



October 2025

FSC

Who's hungry?

Congratulations to the David H. Phillips Memorial Scholarship Winners!



David H. Phillips

Food Service Consultants Inc. is proud to announce the recipients of the 2025-2026 David H. Phillips Memorial Scholarships. Established by Dave Phillips, who founded FSC in 1985, this scholarship reflects his core values: education, family, and the essential role our employees play in the company's success.

Dave truly believed in the exceptional quality of education provided by the schools FSC partners with and his commitment to this belief has shaped FSC into a family focused business for 40 years. Following Dave's passing in 2010, the scholarship was re-named by Michael Kumpf and continues to honor Dave's legacy and commitment to these values. Over the years, the scholarship has continued to grow, and today, FSC proudly awards ten \$1,000 scholarships to members of the FSC family with children or grandchildren attending any of the schools that FSC has the privilege of serving.

We extend our heartfelt thank you to the hundreds of individuals who enable FSC to serve our community and wish to congratulate this year's winners.

- **Bridgette Beaman** works at Purina Farms and her children attend school at St. Francis Borgia High School.
- **Jill Carson** is our Café Manager at St. Cletus, and her children attend school there.
- **Jenna Case** works at Holy Infant and her children attend school there.
- **Ellen Corrigan** works at St. Joe Cottleville and her children attend school there and at St. Dominic High School.
- **Alex Dulle** works at Ascension where their children attend school.
- **Jill Fischer** is our Café Manager at St. Margaret Mary Alacoque where her children attend school.
- **Francesca Hernandez** works at Ascension where her children attend school.
- **Kathy Jercinovic** works at St. Pius Festus where her children attend school.
- **Amy Kalal** works at FSC office, and her son attends St. Paul School – Fenton.
- **Debra Thies** works at Holy Infant where her children attend school.



We Serve *Great People!*

Exciting Growth at St. Pius X Catholic High School

As the 2025 school year unfolds, their community is experiencing a season of amazing spiritual, academic, and athletic growth. From faith-filled conversions to national athletic recognition, dynamic new programs, and dedicated new faculty, they remain committed to their mission of providing an exceptional Catholic, college preparatory education.

One of the most inspiring developments this year is the journey of faith taken by two of their seniors, who have made the profound decision to enter into full communion with the Catholic Church. Their conversion is a beautiful testimony to the spiritual life that thrives in the school and the supportive environment that encourages students to grow not only academically but in their relationship with God.

They're also proud to announce the launch of The Lancer Academy, a new initiative designed to support academic excellence and provide personalized learning pathways for their students. Through

innovative programming, mentorship opportunities, and strategic academic support, The Lancer Academy empowers students to reach their full potential in and beyond the classroom. You can learn more at www.stpius.com/lanceracademy.

St. Pius X Catholic High School is privileged to announce that it has entered into an agreement with Missouri Baptist University. St. Pius X is now an MBU Preferred Partner School beginning with St. Pius X graduates entering MBU in the Fall of 2025. What this means is that any student that graduates from St. Pius X Catholic High School and enrolls at Missouri Baptist University as a freshman will be awarded MBU's highest annual merit award of \$17,300 along with an additional \$6,000 grant for a total award of \$23,300 as part of MBU's Christian School Preferred Scholarship program.

On the athletic front, their girls' volleyball program has achieved historic success. MaxPreps recently ranked the team #1 in the state of Missouri, a first for their school, and placed them among the top 50 programs in the nation.

This outstanding achievement reflects the dedication of their student athletes, the expertise of their coaching staff, and the enthusiastic support of the school community. In addition, all athletes received the Academic Team Award from the American Volleyball Coaches Association, placing them among the top 20% of high school and college teams nationwide for academic excellence.

As they continue to grow, they're excited to welcome several new faculty members who will play key roles in shaping the student experience. Fr. Donald Morris joins them as the new Chaplain, bringing a deep pastoral presence to the spiritual life on campus. Mr. Jacob Fowler has been appointed as the new Theology teacher and Campus Minister, where he will guide students both in the classroom and through service and retreat opportunities. Additionally, Mr. Leonard Revelle joins the Science Department, bringing with him a passion for discovery and student engagement.



