



ST. PAUL'S SCHOOL

Department of Food Services

* MENU *



FOR THE WEEK OF
February 18th thru February 24th
2018



SUNDAY 2/18	MONDAY 2/19	TUESDAY 2/20	WEDNESDAY 2/21	THURSDAY 2/22	FRIDAY 2/23	SATURDAY 2/24
CONTINENTAL BREAKFAST	BREAKFAST 6:45 - 8:15 a.m.	BREAKFAST 6:45 - 8:15 a.m.	BREAKFAST 6:45 - 8:15 a.m.	BREAKFAST 6:45 - 8:15 a.m.	BREAKFAST 6:45 - 8:15 a.m.	BREAKFAST 6:45 - 8:15 a.m.
7 - 9 a.m. Chilled Juices Assorted Hot/Cold Cereal Bagels/English & Artisan Breads at the toaster Assorted Danish Pastries Hard Cooked Eggs	Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Vegetarian Baked Beans Bagels/English & Artisan Breads at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast French Toast - <i>Warm Syrup</i> Grilled Bacon Grilled Sausage Breakfast Potatoes Chocolate Chip Pancakes - <i>Warm Syrup</i>	Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English & Artisan Breads at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast French Toast - <i>Warm Syrup</i> Grilled Bacon Grilled Sausage Breakfast Potatoes Assorted Muffins	Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Vegetarian Baked Beans Bagels/English & Artisan Breads at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs Make your own Belgian Waffles <i>Assorted Toppings</i> Breakfast Burrito Bar Breakfast Potatoes Whole Wheat Pancakes - <i>Warm Syrup</i>	Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Vegetarian Baked Beans Bagels/English & Artisan Breads at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Breakfast Potatoes French Toast - <i>Warm Syrup</i> Assorted Muffins	Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Vegetarian Baked Beans Bagels/English & Artisan Breads at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs Bagel Breakfast Breakfast Potatoes Blueberry Pancakes - <i>Warm Syrup</i>	Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English & Artisan Breads at the toaster Hard Cooked Eggs Omelets to order Scrambled Eggs French Toast - <i>Warm Syrup</i> Make your own Belgian Waffles <i>Assorted Toppings</i> Croissant Breakfast Grilled Bacon Grilled Sausage Breakfast Potatoes Assorted Muffins
BRUNCH 9 a.m. Omelets/Fried Eggs to order Eggs Benedict to order Smoothie of the Day Make your own Belgian Waffles <i>Assorted Toppings</i> French Toast to order Buttermilk Pancakes - <i>Warm Syrup</i> Grilled Bacon Grilled Sausage Breakfast Potatoes	LUNCH 11 - 1 p.m. Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal <u>Hot and Sour Soup</u> Chicken Noodle Soup Grilled Rachael Sandwich - <i>Turkey, Swiss, Coleslaw & Russian Dressing on Rye</i> Chicken Pesto Pasta <u>Chickpea Curry</u> Roasted Baby Red Potatoes Whole Green Beans 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 <u>Assorted Pasta & Sauces</u> Assorted Cold Cereal Minestrone Soup <u>Cream of Broccoli Soup</u> Tuna Cavatappi Casserole Hamburgers Cheeseburgers <u>Black Bean Burgers (v)</u> Sweet Potato Fries Fresh Steamed Broccoli Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Pecan Pie	LUNCH 11 - 1 p.m. Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Hot Buttered Popcorn <u>Lentil Soup</u> Chicken Gumbo Grilled Ham, Swiss & Dijon Mustard on Artisan Rye Bread Italian Marinated Breast of Chicken <u>Cheesy Kale Bake</u> Baked Potato - <i>Butter, Sour Cream</i> Fresh Zucchini and Plum Tomatoes 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 <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Corn Chowder CAESAR SALAD BAR Cheese Pizza - Pesto Pizza - Fig & Arugula Pizza Pad Thai Poutine - <i>A mélange of warm french fries, topped with fresh cheese curd then smothered with gravy</i> Gingered Carrots <i>with Lemon Zest</i> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Apple Pie	LUNCH 11 - 1 p.m. Salad Bar Deli Bar <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Mussel Bisque <u>Vegetable Barley Soup</u> Buttermilk Fried Chicken - <i>Biscuits</i> Fish Tacos <u>Black Bean & Tortilla Casserole</u> Roasted Sweet Potatoes Fresh Steamed Spinach 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 <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal Soup du Jour Turkey Club Wrap Bar Beef and Broccoli Stir-Fry <u>Quinoa Stir-Fry</u> Wild Rice Pilaf Fresh Vegetable Medley Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Rice Krispie Squares
CONTINUED 11 a.m. Soup du Jour Tossed Salad - <i>Dressings</i> Chef's Choice Entree <u>Vegetarian Casserole</u> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar	DINNER 5:30 - 7 p.m. Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry Chinese Pepper Steak Kung Pao Chicken <u>Edemame & Tofu Lo Mein</u> Steamed White and Brown Rice Stir-Fried Fresh Mixed Vegetables Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Yellow Cake - <i>Chocolate Icing</i>	DINNER 5:30 - 7 p.m. Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry African Beef Stew Chicken Yassa <u>Lablabi - Tunisian Chickpea with Cumin, Garlic & Bread</u> Creole Rice Fresh Winter Squash - <i>Onions, Cinnamon & Spinach</i> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Assorted Cookies	DINNER 5:30 - 7 p.m. Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry Carne Guisada Puertoricuena Arroz con Pollo <u>Puerto Rican Red Beans & Winter Squash</u> Rice & Pigeon Peas Roasted White Corn with Peppers 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 Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Vegetable Stir-Fry Curried Blackeyed Peas Sambar Vegetable Stew Basmati Rice Punjabi Style Okra Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Peanut Butter Squares	FOOD COMMITTEE FRIDAY 5:30 - 7 p.m. JR Ereyi Soup du jour <u>Assorted Pasta & Sauces</u> Assorted Hot/Cold Cereal MYO Stir-Fry Buffalo Hot Wings - BBQ Wings Bacon Cheeseburgers Beyond Meat Burgers Hand Cut Cajun French Fries Fresh Steamed Broccoli Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Assorted Donuts	DINNER 5:30 - 7 p.m. New England Baked Beans & Franks <i>with Brown Bread</i> Salad Bar Assorted Hot/Cold Cereal Soup du jour <u>Assorted Pasta & Sauces</u> Asian, and Brown Rice MYO Stir-Fry TACO BAR Pulled Pork Quesadillas <u>Spinach and Artichoke Quesadillas</u> Spanish Rice Sauteed Fresh Swiss Chard Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt MYO Gifford's Ice Cream Sundae Bar

