

TRADITIONS

A newsletter for and by the team members of Whitsons



Corporate Dining • School Nutrition • Culinary Development • Delivered Meals • Emergency Dining • Vending

Fall 2010


WHITSONS
Culinary Group

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NuLife Foods: Be Free

Nutri-Cafe Interactive
Nutrition Website

School Food Show
Extravaganza


NuLife
foods *be free.*



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We Are the Innovators



Of course all companies claim to be the “best” at what they do, but I believe Whitsons truly is a leader in our industry. We are innovators! We are always reviewing what we do and how we can improve services to our customers. We led the charge in providing wholesome food, cooked from scratch, as well as introduced award-winning nutrition awareness programs, long before their current popularity. It is this type of innovation that has kept Whitsons growing even during difficult economic times.

New ideas are developed from the creativity and insight of our talented team members. A recent example of this is NuLife Foods, which provides gluten free, casein free, and soy free (GFCFSF) food to people with allergies or sensitivities to these ingredients. Recognizing the limited GFCFSF options available for this growing group of customers, our team did extensive research and worked with chefs, registered dietitians, medical professionals and consumer groups to develop items that customers enjoy. Whitsons has made NuLife available to all of our accounts—a service not offered by any of our competitors—and it is this type of commitment to meeting the specialized needs of those we serve that makes Whitsons stand out as the provider of choice.

Our growth over recent years is only one indication of our success; building the right team is another, far more important measure. You are the ones who are out there every day, living and delivering the Whitsons mission and making a difference in our customers' dining experience. Beyond encouraging creativity in our daily operations, we offer opportunities for team members throughout the company to interact and develop innovative programs and services. Knowledge is power, and continuing to share, communicate and develop ideas is the key to our sustained growth, both personally and professionally.

This is an exciting time to be part of the Whitsons team, and we thank all of our team members for the role you play in carrying out our mission. We ARE innovators and leaders, and the work we do now is the groundwork for our continued success. We serve more than 250,000 customers each day, and their health and well-being is in our hands. With your continued support and enthusiasm, and our collective dedication to serving to their ever-changing needs, we will continue to remain the innovators of our industry.



FOOD FOR THOUGHT...

"It is high time that the ideal of success should be replaced by the ideal of service"

~ Albert Einstein ~

Do YOU have an interesting story, idea or experience you'd like to share? Call Jennifer Watson at 631-750-1465 and you can be featured in our next issue!

Whitsons Welcomes Newest School Districts



A new school year brings new growth...and an exciting expansion in New Jersey with the addition of Irvington Public Schools and Newark Public Schools. Whitsons is proud to have been selected to manage Newark's 46 contracted schools (the remaining schools are self-operated). We are also pleased to announce continued growth in Massachusetts with Grafton Public Schools and Fall River Public Schools, and in New York with Mineola UFSD and New Rochelle CSD. Fall openings have been a success at these accounts, with parents and the community embracing Whitsons' focus on wholesome ingredients and nutritious selections.

As a result of our new accounts, we are pleased to welcome new managers to the Whitsons' team: **Gina Berges, Sarah Bye, Tom Gargan, Eric Henchey, and Gus Travassos**. We also extend a warm welcome to all of the dedicated team members who decided to join the Whitsons' family at our newest accounts, and congratulate those team members who have been promoted through our growth. We look forward to working with all of you, and providing an outstanding nutrition program to the students in your communities.

Return to TOC

Dine to Get in Line at Oxford

Oxford is doing some fun stuff: Dine to get in Line! After the children are finished eating, they are all allowed, once called upon, to get up and do a line dance in the café. They have been doing this for a while and it has been very successful. Manager **Joan Permar** encourages the children to actually eat all their lunch because the children all want to have the opportunity to line dance. Their local newspaper came and took pictures of the children dancing. What a fun idea!



www.cheese.com

You guessed it...this site is all about cheese! Its different varieties, its origins, fun facts, nutritional info, suppliers, recipes and more!

www.supermarketguru.com

Its tagline of "Smarter Shopping, Healthier Eating, Better Living" says it all. Here, you will find articles, new product reviews, tools to help people to lose weight and deal with food allergies and the option to sign up for the free weekly newsletter.

www.baking911.com

This is an online interactive cookbook and community for home bakers, where you can learn some creative ideas for holidays and basically learn everything there is to know about baking!

