. She will attend Bradley University to pursue a career in Nursing.

Congratulations Jessica!



We Serve Great People!



Congratulations to LuSo lawyers, Anna Saitz, Ella Kasparek, Bella Bracken, and Kallista Nguyen; witnesses, Troy Luhning, Aria Hofius, and Bain Story; and timer, Beth Saitz.

The Lutheran South High School Mock Trial team placed third in regionals in March, earning a place in the State Championship Tournament at the end of the month in Kansas City. Team members include:

- ◆ Troy Luhning '23 (witness)
- ◆ Beth Saitz '23 (timer)
- ◆ Anna Saitz '23 (lawyer)
- ◆ Ella Kasparek '23 (lawyer)
- ◆ Aria Hofius '24 (witness)
- ◆ Bella Bracken '24 (lawyer)
- ◆ Kallista Nguyen '25 (lawyer/witness)
- ◆ Bain Story '25 (witness)

Congratulations!



District Champions!

St. Pius Varsity Speech, Varsity Theatre.

Congratulations!



Let's hear it for Hudson Miller '24 from DeSmet Jesuit High School, who scored a perfect 36 on the ACT - his first time taking the test!

Congratulations!

Food Talk



By: Lisa Baragiola

Breakfast: Key to Growing Healthy

Breakfast is an important meal for growing children. Studies show that breakfast eaters tend to have higher school attendance, less

tardiness and fewer hunger-induced stomach aches in the morning. Their overall test scores are higher, they concentrate better, solve problems more easily and have better muscle coordination. Children who eat breakfast also are more likely to maintain a healthy weight and get enough calcium, too. Whether your children eat at home or at school, be sure they eat a nutritious breakfast every day.

Whip Up a Quick and Easy Morning Meal

Start your child’s day in a healthful direction with a balanced breakfast that incorporates a variety of nutrient-dense foods. Try some of these quick and easy options:

- ◆ Peanut butter spread on whole-grain toast
- ◆ Grits and eggs
- ◆ Porridge with ginger and cinnamon
- ◆ Oyster omelet or omurice (fried rice omelet)
- ◆ Chilaquiles with eggs
- ◆ Iron-fortified cereal and milk or fortified non-dairy alternative with banana slices
- ◆ Instant oatmeal topped with chopped walnuts and sliced strawberries
- ◆ Dosa plain or stuffed with curried potatoes and chutney
- ◆ Smoothie including milk or fortified non-dairy alternative, spinach, frozen banana and nut butter
- ◆ Parfait with layers of yogurt, whole-grain granola and blueberries
- ◆ Ful mudammas – fava bean salad with parsley, tomatoes, green onion, lemon juice and extra virgin olive oil



Make a Breakfast Bar

Let your kids build their own breakfast with a breakfast bar. Similar to a salad bar, a breakfast bar includes a variety of foods to mix and match. Little ones love to create unusual combinations by mixing, stacking, and organizing ingredients. Will peanut butter glue the berries to a waffle? Or will yogurt smother nuts and fruit? No matter what nutritious combinations they create, they will love the sense of control a breakfast bar offers. Here are some ideas:

- ◆ Whole-grain cereals, waffles, tortillas, bread or English muffins
- ◆ Peanut butter
- ◆ Low-fat or fat-free yogurt
- ◆ Cottage cheese
- ◆ Olives
- ◆ Fig or apricot jam
- ◆ Variety of sliced fruit such as bananas strawberries, papaya or passionfruit
- ◆ Cooked apples or fruit compote
- ◆ Cheese slices
- ◆ Chopped nuts such as cashews or pistachios
- ◆ Raisins and dried cranberries
- ◆ Low-fat or fat-free milk
- ◆ Hard-boiled eggs

Jazz Up Cooked Cereal

For a great grain-filled breakfast, add flavor and nutrition to cooked cereals (instant or not), such as oatmeal, cream of wheat, grits, brown rice, or whole-grain couscous.

