



October 2026



Who's hungry?

Congratulations to the David H. Phillips Memorial Scholarship Winners!



Food Service Consultants Inc. is proud to announce the recipients of the 2026-2027 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 nearly 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 \$2,500 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.

Debra Thies works at Holy Infant

Natalia Hoft works at Holy Infant

Wendy Buehrig works at Holy Infant

Kathleen Kenney works at Holy Infant

Amy Kalal works at our corporate office

Scott Krietemeyer is a District Supervisor

Bridgette Beaman works at Purina Farms

Sandy Cambron is our manager at Holy Spirit

Jill Carson is our manager at St. Cletus

Maria Boylan is our manager at Visitation Academy



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.

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.

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.





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. We appreciate their dedication and hard work over the years.

25 Year Awards

Marlon E. Merrill, FSC Office

Debbie Hill, FSC Office

Michael G. Kumpf, FSC Office



Marlon Merrill, Scott Phillips, Debbie Hill, Michael Kumpf

20 Year Awards

Jan Wilferd, St. Joseph Academy

Sonia L. Mercado,
Holy Infant Catholic School

John T. Watson,
St. Pius X High School



Scott Phillips, Jan Wilferd

15 Year Awards

Brenda Hatton,
St. Peter Catholic School

Matthew Gilliam,
St. Louis Priory School



Brenda Hatton, Scott Phillips

10 Year Awards

Alfred Sanders, FSC Office

Autumn Burr,
JS Alberci Constructors Co.

Rodney Dotson,
DeSmet Jesuit High School

Shirley Jefferson,
Maryland Marianists Community

Barbara Mennemeyer,
Sacred Heart Troy



Al Sanders, Scott Phillips, Autumn Burr

5 Year Awards

Alyssabeth Bartow,
DeSmet Jesuit High School

Susan Bender, FSC Office

Patricia Brown,
St. Joseph Cottleville

Carolyn Deavens,
Academy of the Sacred Heart

Ellanore Gordon,
St. Dominic High School

Lee Gustin, FSC Office

Leanna Howerton,
St. Dominic High School

Carol Keeven,
St. Francis Borgia High School

Dennis Kenney,
Immaculate Conception
Dardenne

Donna Klekar, Logan College

Sharonda Leonard,
St. Louis University High School

Matthew MacLaughlin,
FSC Office

Donna Melton,
St. Pius X High School

Jeffrey Riedel, FSC Office

Corey E. Ware,
Lutheran North High School

Michele Weinfeld-Johnson,
Events by FSC



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.
- **Exclamation Point!** This is for an account that goes above and beyond to create a great experience for the students, faculty and staff.

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 of the categories!

The winners of the Latest Round of Awards are:

Food Category–Messiah Lutheran School

Safety & Sanitation Category–Holy Family Catholic School

Communication–St. John School

Exclamation Point!–Saint Theodore & Mary Queen of Peace



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



Happy Retirement!

Time for some R & R!

Congratulations to **Laura Carpenter**, Manager at City Academy, on her retirement. Her dedication and professionalism will be missed. Laura is looking forward to travelling and spending time with her family.



We Serve Great People!

FSC would like to extend our congratulations to **Tamiko Armstead**, President & CEO of Cardinal Ritter College Prep. They will receive the Lifetime Achievement Award during the St. Louis American Foundation's 39th annual Salute to Excellence in Education Scholarship & Awards Gala on Oct. 17 at the St. Louis Union Station Hotel. If you would like to attend the event, please go to <https://wl.donorperfect.net/weblink/WebLink.aspx?name=E368653&id=4> to register.





We Serve *Great People!*

What's Right with the Region Award

City Academy was honored by FOCUS St. Louis with a What's Right with the Region Award for Improving Equity and Inclusion. Co-Founder and President **Don Danforth** and Head of School **Jarrett Young** accepted the award on behalf of the school community.

They're proud of this recognition because it reflects the work the faculty and staff do every day. They create the kind of environment where students feel known, challenged and supported – and where the future is nurtured through opportunity, belonging and a deep belief in every child's potential.

This honor is a reminder that preparing the future starts with expanding access, promoting inclusion and believing in what every child can become

Lutheran South High School Freshman **Sadie Butterfield** was named the Reserve Best Winner in the Bluegrass Classic Dog Show held at the Kentucky Horse Park in Lexington.

She is the handler for Banks, a five-year-old golden retriever, and competed against 50 other juniors between the age of 9 and 18 from across the nation!

