### Sunday 11/25

**LUNCH 11 - 1 p.m.**

<table>
<thead>
<tr>
<th>Salad Bar</th>
<th>Deli Bar</th>
<th>Assorted Hot/Cold Cereal</th>
<th>Assorted Pasta &amp; Sauces</th>
<th>Tomato Soup</th>
<th>Grilled Mixed Breast of Chicken</th>
<th>Grilled Ham &amp; Cheese Sandwich</th>
<th>Couscous with Pesto &amp; Peppers</th>
<th>Assorted Breads, Rolls &amp; Bagels</th>
<th>Jello - Pudding</th>
<th>Fresh Fruit Bar</th>
<th>Novelties - Soft Serve Ice Cream</th>
<th>Gifford's Ice Cream Bar</th>
</tr>
</thead>
</table>

**BREAKFAST 6:30 - 7:30 a.m.**

- Soup du jour
- Salad Bar
- Assorted Pasta & Sauces
- MYO Stir-Fry

**DINNER 5:30 - 7:00 p.m.**

- Soup du jour
- Salad Bar
- Assorted Pasta & Sauces
- MYO Stir-Fry

**\*All menus subject to change**

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### Monday 11/26

**LUNCH 11 - 1 p.m.**

<table>
<thead>
<tr>
<th>Salad Bar</th>
<th>Deli Bar</th>
<th>Assorted Hot/Cold Cereal</th>
<th>Assorted Pasta &amp; Sauces</th>
<th>Chili con Carne</th>
<th>Veggies Gigi</th>
<th>TACO BAR TUESDAY</th>
<th>Chicken Quesadillas</th>
<th>Roasted Corn and Tomato Quesadillas</th>
<th>Mexican Red Beans</th>
<th>Spanish Rice</th>
<th>Zucchini &amp; Summer Squash</th>
<th>Potato and Cheese Pierogies</th>
</tr>
</thead>
</table>

**BREAKFAST 6:45 - 8:45 a.m.**

- Chilled Juices
- Smoothie Bar
- Assorted Hot/Cold Cereal
- Fresh Fruit and Yogurt Bar
- Bagels/English/Artisan Breads at the toaster

**DINNER 5:30 - 7:00 p.m.**

- Soup du jour
- Salad Bar
- Assorted Pasta & Sauces
- MYO Stir-Fry

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### Tuesday 11/27

**LUNCH 11 - 1 p.m.**

<table>
<thead>
<tr>
<th>Salad Bar</th>
<th>Deli Bar</th>
<th>Hot Pretzels - with Mustard &amp; Salt</th>
<th>Assorted Pasta &amp; Sauces</th>
<th>Chili con Carne</th>
<th>Veggies Gigi</th>
<th>TACO BAR TUESDAY</th>
<th>Chicken Quesadillas</th>
<th>Roasted Corn and Tomato Quesadillas</th>
<th>Mexican Red Beans</th>
<th>Spanish Rice</th>
<th>Zucchini &amp; Summer Squash</th>
<th>Potato and Cheese Pierogies</th>
</tr>
</thead>
</table>

**BREAKFAST 6:45 - 8:45 a.m.**

- Chilled Juices
- Smoothie Bar
- Assorted Hot/Cold Cereal
- Fresh Fruit and Yogurt Bar
- Bagels/English/Artisan Breads at the toaster

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### Wednesday 11/28

**LUNCH 11 - 1 p.m.**

<table>
<thead>
<tr>
<th>Salad Bar</th>
<th>Deli Bar</th>
<th>Assorted Hot/Cold Cereal</th>
<th>Assorted Pasta &amp; Sauces</th>
<th>Chili con Carne</th>
<th>Veggies Gigi</th>
<th>TACO BAR TUESDAY</th>
<th>Chicken Quesadillas</th>
<th>Roasted Corn and Tomato Quesadillas</th>
<th>Mexican Red Beans</th>
<th>Spanish Rice</th>
<th>Zucchini &amp; Summer Squash</th>
<th>Potato and Cheese Pierogies</th>
</tr>
</thead>
</table>

**BREAKFAST 6:45 - 8:45 a.m.**

- Chilled Juices
- Smoothie Bar
- Assorted Hot/Cold Cereal
- Fresh Fruit and Yogurt Bar
- Bagels/English/Artisan Breads at the toaster

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### Thursday 11/29

**LUNCH 11 - 1 p.m.**

<table>
<thead>
<tr>
<th>Salad Bar</th>
<th>Deli Bar</th>
<th>Assorted Hot/Cold Cereal</th>
<th>Assorted Pasta &amp; Sauces</th>
<th>Chili con Carne</th>
<th>Veggies Gigi</th>
<th>TACO BAR TUESDAY</th>
<th>Chicken Quesadillas</th>
<th>Roasted Corn and Tomato Quesadillas</th>
<th>Mexican Red Beans</th>
<th>Spanish Rice</th>
<th>Zucchini &amp; Summer Squash</th>
<th>Potato and Cheese Pierogies</th>
</tr>
</thead>
</table>

