

Lowell High School Wrestling Food Table 2018 - 2019 Season

ALL WRESTLERS AND FAMILY MEMBERS ARE RESPONSIBLE FOR THEIR OWN DRINKS.

PLEASE BRING A CASE OF WATER TO EACH EVENT

- A: Please bring 3 of the following: Jell-O, bagels, or granola bars/breakfast bars
- B: Please bring enough for 30 people: crackers and cheese, dip or spread
- C: Please bring a hot dish for 30 people or more (spaghetti or other pasta dish preferred)
- D: Please bring sandwich makings for at least 30 (bread, meat, cheese, mayo, mustard etc)
- E: Please bring enough fruit for 30 (grapes, apples, oranges, bananas, etc)
- F: Please bring a cold pasta dish or salad
- G: Please bring enough for 30: veggies and dip or healthy chips and dip

Weight Class	12/8	12/15	12/28	1/12	1/19	1/26	2/1	EXTRA 1	EXTRA 2
103	A	B	C	D	E	F	G	A	B
112	B	C	D	E	F	G	A	B	C
119	C	D	E	F	G	A	B	C	D
125	D	E	F	G	A	B	C	D	E
130	E	F	G	A	B	C	D	E	F
135	F	G	A	B	C	D	E	F	G
140	G	A	B	C	D	E	F	G	A
145	A	B	C	D	E	F	G	A	B
152	B	C	D	E	F	G	A	B	C
160	C	D	E	F	G	A	B	C	D
171	D	E	F	G	A	B	C	D	E
189	E	F	G	A	B	C	D	E	F
215	F	G	A	B	C	D	E	F	G
285	G	A	B	C	D	E	F	G	A

This food list is for both Varsity and JV. If your wrestler is going to the meet, REGARDLESS IF HE/SHE IS WRESTLING OR NOT, he/she is asked to bring the item listed for his/her regular weight class. If your wrestler is wrestling a different weight at a certain tournament, please bring the item for their REGULAR weight class. There have been times where wrestlers have come to watch but did not bring food.

Situations like this create a shortage of food for the wrestlers. PLEASE BRING WHAT FOOD ITEMS YOU HAVE BEEN ASSIGNED. Remember we have 60+ wrestlers plus families.

You and your family may eat from the food table. For those of you that are new to high school wrestling, we have been doing this for years and it's a great situation when everybody participates. Thanks for your participation in feeding our wrestlers!