

SNACK SCHEDULE FOR BOYS MEETS 2011 - 2012

MEETS	SNACKS	SNACKS	SNACKS	DRINKS	DRINKS	DRINKS	
TELL CITY 12/1	BARNIAK	BASTAWROS	BLAIR	BRADLEY	HOLMES	BUTLER	
IN HALL OF FAME 12/3	COOPER	FAITH	GILL	HAYNES	HEIDECKER	HOLMES	This is an overnight meet and we need to provide a brown bag dinner for the boys to eat during their trip after school.
BROWN BAG DINNER	HOLMES Sandwiches	KOLLECK Sandwiches	MITCHELL Fruits	PATE Dessert	ROEDER Water/Gatorade	SHROEDER Water/Gatorade	Most boys will eat up to 2-3 full size sandwiches. The # of swimmers for this meet will be determined later.
MT. VERNON 12/8	KAMRATH	ROEDER	SCHRODER	KOLLECK	MITCHELL	PATE	
HAMILTON SE 12/17	BRADLEY	HAYNES	SMITH	BARNIAK	GILL	KAMRATH	
BEDFORD N. LAWRENCE 12/22	HEIDECKER	WINCK	THOMASON	WEAVER	HOLMES	WILSON	
NORTH CENTRAL 12/28	KOLLECK	BUTLER	WILSON	BASTAWROS	BLAIR	COOPER	
JASPER 1/12	WEAVER	WILSON	WINCK	FAITH	SMITH	THOMASON	

PLEASE CALCULATE FOR 18 BOYS! *All families are required to provide one time drinks and snacks.*

SNACKS

- Individually packed muffins
- Pasta salad - single servings in individual baggies
- Cheese-Its or Goldfish - in individual baggies
- Peanut butter & jelly sandwiches or Uncrustables
- Peanut butter crackers
- Silver Dollar sandwiches - turkey or ham and cheese in individual baggies
- Trail mix - single servings in individual baggies
- Small cubes of cheese w/crackers - single serving in individual baggies

FRUITS

- Bananas
- Grapes in bunches - in individual baggies
- Fruit cups
- Applesauce

DRINKS: PLEASE PROVIDE THE SMALL BOTTLES.

- Bottled water
- Gatorade - all other sports drinks may not be recommended as they may contain banned substances