

JOHN GLENN TOURNAMENT FOOD LIST

Below is a food donation list for the 2009-2010 season. When your child is attending a tournament, please send the food listed for the weight class your child is wrestling on that date. Further information will be made available in the near future regarding contact information if you are unable to make a donation or have any questions.

	12/05/09	12/12/09	12/19/09	12/30/09	01/09/10	01/16/10	01/23/10	01/30/10	02/06/10	02/13/10
103	A	N	M	L	K	J	I	H	G	F
112	B	A	N	M	L	K	J	I	H	G
119	C	B	A	N	M	L	K	J	O	H
125	D	C	B	A	N	M	L	K	J	I
130	E	D	C	B	A	N	M	L	K	J
135	F	E	D	C	B	A	N	M	L	K
140	G	F	E	D	C	B	A	N	M	L
145	H	G	F	E	D	C	B	A	N	M
152	I	H	G	F	E	D	C	B	A	N
160	J	I	H	G	F	E	D	C	B	A
171	K	J	I	H	G	F	E	D	C	B
189	L	K	J	I	H	G	F	E	D	C
215	M	L	K	J	I	H	G	F	E	D
H.W.	N	M	L	K	J	I	H	G	F	E

A = Gatorade (1 Case)

B = Water (1 Case)

C = Bagels & Cream Cheese and/or Muffins

D = Granola/Nutrigrain Bars

E = Fruit (i.e. grapes, apples, oranges, bananas)

F = Veggies (i.e. celery, carrots, broccoli, cauliflower with or without dip)

G = Pasta Salad

H = Cheese & Crackers

I = Main Dish - Cold (i.e. lunchmeat & bread, subs)

J = Main Dish - Hot (i.e. mostaccioli, sloppy joes)

K = Gatorade (1 Case)

L = Water (1 Case)

M = Fruit (i.e. grapes, apples, oranges, bananas)

N = Veggies (i.e. celery, carrots, broccoli, cauliflower with or without dip)