

Falcon Football Pre-Game Meal Info

Pre-game meals are for ALL football players plus coaches, trainers and managers. This is a team bonding experience, we want all the players to feel welcome. It also gives the varsity players time to eat before the game without having to rush home. We feed approximately 80-90 people before every varsity game. Meals are served in the commons at 4pm. Food needs to be at Kentlake by 3:50pm; *ready to be served*.

Please sign up to bring something a minimum of 3 times. If you work and can not get to school you can arrange to drop off at Cindy or Dawn's house the night before or morning of the game. Also, CJ's Bakery in Black Diamond provides us with rolls, buy one/get one free, we accept monetary donations to cover that cost in lieu of bringing food.

Please provide both your email address and your phone number. You will be reminded via email on Monday before the game and in the weekly Wednesday newsletter. Please let us know if you would like us to phone rather than email the reminder.

Spaghetti/pasta: you can bring spaghetti with or without meat/meatballs, other pasta dishes such as lasagna or macaroni and cheese. Please put the pasta and sauce together in one container (disposable foil pans work great), it should be ready to be served when it arrives at school. We do not have time to heat or cook anything. Quantities: Four people will bring pasta each week, each person should plan to bring enough to feed 25 healthy appetites, two large roaster pans should be sufficient. 2oz of uncooked pasta is considered a serving. If bringing lasagna please bring twice as much as it does not go as far.

Salad: 3 people will bring Caesar salad and one person will bring regular salad. Quantities: Each person will need to bring enough to feed 25, two large bowls for Caesar. For regular; 3 small bags or one 3lb bag or equivalent. We have dressing for regular salad and will have some Caesar dressing as well but would appreciate if you can provide the Caesar dressing and croutons. You can put the dressing on the Caesar beforehand if you'd like or we can prepare just before it's served.

Bread: CJ's bakery will provide rolls. We're asking for donations to cover this, three people each week at \$3 each. We will provide butter pats.

Dessert: 3 people are needed to bring dessert. Quantities: 3 dozen cookies, doughnuts, brownies, cupcakes are preferred; things that can be eaten without utensils.

Fruit: 2 people needed to bring fruit. Quantities: Any fruit in season will be fine, though bananas and orange slices are suggested. 1 dozen bananas and 2 dozen oranges quartered or sliced. If other fruit each person should bring approximately 3 dozen pieces, in the case of small fruit such as grapes or strawberries please use your judgment. The fruit must be prepared so the boys can grab and go, we don't have time to cut things up.

Jersey Mike's will be providing sub sandwiches for our 3 Saturday games. We'll provide fruit and desserts as normal, but we'll have a larger variety of salads - potato, macaroni, caesar, green salad, pasta salad, etc.

If you can provide serving utensils for main dish and salad that would be appreciated but not required. Be sure to put your name on your pans/bowls (or use disposable) so we know who they belong to. Feel free to come and help (setup at 3:30, done by 4:30) or just come and be part of Falcon Spirit!

Contact Dawn Pacheco, 206-714-4924 or dawn@insightconsulting.net or Cindy Smith, 206-853-5639 or smithkentwa@comcast.net.

THANK YOU!