

April 2025

FSC

Who's hungry?

The Retreat Experience at St. Pius X Catholic High School

At St. Pius X Catholic High School, we believe in fostering the development of our students—mind, body, and spirit. One of the most enriching aspects of their journey is the opportunity to attend four life changing retreats throughout their high school years. These retreats are more than just breaks from the classroom; they are powerful, faith-filled experiences that provide students with personal growth, deeper spiritual connections, and lifelong memories.

Freshman Retreat: A Foundation of Faith and Community

The Freshman Retreat marks the beginning of our students' retreat experience. It serves as a welcoming introduction to the St. Pius X community, providing freshmen with an opportunity to bond with their classmates, upperclassmen, and faculty while developing a deeper understanding of their faith through team building activities. Students are also introduced to the values of the school and the importance of community, empathy, and support. This retreat lays the foundation for their entire high school journey, helping them feel a sense of belonging in our tight-knit StPX family.

Sophomore Retreat: Personal Growth and Strengthening Relationships

The Sophomore Retreat focuses on personal growth and the deepening of relationships. As students reflect on their own lives, their faith, and their relationships with others, they are encouraged to embrace their unique identities and talents. The retreat provides a space for students to grow in their spiritual lives, drawing closer to God

while also building stronger bonds with their peers. The Sophomore Retreat allows students to explore the core values of faith, friendship, and forgiveness, empowering them to be positive, impactful leaders in the St. Pius X community and beyond.

Junior Retreat: Reflection, Service, and Leadership

By the time students reach their Junior Retreat, they are at a pivotal stage in their high school career. This retreat deepens their relationship with God through reflection and guided meditations. They learn to lead with love, compassion, and humility. This retreat challenges juniors to *cont.*



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deepen their understanding of their faith, and it emphasizes the importance of a relationship with one another and with God.

Senior Retreat: Preparing for the Future with Faith and Purpose

The Senior Retreat theme is Surrender. It is a time set aside for the senior class to reflect on their path of life so far and how to surrender their life to Christ. This retreat provides an opportunity for students to reflect on their time at St. Pius X, celebrate their achievements, acknowledge their faults, and look forward to the future with faith and purpose. Seniors are encouraged to consider the path ahead and how they can continue to live out their faith as they begin their post-high school journeys. The retreat allows them to bond with their classmates one last time, share meaningful moments, and reaffirm their commitment to living a life rooted in faith, service, and love.

A Lasting Impact

The four retreats at St. Pius X Catholic High School offers students a unique and impactful experience that goes beyond academics. They foster personal growth, strengthen relationships, build leadership

skills, and deepen students' spiritual lives. Each retreat is a stepping stone in their high school journey, preparing them to be compassionate, thoughtful, and faith-driven individuals who are ready to make a positive impact in the world. Through these retreats, students learn that their faith is not just something they practice in church but a way of life that guides them in every aspect of their journey.





We Serve *Great People!*



In 2024, Purina Had 228 Pet Adoptions!

Our Incredible Dog Team works with local animal welfare organizations on housing adoptable cats and dogs at the Purina Farms Pet Center. Our trainers and pet advisors work directly with each animal teaching them basic obedience and house skills. Additionally, we also partner with Longmeadow Rescue Ranch, a division of the Missouri Humane Society, to house adoptable farm animals such as potbellied pigs and horses. This program offers these amazing animals a wider audience at Purina Farms increasing their chances of being adopted.” Our prayers go out to the Purina Farms family as they recover from tornado damage.



St. Joseph's Academy Angels Dance Team won first place in Hip Hop at the State Championship! What an incredible achievement! These girls give it their all every performance and it shows.

Congratulations **STATE CHAMPIONS!**



2025 Missouri Scholars 100 Program

St. Dominic senior Claire Li has been recognized as a top academic student in the 2025 Missouri Scholars 100 program, meeting the criteria of an “Academic Decathlon” by successfully navigating ten challenging academic events.

