



FOOD TABLE SCHEDULE FOR THE 2009-2010 BEDFORD WRESTLING SEASON



ITEMS Bring enough to feed two dozen please.	12-5-09 Lansing Or Lakewood	12-12-09 *Bedford Or Adrian	12-19-09 St. Joe **Holland Food TBA	1-9-10 Sheriff's Or S. Lyon	1-16-10 *Bedford Or Detroit CC	1-23-10 Holt Inv.	1-30-10 Lincoln Or Dundee	2-5-10 Wyan. Roos.	2-6-10 SEC Inv.	2-13-10 Indiv. Dist.
Fruit Salad or Apples/Oranges	103	112	119	125	130	135	140	145	152	160
Bagels and Cream Cheese	171	189	215	285	103	112	119	125	130	135
Warm Casserole Dish	140	145	152	160	171	189	215	285	103	112
Potato Dish or Mac & Cheese	119	125	130	135	140	145	152	160	171	189
Cheese and Crackers	215	285	103	112	119	125	130	135	140	145
Chicken Wings or Chunks	152	160	171	189	215	285	103	112	119	125
SloppyJoes & Buns or Meatballs	130	135	140	145	152	130	171	189	215	285
Cookies or other Baked good	125	130	135	140	145	152	160	171	189	215
Taco chips & dip or Chips/Pretzels	285	103	112	119	125	130	135	140	145	152
Yogurt, Jello, or Pudding cups	160	171	189	215	285	103	112	119	125	130
Large Veggie Tray (or 2 small)	135	140	145	152	160	171	189	215	285	103
Nutri-Grain or Granola Bars	112	119	125	130	135	140	145	152	160	171
Muffins or Cinnamon Rolls	189	215	285	103	112	119	125	130	135	140
Surprise us!	145	152	160	171	189	215	285	103	112	119

We've tried to assign a healthy variety and rotate so no one family is assigned something expensive. You are welcome to bring something extra. The health and strength of the team is the number one priority for our food table.

QUANTITY and CLEANLINESS – Assume you are bringing enough to serve two dozen. Please visit the table throughout the day to ensure it is always neat and clean. If it is a *HOME TOURNAMENT* **bring double your assignment** for the coaches' room.

SPIRIT CLUB FOOD AND SUPPLIES – Spirit Club will provide one main dish for every tournament. Spirit Club will also supply Gatorade®, paper plates and utensils. There are extension cords in the tubs that go to the tournaments.

***HOLLAND TOURNAMENT – We will be leaving Friday night so the assignments will reflect the fact parents won't have access to a kitchen.*