Whitsons Brings “NuLife” to Students with Food Sensitivities

By Holly Von Seggern

This Fall, Whitsons is introducing some new menu items in our School Nutrition division to meet the needs of students with food allergies. NuLife Foods features gluten free, casein free, soy free foods that are lab tested and certified to contain less than 10 parts per million (PPM) of these allergens. All NuLife products are free of wheat, dairy and soy, and many are also free of other common allergens, such as corn, eggs, shellfish, fish, peanuts and tree nuts.

NuLife Foods’ motto is “Be Free” and, by offering NuLife in our school accounts, our goal is to enable children with food allergies and sensitivities to be free to enjoy great tasting, safe and healthy foods in the school lunchroom, without fear of an adverse reaction or feeling isolated from their peers.

NuLife can be conveniently ordered through Whitsons’ electronic purchasing system, and several of our school communities have already availed themselves of this exciting new resource for allergen-free foods. Currently, we are offering NuLife chicken nuggets, beef and squash meatballs, French Toast and chocolate chip cookies, as well as Udi’s white sandwich bread, all packaged in individually frozen portions that go from freezer to oven to eliminate the risk of allergen cross contamination. NuLife also sells family-sized packages of its products direct to consumers on its website: www.nulifefoods.com.

We have received overwhelmingly positive feedback on NuLife; here is a sample of what our customers are saying:

“Your food ROCKS!! Our kids love, love, love it!... Thank you for all you are doing to help our kids stay healthy and get to enjoy food again.”

“These are the best chicken nuggets we have ever eaten! Kid and Mom tested - Kid and Mom approved.”

“My 5 year old loves NuLife’s French Toast – he requests it daily and when I am lucky enough to get a bite, I jump on the chance!!”

“I’ve tried so many GF cookies and they are always lacking. These taste better than any cookie I’ve had, GF or otherwise!”

At Whitsons, we believe being on a restricted diet shouldn’t mean missing out on your favorite foods. Based on the wonderful feedback we are receiving on NuLife Foods, we are confident that the students we serve will not even miss the gluten, casein and soy. So to all our customers with food sensitivities, we say, “Be Free...and please pass the cookies!”



Some of our most popular items, top to bottom: Chicken Nuggets, French Toast and Chocolate Chip Cookies

Changing the World One Meal at a Time

DID YOU KNOW?

The food crisis has pushed the number of hungry people in the world to nearly one billion!

Malnutrition and hunger are the number one risk to health worldwide, as almost 1 in 7 people do not get enough food. You can combine the risk of malaria, AIDS and tuberculosis, and hunger is still higher.

One half of the world's population lives on less than \$2/day.

Whitsons has recently become involved in a non-profit organization called Impact Lives, which helps to bring in volunteers to pack food bags for people around the world that are starving. We were most recently involved in helping Impact Lives get 800 meal bags over to Haiti. Our goal is to educate our school clients about this program and provide them with a connection to Impact Lives so that they may set up a food packing program.

Districts can support the cause by encouraging the students and the community to get involved in raising money for the program, as well as recruit volunteers, and grants are available to those who qualify. The plan is to raise enough money to purchase the food and get Impact Lives to set up a food packaging program in the school's gym. Nutritionally balanced food is then packaged into meal bags that serve up to 6 people, and Impact Lives then ships the food to its destination. One of the many benefits is that everyone involved will be helping to put an end to the current hunger epidemic—plus, we will be teaching children the value of helping others. This is not limited to school districts, however; all of our clients are welcome to join this worthy cause and help raise money or package food bags through their community. For additional information, visit their website at www.impactlives.org, or contact **Doug Whitcomb** for suggestions on how to present this project to your client. Together, let's save lives at home and abroad.

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Autumn Harvest

Fall is a time of transition, of changing seasons and of changing products as well. We now shift from the use of stone fruits and melons that are just going out of season to the hardier produce that is the sole province of the autumnal season.



