



Meal Suggestions

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

NOTE: A minimum of 1 hot meal selection is required at each meal (this does not include beverages)

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

- 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