- ◆ Use fruit juice – apple, orange or another 100% juice – or low-fat or fat-free milk as the cooking liquid.
- ◆ For cooked cereal, stir in chopped fruit (apple, peach, banana, kiwifruit), dried fruit (chopped apricots, papaya, dates, raisins, cranberries) or nuts and seeds.
- ◆ Add dry milk powder to cooked cereal to boost calcium.
- ◆ Liven it up with spices: cinnamon, nutmeg, ginger, allspice, or cloves.

If eating breakfast at home simply isn't an option for your child, find out if school breakfast is available. Or pack them a breakfast-to-go that they can eat on the bus or when they get to school. You will not only be encouraging your children to eat nutritiously but fueling their growing bodies and minds for success.

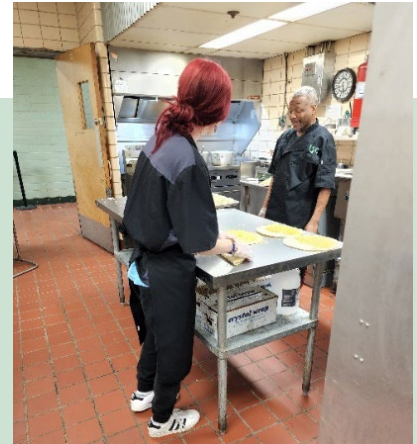
Reviewed July 9, 2021
www.eatright.org



Café Fun

St. Joseph's Academy auctioned off "A day with Chef Keith." Kelsey Erbe and Sofi Aiello were the lucky winners.

Kelsey made a beautiful eggplant entree. Sofia nailed the cheese quesadillas and broccoli side. FSC enjoyed having you in the kitchen!!



Café Fun

Coaches Training Table

What is a training table? It's a performance-based table or section designed to provide special meals to support athletes' nutritional needs. Training tables have been around for years in both professional and collegiate sports. As competitiveness in high school sports grows, so does the interest in these services. In April, DeSmet Jesuit High School, implemented the coaches table providing both performance-based foods and education that can positively impact overall health for both student athletes and non-athletes. It has been well received by all students and FSC plans to expand the training table model in other high schools in the coming school year. Our thanks to Aimee at Supply Concepts for designing the beautiful signs!



Sacred Heart Valley Park Open House



DeSmet Jesuit High School Annual Auction and Gala



Saint Louis Priory School Xanadu Auction

Café Fun



Our new supervisor, Dani Massey, helped with the pancake special at Mary Queen of Peace. She enjoyed it as much as the kids!



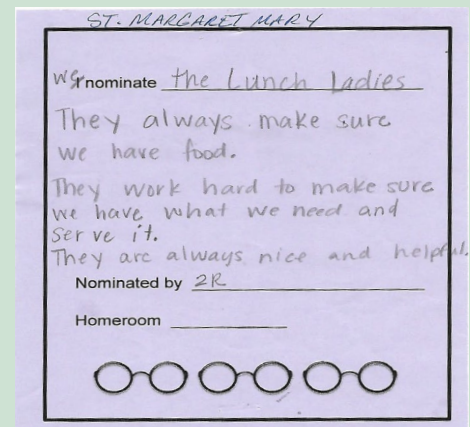
Try It Tuesday

Jessica and her crew at St. Alban Roe found a fun way to get the students to try some healthy foods!



St. Pius X Celebrated their 40th year for their Legacy Gala.

Café Kudos



The second graders at St. Margaret Mary Alacoque School love the lunch ladies!



Odds & Ends

\$100 Recruitment Bonus

We are always looking for good employees, and the best source for that is with our present staff.

As an incentive to help recruit new people, we will pay a \$100.00 bonus to any present non-salaried employee who brings in an applicant that is subsequently hired and completes 90 days of employment. The employee will also receive \$100 bonus after completing 90 days of employment.

Applicants may apply by email to susan@foodserv.org or fill out an application on our website www.foodserviceconsultants.org.

Dave Phillips Memorial Scholarship Fund

Food Service Consultants awards ten scholarships annually in the amount of \$500 each. Any employee with a child enrolled in one of our high schools or universities in which we provide food service is eligible. The winners are selected by random drawing at the beginning of each school year and they are always ecstatic when they are told they were one of the lucky winners!

Start Spreading the News!