Banks, whose registered show name is Futura's Owl Chase the Water's Edge, is owned by Josie Reed, Amber Wagner, and Judy Knobbe, who is also Banks' breeder at Futura Goldens.

Sadie is the daughter of Jonathan Butterfield, Head of School, and Mrs. Leanna Butterfield, Student Wellness Advocate.



Backer Award

Congratulations to **David Eichhorn '92**, **David Glarner '89** and **Joe Jedlicka '80**, SLUH's new Backer Awardees! The Backer Award is the highest SLUH alumni honor, recognizing extraordinary graduates who have personified the school mission by serving "above and beyond" in their communities, professions and their church.





We Serve *Great People!*



Lutheran South High School Senior *Mara Queen* attended the Berklee College of Music in Boston this summer, earning a spot on the Jazz All-Stars Ensemble and the Great Women Composers and Songwriters Ensemble. She additionally landed a spot on Jazz St. Louis' JazzU All-Stars for the second year in a row.



Every year on the first day of school, *Fr. Stewart* seeks out the student who has inherited his freshman locker, 511, welcoming him to SLUH and wishing him luck in the year ahead.

De Smet Jesuit is Thrilled to Welcome a Very Special New Addition to Spartan Country: Duo Dog Missy!



Professionally trained by Duo Dogs, a St. Louis-based nonprofit, *Missy* joins De Smet Jesuit as a facility dog supporting students across campus.

Missy will primarily work with students in our Learning Center and Inclusion Program, where she will provide a calming and supportive presence throughout the school

day. Her role reflects the Jesuit value of cura personalis, or care for the whole person, and adds another layer of support for students as they navigate academics, routines and the everyday challenges of school life.

Students will also see Missy throughout Spartan Country with her handlers, greeting Spartans in the hallways,

visiting shared spaces and getting to know members of our school community.

She has already become a favorite among our Spartans, and we are excited to have her as part of daily life at De Smet Jesuit.



Welcome to Spartan Country, Missy! 🐾💙



We Serve *Great People!*

Lancer Academy

The inaugural year of The Lancer Academy at St. Pius X Catholic High School was a tremendous success, giving students the opportunity to learn, explore, and grow in ways that extend beyond the traditional classroom.

Held during a condensed two-week term at the end of the school year, The Lancer Academy brought a fresh sense of energy and excitement to campus. Students stepped outside the traditional college-preparatory curriculum to explore elective style courses such as Intro to Cooking, Basic Home Repair, Intro to Firefighting, and so many more courses designed around real-world experiences, personal interests, and future opportunities.

Through hands-on learning, collaborative projects, intensive study, and experiential activities, students developed creativity, leadership, problem-solving skills, and confidence. The Academy's flexible format also gave students the opportunity to build connections with peers across grade levels while learning in a more relaxed and engaging environment.

From exploring potential careers to developing practical life skills, The Lancer Academy encouraged students to discover new interests and see learning from a different perspective. The result was a meaningful and energizing close to the school year, one that challenged students to think creatively, try something new, and take ownership of their learning.

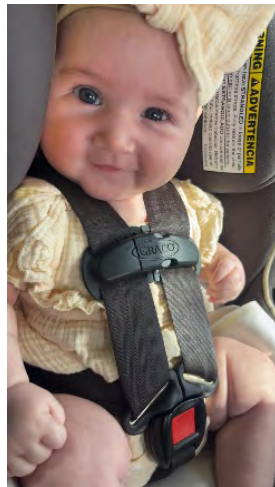
The success of its inaugural year demonstrates the value of creating opportunities for students to learn beyond the classroom, discover their passions, and prepare for life beyond St. Pius X. The Lancer Academy is a reflection of the school's commitment to educating the whole student and preparing Lancers to lead with confidence, purpose, and curiosity.





FSC Family Features

Over this summer **Jessica** and Anthony welcomed their baby girl, Charlotte (Charlie) Grace on May 26, 2026. Jessica is our manager at St. Johns in Ellisville. She is also the third grandchild of Sandy Cambron, who is our manager at Holy Spirit.



Joe Wyatt became a Grandpa for the 13th time! His daughter Katina delivered Khalid Sean Joel Hill on June 1, 2026. Joe is the cook for St. Gerard Majella School.

Jonathan Ringo and his girlfriend Nurifa Alimanovic welcomed a baby girl on August 25th. Her name is Ji'hla Delores Ringo.





