

Flight Refreshment Schedule and Suggestions

All times below are subject to change. Keep in touch with the ALDs to keep on schedule. Best advice is to prepare for breaks 30 minutes early. We have also included a sample menu to help you prepare. However, we leave the final decisions of food to your team.

Friday 10:45 am food break (photo also)

Friday 3:15 pm food break (long break)

Friday 7:30 pm food break

Saturday 10:05 am food break

Saturday 3:15 pm food break (long break)

Sunday 10:45 am food break

Sunday 1:35 pm food break (optional)

You will need: Enough for 7 breaks

Assorted tablecloths (takes 2 54X108 to cover the table)

Assorted plastic/paper plates

Assorted plastic cups

Assorted plastic utensils (forks, spoons)

Assorted napkins

Assorted serving platters, bowls and utensils

Ziploc bags for storage

Suggestions for refreshments:

Soft drinks (3 2-liters of every flavor will get you started, don't forget diet)

Chocolate cake, Strawberry cake, Coconut cake, Pound cake, Brownies

Chocolate chip cookies (2 dozen), Peanut butter cookies (2 dozen), Oreos

Assorted Nuts, Trail mix

BBQ potato chips, Plain potato chips, Sour cream potato chips, Tortilla chips, Pretzels

Ranch dip, Salsa, Spinach dip, Onion dip, Pimento cheese dip, Chicken dip, Fruit dip, hot cheese dip

Broccoli, Carrots, Cherry tomatoes, Celery,

Pickles, Olives, Pickled mushrooms

Peanut butter and jelly sandwiches, Pimento cheese sandwiches, Turkey sandwiches

Pepper Jack cheese cubes, Sharp cheddar cheese cubes, and Colby cheese cubes

Cantaloupe, Bananas, Oranges, Assorted apples, Strawberries, Assorted grapes, Honeydew melon, Watermelon

Cheese nips, Ritz crackers, Wheat crackers, Town house crackers

M&Ms, Gummy worms, Gummy bears