



FSC Excellence Awards

The creation of the FSC Excellence Awards was announced at our Manager Meeting in October 2023.

Supervisors and Office Staff nominate accounts for each of the awards and a panel, including Home Office staff, will collaborate and select the winners in each category and they will be presented at three of our managers' meetings.

The parameters for each category are:

- Food - Cost, Presentation, Inventory, Handling and Creativity.
- Safety & Sanitation - Health Inspections, Slip Resistant Shoes, Gloves, Personal Hygiene, Food Temps and Food Storage.
- Communication - Paperwork Timeliness, Response time to messages, Client Relations, Interaction with Students & School Staff and Interaction with their Team.

The winning team receives a poster to hang in their kitchen and each employee receives a pin signifying the category in which they won the award. Our hope is for employees to try their best to win all three pins!

The winners of the Inaugural awards are:

- Food Category-Most Sacred Heart Eureka
- Safety & Sanitation Category-St. Joe's Cottleville
- Communication-Villa Duchesne

FSC wants to thank all of the nominees and winners for their hard work and dedication. *You make us proud!*



Winners, Safety & Sanitation Category–St. Joe's Cottleville



Catering Creations!





Catering Creations!



Café Fun



The staff at St. Charles Borromeo wore special shirts for Dino Nugget day! Manager Brittany, Borromeo helper Angela, and café prep Keshon.



Viola Burgess at St. Theodore turned 85 on February 12th. We all wish her the happiest of days!



Shelley and her crew at St. Dominic High School made some very cute Easter treats. They were a big hit with the students and sold out quickly!



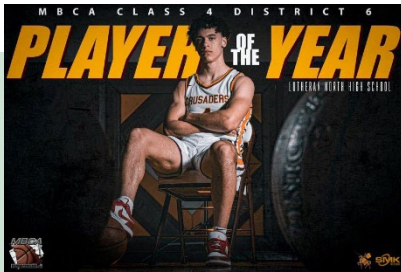
Crafted by KA

Joe the Cook at St. Gerard Majella asked Mrs. Eggert if her students could create something for the kitchen using heavy duty foil and plastic wrap tubes.

Using the tubes, construction paper, and aluminum foil, they created a fork, spoon, and knife!!

Great imagination and fantastic job, KA!!!

Sports



Big shoutout to senior standout Bryce Spiller for clinching the title of MBCA Class 4 District 6 Player of the Year! Your hard work, dedication, and talent have truly set you apart on the court. Keep shining bright, Bryce.



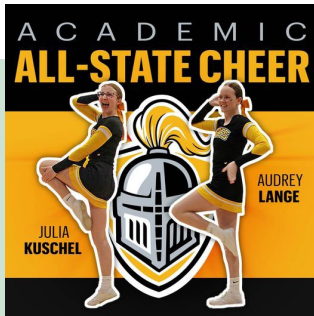
Congratulations to Lutheran South softball for being named an Academic All-State Team! The girls earned an average 3.41 GPA as a team. Seven Lancers additionally were named individual Academic All-State players for earning unweighted GPAs of 3.7 or above. Congrats to senior Lindy French, junior Olivia Flieg, sophomores Sarah Bussen and Ella Robinson, and freshmen Wyatt Haines, Kayla King, and Kate Riethmeier.



These young women had a magical season! Villa Duchesne's middle school maroon team ended their regular season as division champions with an overall record of 8-0. During their incredible run, the Saints outscored their opponents by a total margin of 258-175. They opened the Postseason Tom Elder Tournament as the #1 seed in the top level of the tournament. First, they beat St. Stephen by a score of 41-16. Then, Villa earned a semifinal game at home against St. Francis. With another convincing tournament win by a score of 32-9, the Saints earned a spot in the championship game. Facing Christ the King for the third time this season, Villa played a flawless 40 minutes and brought home a 34-13 victory to cap off their incredible undefeated season (11-0)!

Congratulations, Saints!

Sports



Lutheran South students Audrey Lange and Julia Kuschel were named Academic All-State Cheerleaders! The award, presented by the Missouri Cheerleading Coaches Association, recognizes varsity cheerleaders who have a cumulative 3.5 GPA or higher and have at least a 24 on the ACT or are in the top 20% of their class.

Congratulations girls!

We're thrilled to announce that four Lutheran North outstanding cross-country athletes have earned recognition for their academic achievements

as Academic All-State recipients! To qualify, these exceptional athletes had to meet rigorous criteria, including competing in Districts, State, or both, and achieving impressive academic benchmarks.