Bill Doyle, CEC

Zucchinis and yellow squash give way to butternuts, hubbards, acorns and even pumpkins. Peaches and plums make way for apples and pears. The funny thing about this is that due to the “global sourcing” available to us now, you can get many of these “Out Of Season” products year-round! Truth be told though, California strawberries in January are never going to surpass the quality of fresh local product in its natural season. Let's face it. LOCAL sourcing is where it's at nowadays. The Northeast has such a rich tradition of seasonal fare that you really can't go wrong with letting the seasons help guide your menu writing.

Yes, you will still have customers asking for Chicken Noodle Soup. But, why not try to impress them with a pureed Cream of Pumpkin Soup or a rich Mulligatawny Soup with Apples and Chicken? Instead of tossing pasta with the varied sauces (whether tomato or creamed) that we usually make the centerpieces of our many pasta stations, why not try making a spicy vegetable stew the focal point of your next made-to-order special? Perhaps even being so daring as to incorporate some Middle Eastern or Indian spices to lend a decidedly ethnic flair might draw in curious customers who may otherwise overlook the other offerings you have. Vegetarians can certainly benefit from nature's bounty at this time of year, as the warmth of the seasonings that pervade autumn lend themselves to some rib-sticking fare for sure.

But this season does not belong to hot offerings. One of my fondest memories from my days at the Culinary Institute of America was a Hudson Valley Apple Soup that one chef used to make for buffet catering displays that consisted of a base of grape juice, applesauce and cider, apple pie spices, and finished with either champagne or sparkling cider! Talk about an unexpected pleasure—just when you were sure that a cold soup was the last thing a sane chef would serve!

So far we've just touched on the coming season's garden-based bounty. There are too many ways to tie-in the fall harvest with meats (both game as well as domestic) to delve into here. Suffice to say, there are a number ways to incorporate fall produce into your savory dishes. And please don't get me started talking about baked items!

Have a delicious day!

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School Nutrition Food Show Extravaganzas

Information meets food show—this summer, managers from the school nutrition division enjoyed an annual back-to-school meeting like none other. For both of our meetings held in Massachusetts and New York, the first half of the day was dedicated to presenting our newest programs and resources. Included in the presentation was our new, all-inclusive task calendar guide, which provides information on monthly responsibilities, marketing promotions, detailed procedures, and food-friendly tips and tricks, all in one convenient book. We introduced our innovative Nutri-Cafe online nutrition website (see article p. 6), as well as rolled out the NuLife Foods gluten free, casein free, soy free retail food line available to all districts (see article on p. 3). We also presented enhanced Fruit Express packaging, new uniform specs, Nutrition Safari and SPICE marketing additions, and more!

Immediately following the presentation, managers were led into a full food show, where a number of vendors displayed their latest products and menu ideas, complete with taste tests and take home samples. Managers were able to walk away with brand new, healthy menu ideas based on the new products presented for the new school year. It also gave them a great opportunity to get to know our vendors better, and to put a face to the name behind the customer service. Hands on demonstrations of our new Nutri-Cafe program and NetChef were also featured for attendees to become familiar with the exciting changes. It was a fun and informative way to start of the school year, as well as mingle with new and old faces alike! Welcome back from the summer, team!



"It was one of the best meetings that we have had. My team enjoyed being included. They felt like they were truly a part of the family because they were with all the managers and owners of the company."

"Nutri-Cafe is great! We are already sending parents to the web."



"I liked the way that marketing and the training worked interactively into the show... and the computer stations helped us understand what we need to do with the new websites."

"I loved seeing new products that I will be able to serve. Keep bringing fresh ideas!"



"I am truly fascinated by the NuLife food products and even more amazed at how they tasted! I could have spent an entire meeting just learning more about this portion of Whitsons."

Trend Watch: Nutri-Cafe & Smart Calc

Whitsons is excited to announce the roll-out of our innovative new Nutri-Cafe and Smart Calc program! This is a fun, interactive technology that allows anyone—students, parents, the district, community—to look up the complete nutrient and allergen information for all of our menu items. Entrees are organized by primary and secondary school levels to reflect the offerings and portion sizes available to the different age groups. At the elementary level, you can have fun placing different combinations of entrees, sides, milk and a la carte selections on a tray to find out the individual and cumulative nutritional values of the meal components selected. Allergen information is also available for the viewers' convenience at the click of a button!