FSC Family Picnic

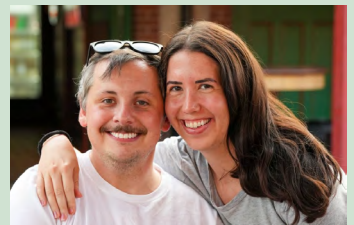
On May 28th, FSC employees and their families attended the annual FSC Family Picnic at Grant's Farm. This year we had the whole park to ourselves!

Guests experienced fun animal encounters starting with a visit from one of the famous Budweiser Clydesdales. Guests had the opportunity to meet several animals and learned interesting facts about them from their handlers. We 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, face painters and Dippin' Dots.

Our employees also appreciated 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!

We enjoyed the beautiful weather and entertaining live music by Al Holliday.

There were many wonderful "photo ops" captured by Lou Countryman.





FSC Family Picnic





FSC Family Picnic





FSC Family Picnic



Sports

De Smet Jesuit Volleyball Coach Named 2026 Spring Sport Coach of the Year

By Warren Mayes

De Smet Jesuit's **Tim Haffner**, who has led the boys volleyball program for 11 seasons, has been named a 2026 Spring Sport Coach of the Year by the AEA Institute and its Mental Edge Academy program.

The national recognition honors coaches who build not only winning programs, but stronger, more resilient young people. Haffner was one of 10 coaches in all sports throughout the country to earn a coach of the year honor.

"My assistant coach, John Hawkey, sent me a text with a screenshot of the award and a 'Congratulations,'" Haffner said. "At first the screen shot didn't come through so it was 'Congratulations.' It was my wife and I's 10 year anniversary. My first thought was just that he was being a good friend."

Haffner guided the Spartans to their second straight state championship last May. Under Haffner's leadership, De Smet's boys volleyball program has become a model of consistency and culture.

Haffner makes mental toughness a daily priority, challenging athletes to embrace accountability, strengthen their mindset, support one another and prepare for the adversity that comes with competing at an elite level. By training the mental side of performance, the program prepares its athletes to perform when the stakes are highest – and to lead long after they leave the field.

The recognition is part of a national initiative by the AEA Institute to identify coaches who are elevating high school athletics and place an emphasis on leadership, mental performance and long-term athlete development.

Congratulations to Duchesne's Newest State Champion, Eric Greifzu '27!!



Duchesne junior Eric Greifzu made history by winning the Class 2 state tournament played at Bogey Creek Golf Club in Farmington.

In his third consecutive state tournament appearance, **Eric Greifzu** earned medalist honors when he finished at even-par 144. His 1-under 71 in the first round saw him tied for first. His 1-over 73 in the second round was enough to win.

"When I realized I won, I honestly couldn't believe it," Greifzu said. "It was surreal to finally see my hard work that I had put into my game pay off."

Greifzu did not know the Pioneers never had a boy champion.

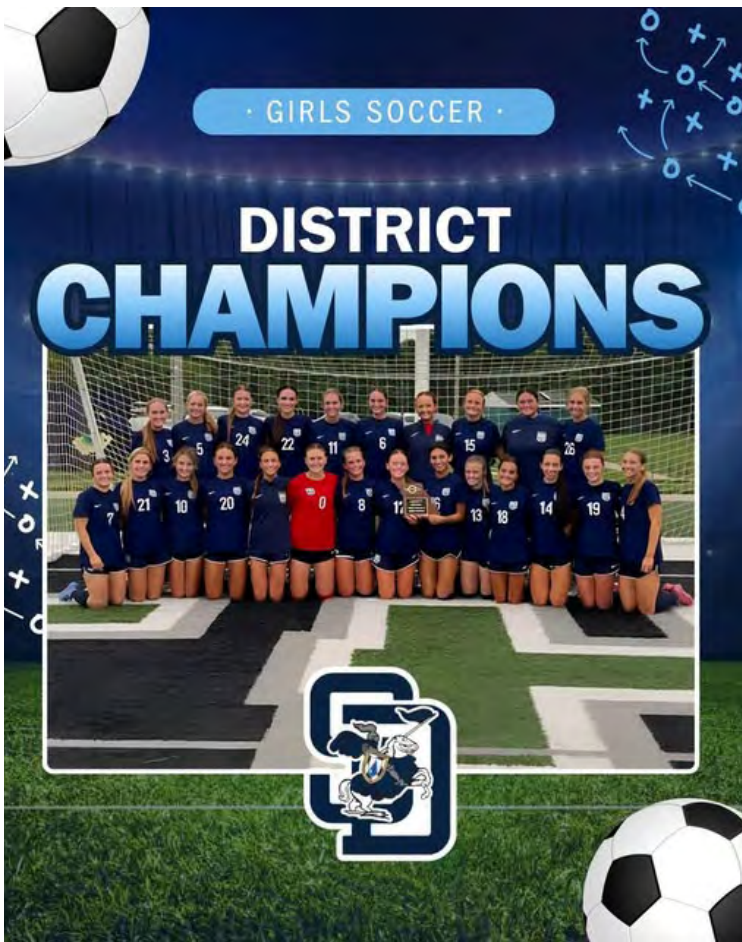
"Being the first to do anything is awesome. I honestly didn't know that I was the first individual to win state until a few days after I had won," Greifzu said. "I kind of just assumed that in the multiple team titles that Duchesne had had over the years and individual had won but knowing that I am the first makes it even more special."

