

Burch e-Burch

FOOD SERVICES ARKANSAS



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

November-December 2006

Issue 10



Burch Food Services joins the vending industry in wishing you "Happy Holidays". Our gift to you is smarter meal and/or snacking ideas offered in our machines to ease the pressure the holidays add to your eating habits. Between meal snacking becomes a common occurrence during the holiday season and with the additional traveling, entertaining, and other festivities it makes it an even bigger challenge.

We realize that you don't have to be a nutritionist to eat correctly, but to help make your holiday snacking a little easier we have added a nutritional facts label to our food items that are made in the Culinary Center. This empowers you with the information necessary to make healthier decisions when choosing your meal or snack from our food machines.

Have you visited our fresh food ma-

chines lately? On our menu we offer items such as chicken salad with grapes and cheese cubes, as well as a full line of great tasting salads including chef salad, garden salad, chicken fajita taco salad, oriental chicken salad, and supreme garden salad - some of these salads are served with fat free dressings. For the sweet tooth, you can choose from a variety of desserts such as gelatins with fruit, fruit cups, or yogurt cups. We also offer low fat ham and turkey sandwiches on a variety of breads such as Wheat, Wheatberry, Onion Roll, or Kaiser Roll, just to name a few.

At Burch Food Services we want to do our part in offering you healthy choices all year long, but realize the importance of it especially during the holidays. We know our customers are seeking food items that help to improve conditions such as elevated cholesterol or hypertension. This year we have focused on making modest changes in our food selections to help you promote a healthier eating style for your life.

And, we didn't leave out our snack machines. We offer a "Balanced Choice" section of snacks that have less than 250 calories and/or contain 7 grams or less of fat per serving. Some of our Balanced Choice snack items include a variety of baked chips, fat free pretzels, chocolate covered raisins, cereal bars, sugar free wafers, Rice Krispie Treats, Chex Mixes, and new 100 Calorie Pak cookie items.

We offer a variety of beverages such as sugar free energy drinks and many diet soft drinks that contain no sugar and no calories -- or check out our fruit juices instead of that soft drink.

In essence, when we say "Happy Holidays" we are saying have a "Happy" and "Healthy" Holiday Season with our help!

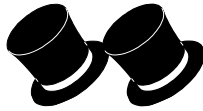
"There are no failures .. Just experience and your reactions to them."

Tom Krause

great people
great service
great results



Burch Food Services is pleased to announce the purchase of Lebanon Vending Service of Lebanon, MO. The Lebanon facility will service the Lebanon area in Southwest Missouri and surrounding communities. Through this transaction we have several new staff additions to the Burch Family that we want to heartily welcome aboard. The employees of our Lebanon and Springfield, MO branches are: Springfield, MO - Tim Harp, Route Sales; Phillip Kindred, Maintenance, and in Lebanon, MO - Landon Little, Roger Weddle, and Elaina Brown - Route Sales; Karla Day, Cafeteria Supervisor, Janet Doyle, Karen Willets, and April Woodward, Cafeteria,-Regal-Beloit; Shirley Nail, Virginia Smith, Kathleen Morrow, Alice "Vickie" Ellison, Jan Parsons, Julia Couch, Donna Beard, Martha Sadler, and Shirley Baney - Cafeteria-Emerson Climate Control Technologies; Michael Jackson, Maintenance; and Bruce Burch, Division Manager. Join us in welcoming these fine additions to our family, and as others come on board we will introduce them to you.



... Off to the Greatest Customers in the World!



Be Thankful

Be thankful that you don't already have everything you desire.
If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for your limitations, because they give you opportunities for improvement.

Be thankful for each new challenge, because it will build your strength and character.

Be thankful when you're tired and weary, because it means you've made a difference.

It's easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks.

Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings.

Author Unknown

As we reflect on 2006, we have seen our opportunities through our limitations, our learning through our lack of knowledge, and the challenges that have built our strength and character. We pride ourselves as a company built on the foundation of great service, by great people, who expect great results.

We would like to take this time to say "Thank You" to the greatest customers in the world. Thank you for being patient with us as we worked through the "opportunities" the past year presented us. Thank you for "staying" with us as we strived to improve our program through the change and growing pains of expansion.

Thank you for keeping us informed of your needs, and how we can better serve you ... it is your feedback that gives us the opportunity to discover where we can improve and the knowledge to meet the challenge.

We wish you and your employees the happiest of holiday seasons. We look forward to serving you in 2007!

After Thanksgiving Casserole

- 1 cup butter
 - 1 cup onions, diced
 - 1 cup celery, diced
 - 1 cup green peppers, diced
 - 1 (4 oz. Can) mushrooms, drained
 - 3 (10 3/4 oz) cans condensed cream of chicken soup.
 - 3 cups diced turkey
 - 1/3 cup slivered almonds
 - 1 (3 oz) can chow mein noodles, divided
1. Preheat oven to 350 degrees F. Grease a 2-quart casserole dish and set aside.
 2. Saute onion, celery, and green peppers in butter. Add mushrooms, cream of chicken soup, diced turkey and almonds.
 3. Line prepared casserole dish with 1/2 can chow mein noodles. Add turkey mixture and cover with remaining noodles.
 4. Bake for 40 minutes.

BURCH "POST"
"Customer complaints are the schoolbooks from which we learn."
Unknown



Any Questions, Comments, or Concerns???
E-mail us at admin@burchfood.com
We would love to hear from you.

Holiday Trivia

1. In *Frosty The Snowman*, who brought Frosty back to life? Santa Claus
2. Who lost \$8,000 in *It's A Wonderful Life*? Uncle Billy
3. What was Scrooge's first name? Ebenezer
4. In what city did *Miracle on 34th Street* take place? New York
5. In *It's A Wonderful Life*, how did Clarence cleverly save George's life? He jumped into the river first
6. What color is the Grinch? Green
7. What holiday drink contains sugar, milk, and eggs? Egg Nog
8. What popular bite-sized chocolate candy comes wrapped in red and green foil during the holidays? Hershey Kisses
9. What 1990 movie told of a boy's experience when two men break into his house during the holidays? Home Alone
10. What Emmy Award winning cartoon was based on a newspaper editorial? "Yes, Virginia, There is a Santa Claus"
11. What cola company was known for its ads featuring a big, smiling Santa? Coca Cola