For the secondary level, the site offers a meal calculator to help determine the nutritional and allergen information, also for individual and combined meal components. Both sections also compare cumulative meal nutrition against a USDA benchmark. The information contained within this site is linked directly to Whitsons' NetChef products and recipes, so the information is always up-to-date. It's a cutting edge way to help parents or students decide what to eat for lunch! Check out this fun site at www.whitsons.com/nutrition or contact your District Manager for more details.

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Corporate Dining: Creative Menuing

Menu diversity isn't as complex as it may seem. Sometimes just taking a new twist on an old favorite is all you need to create excitement and increase participation. **Peter Bellisario** and the UBM team changed up the traditional breakfast sandwich by using a Belgian Waffle instead of a roll or bagel with ham, Swiss and egg, and it was a huge hit with customers. A made-to-order Belgian Waffle toppings bar offered at Estee Main by **Michael Panarello** was also a customer fave.



Estee Aramis offers a Dominican breakfast call Dominican Manguu every Friday. It is considered a delicacy in Santo Domingo. This is offered in many locations throughout the world with high Spanish population. **Melvin Fernandez**, Manager, buys special foods for this weekly at a Spanish Market: Spanish Salami, Tropical Cheese with Mashed Plantains, Fried Eggs and Sauteed Onions. District Manager **Mark Kirn** can attest to how delicious this is: It's one of his favorites.



James Williams at Estee JHL recently rolled out a Chicken Caesar action station which was a huge success. The concept is a half of a romaine heart, seasoned and slightly grilled then assembled with the usual Caesar Salad accompaniments. Essentially, it is a hand held Chicken Caesar salad—a great concept to offer lighter fare!



George Kirby and his team at Stryker livened up the dining program with a Farmers Market. For three hours in the afternoon, they sold some of the best produce Long Island and New Jersey has to offer. Customers flocked to buy the corn from Long Island and the Beefsteak tomatoes from New Jersey.

Our managers and chefs are truly creative in their quest to enhance life one meal at a time. Great job, teams!

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Entertaining the Children of Corporate Dining

Bringing your child to work is not a new concept, but our corporate dining teams got creative and made their customers' little ones feel welcome with some fun and exciting promotions. On April 22, 2010, Stryker and Whitsons played host to over 400 kids and adults for a full day of great food and activities. After beginning their day with a balanced breakfast, kids were split into teams and led off for a day of activities which included a scavenger hunt, a tour of the plant, photo booths, crafts and instruction into the fine art of making slime. This year's theme was Pirates of the Caribbean, celebrated by the addition of authentic costumes, balloon displays, pirate hats and eye patches for all. Lunch consisted of kid friendly favorites like Mac and Cheese, Chicken Nuggets, Mini Hamburgers and Mini Cheeseburgers, and of course cookies and milk for the afternoon snack. A "Jolly Roger" good time was had by all.

That same day at UPS, children who went to work with their parents or guardians came to the cafe for breakfast in the early morning. They were excited that they were allowed to choose their breakfast from the grown-up menu, then they went off to work. At lunchtime, the children had a special lunch, which was prepared for them by the Whitsons café staff. District Manager **Mary Keane** would like to say a big thank you to cafe managers **Tricia Reed, Keith Ruthe, Ed Taillefer, Michael Kunz** and their teams.

UBM Promotes Good Health

On May 19th, UBM participated in National Employee Health & Fitness Day. This day was to help employees recognize ways to continue or start healthy habits at work as well as at home. While UBM provided an assortment of fresh fruits and added extra fitness classes for their employees, Whitsons contributed a Healthy Eating Cookbook to their raffle drawing.

We also had a wider array of healthier foods available in Café 600. **Myriam Ramos** created a Moroccan Cous Cous Salad available on the salad bar, while **Melbin Arias** offered a Roasted Vegetable Wrap. **Peter Bellisario** made a Grilled Vegetable and Tofu Burger served with Cumin Vegetable Slaw. The good news – we have been selling more fresh fruit and healthier snacks ever since! Great job team!

Reaching Out to the Student Community

We strive to enhance the lives of our customers beyond our meals, and our teams at Winchester Schools and Eastern Suffolk BOCES have recently gone above and beyond to reach out to the community and offer programs that involve students in the foodservice industry. **Kevin Silvia** and his team at Westchester host a culinary class at the high school kitchen. They recently welcomed the culinary class of Family Consumer Science to prepare a meal of Chicken Milano in a Sundried Tomato Basil Sauce served over Fettuccini and healthy Carrot Raisin Cookies. The students prepared the meal from scratch, as well as helped out in the different stations for the day. We sold over 300 meals and it was a big success with students and faculty. The class did a great job and we sold out!