Join us in congratulating Ian Ruback, Xavier Hill, Ezekiel Laesch, and Jacob Laesch for their dedication and commitment both on the course and in the classroom!



Hang That Banner!

Congratulations to the Blessed Teresa of Calcutta Blue Angels, 7th grade girls' basketball team for winning their third consecutive City/County banner. Final score: 28-24.



Sports

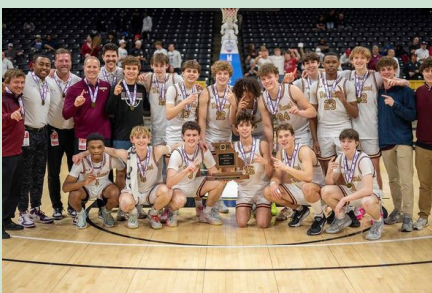
DeSmet shuts out Marquette to earn 16th Mid States Challenge Cup hockey championship.

Congrats!



Waking Up With That Championship Feeling!

Congratulations to DeSmet Spartans basketball team on winning their 6th State Title and first since 1999 over Jefferson City. Congrats on a great season and amazing run.



Food Talk



By: Lisa Baragiola

Does My Child Need a Gluten-Free Diet?

Going gluten free is a popular diet trend among adults. So, might your child benefit from a gluten-free lifestyle?

Gluten is a protein found naturally in certain grains including wheat, barley, and rye. Foods that contain gluten can also be used to alter the taste and texture of foods. Gluten has come to be commonly added to everything from deli meats to French fries. For most children, gluten is completely harmless, with two exceptions. Children with celiac disease or with non-celiac gluten sensitivity must follow a gluten-free diet.

Celiac Disease and Non-Celiac Gluten Sensitivity

For kids with celiac disease, even the slightest amount of gluten can spell trouble. The gluten triggers the release of antibodies which begin an assault on their bodies. These attacks damage the small intestine, which makes it hard for kids to absorb the nutrients needed to grow and thrive. Gluten may also give these children gas, bloating and diarrhea. Some kids with celiac disease lose weight, while others gain weight. Untreated, celiac disease also can lead to health problems such

as anemia, disorders affecting the nerves and osteoporosis.

Non-celiac gluten sensitivity, or NCGS, has similar symptoms to celiac disease but the reaction to gluten is thought to be less severe. For example, when these children consume gluten, it's not certain if they have the same level of intestinal damage.

If you suspect your child has celiac disease or NCGS, call your healthcare provider. Before going gluten free, get your child tested. In order for doctors to diagnose these conditions, your child should still be consuming gluten-containing foods, otherwise test results may not be accurate.

When a Child Needs a Gluten-Free Eating Plan

Currently, the only treatment for celiac disease or NCGS is to avoid gluten, which can feel extremely restrictive and be difficult for a child to follow. Birthday parties, sleepovers, eating out and even school snack time can be tricky for these kids.



To make teachers and other school staff aware of this special nutrition need, complete a 504 Plan. This form documents for the school your child's special needs related to celiac disease or NCGS. For example, the plan might require that school staff involved in the care and education of your child receive celiac disease training. The Celiac Disease Foundation website has a free sample plan.

Because so many foods contain gluten, restricting it can affect your child's nutrition. For example, kids who need to avoid gluten cannot eat many foods that are often enriched and fortified, such as cereals, bread and pasta. These items are often good sources of iron and B vitamins. So, how do you make sure your child gets the nutrients needed for good health? Meet with a registered dietitian nutritionist. A dietitian can work with you and your child to develop a gluten-free, balanced eating plan. The good news is, for children with celiac disease, following a gluten-free eating plan helps improve symptoms and return growth to normal.

Reviewed May 16, 2022 www.eatright.org



Holy Infant Catholic School invited Lisa Baragiola, registered dietitian from Food Service Consultants to talk to 3rd and 4th grade about nutrition and making smart, balanced food choices. They had some great questions and learned about making great choices. Thank you Mrs. Stensland for organizing this talk.



Food Talk



Working Women's Show - Chef's Corner

This year's format, *Chef's Corner with Chef D. Scott Phillips*, presented a completely fresh and new cooking stage idea. Attendees were able to sit at the table with chef as he prepared various recipes. It's the sixth year in a row for Food Service Consultants, Inc (FSC) to be part of the wonderful event at the St. Charles, MO convention center. Scott Krietemeyer was emcee extraordinaire.