Congratulations to Claire on this remarkable achievement! 🎉



We Serve *Great People!*



STEM Award

St. Charles Borromeo Assistant Principal & STEM teacher Michelle Winkler was recognized as a recipient of the Randy Schilling STEM Educators Grant at the Economic Development Council of St. Charles County Awards Breakfast. Mrs. Winkler was awarded the maximum amount of \$1,000 for educational purposes for using STEM in the classroom.

Huge Congratulations to All the Talented Students Who Participated in the *"Home Is Where The Habitat Is"* Poster Contest

This year's theme, *"Home is Where the Habitat Is"*, challenged Sacred Heart Troy students to create powerful posters that visually represented the vital role native habitats play in sustaining biodiversity, storing carbon, and protecting our precious soil and water resources. And boy, did they deliver!

The creativity and passion shown in each poster was truly inspiring. We were blown away by the thoughtful conservation messages and stunning visual representations of what "habitat" means.

A HUGE round of applause to Gwyn, who took home 1st Place OVERALL in the county! Her incredible work will now be moving on to the state competition – we're so proud and wish her the best of luck!

We're also thrilled to congratulate Jacob, who earned a well-deserved 1st Place ribbon, as well! Your talent and dedication shine through!





We Serve *Great People!*

Archbishop John L. May Service Award

The Archbishop John L. May Service Award is presented annually by the Office of Catholic Education and Formation of the Archdiocese of St. Louis to a senior from each of the 26 Catholic high schools in the archdiocese. It recognizes outstanding leadership, community service, and volunteer achievement.

The 2025 recipients of the award are:

<i>Recipient</i>	<i>School</i>
<i>Emily Huelsing</i>	<i>Bishop DuBourg High School</i>
<i>Alex Renschen</i>	<i>DeSmet Jesuit High School</i>
<i>Logan Archer</i>	<i>Duchesne High School</i>
<i>Sydney Akers</i>	<i>Incarnate Word Academy</i>
<i>Josephine Ludwig</i>	<i>Nerinx Hall</i>
<i>Mary Claire Diel</i>	<i>Notre Dame High School</i>
<i>Nora Skouby</i>	<i>Rosati-Kain Academy</i>
<i>David Peter</i>	<i>Saint Louis Priory School</i>
<i>Grace Illy</i>	<i>St. Dominic High School</i>
<i>Sophia Sullentrup</i>	<i>St. Francis Borgia High School</i>
<i>Leavitt Coleman</i>	<i>St. John Vianney High School</i>
<i>Macie Margaret DiGuiseppe</i>	<i>St. Joseph's Academy</i>
<i>James Unwin</i>	<i>St. Louis University High School</i>
<i>Django Archer</i>	<i>St. Mary's South Side Catholic High School</i>
<i>Kiya Wade</i>	<i>St. Pius X High School</i>
<i>Noah Hager</i>	<i>St. Vincent High School</i>
<i>Ava Brindell</i>	<i>Ursuline Academy</i>
<i>Patrick Schilly</i>	<i>Valle Catholic High School</i>
<i>Katie Williams</i>	<i>Villa Duchesne</i>
<i>Lillian Carlin</i>	<i>Visitation Academy</i>



Math Contest

Priory hosted the annual AMC Math contests at all levels. This is a very challenging nationwide math contest presented by the Mathematical Association of America.

Congratulations to the following students for having the top scores for each of the contests.

AMC 8 (Forms I and II)

1st place: Isaac Martin
2nd place tie: Anthony Parra and Augustus Mangelsdorf
Honor Roll: Isaac Martin

AMC 10 (Forms III-VI)

1st place: Will McCracken
2nd place: Luke Lavery
3rd place: Manny Lozano

AMC 12 (Forms III-VI)

1st place: Isaac Martin
2nd place: Cameron Nelson



FSC Family Features



Michael Kumpf, Vice President of FSC scored 256 in his bowling league! Congrats, Mike!

Laura Carpenter's son Jeff is engaged. His wedding to Erin Pillotte will be held in Chicago on July 26. Their dog Wally is as excited about the event as the rest of the family!



Sports



St. Joseph's Academy Swim team are the 2025 Swim and Dive Class 1 State Champions! What an incredible UNDEFEATED season this team has had. This is the first team championship since 1983. Congrats on a great season and an even better final meet!