**BREAKFAST 6:45 - 8:45 a.m.**

- Chilled Juices
- Smoothie Bar
- Assorted Hot/Cold Cereal
- Fresh Fruit and Yogurt Bar
- Bagels/English/Artisan Breads at the toaster

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### Friday 11/30

**LUNCH 11 - 1 p.m.**

<table>
<thead>
<tr>
<th>Salad Bar</th>
<th>Deli Bar</th>
<th>Assorted Hot/Cold Cereal</th>
<th>Assorted Pasta &amp; Sauces</th>
<th>Chili con Carne</th>
<th>Veggies Gigi</th>
<th>TACO BAR TUESDAY</th>
<th>Chicken Quesadillas</th>
<th>Roasted Corn and Tomato Quesadillas</th>
<th>Mexican Red Beans</th>
<th>Spanish Rice</th>
<th>Zucchini &amp; Summer Squash</th>
<th>Potato and Cheese Pierogies</th>
</tr>
</thead>
</table>

**BREAKFAST 6:45 - 8:45 a.m.**

- Chilled Juices
- Smoothie Bar
- Assorted Hot/Cold Cereal
- Fresh Fruit and Yogurt Bar
- Bagels/English/Artisan Breads at the toaster

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**Saturday 12/1**

**LUNCH 11 - 1 p.m.**

<table>
<thead>
<tr>
<th>Salad Bar</th>
<th>Deli Bar</th>
<th>Assorted Hot/Cold Cereal</th>
<th>Assorted Pasta &amp; Sauces</th>
<th>Chili con Carne</th>
<th>Veggies Gigi</th>
<th>TACO BAR TUESDAY</th>
<th>Chicken Quesadillas</th>
<th>Roasted Corn and Tomato Quesadillas</th>
<th>Mexican Red Beans</th>
<th>Spanish Rice</th>
<th>Zucchini &amp; Summer Squash</th>
<th>Potato and Cheese Pierogies</th>
</tr>
</thead>
</table>

**BREAKFAST 6:45 - 8:15 a.m.**

- Chilled Juices
- Smoothie Bar
- Assorted Hot/Cold Cereal
- Fresh Fruit and Yogurt Bar
- Bagels/English/Artisan Breads at the toaster

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### Weekend **Food Committee Friday 5:30 - 7:00 p.m.**

**DINNER 5:30 - 7:00 p.m.**

- Soup du jour
- Salad Bar
- Assorted Pasta & Sauces
- MYO Stir-Fry

**STUDIO**

<table>
<thead>
<tr>
<th>Assorted Pasta &amp; Sauces</th>
<th>Assorted Hot/Cold Cereal</th>
<th>MYO Stir-Fry</th>
<th>Chicken Parmesan</th>
<th>Beef Stroganoff</th>
<th>Fried Tofu</th>
<th>Tater Tots</th>
<th>Squash and Sweet Potatoes</th>
<th>Fresh Asparagus</th>
<th>Assorted Breads, Rolls &amp; Bagels</th>
<th>Jello - Pudding</th>
<th>Fresh Fruit Bar</th>
<th>Novelties - Soft Serve Ice Cream</th>
<th>Cupcake Bar</th>
</tr>
</thead>
</table>

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**For The Week of November 25th thru December 1st 2018**

**Menu**

- St. Paul's School
- Department of Food Services
- Continental Breakfast 7 - 9 a.m.
- Lunch 11 – 1 p.m.
- Dinner 5:30 – 7:00 p.m.
**Top 12 Biggest Myths About Weight Loss**

Here is a lot of bad weight loss advice on the internet. Most of it is either unproven, or literally proven not to work. Here are the top 12 biggest lies, myths and misconceptions about weight loss.

1. **All “Calories” Are Equal**
   
   The calorie is a measure of energy. All “calories” have the same energy content. However, this does NOT mean that all calorie sources have the same effects on your weight.
   
   Different foods go through different metabolic pathways and can have vastly different effects on hunger and the hormones that regulate body weight.
   
   For example, a protein calorie is not the same as a fat calorie or a carb calorie.
   
   Replacing carbs and fat with protein can boost metabolism, reduce appetite and cravings, while optimizing the function of some weight-regulating hormones.
   
   Also, calories from whole foods (like fruit) tend to be much more filling than calories from refined foods (like candy).

2. **2. Losing Weight is a Linear Process**
   
   The main reason they can work for some people is the placebo effect. People fall for the marketing and want the supplements to help them lose weight, so they become more conscious of what they eat.