On Friday, Chef Scott and Chef Jeff Riedel demonstrated and discussed dry and moist heat methods for cooking beef. Saturday, we collaborated with the owners of *Flourish Farmstead*, Crystal and Eric Stevens. Crystal shared her knowledge around gardening, writing books and teaching while Chef Scott informed

the group about the art of cooking a vegetarian pumpkin soup and queso dip. Sunday was all about the Mediterranean diet and lifestyle. Chef prepared four tasty, regional cuisines and I provided education about this nutritionally beneficial eating plan.

Recipes a Success

Everyone who visited the chef's corner enjoyed a sample of the finished products. We had a great time meeting and interacting with attendees. We're sharing a recipe Chef demonstrated, the *Greek Power Bowl*. You can find other recipes at <https://foodserviceconsultants.org/recipe/>.

Hope to see you there again next year!



Greek Power Bowls

The quickest Mediterranean-inspired POWER BOWLS! Made in less than 30 minutes with roasted eggplant, zucchini, bell peppers, fresh cucumbers, olives and feta with a simple yet amazing red wine vinaigrette! Nutrient-rich, low-carb, filling and healthy!

Yield: 4 servings Prep: 15 minutes Cook: 15 minutes Total: 30 minutes

Ingredients

¾ cup whole wheat couscous
1 3/4-pound globe eggplant, halved and sliced
2 medium zucchini, sliced into 3/4-inch rounds
2 tablespoons olive oil
3 cloves garlic, minced
Kosher salt and freshly ground black pepper
2 Persian cucumbers, sliced
¾ cup jarred roasted red peppers, drained
½ cup pitted kalamata black olives
2 ounces crumbled feta cheese
2 tablespoons chopped fresh parsley leaves

Red Wine Garlic Vinaigrette

3 tablespoons red wine vinegar
2 tablespoons extra virgin olive oil
1 ½ teaspoons Dijon mustard
1 clove garlic, minced
¾ teaspoon dried oregano
Kosher salt and freshly ground black pepper, to taste

Instructions

Dressing

Whisk together red wine vinegar, olive oil, Dijon, garlic, oregano and 1 1/2 tablespoons water; season with salt and pepper, to taste.

Power Bowl

Preheat oven to 425 degrees F.

Cook couscous according to package instructions; set aside.

Place eggplant and zucchini in a single layer onto the prepared baking sheet. Add olive oil and garlic; season with salt and pepper, to taste. Gently toss to combine.

Place into oven and bake for 12-15 minutes, or until tender.

Divide couscous into bowls. Top with eggplant, zucchini, cucumbers, red peppers, olives and feta.

Serve immediately with red wine garlic vinaigrette, garnished with parsley, if desired.

FSC Family Features

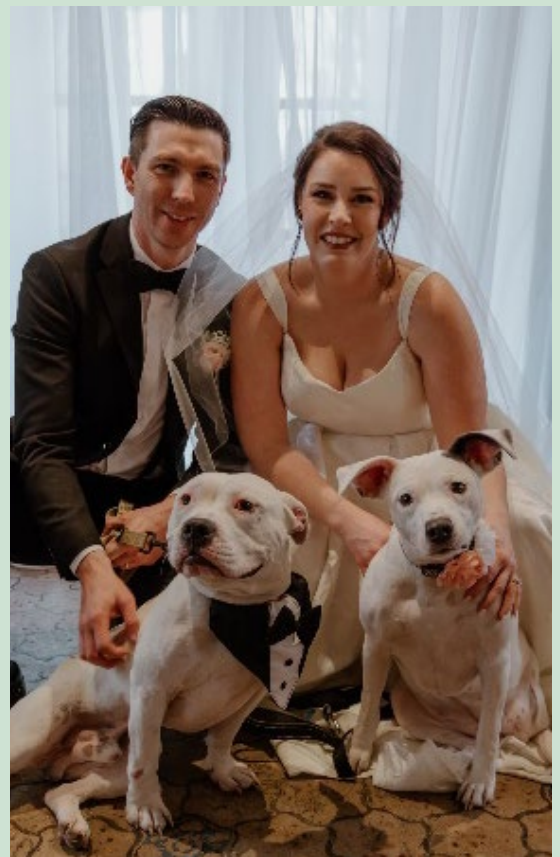
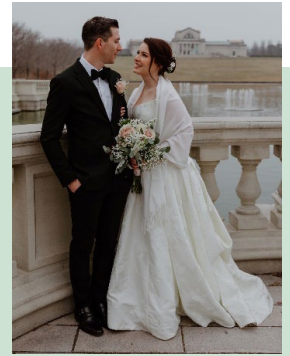
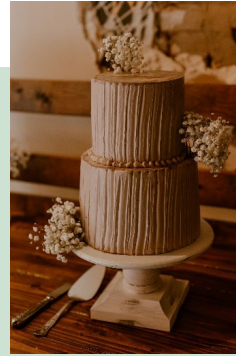


Joshua and Marlona Morgan welcomed their first child, Atarah Marie on January 25th. She came in at 5lbs 3oz. She joins Major as Marlon Merrill's second grandchild.



