

Sample Menu & Shopping List

Amount To Spend Per Student: \$20.00

When purchasing food, please keep personal purchases separate from W3 purchases so that our accounting department can easily identify reimbursable expenses.

TIPS:

- Don't put everything out at once.
- Use plastic cups and have students write their names on them with a Sharpie. That way, you can get liter-sized drinks rather than cans.
- Over-buy within your budget – they always eat more than you think!
- Be sure and check the schedule when serving a meal – small group leaders should be communicating their group's schedule for Saturday with you.
- Wait to shop until you have all student allergy information, along with final numbers.
- Keep in mind that what you feed the kids for late night snacks may influence their behavior (only sugar = crazy kids).
- Gluten allergies are on the rise. While this may or may not affect your group, having gluten-free options might be a good idea.
- We suggest NO nuts or anything involving nuts due to allergy concerns.
- Costco, Sam's Club and BJ's are great places to shop for large quantity items.
- Keep an eye on BOGO deals at Publix. Check out the weekly add for your local store: <http://weeklyad.publix.com>
- Buy generic brands. They are just as tasty as major brands.
- Be careful when purchasing restaurant meals. You could easily go over budget this way.

SUGGESTIONS / IDEAS:

Friday & Saturday Late Night Snacks

M&M's, chips, bagel bites or pizza rolls, cookie tray, Rice Krispy treats, brownie bites, fruits/veggies, soft drinks/sports drink and water.

Saturday & Sunday Breakfast

Pop tarts or cinnamon rolls, muffins, fruit, cereal bar, pancakes or waffles, juice/milk.