200-yard medley relay - 1st place and new Class 1 record 1:45.51

200-yard freestyle - 1st place

200-yard IM - 5th place

50-yard freestyle - 7th place

100-yard butterfly - 5th place

100-yard freestyle - 1st and 4th place

500-yard freestyle - 1st place

200-yard freestyle relay - 3rd place

100-yard backstroke- 1st and 3rd place

100-yard breaststroke- 4th and 5th place

400-yard freestyle relay - 1st place and new Class 1 record 3:31.16



Congratulations DeSmet Freshman Brady O'Reilly who capped off a great season winning the JV3 Division 1 Racquetball State Championship in February. This is the 1st title in this division for a Spartan in over 10 years.

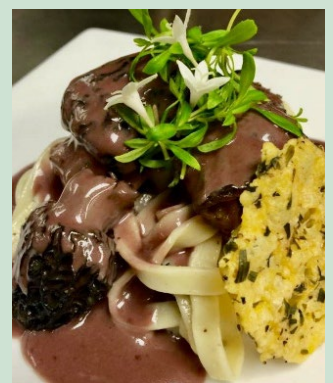


The Lutheran South hockey team took home the Gateway Hockey League Championship with a 4-1 win over Chaminade. *Congratulations!*



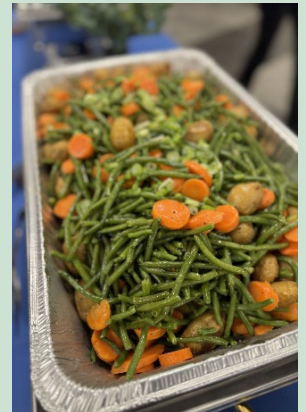
Catering *Creations!*

As we earned a name for ourselves, we wanted to find new ways to share our culinary talents with the community. Events by FSC was a natural fit. Now as St. Louis' premier caterer, we help everyone plan the event of their dreams. And of course, we are serving up plenty of delicious food along the way. Please reach out to mjohnson@foodserv.org and she will help plan your next event!





Catering Creations!





Food Talk



By: Lisa Baragiola

Chef's Corner

2025 was the second year for the Chef's Corner and seventh year for Food Service Consultants (FSC) participating in the Working Women's Show. On Friday, Chef Lee Gustin was in charge of dinner for two on Valentine's Day. He prepared three delicious dishes and one decadent dessert. Saturday, Chef D. Scott Phillips demonstrated cooking creatively with gluten free grains. He also provided samples of additional grains for guests to taste and learn their applications. Chef Scott returned on Sunday showcasing his culinary skills with Blue Zone recipes. Scott Krietemeyer is the entertaining emcee while Lisa Baragiola, our Dietitian, provided education about gluten-free eating and the Blue Zones lifestyle.



Recipes a Success

Everyone who took part in the chef's corner enjoyed an array of flavorful cuisine. FSC had a great time meeting and interacting with attendees. We're sharing the Roasted Vegetable Salad recipe here. Other recipes featured by our talented chefs at <https://foodserviceconsultants.org/recipes-2/>.

Mark your calendar for next year!!



Roasted Vegetable Salad

Chef Lee Gustin, FSC Supervisor

Prep Time: 5 minutes Cook Time: 15 minutes Total Time: 20 minutes
Course: Side Dish Servings: 4

Ingredients

8 oz. asparagus
4 oz. cherry tomatoes
4 oz. feta cheese
1 squash
1 zucchini
1 head romaine lettuce
1 clove garlic
1 tbsp. olive oil
2 oz. balsamic vinegar
1 tsp. honey
6 oz. olive oil
Salt and pepper to taste

Equipment

Sheet pan
Large mixing bowl
Small mixing bowl

Prep

Rough cut all vegetables
Chop romaine lettuce
Mince garlic

Directions

Preheat oven to 375 degrees F (convection).

In large mixing bowl, add vegetables with 1 oz. of olive oil. Spread onto sheet pan. Lightly salt and pepper and roast for 20 minutes then remove from oven and chill.

