



SUNDAY  
11/26

MONDAY  
11/27

TUESDAY  
11/28

WEDNESDAY  
11/29

THURSDAY  
11/30

FRIDAY  
12/1

SATURDAY  
12/2

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

Chilled Juices  
Assorted Hot/Cold Cereal  
Fresh Fruit and Yogurt Bar  
Bagels/English/Artisan Breads  
at the toaster  
Omelets to order  
Scrambled Eggs  
Croissant Breakfast  
Chocolate Chip Pancakes - *Warm Syrup*  
Grilled Bacon  
Grilled Sausage  
Breakfast Potatoes  
Assorted Muffins

**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  
Omelets to order  
Scrambled Eggs  
**Make your own Belgian Waffles**  
*Assorted Toppings*  
Bagel Breakfast  
Breakfast Potatoes  
Blueberry Pancakes - *Warm Syrup*

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

Chilled Juices  
Assorted Hot/Cold Cereal  
Fresh Fruit and Yogurt Bar  
Bagels/English/Artisan Breads  
at the toaster  
Omelets to order  
Scrambled Eggs  
Croissant Breakfast  
Blueberry Pancakes - *Warm Syrup*  
Grilled Bacon  
Grilled Sausage  
Breakfast Potatoes  
Assorted Muffins

**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  
Omelets to order  
Scrambled Eggs  
Bagel Breakfast  
Breakfast Potatoes  
Buttermilk Pancakes - *Warm Syrup*

**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  
Omelets to order  
Scrambled Eggs  
**Make your own Belgian Waffles**  
*Assorted Toppings*  
Croissant Breakfast  
Grilled Bacon  
Grilled Sausage  
Breakfast Potatoes  
French Toast - *Warm Syrup*  
Assorted Muffins

Continental Breakfast  
7 - 9 a.m.

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

**Salad Bar**  
**Deli Bar**  
Assorted Hot/Cold Cereal  
Assorted Pasta & Sauces  
Tomato Soup  
Grilled Ham & Cheese Sandwich  
Grilled Cheese Sandwich  
Sweet Potato Fries  
Fresh Cauliflower  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Frozen Yogurt  
Gifford's Ice Cream Bar

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

Soup du jour      Salad Bar  
Assorted Pasta & Sauces  
Assorted Hot/Cold Cereal  
**MYO Stir-Fry**  
Carne Guisado - *Beef Stew*  
Arroz con Pollo - *Chicken & Rice*  
Vegetarian Kidney Beans  
*with Pumpkin in Sofrito*  
Fried Bananas  
Collard Greens in Coconut Milk  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Frozen Yogurt  
Assorted Cookies

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

**Salad Bar** **Deli Bar**  
Assorted Hot/Cold Cereal  
Assorted Pasta & Sauces  
Chili con Carne  
Veggie Chili  
**TACO BAR TUESDAY**  
Chicken Fajita  
Roasted Corn and Tomato Fajita  
Mexican Red Beans (v)  
Spanish Rice  
Zucchini & Summer Squash  
*with Fine Herbs*  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Frozen Yogurt  
Rice Krispie Squares

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

Soup du jour      Salad Bar  
Assorted Pasta & Sauces  
Assorted Hot/Cold Cereal  
**MYO Stir-Fry**  
Char Siu Pork  
Kung Pao Chicken  
Sweet & Sour Fried Tofu  
Scallion Pancakes  
Garlic Green Beans  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Frozen Yogurt  
Fortune Cookies

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

**Salad Bar** **Hot Dog Bar** **Deli Bar**  
**Hot Pretzels** - *with Mustard & Salt*  
Assorted Pasta & Sauces  
Assorted Hot/Cold Cereal  
Split Pea with Ham Soup  
Cream of Broccoli Soup  
Homemade Chicken Fingers - *Duck Sauce*  
**Grilled Ham with Swiss Cheese, Dijon Mustard, & Romaine on Artisan Rye Bread**  
Potato and Cheese Pierogies  
Couscous *with Edamame & Vegetables*  
Steamed Fresh Broccoli  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Frozen Yogurt  
Gifford's Ice Cream Bar  
**DINNER 5:30 - 7 p.m.**

Soup du jour      Salad Bar  
Assorted Pasta & Sauces  
Assorted Hot/Cold Cereal  
**MYO Stir-Fry**  
Thai Beef & Broccoli Stir-Fry  
Thai Chicken & Vegetable Coconut Curry  
Tofu Pad Thai Noodles  
Mango Coconut Sticky Rice  
Mixed Vegetables with Sesame Oil  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Frozen Yogurt  
Gifford's Ice Cream Bar