We Serve *Great People!*



Representatives of the Serra Club of St. Louis presented an award to St. Joseph School 6th grader, *Gemma* for their Vocations Essay Contest. Out of nearly 350 entries, they received the first-place award! She received a \$300 check, and her teacher received a \$125 check. We are so proud of Gemma's beautiful essay reflecting on the necessity of Priests, Brothers, Sisters and Deacons for the mission of the Church.



St. Joseph's Academy
Director of Library Services,
Jennifer Millikan, was
installed as President of the
Catholic Library Association!
This is a national leadership
role and a true honor in the
library world.

Congratulations, Jennifer!

Mr. Dan Harms threw out the first pitch at a Cardinals game in May in honor of his 52 years of ministry with Lutheran High School South. *Congrats!*





We Serve *Great People!*

Big congratulations to Holy Family Parish School Principal, Bridget Brennell!



Bridget was honored with the Citizen LifeSaver Award by the Rock Community Fire Protection District for her heroic actions in performing life-saving back blows on a choking student. Her quick thinking and calm under pressure made all the difference.

Mrs. Knaak at Messiah Lutheran School issued a bold challenge—she'd wear one temporary tattoo for every point her class grew on the Language Usage NWEA test. Now she's sporting 113 of them! Talk about learning that sticks!

Way to go, 5th grade



Congratulations to the 15 DeSmet seniors who received the Pope Francis Scholarship Award, an honor given to students in the top 10% of their class!

Your dedication, curiosity, and drive for excellence set the standard in and out of the classroom. This recognition celebrates your hard work and reflects the values you live every day—leadership, integrity, and a commitment to growth. Your future is bright, and we can't wait to see what's next!





We Serve *Great People!*

St. Dominic High School Security System

By Caroline Hecker

St. Dominic High School becomes first school in St. Charles County to integrate security camera system with law enforcement intelligence center.

As students were welcomed back to the classroom for a new school year, administrators at St. Dominic High School are bolstering safety of both students and staff.

With the help of a federal grant, the school recently upgraded its security camera system, adding more than a dozen cameras as well as the operating system. The upgrade allows law enforcement to access a live feed of the school's surveillance cameras when a 911 call is made.

"Anytime you have the opportunity to protect and keep your kids and your faculty and staff safe, you need to do it," said Jim Welby, President of St. Dominic High School. "You can't prepare for every situation, but you want to be prepared for whenever a situation arises."

Welby said the federal grant helped pay for around \$150,000 of the \$275,000 upgrade. However, the system can be upgraded over time, in phases, allowing school districts to reapply for the grant annually.

The upgrade allows the school's cameras to be integrated with the Regional Intelligence and Information Center, or RIIC. It is a partnership between St. Louis County and St. Charles County Police Departments, enabling their Intelligence

Operations Bureau to help oversee thousands of public cameras across the two counties and help detectives solve crimes.

"If something exists that has the potential to make us better or improve what we do and the service we provide, I think we have an obligation to lean into it," said Lt. Eric Feagans of the St. Charles County Police Department.

This month, St. Charles County SWAT and school resource officers took part in active shooter training at St. Dominic High School. The new integrated system allows employees at the RIIC to relay real-time information to responding officers, in the event of an emergency.