In a small bowl, mix 2 oz. balsamic vinegar and one tbsp. of honey. Add 6 oz. of olive oil and mix slowly.

In large bowl, combine the chopped romaine lettuce and vegetables. Drizzle with the balsamic dressing mix and serve with crumbled feta on top.

Visit us online:
foodserviceconsultants.org/features-on-food



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:

- **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 Fourth Round of Awards Are:

- **Food Category**—St. Joseph's Academy
- **Safety & Sanitation Category**—Sacred Heart Troy
- **Communication Category**—Duchesne High School

FSC thanks all the nominees and winners for their hard work and dedication.

You make us proud!



Winner, Food: St. Joseph's Academy
Jan Wilferd Manager



Winner, Safety & Sanitation: Sacred Heart
Troy Pam Carson, Manager



Winner, Communication: Duchesne High
School Bernice Snyder, Manager



Café Fun

This month, Visitation Academy toddlers and Montessori students embarked on an exciting journey to learn about Canada! In celebration of Canadian culture, the teachers teamed up with FSC to introduce the students to one of Canada's most beloved dishes: Poutine!

The little ones had a blast watching as we prepared the dish, and they even got a chance to help with some of the steps. It was a delicious and hands-on way for the kids to connect with Canada's culinary traditions.

The positive feedback was overwhelming—both from the children who loved the flavors and from the teachers who appreciated the enthusiasm and teamwork involved. A big thank you to everyone who made this event so special!

Check out the fun moments captured in these photos!





Café Fun

The kitchen team at SGM had the FSC lunch raffle drawing on Friday, March 7th. One lucky student from each lunch period received a prize bag. Each raffle bag held prizes handpicked for that grade level, including a certificate for ONE FREE LUNCH with a drink.

Each student that purchased a paid plate lunch, grab & go, or daily salad was entered for a chance to win the raffle. The students were excited about the drawing. They were overheard telling other classmates in the lunch line to buy the plate lunch, so that they would also have a chance to win a prize!



*6th – 8th Grade Bag
Bluetooth speaker
Rubik's Speed Cube*



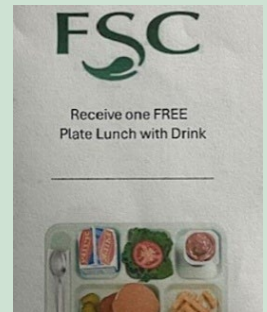
*3rd-5th Grade Bag
Bluetooth speaker
Binoculars*



*1st-2nd Grade Bag
Squishy Ball
Scavenger Hunt Game
Activity Books/Stickers*



*Kindergarten Bag
Activity Book/stickers
Coloring Books
Squishy Ball*



*Free Lunch
with Drink Certificate*

Congratulations to 5th grade Sam E., 7th grade James F., 1st grade Harrison G., and Kindergarten Blake B. (not pictured) as the lucky winners for this year!

Thank you to all who participated in this year's FSC lunch raffle.



Sam E.



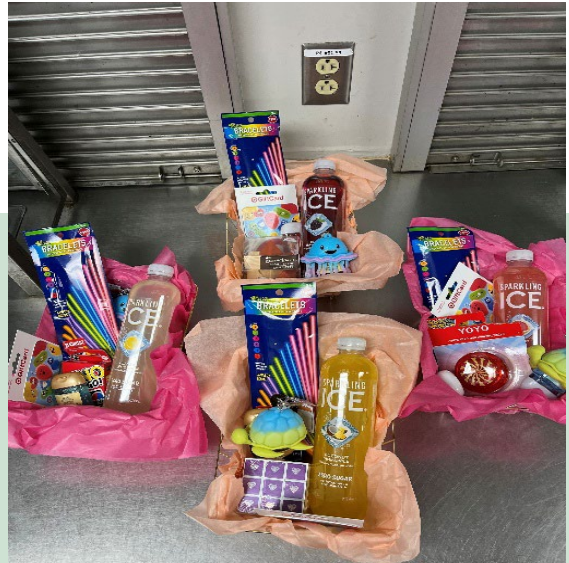
James F.



Harrison G.