Tommy Kalal, and his team received an award for best team name/costume in a math contest at their school. They were Math Attack with a football theme. The 3 boys are all in 4th grade but competed at the 5th grade level with the 2-5th girls on their team. There were over 150 kids in the competition.

Tommy is the son of Amy Kalal in our office.



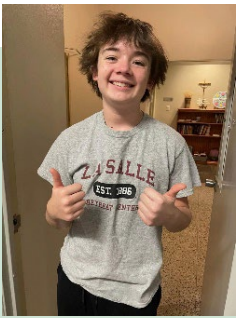
Our Catering Director, Ken Foland married Katie Sida on 2/2/2024 in a beautiful ceremony. The delicious cake was the creation of Rich Kraus, District Supervisor.



FSC Family Features

FSC: Fun for the Family!

One thing FSC is proud of is that our employees enjoy working here so much that they encourage other family members to join in the fun!



Reece Kraus

Today was Reece's first day at LaSalle Retreat Center. He is the son of District Supervisor, Rich Kraus.

Our President Scott Phillip's father, Dave, founded the company and his mother Sue and sisters worked here. His daughter Margo has helped out at the Boy Scout Camps.

The Schmidt family has had many generations working for us! George's mom Helen, wife Denise, son Brandon and now his grandson have all been employees.

The Dierkes family had Andrea who is now retired, her sister-in-laws Janet Decker and Nancy Malke and daughter Amy (Dierkes) Kalal who still works at the office.

Susan Parisi works in the main office and her niece Sarah Burke is our manager at St. Catherine Laboure.

Christy Brutcher is a District Supervisor, and her daughter Emma and son Kaiden have helped out with the Boy Scout Camps and concessions.

Scott Krietemeyer is a District Supervisor, and his daughter Kayla has pitched in with concessions.

Valerie Miller works with her mother Viola Burgess at Saint Theodore.

Steve Price is manager at DeSmet, his son Henry and daughter Libby help with prep and concessions on the weekends.

Sandy Cambron is our manager at St. Norbert and her daughter Jessica Cambron is manager of St Alban Roe.

Christma Patterson is our manager at Logos and her aunt Pam Neal works at St. Louis Catholic Academy.

Mike Deutschmann works for Events by FSC and his wife is our manager at St. Genevieve du Bois.

Kristina Jackson is our manager at Ascension and her daughter Sara has worked at Boy Scout Camps and concessions. She is also related to our District Supervisor Christy Brutcher.

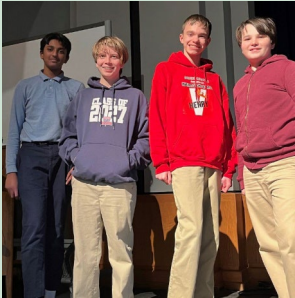
Cindy Sallwasser is our manager at Messiah Lutheran and her husband Gregg has worked for Events by FSC and camps.

Marva Smith is our Manager at Academy of the Sacred Heart and her grandson Keshon works at St. Charles Borromeo.

Angie Shaeffer is our manager at Rosati-Kain, and her mother Nikki Rebstock is our manager at St. Cecelia.

And our retired cleaning lady, Diane liked us so much she even sent her daughter Sonja Dickerson to work here! She is our manager at Alberici.

We Serve Great People!



Four Priory students competed at the State Theatre Festival in Kansas City.

- Form III students Ledger Brooks and Kyle Erwin: *Duet Musical*
- Form III students Walker Bealke and Dantin Naidu: *Improv Section*

Ledger Brooks and Kyle Erwin scored a Bronze in Duet Musical, while Walker Bealke and Dantin Naidu also scored a Bronze in Duet Acting. They were able to score in the top 50 percent, which is outstanding!

Congratulations to all who competed!

Lutheran South Freshman Gabriella Ryan has raised thousands of dollars for Feed My Starving Children by making cupcakes! She was recognized last week with the “Do the Right Thing” award presented at the St. Louis City Police Headquarters for her community service. Gabriella, who loves baking, has made more than 1,500 cupcakes and sells them through social media, at Joe and Suzy’s Produce, and Gateway Christian Church.



