

FOOD ASSIGNMENTS FOR TEAM TABLE

2019/2020 SEASON

During tournaments, wrestling families help support the team by having healthy food at the team table. Think healthy proteins and healthy fats which will provide beneficial fuel for our wrestlers throughout the day.

- Please note: Meets held during the week have no team food table.
- Food is shared with all: wrestlers, coaches, managers and parents/siblings/family.
- Food contribution should feed 15 people (double to 30 people when we “host” a tournament at home in Pinckney).
- Boosters supply paper plates/cups/bowls, cutlery, napkins, & salt/pepper.

Thank you for your support!

Group 1	WATER	Group 2
Avedisian Donohue Emch Fradette (2) Nagle O’Sullivan (2) Pfisterer Prichard Stouffer	Please bring approximately 40 bottles (8 oz preferred)	Clausen Galliher Patierno Raymond (2) Rosevear-Sergent Roy-Borland Sweeney Trost Wentworth

Tournament & Date	Water	Grab N Go	Meal Food
Sat, December 14, 2019-Dansville	Patierno	Group 1	Group 2
Sat, December 21, 2019 Hosting Season’s Beatings	Nagle	Group 2 (DOUBLE FOOD)	Group 1 (DOUBLE FOOD)
Sat, January 4, 2020-Clinton	Galliher	Group 1	Group 2
Sat, January 11, 2020-Addison	Emch	Group 2	Group 1
Sat, January 18, 2020-Midland	Roy-Borland	Group 1	Group 2
Sat, January 25, 2020-Lakeview	Avedisian	Group 2	Group 1
Sat, February 1, 2020-Grass Lake	Trost	Group 1	Group 2
Sat, February 15, 2020 Ind. Districts-Mason	Clausen	Group 2	Group 1

Most schools support the use of crockpots, but some may not allow. Suggestions for food table (but not limited):

Grab N Go: sandwiches, bagels, fresh fruit, cut cheese & crackers, sliced meats, subs, wraps, power bars, humus, cut-veggies, kabobs, deviled eggs, pizza-bites, nuts/seeds, breakfast burritos, etc.

Meal Foods: salads (chicken Caesar, pasta, taco), mac & cheese, cheesy potatoes, cut-roasted chicken, hearty soups, chili, meatballs, sloppy joes, pulled pork, tacos, quiche, spaghetti, casseroles, etc.