Café Fun

The children at St. John School in Ellisville were excited to see the baskets that Leah Dawson put together for her raffle!



Raffle Winners Sacred Heart Valley Park





Café Fun

Sacred Heart Troy Basket Raffle Winners

Bodhi Schmitz- 2nd grade

Harper Carl- 3rd grade

Mason Floyd- 8th grade.



Every month the kids at Sacred Heart in Troy, MO look forward to “sticker under the tray” day. One student from each class will find a sticker and receive a sweet treat!

February’s winners were:

K- Adrianna T.

3rd- Lainey S.

6th- Ellie G.

1st- Abrahm S.

4th- Kyrie L.

8th- Wesley F.

2nd- Leighton W.

5th- Charlotte G.

Congratulations!





Café Fun

St. Gerard Majella 1st Grade Joke of the Day

These are some of the jokes shared daily by SGM's 1st grade when sending their lunch count. We hope you find a little humor in them. Enjoy!!

What's a ghost's favorite car?

A "boo"gati!

What is a vampire's favorite song?

Bad Blood!

How do you make a tissue dance?

Put a little boogie in it!

Why are fish so smart?

They live in schools!

What do you call a sad strawberry?

A blueberry!

What has 13 hearts, but no organs?

A deck of cards!

What goes up and down, but doesn't move?

Stairs!

Where do most horses live?

In a neighhhhh-borhood!

What's a rabbit's favorite springtime dance?

The bunny hop!

Why was the Easter Egg hiding?

Because it was a little chicken!

What's it called when it's raining chickens and ducks in the Spring?

Fowl weather!

What do April Showers bring?

May flowers!

What kind of bow can't be tied!

A rainbow!

How excited was the gardener about spring?

He wet his "plants"!!

Why couldn't the flower ride its bike?

He lost his "petals"!

What did the flower say after it told a joke?

I'm just "pollen" your leg!

What kind of garden does a baker have?

A flour garden!

What season is it when you're on a trampoline?

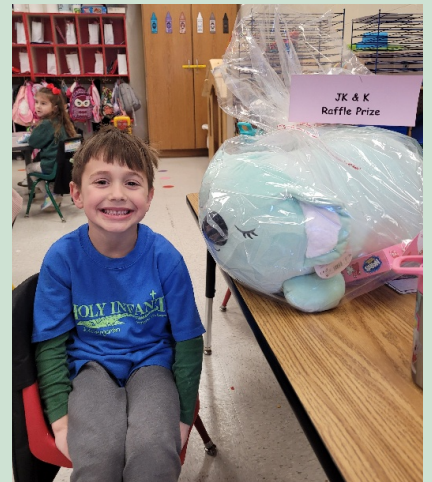
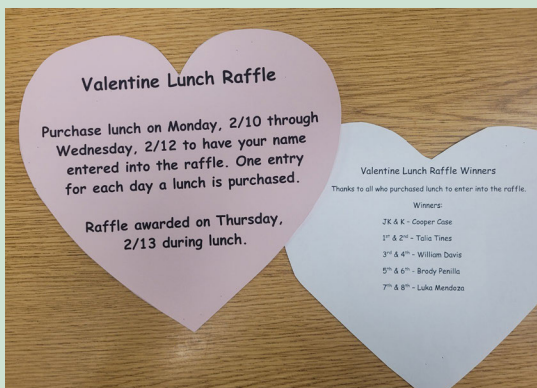
Springtime!!!

What do you get when you cross a crocodile and a rooster?

A croc-a-doodle-doo!

Café Fun

Here are the Holy Infant Valentine's Basket winners. The children were very excited about this contest.





Café Fun

Bob Bestgen,
Manager at Purina
Farms and **Laura**
Kramer, Manager
at Holy Infant each
ran a kitchen at
Holy Infant for their
annual St. Patrick's
Celebration!