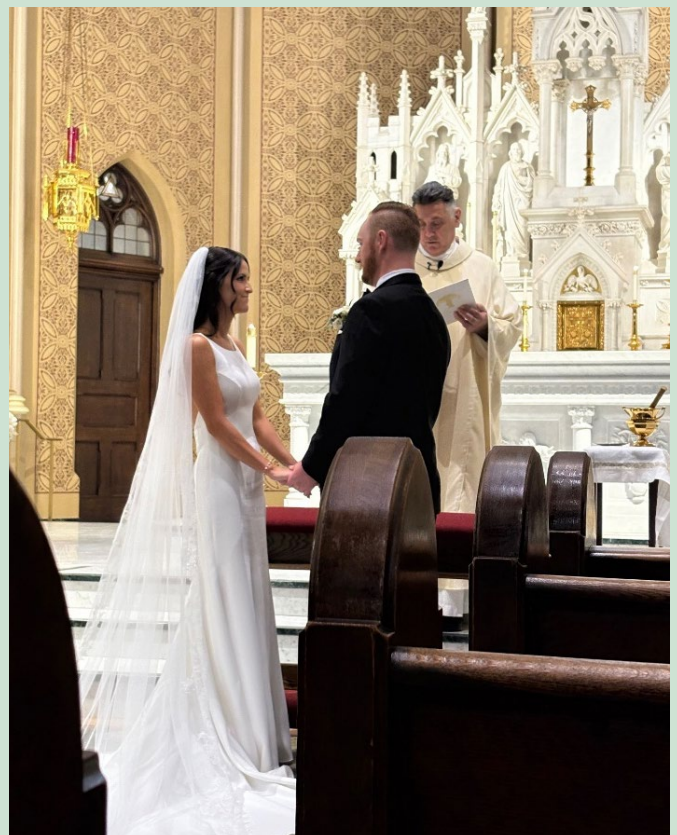
"This will change the ability to train and show all of the officers in the region that all of the things we taught you about response still apply, but they apply with the ability cut half of the puzzle out or three-fourths the puzzle out or narrow it down to one building whatever the case may be," said Lt. Feagans. "And we're all better for it."

Grants can be applied for at www.grants.gov/.



FSC Family Features

Jeff and Erin Carpenter were married at Our Lady of Mount Carmel in Chicago, and the reception was at South Branch restaurant. Jeff's Mother, *Laura Carpenter* is our Manager at City Academy. She made the cake, cookies and cupcakes and delivered them all the way to Chicago.





FSC Family Features



Al Sanders, Purchasing Director, celebrated the wedding of his son Adam to his beautiful bride Emily on August 23rd. Their dog Cooper even joined in the festivities.



Executive Chef *Chad Bunch* married Josephine Butler in a beautiful setting on June 1st. Congrats to the happy couple!



“The best thing to hold onto in life is each other.”

— Audrey Hepburn

Sports



On Saturday, May 10, the St. Pius X Track & Field Teams traveled to Lutheran North High School to compete in the MSHSAA Class 2 District 2 Track Meet. In a truly historic performance, the Lancer boys track team claimed their first-ever District Championship—a remarkable achievement made even more impressive by the fact that St. Pius X Catholic High School currently does not have a track facility. However, plans for a new track/football facility are in the early stages of development, signaling a bright future for the program.

The Lancers scored an outstanding 138.5 points, finishing ahead of 13 teams and outpacing second-place Elsberry, which scored 112 points.

Congratulations to all the Lancer athletes on their outstanding efforts and historic achievements!



Congratulations to DeSmet senior *Will Poelker*! He now owns the school record for the 3200m run - 9:18!!! Even more special was seeing Bryan Traugher's excitement as he has coached Will these past four years and had the honor of standing by his side for this milestone. This is what it's all about—watching perseverance turn into something record-breaking. Here's to finishing the season strong and continuing to build something special!

Congratulations to Duchesne High School 2025 Varsity Baseball District Champs!





FSC Family Picnic

On June 6th, FSC employees and their families helped kick-off the celebration of FSC's 40 years of business in a big way. The FSC Family Picnic was held at Grant's Farm. There were many wonderful "photo ops" captured by Lou Countryman and no one let a little rain spoil their fun!

There were animal encounters starting with a visit from one of their famous Budweiser Clydesdales. Guests had the opportunity to meet several animals and learned interesting facts about them from their handlers. There was a Macaw, baby hedgehog, baby water buffalo and very energetic baby aoudad (barbary sheep). You could also walk through the parakeet exhibit with a live feeding interaction and immersive bird experience. And goat feeding is always a favorite activity at Grant's Farm.

We also enjoyed yard games, carousel rides, magicians, face painters and a tattoo artist.

There was a barbecue buffet prepared by the Grant's Farm staff. Since our staff prepare meals every day it was nice to have someone else cook for them!

There was also live music in the courtyard and a drone show to end the evening!