Sports

St. Dominic Crusaders Dominate !

St. Dominic Crusader Girls Soccer Team brought home another District Championship last season.

Congrats!



Great job to St. Dominic High School Crusader Boys Volleyball Team on their District Championship and third place win at State. *Congrats!*



St. Dominic High School Crusader Baseball Team took 2nd place in the State Championship! *Congrats!*



3rd Place
AT STATE

Café Fun

Athena Bays, our manager at St. Alban Roe, features a “Try it Tuesday” special. This encourages the students to try new things!



Special Request

When you request a Cinnamon Roll birthday cake ...**Chef Julie B** delivers in a big way!

Happy Birthday **Father Alfonso** and good luck in your new adventure.

4th Quarter Raffle Basket Winners at St. Gerard Majella.

- 3rd grade Ben W.
- 1st grade Matthew W.
- KA Joseph K.
- 7th grade Paige P.
- 2nd grade Ella E.
- KB Anna G. (not pictured)

A fun way to finish the school year!





Café Kudos

We love hearing stories like this about our staff!

Our troop just returned from camp at Famous Eagle. We had the pleasure of meeting your employee, Ms. Lisa. One of our Scouts (Robert) assisted her in cleaning up an unexpected spill, and from henceforth they had a little kinship in the dining hall. Lisa's appreciation and kindness were as wonderful as she is. With Robert's parents' permission, I've attached some photos.

*Thanks,
Shannon Eaton*



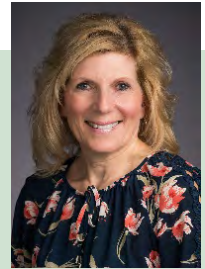
The café staff at St. Gerard Majella received an unexpected surprise at the end of last school year!



Food Talk

Eat Right to Play Hard

Active kids need “high-octane” fuel. In addition to calories for daily activities, health, brainpower and growth, child and teen athletes need energy for sports. To give their performance a boost, feed these young athletes power foods packed with nutrients.



By: Lisa Baragiola

Power Them Up with Nutrient-Dense Foods

Kids need extra energy for practice and sporting events. Fuel young athletes with high-energy carbohydrates from whole grains, fruits, vegetables and dairy foods. Including fruits and vegetables with meals and snacks can help kids stay hydrated, too.

- **Serve a champion's breakfast.** Offer whole-grain cereals or serve muffins made with whole grains and fruit, including bananas, blueberries and raisins. Create a quick yogurt parfait with layers of low-fat vanilla yogurt; fresh, frozen or canned fruit; and crunchy whole-grain cereal.
- **Pack breakfast to go.** When morning practices or road trips make sit-down breakfasts difficult, pack a bag with items such as whole-grain bagels, bananas, apples, string cheese, yogurt cups, 100% juice boxes and low-fat milk for eating on the run.
- **Pack a super-snack bag.** Traveling athletes need smart fuel. Fill an insulated bag with nutritious snacks. Use frozen juice boxes, water bottles or reusable gel packs to keep items cold. Prepare your child for pre- and post-game snack attacks with crackers and cheese, peanut butter and jelly sandwiches, trail mix, containers of cut fruit and sliced vegetables with dip.

Hydrate Them with Healthy Fluids

Like athletes of any age, children need plenty of refreshing fluids to stay well-hydrated. Fluids are critical to prevent overheating and to remove the wastes produced by active muscles. Being even slightly dehydrated can dramatically affect performance.