All menus subject to change
Underlined items indicate "Vegetarian"
"(v)" items indicate "Vegan"

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associated with an increased risk of conditions like heart disease and inflammation.

SUMMARY

Air fryers use less oil than deep fryers and can produce foods that have a significantly lower fat content.

Switching to an Air Fryer May Aid in Weight Loss

Deep-fried foods aren't just higher in fat, but they're also higher in calories and may contribute to weight gain.

One study of 33,542 Spanish adults found that a higher intake of fried foods was associated with a greater risk of obesity.

If you're looking to trim your waistline, swapping your deep-fried foods for air-fried foods can be a good place to start.

Clocking in at 9 calories in every gram of fat, dietary fat contains over twice as many calories per gram as other macronutrients like protein and carbohydrates.

Because air-fried foods are lower in fat than deep-fried products, switching to an air fryer may be an easy way to cut calories and promote weight loss.

SUMMARY

Air-fried foods are lower in fat than deep-fried foods, which may help reduce calorie intake and promote weight loss.

Air-Frying May Be Healthier Than Deep-Frying

Air-fried foods may be healthier than deep-fried foods in several ways.

They are lower in fat, calories and even some potentially harmful compounds that are found in traditionally fried foods.

If you're looking to lose weight or lower your fat intake without modifying or cutting down on fried foods, switching to an air fryer may be a good choice.

However, keep in mind that just because it may be a better option than deep-frying doesn't mean that it's a great option when it comes to your overall health.

SUMMARY

Air-fried foods are lower in fat, calories and acrylamide than deep-fried foods, making them the healthier option. Nevertheless, these are still fried foods.

Although air-frying may be healthier than deep-frying, fried foods are still associated with many negative health effects, including heart failure, high blood pressure, diabetes and certain types of cancer.

THE BOTTOM LINE

Compared to deep-frying, using an air fryer can reduce the amount of fat, calories and potentially harmful compounds in your food.

However, air-fried foods are still fried foods and eating them on a regular basis may be associated with adverse health conditions.

Although air fryers may be a better alternative to deep fryers, limiting your intake of fried foods altogether is the best option when it comes to your health.

Written by Rachael Link, MS, RD on February 7, 2018
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ST. PAUL'S SCHOOL
DEPARTMENT OF FOOD SERVICE
2018

"Strive mightily but eat and drink as friends"

Bon Appétit

THE WEEKLY MENU & NEWSLETTER OF SPS FOOD SERVICES

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Is Cooking With an Air Fryer Healthy?

Advertised as a healthy, guilt-free way to enjoy your favorite fried foods, air fryers have experienced a recent surge in popularity.

They are claimed to help lower the fat content of popular foods like french fries, chicken wings, empanadas and fish sticks.

But just how healthy is cooking with an air fryer?

This article will take a look at the evidence and determine if the benefits of using an air fryer really outweigh the risks.

What Is an Air Fryer and How Does It Work?

An air fryer is a popular kitchen appliance used to make fried foods such as meat, pastries and potato chips.

It works by circulating hot air that contains fine oil droplets around the food to produce a crunchy, crispy exterior.

This also results in a chemical reaction known as the Maillard effect, which occurs between an amino acid and a reducing sugar in the presence of heat. It leads to alterations in the color and flavor of foods.

Air-fried foods are touted as a healthy alternative to deep-fried foods, thanks to their lower content of fat and calories.

Instead of completely submerging the food in oil, air-frying requires just a tablespoon of oil to achieve a similar taste and texture to deep-fried foods.

SUMMARY

Air fryers are kitchen appliances that fry foods by circulating hot air around the food. Air-fried foods are believed to be healthier than deep-fried foods because they require less oil to produce a similar taste and texture.

Using an Air Fryer Can Help Cut Fat Content

Deep-fried foods are generally higher in fat than foods prepared using other cooking methods.

For example, a chicken breast that has been fried contains about 30% more fat than an equal amount of roasted chicken.

Some manufacturers claim that using an air fryer can cut the fat content of fried foods by up to 75%.

This is because air fryers require significantly less fat than traditional deep fryers. While many recipes for deep-fried dishes call for up to 3 cups (750 ml) of oil, air-fried foods need only about 1 tablespoon (15 ml).

This means that deep fryers use up to 50 times more oil than air fryers and, while not all of that oil is absorbed by the food, using an air fryer can significantly cut down on the overall fat content of your food.

One study compared the characteristics of deep-fried and air-fried french fries and found that air-frying resulted in a final product with substantially less fat but a similar color and moisture content.

This can have a major impact on your health, as a higher intake of fat from vegetable oils has been

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