

**Lowell High School Wrestling**  
**2022/23 - Food Table**  
**2 Pages**

<p><b><u>Groupings</u></b></p> <ul style="list-style-type: none"> <li>• A - Sandwiches/Wraps</li> <li>• B - Pasta/Hotdish</li> <li>• C - Gatorade</li> <li>• D - Water</li> <li>• E - Bagels</li> <li>• F - Fruit</li> <li>• G - Snacks</li> <li>• H - Veggies</li> <li>• I - Granola Bars</li> </ul>	<p>A - Sandwiches/Wraps -</p> <ul style="list-style-type: none"> <li>• You do not need to go to a lot of expense</li> <li>• Homemade subs; A tray of deli meat, cheese, bread &amp; condiments;</li> <li>• Enough for 12 people</li> </ul> <p>B - Pasta/Hotdish</p> <ul style="list-style-type: none"> <li>• Mostaccioli, Lasagna, Macaroni</li> <li>• Enough for 12 people</li> </ul> <p>C - Gatorade</p> <ul style="list-style-type: none"> <li>• Each wrestler listed is asked to bring 1 case of Gatorade (A cooler with ice would be ideal.)</li> </ul> <p>D - Water</p> <ul style="list-style-type: none"> <li>• Two cases of water (A cooler with ice would be ideal.)</li> </ul> <p>E - Bagels</p> <ul style="list-style-type: none"> <li>• (one dozen): Bagels and cream cheese. Please keep it healthy. No Pastries.</li> </ul> <p>F - Fruit</p> <ul style="list-style-type: none"> <li>• Apples, Bananas, Orange Slices, Grapes, etc. Any variety of fruit is great.</li> <li>• (Enough for 14 wrestlers and 2-3 coaches and one manager)</li> </ul> <p>G - Snacks</p> <ul style="list-style-type: none"> <li>• Dried Fruit, Rice Krispy treats, rice cakes, granola bars, chex mix, cookies, brownies, etc.</li> <li>• (Enough for 14 wrestlers and 2-3 coaches and one manager)</li> </ul> <p>H - Veggies</p> <ul style="list-style-type: none"> <li>• Best if pre-cut. Carrots, Cucumbers, Green and Red Peppers, etc. and ranch dressing. Any variety is great.</li> <li>• A pre-mixed salad or pasta salad is also an option</li> <li>• (Enough for 14 wrestlers and 2-3 coaches and one manager)</li> </ul> <p>I - Granola Bars</p> <ul style="list-style-type: none"> <li>• Nutri-grain, Protein bars, Granola bars, etc. Healthy type snacks.</li> <li>• (Enough for 14 wrestlers and 2-3 coaches and one manager)</li> </ul>
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	12/10/22	12/17/22	12/29/22	1/14/23	1/21/23	1/28/23	2/3/23	2/11/23	2/18/23
106	A	H	F	E	D	C	B	A	H
113	A	I	G	F	E	D	B	A	I
120	B	A	H	F	E	D	C	B	A
126	B	A	I	G	F	E	D	B	A
132	C	B	A	H	F	E	D	C	B
138	D	B	A	I	G	F	E	D	B
144	D	C	B	A	H	F	E	D	C
150	E	D	B	A	I	G	F	E	D
157	E	D	C	B	A	H	F	E	D
165	F	E	D	B	A	I	G	F	E
175	F	E	D	C	B	A	H	F	E
190	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