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

**Salad Bar** **Deli Bar**  
Assorted Pasta & Sauces  
Assorted Hot/Cold Cereal  
Winter Squash and Apple Soup  
Chicken Noodle Soup  
**Greek Gyro Bar**  
Homemade Meatballs - *Marinara Sauce*  
Eggplant with White Beans, Tomato & Garlic  
Brown Rice Pilaf  
Butternut Squash  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Frozen Yogurt  
Chocolate Cake

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

Soup du jour      Salad Bar  
Assorted Pasta & Sauces  
Assorted Hot/Cold Cereal  
**MYO Stir-Fry**  
Chicken Cacciatore  
Roast Pork *with Fennel Crust*  
Porcini Mushroom Risotto  
Cannellini Beans with Roasted Garlic  
Sautéed Fresh Spinach  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Salad  
Novelties - Frozen Yogurt  
Fruits of the Forest Pie

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

**Salad Bar** **Deli Bar**  
Assorted Pasta & Sauces  
Assorted Hot/Cold Cereal  
New England Clam Chowder  
Vegetable Lentil Soup  
**Caesar Salad Bar**  
Homemade Pizza - *Pesto, Meat Lovers*  
**Fresh, Local, Sustainable, Seafood Catch of the Day**  
Southwestern Quinoa Salad  
Roasted Sweet Potato  
Fresh Brussels Sprouts  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Frozen Yogurt  
Gifford's Ice Cream Bar

**ATHLETIC EVENT**

**ATHLETIC & FITNESS CENTER**  
**5:30 - 7 p.m.**

**Varsity Girl's Basketball**

Chicken Pattie Sandwich  
Pulled Pork Sandwich  
Veggie Burgers  
Potato Chips - Pickles  
Tossed Salad  
*Assorted Dressings*  
Fresh Apple Bowl  
Blonde Brownies  
Ice Water - Cider

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

**Salad Bar**  
**Deli Bar**  
Assorted Pasta & Sauces  
Assorted Hot/Cold Cereal  
Soup du Jour  
Chicken Stir-Fry  
**Italian Grinder Bar**  
Tofu Stir-Fry  
Steamed Rice  
Fresh Vegetable Medley  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Frozen Yogurt  
Pound Cake

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

**New England Baked Beans & Franks**  
*with Brown Bread*

Salad Bar      Assorted Hot/Cold Cereal  
Assorted Pasta & Sauces  
Asian & Brown Rice  
**MYO Stir-Fry**  
Braised Short Ribs of Beef  
Fig, Caramelized Onion & Arugula Flatbread Pizza (v)  
Rissole Potatoes  
Roasted Fresh Root Vegetables  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Frozen Yogurt  
Make your own Gifford's Sundae Bar

\*\*\*All menus subject to change\*\*\*

Underlined items indicate "Vegetarian"

*"(v)" items indicate "Vegan"*

### 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.

Trying to exert "willpower" and consciously eating less in the face of the leptin-driven starvation signal is extremely difficult, if not impossible for many people.

There are even infants that are becoming obese these days. How can anyone blame that on personal responsibility or a lack of willpower? It is very clear that there are biological 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.**

### 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.

Telling someone with obesity to just "eat less, move more" is like telling someone with depression to cheer up, or someone with alcoholism to just drink less.

### 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 calorie 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.**

### 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-carb, 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.**



The rest of the  
**"Top 12 Biggest Myths About Weight Loss"**  
in the next edition of  
*Bon Appétit*

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ST. PAUL'S SCHOOL  
DEPARTMENT OF FOOD SERVICES  
2017

"Strive mightily but eat and drink as friends"

# Bon Appétit



THE WEEKLY MENU & NEWSLETTER OF SPS FOOD SERVICES

November 26, 2017

Vol. XXV No. 12

## Top 12 Biggest Myths About Weight Loss

There 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).

**Bottom Line: Not all calorie sources have the same effects on health and weight. For example, protein can increase metabolism, reduce appetite and improve the function of weight-regulating hormones.**

### 2. Losing Weight is a Linear Process

Losing weight is usually not a linear process, like some people think.

Some days and weeks you may lose, while during others you may gain a little bit.

This is not a cause for concern. It is normal for body

weight to fluctuate up and down by a few pounds.

For example, you may be carrying more food in your digestive system or your body may be holding on to more water than usual.

This is even more pronounced in women, as water weight can fluctuate quite a bit during the menstrual cycle.

As long as the general trend is going downwards, no matter how much it fluctuates, you will still succeed over the long term.

**Bottom Line: Losing weight can take a long time. The process is generally not completely linear, as weight tends to fluctuate up and down by a few pounds.**

### 3. Supplements Can Help You Lose Weight

The weight loss supplement industry is massive.

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.

**Bottom Line: Most supplements for weight loss are completely useless. The best ones can help you lose a few pounds, at most.**

### 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.

*Continued on the back*