

Burch e-Burch

FOOD SERVICES ARKANSAS



Burch Food Services serving Missouri, Tennessee, Illinois, Kentucky, and Arkansas

Spring/Summer Menu

New!

COMING YOUR WAY MONDAY, APRIL 17, 2006

Mar/April 2006 - Issue 6

Burch Sunrise with Cheese

Scrambled eggs, sausage, hash browns, and American cheese on bun.

Spaghetti with special BURCH Sauce

Spaghetti noodles prepared with a special sauce

Burch Sausage & Pepper Cheese on Biscuit

Sausage and pepper cheese on a Burch Biscuit

Burch Bacon Cheddar Burger

Charbroiled hamburger with bacon & cheddar cheese

Burch Tuna Salad on Wheat

Burch's made-from-scratch tuna salad on wheat bread

Buffalo Chicken Kaiser

Deli-sliced Buffalo Chicken with hot sauce on Kaiser roll

Hawaiian Chicken Sandwich

Chicken breast with pineapple on Kaiser roll.

BBQ Chicken Breast Sandwich

Chicken breast with BBQ sauce on bun

Sausage/Egg/French Toast

Sausage patty and egg on French toast

Hawaiian Ham Sandwich

Sliced ham with pineapple on Kaiser roll

Roast Beef/Pepper Jack Sandwich

Roast beef with pepper jack cheese on Kaiser roll

Buffalo Chicken Tenders

Buffalo chicken tenders with bleu cheese dressing and celery

Scrambled Eggs and Sausage Patties

Hearty breakfast of scrambled eggs & sausage patties

In addition, look for NEW branded items such as bagel w/cream cheese, calzones, stromboli, steak subs, cinnamon rolls, cheddarwurst, maple sausage biscuit twin and a double pork chop sandwich.

All of these items will carry a "NEW" sticker to be easily identified. We will continue to add new items throughout the menu season.

Seasonal Favorites

- | | |
|---------------------------------|---------------------------|
| Burch Sloppy Joes | Strawberry Shortcake |
| Southwestern Burger | Meatball Sub |
| Chicken Cordon Bleu | Egg Rolls |
| Lemon Meringue Pie | Burch Country Ham/Biscuit |
| Chicken and Wild Rice Platter | |
| Chicken/Broccoli/Rice Casserole | |
| Chicken Salad/Cheese/Grapes | |
| Ham Club on Texas Toast | |

Exclusive Restaurant Brands

(Available only to Canteen Franchise partners)

- Blimpies** Turkey Cordon Bleu, Beef & Cheddar or Blimpie's Best
- NASCAR Café** Double Sausage Biscuit or Charbroil with Cheese
- Mama Leone's** Chicken Parmagiana Sandwich
- Krystal** Hamburgers or Cheeseburgers
- Tony Roma's** BBQ Sandwich
- Checkers** ... Cheeseburgers

Burch Signature Items

These items get a special touch from us and are charbroiled and/or made-from-scratch in our state-of-the-art Culinary Center.

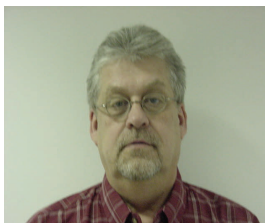
- **Burch** Pimento Cheese Sandwich
- **Burch** Tuna or Ham Salad Sandwich
- **Burch** Sausage and Biscuit or Biscuit and Gravy
- **Burch** Sloppy Joe or Spaghetti
- **Burch** Cheddar Burger
- **Burch** Bacon Cheeseburger
- **Burch** Hamburgers and Cheeseburgers
- **Burch** 1/2 LB Double Cheeseburger

Got a great idea for a menu item?

Tell a Burch representative, e-mail us at info@burchfood.com or call us with your idea at 800-455-3003, and ask for Beth.



Burch Food Services'
GREATEST ASSET



We are pleased to introduce Duwayne Thompson, new Division Manager in our Newbern, Tennessee office. In this position, Duwayne will have the responsibility for the day-to-day operation of the division based in Newbern, TN which serves our customers in West Tennessee and parts of Southwest Kentucky. He is "taking the reins" from Don Sanders who has accepted a position as our company-wide Training Manager.

Duwayne comes to Burch Food Services with over 20 years experience in manufacturing management. In addition, in his "youth" Duwayne served 8 years as a Full-Time Fireman and Emergency Medical Technician (EMT). Duwayne's views on customer service are a product of his work experience and mirror Burch Food Services mission to be the most client and customer focused company in the industry.

When not at work, Duwayne enjoys spending time with his family, playing golf, and is a big fan of Kentucky basketball. He and his wife reside in South Fulton and have two grown children.



It is difficult to pick up a paper or watch the nightly news without reading or hearing something on childhood obesity and/or healthy eating habits for adults. This is a problem that faces all of us as individuals and as parents. I would like to share with you how our industry, and Burch Food Services is doing our part to help solve this problem.

Our national trade organization, NAMA (National Automated Merchandising Association) developed a national education campaign, "Balanced for Life". The campaign geared to school age kids, delivers nutrition information to students to ensure they understand the elements of a balanced diet **AND** the importance of being physically active. Information is being delivered through "point of sale" nutrition guidelines, literature that gives tips on healthy snacking and in partnership with America Scores, an after-school soccer and literacy program designed to get kids active.

While the problem is complex, the solution is not. Our industry believes the answer lies in better education about nutrition and the importance of physical activity in our daily life.



Burch Food Services' initiative to offer healthy options in our snack merchandisers was introduced last year. The program entitled "Balanced Choices" established nutritional limits for calories (260 or less) and fat grams (7 grams or less). These "Balanced Choice" offerings are identified in your snack merchandisers by a small "pea pod" label placed under the item. To "snack smart" look for the "Balanced Choice" labels and remember, a balanced diet is key for you to stay fit and healthy. If you have questions or would like to know more about these programs please contact your vending manager.



"Vending gets a "black-eye" ... NAMA recently conducted a study that evaluated more than a million student purchases from vending machines at schools. The survey evaluated 2,084 school vending machines and concluded that students actually purchased far less than one candy bar or salted snack item *per week per student*. That's right - less than one candy bar or snack *per student, per week*. Obviously, *one candy bar or snack per student per week* is not the cause of the complex problem of childhood obesity.

'Smart Snacking' Tips
 'Don't confuse thirst with hunger - keep a bottle of water handy!

BURCH "POST"
 "Empty pockets never held anyone back. Only empty heads and empty hearts can do that."
 Norman Vincent Peale

Answers to 'Brain Food' can be found on our website under Newsletters, - March/April 2006.
www.burchfood.com or
 E-mail
info@burchfood.com

Brain Food

1. I have holes in my top and bottom, my left and right, and in the middle. But I still hold water. What am I? **Sponge**
2. I am the black child of a white father, a wingless bird flying even to the clouds of heaven. I give birth to tears or mourning in pupils that meet me, even though there is no cause for grief, and at once on my birth I am dissolved into the air? What am I? **Smoke**
3. What does man love more than life? Fear more than death or mortal strife? What do the poor have, what the rich require, and what contented men desire? What does the miser spend, the spendthrift save, and all men carry to their graves? What is it? **Nothing**