

The Technical Manual for Feeding Robotic Engineers

Team 997 Meal & Snack Instructions 2017

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<http://parents.chsrobotics.org/>

CHS Robotics Room T-16: (541)757-5919

Please use the following information to help you plan for your assigned meals and/or snacks. The team food lady – **Lisa Frothingham** - will be organizing the meal and snack schedule. **SignUp.com** will be used to notify parents of opportunities and will send reminder e-mail. If you have questions or if an emergency prevents you from fulfilling your obligation please contact her (see above). **Denise Cardinali** is the food lady helper and is at most robotics meetings. Meals are a great opportunity to spend time with the team, so please feel free to stay and eat. Each family needs to pick up at least **3 meal/snack slots, maybe 4** SignUp.com. This year we have three spots for snacks and Friday dinner which are typically for the full team. Saturday our numbers decrease so we have two spots. Please plan to do a variety of meals and snacks, not just snack, so that we share the opportunities for snacks.

Here are some logistical basics:

Plan ahead! Make contact with your partner parents at least a week before your assigned meal/snack. You can decide how to divide the tasks of preparing the meal/snack however works best – just make sure the time and financial commitment are equally divided. Everyone is expected to do their fair share.

1. Menu selection tips for **main meals**:

- If your child won't eat it then it's doubtful that it will be a big hit with the rest of the team. Use this as an opportunity to share your child's favorite recipe/meal with the team. Team members appreciate the parents feeding them and have welcomed the opportunity to sample new foods.
- **Homemade** is always more popular than store-bought. If at all possible, please fix a healthy meal.
- You are **feeding 45 hungry teens and 12 adults** that are using a lot of brain power. High protein and sustaining meals are important. You are feeding teens so extra rice or pasta helps with hungry teen-sized appetites. Based on past years experience we have indicated the meal number is SignUp.Com, if trends seem to change we will update SignUp.com which will e-mail you.
- **Ingredients and dietary restrictions** – Please label items with regards to **poultry, vegetarian, soy and peanuts**. Including labels is very helpful.
- **Keep It Simple** – It really helps if you bring it ready to serve and eat!
- **Hit the food groups** - there should be a primary main dish (meat is fine) with at least a veggie side dish. Fruits could fill in for the dessert, but a separate dessert item is always a big hit.
- **Don't forget the beverages** - we try to keep things as healthy as possible so juice, Capri Sun or flavored waters is the primary suggestion, but it's okay to bring soda for the Saturday dinner meals. Individual bottles, boxes or cans are easier, but we do have enough mugs for the team. If you are going to bring jugs of beverage, please alert us in advance so we can make sure all the mugs are clean.
- **Dishware** - We have paper plates, paper bowls, silverware, napkins and serving utensils in the robotics room. We wash and reuse plastic ware and mugs as much as possible. From time to time we may need parents to take a bag of plastic ware home to run through the dishwasher.

2. Weekly **Snack** tips:

- These should be non-perishable healthy snack items that students can munch on during the evening meetings that take place after school on weekdays. We have a refrigerator that will accommodate items like cheese sticks, GoGurt and milk (if you want to provide cold cereal).
- These snacks should fall into three types: high protein, sweet, and salty (see the back of this sheet for specific snack ideas)
- Please work with your partner parents to provide an assortment of snacks from type of snack for the week (400 snack packages/serving for the week!). If divided evenly this is 100 snacks per sign up slot. Please provide a variety of snacks rather than 400 of the same item.
- Please try to provide them in individual single-serve packages to minimize food contamination, opportunities for pests getting into the food and waste. (Repackage bulk foods in small zip-lock bags is a great options)

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4. Meal times:

- **Friday** Dinner: 6:00PM
- **Saturday** Lunch: 12: 30 PM Dinner: 5:30PM
- **Weekly snack supply** should be delivered on **Saturday** for the week. The Snack team may also plan a mid-week drop, especially for perishable items

5. Special dietary needs – ***Please bring package labels so ingredients can be double checked.***

Students will read labels for pre-packaged foods.

- **Peanut Allergy** – We have a team member with a severe allergy to peanuts, peanut oil, peanut products. Read ingredient labels and mark food as peanut free. **No jars of Peanut butter for snacks, no peanuts for snack items.**
- **Vegetarian** – 5 team members are vegetarians. They appreciate vegetarian versions of the same dish being served to the rest of the team, but it could be as simple as a side dish with added cheese.
- **Poultry** – One mentor is allergic to poultry – so label food containing poultry. He will eat vegetarian.
- **Soy** – soy sauces, soy oils, soy beans. Soy in large amounts must be labelled so it can be avoided. In small amounts as an ingredient in another food it is ok.
- Please be sure to **label foods as vegetarian or peanut free** so that it gets to the appropriate students. Students will be reminded to respect the dietary needs of their team mates.

LIST OF SNACK IDEAS –

We have a full-size and mini refrigerators, microwave and toaster.

Salty

Crackers
Pretzels
Bread
Bagels
Cup of Noodles –very popular
Chex mix – **w/o peanuts**

Sweet

Granola Bars
Trail Mix
Dried fruit
Fruit Snacks
Apples, Oranges

High-protein

Almond or Sunbutter (w/ jelly and bread)
Spreadable Cheese (i.e. Laughing Cow)
Instant Oatmeal
Gogurt or Yogurts
Cheese Sticks
Trail mix **w/o peanuts**
Cold cereal with milk

From time to time we need **loose kernel popcorn** -we have popcorn poppers

LIST OF MEAL IDEAS

Extra rice, pasta and bread help feed hungry teens and stretch the meal.

Lunch

Soup –Hearty varieties
Chili & Corn Bread
Make your own deli sandwiches
Make your own taco
Baked potato bar

Dinner

Enchiladas or Burritos
Spaghetti/Lasagna
Casseroles (any kind)
Yum bowls

Veggie Side Dishes

Green or Garden Salad (call we may have salad dressing)
Veggie Tray
Baby Carrots/carrot sticks

Fruit Dishes

Any Fresh Fruit - bananas, apples, oranges, grapes, etc.
Fruit Salad
Fruit Tray

Desserts

Cookies
Brownies
Jell-O dishes
Ice Cream bars –check ahead that we have freezer space

Beverages

Capri-Sun
Juice/ Juice boxes
Flavored water
Soda – ***only Sat dinner or non-standard day***