



WHAT TO BRING FOR TEAM BREAKFASTS

We provide breakfast for the girls on the mornings they have 5:45-7:00 a.m. practice. Food is brought to the Athletic Lobby and set up, ready to go, by 7 a.m. Due to new policies about the outer doors being propped open, the parents doing breakfast will need to be aware that the doors will not be open. They will need to call the coaches to come up and open the doors.

There are tables on which to set everything (if you bring plastic disposable tablecloths, it makes clean-up easier). You will need to bring sanitizing wipes for tables and we advise a hand sanitizer pump for the girls to use to keep them healthy this season. Each breakfast will be divided between two families to reduce the cost and effort (see sign-up sheet).

The girls are always in a hurry, so they will be grabbing food on the run. It is great if you bring paper lunch bags and plastic sandwich bags for the girls to use to grab and run. The girls really appreciate this tradition. Please do not bring products with nuts or peanut butter due to possible allergies. Feel free to get creative but remember they are in training...

Some suggestions:

- Bagels and Cream Cheese
- Yogurt
- Fruit -they eat a lot of fruit
- Individual Cereal Bars
- Individual Cereal boxes
- Juice Boxes
- Water Bottles
- Chocolate Milk -they love this

Sample Menu (for 45 girls and coaches)

- 5 dozen bagels
- 4 8-oz tubs of cream cheese (for bagels and bring some plastic knives for spreading)
- 4 dozen individual yogurts (with spoons) or gogurts
- 5 dozen water bottles
- 2 dozen bananas (or clementines) and 2 lbs grapes
- 3 Gallons chocolate milk (with cups)
- 50 paper lunch bags
- 1 box of 100 plastic sandwich bags
- napkins