FSC Family Picnic





FSC Family Picnic





FSC Family Picnic





FSC Family Picnic





Annual Kick-off Meeting

This year our kick-off meeting was again held at St. Louis University High School. It is the perfect location with plenty of room and all the required equipment. Our day started early with an informal breakfast gathering with delicious food prepared by the SLUH staff. This is a wonderful way to start the new school year and allows a little time for everyone to catch up with each other and share summer vacation stories.

Scott Phillips, our President, began the meeting by welcoming everyone, introducing the new managers, and announcing the new accounts and management changes that may have occurred over the summer.

Updates were shared about pricing, purchasing, menus and office procedures. Parameters were provided for the FSC Excellence Awards. Service Awards were distributed to the proud recipients.

Elaine Baragiola's presentation featured updates in Human Resources practices.

Lisa Baragiola, FSC's Dietitian, discussed ways to prepare for Health Department Inspections.

Bill Sawalich of Barlow Productions headed up the group photo session which is always fun.





Service Awards

Food Service Consultants is proud to have a number of employees that have been with the company for many years. The employees listed below received awards for their years of service at our annual managers' meeting in July.

5 Year Award Recipients

Wendy Buehrig, Holy Infant
Kathy Jercinovic, St. Pius X

10 Year Award Recipients

Terry Uding, St. Catherine
Mary Lou Miller, St. Joe Cottleville
Sandy Cambron, Holy Spirit
Terri Powell, Holy Infant

15 Year Award Recipients

Elois Ivory, Lutheran North

20 Year Award Recipients

Maggie Aubuchon, St. Joe
Cottleville

25 Year Award Recipient

Pattie Timmermann, DeSmet
Jesuit High School
Susan Parisi, FSC Main Office





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 as follows:

- **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!

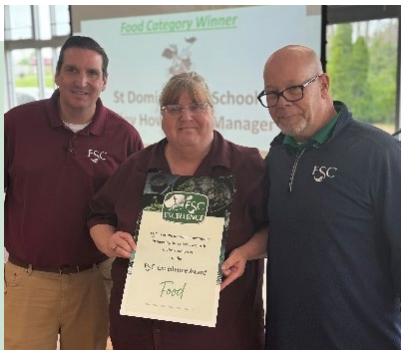
The winners of the Latest Round of Awards are:

Food St. Dominic High School

Safety & Sanitation Atonement Lutheran

Communication St. Pius X High School

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



Winners, L-R: Food Category–St. Dominic High School, Shelley Howerton-Manager; Safety & Sanitation Category– Atonement Lutheran, Erica Cole-Manager; Communication Category–St. Pius X High School, Donna Melton-Manager



Happy Retirement!



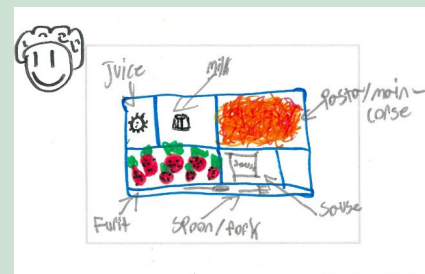
Pam Carson retired at the end of the 2024-2025 school year. She was with us for 31 years working at St. Dominic, Assumption O'Fallon, St. Cletus and Sacred Heart Troy. She plans to spend time with her 2 children and 7 grandchildren and wants to travel more. She is kind enough to be helping us out at the start of this school year. We appreciate having such a wonderful employee for so long.



Diane Foote retired after 23 years at Academy of the Sacred Heart. We appreciate her hard work and dedication.

Café Kudos!

When the students at Loyola were asked to draw a “moment that brought them joy” during their first week of school, more than one student drew our cafeteria food! *How cool is that?!*



Food Talk



By: Lisa Baragiola

Does My Child Need A Supplement?

Vitamins and minerals are important for healthy growth and development in children. Children who eat a well-balanced diet usually do not need a vitamin or mineral supplement. However, some children are at risk for deficiencies and may need a supplement.

When to Supplement

Children who follow vegetarian or vegan diets may need to supplement with vitamin B12 since it's only found in animal-based foods. Children who have celiac disease are at a higher risk for nutritional deficiencies and may need supplements. Additionally, children who have a poor appetite, take certain medications or have chronic medical conditions that interfere with intake may need a supplement.