Congratulations to Priory’s Form V student, David Peter, as he received the Douai Prize in January.

The award demonstrates the following eleven Benedictine values with good humour: Common Good, ‘Conversatio’, Discipline, Hospitality, Humility, Justice & Peace, Love of Christ, Obedience, Prayer, Stability, and Stewardship.

The prize is given by the Douai Society in memory of the Douai Abbey School which closed in the 1990s.



We Serve Great People!

On March 3rd, six talented St. Dominic High School art students received awards at the Spanning the Generations show at Crossroads Arts Council in Wentzville. We are so proud of your achievements!

Congratulations!



ST. DOMINIC HIGH SCHOOL

Ava Stillman '26
Third Place
Grades 9-10

ST. DOMINIC HIGH SCHOOL

Mia Williams '26
Second Place
Grades 9-10
Mayor's Choice Award

ST. DOMINIC HIGH SCHOOL

Allison Meyer '25
Honorable Mention
Grades 11-12

ST. DOMINIC HIGH SCHOOL

Mckenzie Ashurst '24
Mayor's Choice Award

ST. DOMINIC HIGH SCHOOL

Erica Juergensmeyer '25
Honorable Mention
Grades 11-12

ST. DOMINIC HIGH SCHOOL

Kasey Deeken '25
3rd Place
Grades 11-12

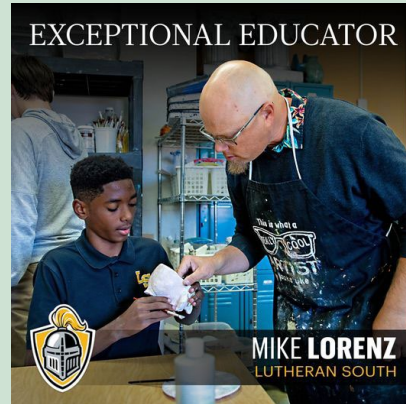


We Serve *Great People!*



Congratulations to Villa Duchesne senior Veronica Gregory who has been named a National Merit Finalist! More than 1.3 million students in about 21,000 high schools entered the 2024 National Merit Scholarship Program. Only the top 15,000 students in the country are named Finalists.

Congrats Veronica!



Congratulations to Lutheran South art teacher, Mike Lorenz, for receiving the Exceptional Educator Award from the Affton-Lemay Chamber of Commerce. Lorenz, LS '98, has a huge heart that seems to keep no record of time or workload. In addition to teaching painting, drawing, sculpture, photography, ceramics, and digital design, he coaches football and leads the Student Council.

He is full of energy and devotes himself to ensuring that his students have the best high school experience possible. Thank you, Mr. Lorenz, for all you do!

Spartan Shoutout to Charlie Erker '24, De Smet Jesuit's recipient of the 2024 Archbishop May Service Award. He participated in Mass and an awards ceremony at the Cathedral Basilica in March.

Charlie dedicates so much time to De Smet Jesuit through his work as a peer minister in Campus Ministry, NHS President, President's Ambassador, Kairos retreat leader, Spanish Club member, attorney for the mock trial team, and more. *Congrats!*



We Serve Great People!



Archbishop Rozanski awarded Bella Lombardo '24 the Rosati-Kain Academy recipient of the Archbishop May Service Award earlier this week. Bella has given hundreds of hours of service to our school community, most recently volunteering for several months at Delmar Gardens Senior Living, and as a leader on our Kairos retreat. Bella is outstanding in her generosity, enthusiastic willingness, and relentless positivity. We are so proud of you, Bella!



The Lutheran South Wind Symphony earned an unprecedented Exemplary (1) rating from all four judges in both performance and sight reading at the MSHSAA Large Ensemble Festival! The Concert Band earned a Satisfactory rating and an Outstanding rating on their sight reading. We are so proud of our LuSo musicians!

Congratulations to SLUH Senior Douglas Allenbaugh on receiving the Archbishop John L. May Service Award at a mass celebrated by Archbishop Rozanski.

This award is presented annually to one senior from each Catholic high school who shows outstanding leadership, community service, and volunteer achievement.



We Serve Great People!

The Lutheran North speech and debate team competed at the Eastern Missouri district championship tournament of the National Speech and Debate Association. Schools from Jefferson City all the way to St. Louis competed. The top finishers in each event qualified to go to the NSDA national tournament in Des Moines, Iowa from June 16-21.