If you would like us to include stories about your school or business, please let us know. The information can be sent to Susan Parisi (susan@foodserv.org) or mailed to Food Service Consultants, 8534 Watson Road, St. Louis, Missouri 63119. If sending photos, it is best to send in digital format.

Newsletters are published as follows:

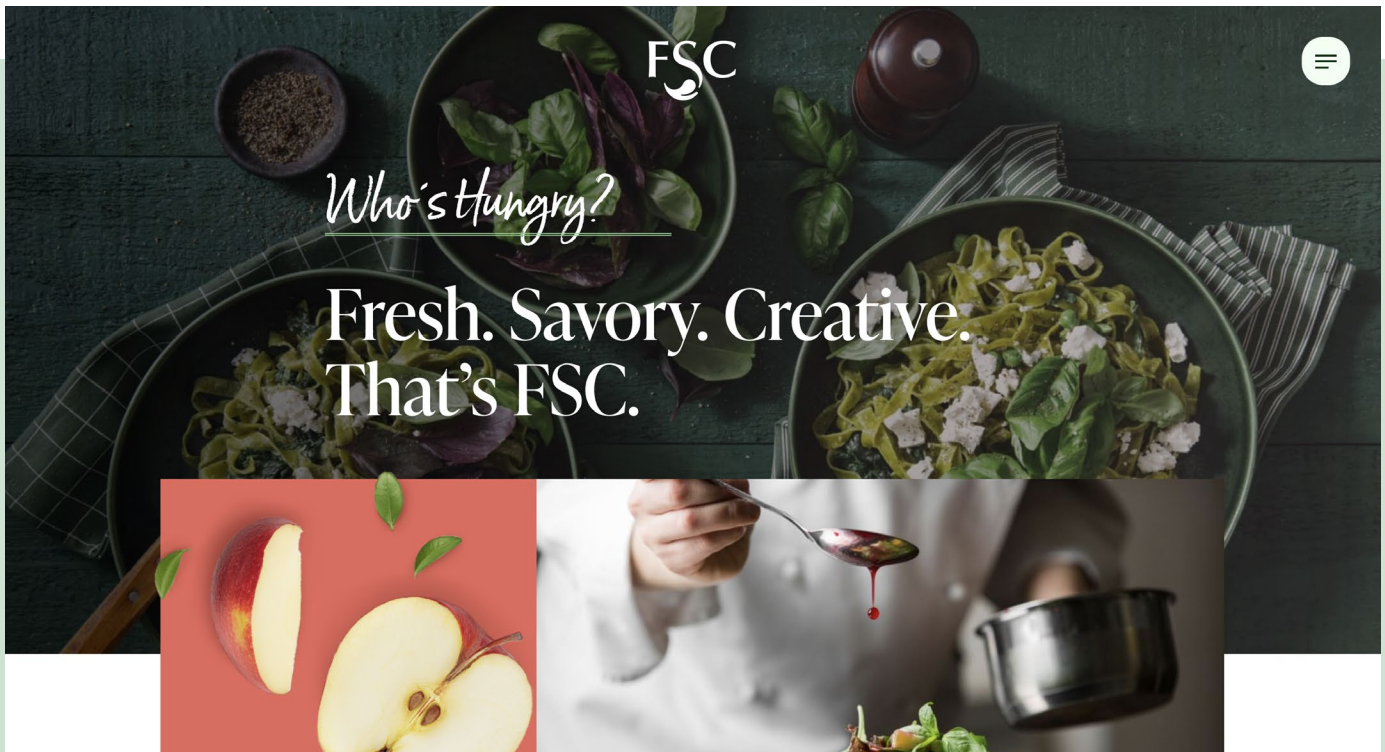
Newsletter Date	Deadline for Info
February	January 15th
May	April 1st
October	September 15th

Some of the information in this newsletter was taken from articles originally published in other media.

We are pleased to say this edition of the insider is printed on post consumable paper.



Odds & Ends



Digital Edition

To expand our Going Green program we are offering a digital version of the FSC Insider. If you would prefer this version over the printed version, please email susan@foodserv.org. Once the digital version is available, you will be sent a link to view the document. *Thank you.*

Be sure to visit our website!

www.foodserviceconsultants.org