



RHS FALCONS WRESTLING FOOD LIST 2016-2017



FOOD	12/10/16	12/17/16	01/07/17	01/14/17	01/21/17	01/28/17	02/04/17	02/11/17	02/18/17			
20 Small Subs or Sandwiches*	103	HWT	215	189	171	160	152	145	140	135	130	125
Cheese, Crackers & Snacks*	112	103	HWT	215	189	171	160	152	145	140	135	130
Fresh Fruit* 20-30 servings	119	112	103	HWT	215	189	171	160	152	145	140	135
2 Cases of Water in cooler with ice	125	119	112	103	HWT	215	189	171	160	152	145	140
Hot Dish* 20-30 servings	130	125	119	112	103	HWT	215	189	171	160	152	145
Case of Gatorade in cooler with ice	135	130	125	119	112	103	HWT	215	189	171	160	152
20 Subs or Sandwiches*	140	135	130	125	119	112	103	HWT	215	189	171	160
Veggie Tray 20-30 servings	145	140	135	130	125	119	112	103	HWT	215	189	171
Case of Gatorade in cooler with ice	152	145	140	135	130	125	119	112	103	HWT	215	189
3 Boxes snack/breakfast bars and dozen bagels	160	152	145	140	135	130	125	119	112	103	HWT	215
Case of Gatorade in cooler with ice	171	160	152	145	140	135	130	125	119	112	103	HWT
Fruit Tray* 20-30 servings	189	171	160	152	145	140	135	130	125	119	112	103
3 Boxes snack/breakfast bars and dozen bagels	215	189	171	160	152	145	140	135	130	125	119	112
Hot Dish* 20-30 servings	HWT	215	189	171	160	152	145	140	135	130	125	119

* Snacks: String Cheese, Go-Gurt, pretzels, popcorn, trail mix, raisins or any low fat snack.

*Hot Dish Suggestions: Meatballs, Sloppy Joes, Hot Dogs, Soup, Pizza, Goulash, Mostaccioli, Pulled Pork

*Fruit Tray: can also include Fruit, Jello Cups (low or sugar free) or applesauce cups

*Fresh Fruit: WASH ALL FRUIT BEFORE YOU BRING IT IN - Bananas, grapes, apples, cut oranges or clementines, strawberries or berries

*Subs/Sandwiches: PRE-WRAPPED - Sandwich bag size subs/sandwiches - Please make and wrap sandwiches or subs prior to event.

IF YOU CHOOSE NOT TO PARTICIPATE, CONCESSIONS WILL BE AVAILABLE AT SCHOOLS FOR YOUR FOOD AND DRINKS.