Irish Dancing

Gr. 5 & 7 - 1:30 pm & Gr. 6 & 8 - 3:00 pm

Abigail Stahlschmidt

Acoustic and Electric Violinist
Playing between our Irish Dancing Shows

Silent Auction & Raffle Baskets

1:00 pm - 6:30 pm

Super & Grand Raffle Drawing

7:00 pm

Corned Beef & Cabbage Dinner

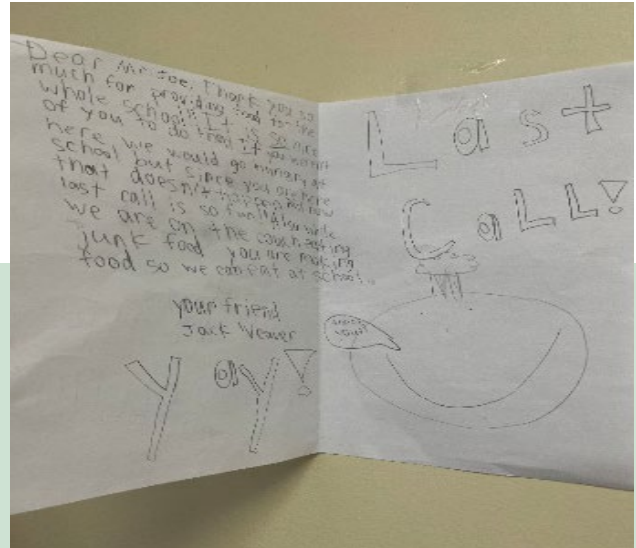
1:00 pm - 7:00 pm
(or until they sell out)

**Denise served a delicious Fat Tuesday Lunch at Rosati-Kain.
Shrimp Boil, Red Beans & Rice and Beignets!**



Café Kudos

Mr. Joe at St. Gerard Majella received a very nice thank you note from a student.



Autumn Burr, our Manager at Seton Regional, received a Kindness Award and Lunch Queen certificate from the school.

Congrats!





Café Kudos



Idania at Priory was surprised by an advisory on Valentine's Day and presented flowers and a thoughtful gift bag.



Luke Dees, at Holy Redeemer, received a nice token of appreciation from the school.





Café Kudos

Once a month students, teachers, and parents at St. Margaret Mary Alacoque are encouraged to send a note of appreciation to anyone who works/volunteers at the school. These are a few that our Café Manager, Jill Fischer received.



I am stressed out on the daily for having to prepare lunch for my four kids... that Jill Fisher is preparing lunch for 400! Every day!! Parents LOVE the convenience of "buying" lunch, but don't often think about all the work that goes in to preparing all that food for THAT MANY KIDS all at the same time! It is hard sweaty work and she does it with joy and cheerfulness that the kids totally pick up on and appreciate! AND her hair is always cute!!! How do you pull that off??? Way to change there stereotype of lunch lady, Jill!! We appreciate all your daily hard work, AND sunny disposition! And thanks for making the buying lunch process more transparent and easy for parents,

We are so thankful for Mrs. Fischer! She clearly cares about all of the students. She is friendly with them and checks on them and learns all their names. The food quality has improved under her leadership. Thank you for taking such great care of our students, Mrs. Fischer

Thank you, Mrs. Fischer! SMMA is so blessed to have such a caring, hard working food manager. You are always looking out for each of the students, every single day. We are so grateful for the quality food and the loving atmosphere that you bring to the cafeteria. We appreciate you!

Love,
The Pisoni Family

Thank you for ALWAYS having a positive demeanor in the lunch room! Even during the craziness, or when 5 kids say they ordered grab-n-go but they're not on the list, or when you get to train ANOTHER new sub/helper.....still always positive! You are an AMAZING GIFT to SMMA. Thank you

Miss Manager / hair stylist / cool mom
...the list goes on...you are fabulous and
I hope you feel extra special not just
today, but everyday. You rock!

Jill, thank you for being you! Thanks for helping us with the new lunch system!



Odds & Ends

Employment Opportunities

We are always looking for good employees to fill a variety of positions. There is usually a need at the beginning of each semester as well as throughout the year. Applicants may send their resumé to Susan Parisi at susan@foodserv.org or apply online at www.foodserviceconsultants.org

THINK BIG.
TRUST
YOURSELF
AND MAKE
IT HAPPEN

A vertical rectangular image with a sunset background. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water in the foreground. The text is overlaid in a bold, black, sans-serif font.