Chris Fickbohm worked with his clients at Eastern Suffolk BOCES at the Bellport Academic Center, Islip Academic, and Premm Learning Center to offer the North Shore LIJ Dietitian Intern Program. These students have been going through their food service rotations as part of the learning curriculum. The interns came in for three weeks (once a week) for hands-on learning and performed the jobs of a cook, foodservice worker and director. Our team worked with each one of them on different job tasks, so they would see why Whitsons School Nutrition is so far ahead of the rest of the industry. We also had three different rotations of SCCC students coming through for their Dietetic Program. This program had the students work for one week each as a foodservice worker or cook to get on-the-job knowledge of how food service works.

Chris has also facilitated a partnership between BOCES and Whitsons to start a Work Study program for the students from The Cleary School for the Deaf who are enrolled in Culinary Arts through the BOCES Vocational Program. They start off at the Bellport Academic Center with our head foodservice worker Juana for one week with making salads, sandwiches, paninis, antipasto salad, etc for staff and students for four different schools. After that, they go to Chef Santos and assist him with hot food production. Finally, after all of their training, we can send the students out to schools like Premm Learning Center to work with Mary, where they are ready to work in the real world, with real skills. Thanks to Kevin, Chris, and all of our school teams who go above and beyond to be true partners with our school communities!



Sp⦿tlight ⦿n:

Jeanine Walshon and Valerie Cziak



Jeanine Walshon has been with Whitsons for almost three years as part of the Sales Department, and has played a key role in transforming our business development process and internal intranet program Salesforce, as well as coordinating Board of Health for our locations—among other things. From the start, Jeanine has proven to be an incredible asset to the team, and her hard work and dedication is evident in all she does.

"Jeanine can take on any project you give her, no matter how complicated, and make it happen—and with a smile. She has a great attitude on life in general, she takes on challenges head on and always comes out on top. It is truly admirable, and she is such an important part of our team," says **Paul Whitcomb**, Vice President.

Jeanine came to Whitsons looking for a career change from her position with Atlantis Health Center as manager, administrator and facial consultant. She is a certified esthetician from the Gloria Francis Institute of Beauty, and although she enjoys the field, she saw limited career opportunities within it.

When she joined Whitsons as Sales Associate, Jeanine's main role was to assist in business development and database management, but she quickly proved her skills and talents and took on additional responsibilities. A tedious process, she began managing the ongoing Board of Health project and organized the system to perfection. Not only is she lead administrator of Salesforce, training team members and answering questions on the system, but she also works behind the scenes to customize and develop the technical aspects of the program. As our business continues to grow, Jeanine will take on additional sales responsibilities as an integral part of the business development process.

"Working with Jeanine is a pleasure. There isn't anything she can't—or won't—do for our team members. She is dependable, efficient and has such a warm, friendly personality that makes her easy to work with. Whitsons is really lucky to have her."



This September, **Valerie Jean Cziak** began her 40th year in school food service. Presently, she is the lead in Viola Elementary School in Ramapo Central Schools, though she has held almost every position throughout her tenure. Prior to this, she was a former supervisor at the High School.

"She is very humble, eager to please, and loves being around the students. She truly enjoys what she does," says manager **Janet Ginocchio**.

Valerie believes that being understanding is the key to great service, and this helps to encourage students to try new dishes. She is a student favorite, and her ability to increase participation proves it. The ADP was approximately 200 when Valerie took on the lead position 4 years ago, and now it is 50% higher at 300—and growing. Not only do the students love her, but she is adored by the teachers, staff and parents.

"The faculty, the staff and the children appreciate the personal attention Valerie gives all of them. She loves being a part of the Whitsons team and her positive 'can do' attitude shows in everything she does," says manager **MaryAnn Gregor**.

Valerie, we are proud to have you on our team, and thank you for your dedication to your fellow team members and to the students, faculty and staff at Ramapo Central.