Important Considerations

Parents should strive for a well-rounded diet to ensure their child meets the daily recommended vitamin and mineral intakes. A balanced diet includes dairy or fortified soy milk or yogurt, fruits and vegetables, whole grains and protein foods such as poultry, fish, eggs, nuts and legumes including beans and lentils. While all vitamins and minerals are important for growth and development, some are especially critical for children.

According to the American Academy of Pediatrics, most children do not get enough iron and calcium from their diets. Iron is found in beef, pork, turkey, beans and spinach. Iron helps build muscle and is needed to produce red blood cells. Signs of low iron levels include a lack of energy,

nervousness and increased infections. Calcium is needed to grow healthy bones. It is found in milk, sardines and fortified plant-based beverages and juices, with smaller amounts in broccoli and spinach. A lack of calcium can lead to poor growth and osteoporosis later in life.

Other vitamins of concern are vitamin D, vitamin A and the B vitamins. Vitamin D controls the absorption of calcium and aids in the development of bones and teeth. Vitamin D is produced in the body after sunlight exposure and found in some foods, including fortified dairy and dairy alternatives, egg yolks and fish oils. Children who consume less than 32 ounces of vitamin D-fortified milk or dairy alternatives daily may need a supplement to meet recommended amounts. Excessive intake is not beneficial and drinking more than 32 ounces of milk can cause low iron in the body. B vitamins help with metabolism and energy and are found in animal products such as meat, eggs and dairy, as well as nuts, beans and soybeans. Vitamin A is important for normal growth and promotes healthy skin and eyes, immunity, and tissue and bone repair. Good sources include yellow and orange vegetables, milk, cheese and eggs.

Seek Advice First

Discuss supplements with your child's health care provider before giving them to your child. Taking large amounts of vitamins that exceed the recommended daily amount can be toxic and lead to symptoms such as nausea, headaches or diarrhea. Always store supplements out of reach from children. Thousands of people are taken to the emergency room each year after taking dietary supplements, including children who have taken supplements unsupervised. Supplement bottles are not required to have child-proof lids. In addition, supplement ingredients are not as closely monitored as prescription drugs by the Food and Drug Administration, so always practice caution when supplements are in the home with small children.

While there are circumstances when supplements may be needed, getting vitamins and minerals through food and drink should be the goal for growing children. If you feel your child may need a supplement, consult their health care provider.

Reviewed July 23, 2024
www.eatright.org



Odds & Ends

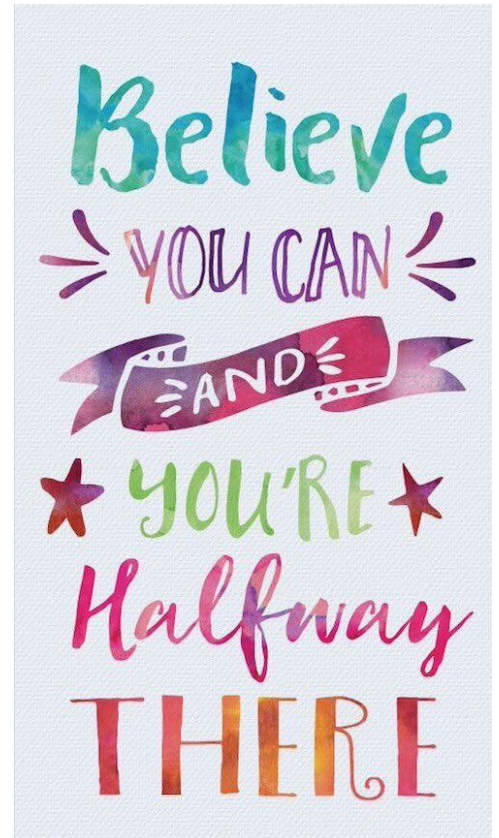
\$100 Recruitment Bonus

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 employee who brings in an applicant who is subsequently hired and completes 3 months of employment. This does not apply to people you hire for your account.

All non-salaried personnel are eligible for this bonus.

Applicants may apply by email to susan@foodserv.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:

<u>Newsletter Date</u>	<u>Deadline for Info</u>
October	September 11th
January	December 15th
April	March 29th

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