

Meal Suggestions

Please keep in mind these are only suggestions and you are not required to supply all that is on the list.

Please contact Technical Rep for dietary needs of officials.

Breakfast

- Bagels & Cream Cheese
- Cereal
- Cinnamon Buns
- Waffles
- Fresh Fruit
- Muffins
- Bread (toaster)
- Jams/Peanut Butter
- Yogurt
- Cereal Bars

Lunch/ Supper

- Soup
- Sandwiches
- Veggies and dip
- Chili
- Salad
- Fresh Fruit
- Pasta
- Pizza
- Salad
- Stew
- Stir Fry
- Chicken
- Meatballs
- Perogies
- Rice
- Potatoes

Dessert

- Be creative
- Cookies
- Slices
- Cake

Snacks (should be left out all day)

- Granola Bars
- Fresh Fruit
- Cheese & Crackers
- Muffins
- Yogurt
- Granola Mix
- Chocolate
- Hard Candy

Beverages (should be left out all day)

- Coffee
- Tea (regular & herbal)
- Hot Chocolate
- Water
- Pop
- Juice