- **Teach children to monitor fluid intake with a quick urine check.** Regular trips to the bathroom with basically clear, nearly odorless urine indicates good hydration. Not having to urinate or producing dark-yellow, strong-smelling urine means it's time to drink more.
- **Make sure supply keeps up with demand.** Fluid needs will depend on a child's age and sex and are influenced by other factors, including their activity. Heat and humidity also can affect how much fluid the body needs. In addition to the amount of fluid that is recommended throughout the day for normal activities, young athletes will need to stay well hydrated before, during and after training or participating in sporting events. One easy trick is to give kids a personalized water bottle to carry in the car, on the bus, at school and on the field.
- **Choose beverages wisely.** Water is always a great, low-cost choice. For activities lasting less than an hour, water will usually provide optimal hydration. For longer activities, sports drinks can help increase their fluid intake and replenish important nutrients that are lost through sweating.



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 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, MO 63119. If sending photos, it is best to send in digital format via email.

Newsletters are published as follows:

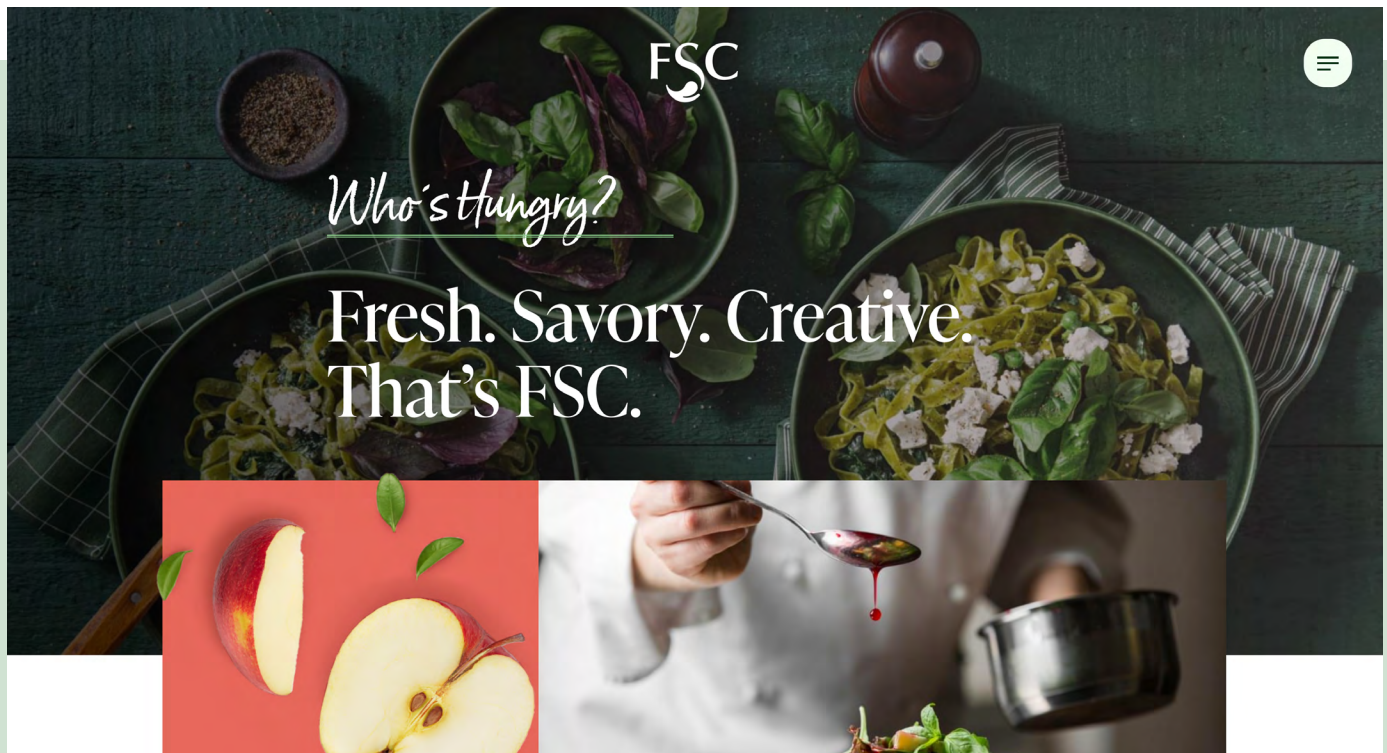
<u>Newsletter Date</u>	<u>Deadline for Info</u>
January	December 15th
April	March 22nd
October	September 11th

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