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 via email.

Newsletters are published as follows:

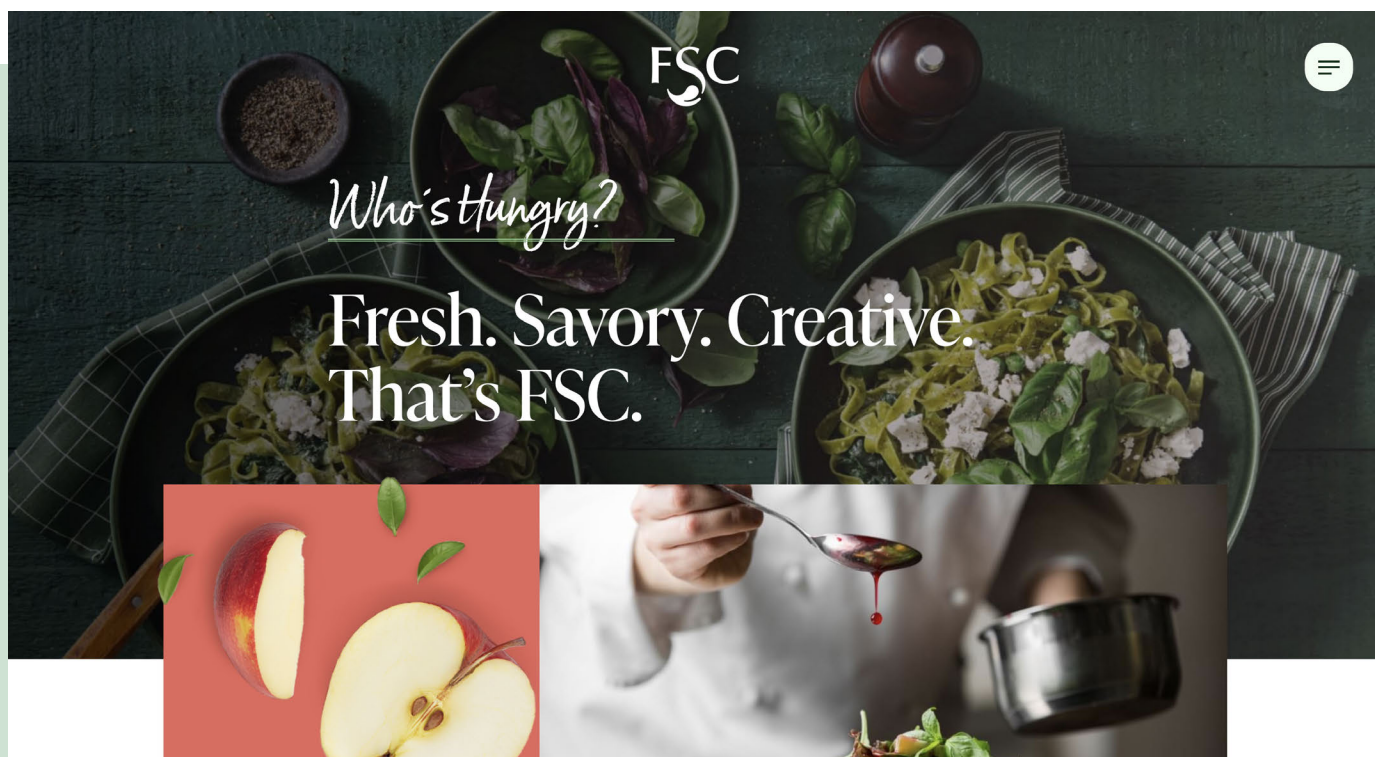
<u>Newsletter Date</u>	<u>Deadline for Info</u>
October	September 11th
January	December 15th
April	March 22nd

Some of the information in this newsletter was taken from articles originally published in the St. Louis Review, and various school newspapers and social media.

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



8534 Watson Road
St. Louis, MO 63119



Digital Edition

In an effort to expand our Going Green program we offer 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.*

Visit our website!

www.foodserviceconsultants.org