



## FOOD TABLE SCHEDULE FOR THE 2011-2012 BEDFORD WRESTLING SEASON



ITEMS Bring enough to feed two dozen.	12/10/11 See * on Lansing E.	12/17/11	1/7/12	1/14/12	1/21/12	1/28/12	2/4/12	2/11/12	2/18/12
Fruit Salad or Apples/Oranges	103	285	215	189	171	160	152	145	140
Bagels and Cream Cheese	112	103	285	215	189	171	160	152	145
Warm Casserole Dish	119	112	103	285	215	189	171	160	152
Potato Dish or Mac & Cheese	125	119	112	103	285	215	189	171	160
Cheese and Crackers	130	125	119	112	103	285	215	189	171
Chicken Wings or Chunks	135	130	125	119	112	103	285	215	189
Cookies or other Baked good	140	135	130	125	119	112	103	285	215
Sloppy Joes & Buns or Meatballs	145	140	135	130	125	119	112	103	285
Taco chips & dip or Chips/Pretzels	152	145	140	135	130	125	119	112	103
Yogurt, Jello, or Pudding cups	160	152	145	140	135	130	125	119	112
Bananas & Grapes	171	160	152	145	140	135	130	125	119
Non-dessert finger foods	189	171	160	152	145	140	135	130	125
Muffins or Cinnamon Rolls	215	189	171	160	152	145	140	135	130
Surprise us!	285	215	189	171	160	152	145	140	135

*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.*

\*Lansing Eastern does not allow us to plug in slow cookers. Please substitute your assigned dish with foods that do not need outlets.

**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.