SPECIAL DELIVERIES



Congratulations to **Paul and Joanna Whitcomb** on the birth of their fourth son, John Paul, on April 13, 2010, weighing in at 9lbs 5oz and measuring 21 inches long.



Best wishes to new "Nana" **Sue Trezza** of Mt Sinai Schools on the birth of Isabella Rose on April 20, 2010, weighing 8lbs 8oz and measuring 20 inches.



Congrats to **Elma Paulino** of Accounting on the birth of her baby boy Julian Alexander on April 25, 2010, weighing 4lb 6oz and measuring 19.75 inches.



Ruth Ellin of Accounting welcomed her first child, a baby girl named Isabella, on May 3, 2010. Isabella weighed 7 lbs.



Scott Orsini of the Islandia Culinary Center welcomed his first child, Jacob, on May 7, 2010, weighing a healthy 7 lbs 7 oz.

It's a baby boom in Attleboro with three birth announcements!! **Becky Klegrafe** of Brennan MS is a Great Grandmother and Dianne Dumphily of Wamsutta MS is Grandmother to baby Mia, born May 15, 2010.

Pamela Sikora of Attleboro High School is a proud Grandmother to baby Ariana, born May 19, 2010.



Mary Ellen Ellis is the proud Grandmother of baby Logan Thomas Salisbury born June 5, 2010 weighing 8lbs 11oz.

Congratulations to **Brenna Schettino** of Human Resources and her husband Keith and daughter Lilly on their newest addition, beautiful baby girl Emma Grace. Emma was born on August 19, 2010, weighing in at 7lbs 11oz and measuring 20 inches long.

Summertime Weddings



Congratulations to **Michael Kunz** of UPS Paramus on his wedding to sweetheart Cathy on July 13, 2010. Wishing you the best!

Warm wishes go out to **Alexa Peele** of Uniondale Schools on her marriage to Raymondo Price on July 31, 2010. Congrats to the happy couple!



Congratulations to our Corporate Counsel, **Corinne Kevorkian**, on her marriage to Terence Nolan on August 21, 2010. The wedding took place at their country house in Sherman, CT, and they were joined by her two daughters Savannah and Chloé, who were her bridesmaids.




Award-Winning Recipe

Chef **Michael Panarello** from Estee Main entered the BBQ recipe contest in Newsday and won a \$100 gift certificate at Iavarrone Brothers, a \$100 dinner for two at The Clubhouse Steakhouse in Huntington, and a Growler (1/2 gallon jug) of beer from Superstar beverage. His award winning Chimichurri Steak is featured on our back cover! Congrats, Mike!

SNA Certification

On April 1, 2010, **Kelly Friend** officially became School Nutrition Association (SNA) certified. She has always been a member of the SNA, but is now officially certified. Way to go, Kelly!



At Plainview, the son of one of our cashiers **Jodi Ferone** is Tommy "Razor" Rainone, one of the Boxers who was on the fight card at Yankee Stadium on June 5, 2010. Wow!

Peter Bellisario of UBM is very proud of his daughters. Cheryl just finished her first year at Hawaii Pacific University, majoring in International Relations. She is spending 2 months in Cusco, Peru working with disadvantaged kids. Jennifer has graduated from the Macauley Honors Program in CUNY, and will be going to Hunter College Grad School. She will be spending a month in Rwanda helping out kids in an orphanage.

Congratulations to our college graduates and attendees!

Shannon Whitcomb graduated with a Masters in Spanish and Education from Stony Brook University, and is currently teaching at a Long Island school district.

Michell and William Whitcomb are pleased to announce their son, Christopher Millington will be attending Regis College in Weston MA to major in business.

Trina Scotti of Winchester Schools is proud that her son Jason will be attending Becker College in Worcester, MA, majoring in Computer Science/Computer Programing and Game Design.

Virginia Polit of Hicksville is happy to announce that her son Thomas will be attending Nassau Community College in September.

PROMOTIONS

Congratulations to the following team members!

Doreen Booth was promoted from food service worker at Amherst High School to cook at Fort River Elementary School.

Beth Drayer was promoted from assistant director of Lindenhurst to Director of Mineola.

Kandy Esposito was promoted from part time food service worker to full time food service worker at Hamden Schools.

Karla Grimaldi was promoted from chef manager in Mamaroneck Schools to Food Service Director of Eastchester Schools.