Georgia Lane qualified in Program Oral Interpretation and will be the first student in Lutheran North history to attend the national tournament!



Congratulations to Karie Adamitis '24, who has been selected as one of the top academic students in the state of Missouri through the Missouri Scholars 100 Program!

This statewide program recognizes and celebrates the accomplishments of 100 outstanding students from the graduating class of 2024. Karie has contributed so much to our Villa community, as an academic, a leader, an athlete, a star performer, and a force for good in her faith and in her dedication to service. Karie was honored along with the other distinguished recipients on Sunday, April 21.



Two Villa-Duchesne artists recently won awards for their works at "Lay of the Land: Inner and Outer Landscapes," a St. Louis Community College - Meramec High School Invitational Exhibition. Heidi Fesler's painting "*Independence Pass*" won first place, and Isabel Behr's painting, "*The View*," won honorable mention. Congratulations, Heidi and Isabel! We are so proud of you!



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.



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:

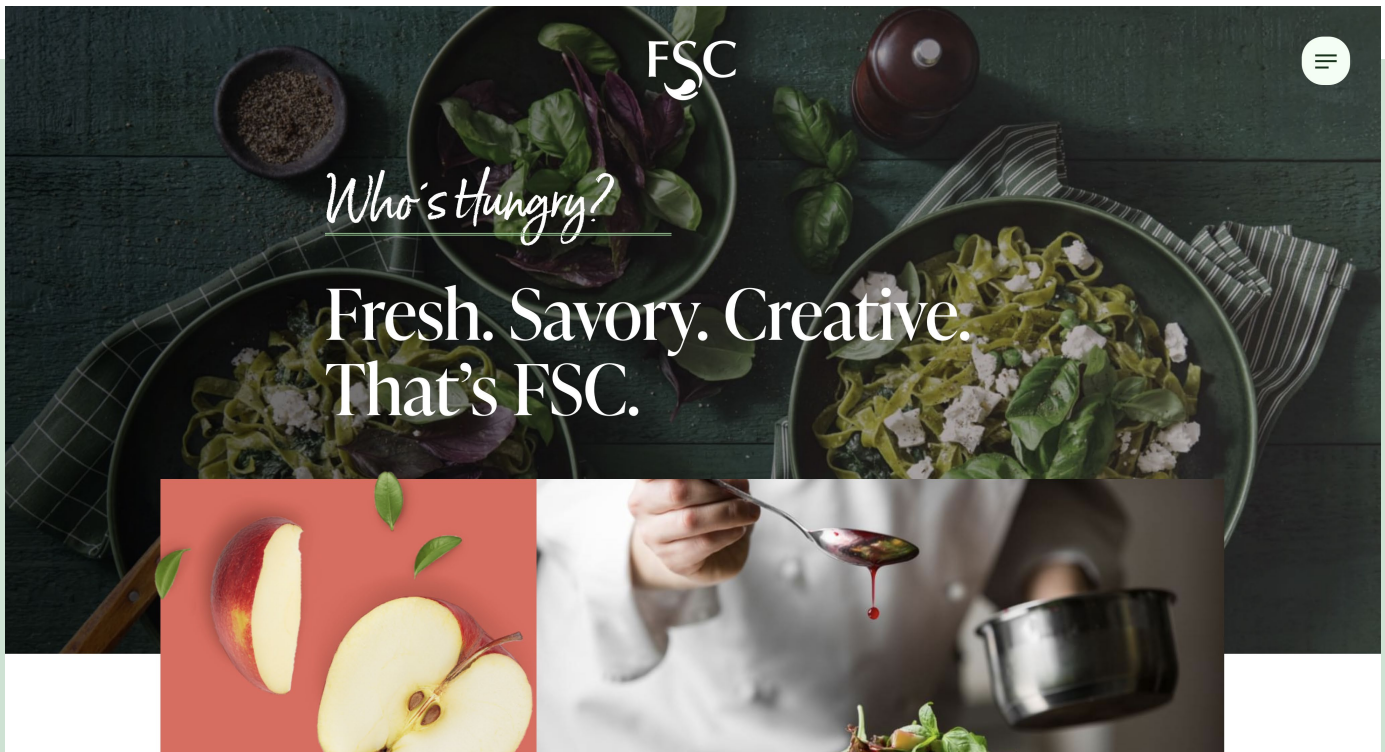
Newsletter Date	Deadline for Info
October	September 11th
January	December 15th
April	March 29th

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