

Lowell High School Wrestling
2019-20 - Food Table
2 Pages

<p style="text-align: center;"><u>Groupings</u></p> <ul style="list-style-type: none"> • A - Sandwiches/Wraps • B - Pasta/Hotdish • C - Gatorade • D - Water • E - Bagels • F - Fruit • G - Snacks • H - Veggies • I - Granola Bars 	<p>A - Sandwiches/Wraps -</p> <ul style="list-style-type: none"> • You do not need to go to a lot of expense • Homemade subs; A tray of deli meat, cheese, bread & condiments; • Enough for 12 people <p>B - Pasta/Hotdish</p> <ul style="list-style-type: none"> • Mostaccioli, Lasagna, Macaroni • Enough for 12 people <p>C - Gatorade</p> <ul style="list-style-type: none"> • Each wrestler listed is asked to bring 1 case of Gatorade (A cooler with ice would be ideal.) <p>D - Water</p> <ul style="list-style-type: none"> • Two cases of water (A cooler with ice would be ideal.) <p>E - Bagels</p> <ul style="list-style-type: none"> • (one dozen): Bagels and cream cheese. Please keep it healthy. No Pastries. <p>F - Fruit</p> <ul style="list-style-type: none"> • Apples, Bananas, Orange Slices, Grapes, etc. Any variety of fruit is great. • (Enough for 14 wrestlers and 2-3 coaches and one manager) <p>G - Snacks</p> <ul style="list-style-type: none"> • Dried Fruit, Rice Krispy treats, rice cakes, granola bars, chex mix, cookies, brownies, etc. • (Enough for 14 wrestlers and 2-3 coaches and one manager) <p>H - Veggies</p> <ul style="list-style-type: none"> • Best if pre-cut. Carrots, Cucumbers, Green and Red Peppers, etc. and ranch dressing. Any variety is great. • A pre-mixed salad or pasta salad is also an option • (Enough for 14 wrestlers and 2-3 coaches and one manager) <p>I - Granola Bars</p> <ul style="list-style-type: none"> • Nutri-grain, Protein bars, Granola bars, etc. Healthy type snacks. • (Enough for 14 wrestlers and 2-3 coaches and one manager)
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	12/14/19	12/21/19	12/28/19	1/4/20	1/18/20	1/25/20	2/7/20	2/15/20	2/22/20
103	A	H	F	E	D	C	B	A	H
112	A	I	G	F	E	D	B	A	I
119	B	A	H	F	E	D	C	B	A
125	B	A	I	G	F	E	D	B	A
130	C	B	A	H	F	E	D	C	B
135	D	B	A	I	G	F	E	D	B
140	D	C	B	A	H	F	E	D	C
145	E	D	B	A	I	G	F	E	D
152	E	D	C	B	A	H	F	E	D
160	F	E	D	B	A	I	G	F	E
171	F	E	D	C	B	A	H	F	E
189	G	F	E	D	B	A	I	G	F
215	H	F	E	D	C	B	A	H	F
285	I	G	F	E	D	B	A	I	G