   
   There are all sorts of different supplements out there that claim to have dramatic effects, but they are never very effective when studied.
   
   The main reason they can work for some people is the placebo effect. People fall for the marketing and want the supplements to help them lose weight, so they become more conscious of what they eat.

4. **4. Obesity is About Willpower, Not Biology**
   
   It is completely false that weight gain/loss is all about willpower, or making a “choice” to do this or that.
   
   Obesity is a very complex disorder with dozens, if not hundreds of contributing factors. There are numerous genetic variables that have been shown to associate with obesity, and various medical conditions (hypothyroidism, PCOS, depression) that can increase the risk of weight gain.

5. **5. “Eat Less, Move More” is Good Advice**
   
   To lose fat, more calories need to be leaving your fat cells than entering them.
   
   In other words, if calories out surpass calories in, fat loss occurs. That is a fact.
   
   For this reason, it seems only logical that “eating less and moving more” would cause weight loss. It works on both sides of the calorie equation.
   
   However, this is really terrible advice for those with a serious weight problem. Most people who follow this advice end up gaining it back, and there are physiological and biochemical reasons for this.
   
   A major and sustained change in perspective and behavior is needed to lose weight with diet and exercise. Simply telling people to eat less and move more isn’t enough.

6. **6. Carbs Make You Fat**
   
   Low-carb diets can help with weight loss. That is a scientific fact.
   
   In many cases, this happens even without conscious carbohydrate restriction. As long as the carbs are kept low and protein intake is high, people lose weight.

**Continued from the front**

The body also has numerous hormones and biological pathways that are supposed to regulate body weight. These tend to be dysfunctional in people with obesity, making it much harder to lose weight and keep it off.

For example, being resistant to the hormone leptin is a major cause of obesity.

The leptin signal is supposed to tell your brain that it has enough fat stored. When the leptin isn’t managing to deliver its signal, the brain thinks that you are starving.

**Bottom Line: Obesity is a very complex disorder. There are many genetic, biological and environmental factors at play.**

Eating is driven by behavior, and behavior is driven by physiology and biochemistry. That is an undeniable fact.

Of course, this doesn’t mean that people should just give up and accept their genetic fate. Losing weight is still possible, it is just much, much harder for some people.

**Bottom Line: Obesity is a very complex disorder. There are many genetic, biological and environmental factors that can have a major effect on body weight. It is not just about willpower.**

**7. Fat Makes You Fat**

Body fat is stored fat.

So, eating more fat should make us store more of it. It seems logical.

However, it turns out that things aren’t this simple. There is nothing uniquely fattening about fat, except that it is often found in calorie-dense junk foods.

As long as calories are within range, fat does not make you fat. Additionally, diets that are high in fat (but low in carbs) have been shown to cause weight loss in numerous studies.

As with so many things in nutrition, this depends entirely on the context.

Eating a lot of fat along with a high-crb, high-calorie, junk food-based diet will definitely make you fat. But it’s not just because of the fat.

**Bottom Line: Fat has often been blamed for the obesity epidemic, but there is nothing inherently fattening about dietary fat. It depends entirely on the context.**

**8. Carbohydrates Make You Fat**

Low-carb diets can help with weight loss. That is a scientific fact.

In many cases, this happens even without conscious carbohydrate restriction. As long as the carbs are kept low and protein intake is high, people lose weight.

However, this does not mean that carbs per se cause weight gain. The obesity epidemic started around 1980 but humans have been eating carbs for a very long time.

The truth is, refined carbs (like refined grains and sugar) are definitely linked to weight gain, but whole foods that are high in carbs are very healthy.

**Bottom Line: Low-carb diets are very effective for weight loss. However, carbs are not what causes obesity in the first place. Whole, single-ingredient carb-based foods are incredibly healthy.**

**9. Starvation Dieting is Best**

A major and sustained change in perspective and behavior is needed to lose weight with diet and exercise. Simply telling people to “eat less, move more” would cause weight loss. It works on both sides of the calorie equation.

That is a fact.

However, this doesn’t mean that people should just give up and accept their genetic fate. Losing weight is still possible, it is just much, much harder for some people.

**Bottom Line: Obesity is a very complex disorder. There are many genetic, biological and environmental factors at play.**

Eating is driven by behavior, and behavior is driven by physiology and biochemistry. That is an undeniable fact.

Of course, this doesn’t mean that people should just give up and accept their genetic fate. Losing weight is still possible, it is just much, much harder for some people.

**Bottom Line: Obesity is a very complex disorder. There are many genetic, biological and environmental factors at play. It is not just about willpower.**

**10. “Top 12 Biggest Myths About Weight Loss” Continued on the back**