Carrie Koster was promoted from food service worker to elementary school cook at Mt. Sinai Schools.

Shelby Lindsay was promoted from the assistant director in Ossining Schools to Food Service Manager at Newark Schools.

Karen Lupi was promoted from part time food service worker to full time food service worker at Hamden Schools.

Barbara Mansbart was promoted from faculty room server to middle school unit leader/cook at Plainview Schools.

Patricia Parker was promoted to cook/manager at Brookfield High School.

Tricia Reed was promoted from chef manager at UPS to assistant food service director at Irvington Schools.

Corey Thomas was promoted to assistant manager at New Britain Schools.

Jessica Sanchez-Aviles was promoted from assistant manager at Casa Promesa to Food Service Manager at Newark Public Schools.

Jamie Silverberg was promoted to cook at Winchester High School.

Carl Sottile was promoted to kitchen manager at New Britain Schools.

Ed Taillefer was promoted from chef manager at UPS to culinary manager at Newark Public Schools.

Alicia Villafane was promoted from food service worker to school lead at King Street School in Portchester Schools.

Troy Watson was promoted to second cook at our new account Basics, Inc.

Team Members of the Month

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MAY

LOCATION: Winchester Public Schools

NY/NJ Schools:

Barbara Mansbart, Plainview Schools

CT/MA Schools:

Phyllis Olderman, Hamden Schools

Corporate Dining:

Juana Ramos, Stryker

Delivered Meals:

Jefferson Caldas, Elizabeth

Residences:

Gladys Carpio, Carnegie East House

JUNE

LOCATION: Eastern Suffolk BOCES

NY/NJ Schools:

Doris Barger, South Country Schools

CT/MA Schools:

Joye Borkowski, Brookfield Schools

Corporate Dining:

Vilma Carrillo, UBM

Delivered Meals:

Regina Monteiro, Elizabeth

Residences:

Lissette Calo Rodriguez, Casa Promesa

JULY

LOCATION: L'Oreal USA

Corporate Dining:

Gerson Matute

Estee Lauder Aramis

Residences:

Jeffrey Garcia

Carnegie East House

AUGUST

LOCATION: Center Moriches Schools

Corporate Dining:

Fatima Rivera, PPPL

Delivered Meals:

Ana Garcia, Islandia

Residences:

Helen Smith, Abbott House

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PRINTED ON RECYCLED PAPER.

TRADITIONS
Online

Check out our Online edition @ www.whitsons.com



From the Kitchen of...

Chimichurri Steak

Ingredients - Serves 8

Chimichurri Sauce

1 cup chopped fresh cilantro
1 cup chopped fresh flat-leaf parsley
1/4 cup chopped fresh basil leaves
1/4 cup chopped garlic
1 tsp. cracked black pepper

2 1/2 tsp. Kosher salt
1 pinch crushed red pepper
1/3 cup sugar
1 cup red wine vinegar
2 cups extra-virgin olive oil

Steak and Onions

1 (2 lb) flank steak
1 large Vidalia Onion
2 Tbsp. olive oil

1 loaf French Bread



Directions

1. In a bowl using a hand blender, combine all of the Chimichurri sauce ingredients. Blend until smooth. Take one cup of the Chimichurri sauce from the bowl and set aside. Cover with plastic wrap.
2. In a large Ziploc bag, add the steak and the remaining Chimichurri sauce. Massage the steak and sauce to evenly marinate the steak with the sauce. Refrigerate the steak for 3 hours.
3. After 3 hours, slice the Vidalia onion. Place 2 tablespoons olive oil in saute pan. Heat on high heat. Saute onions until caramelized, about 8 minutes. Cover and reserve until steak is done.
4. Heat grill to medium, then remove the steak from the refrigerator. Set aside and bring it to room temperature, about 30 minutes. Place on hot grill. Cook for 12 minutes, rotating the steak 45 degrees after the 6 minute mark. Flip the steak over and finish the steak for about 8 minutes. Remove the steak and let it to rest for about 10 minutes to let the juices settle back into the steak.
5. Slice across the grain, cutting steak into 1 inch wide strips. Slice the French bread into sandwich size portions. Slice open the French bread and spread some of the reserved Chimichurri Sauce onto the bread. Place the steak and top with onions. ENJOY!