



### **Sample Menu - Competition**

Chicken Cutlet \* Mashed Potatoes  
\*Gravy \* Corn \* Soft Drink or Water \* Dessert

### **Sample Menu – Football Game**

Hot Grinders (Meatball, Sausage & Peppers,  
Philly Steak, or Chicken Parm.) \* Tossed Salad \*  
Soft Drink or Water \* Dessert



### **How Do I Sign-Up?**

*Sign-up sheets are available in the foyer after the Band Camp  
Open House Parent’s Meeting. Checks may be made out to  
**Southington Band Backers.** Please include your child’s name  
and grade on your check.*

### **Would you like to Help?**

*If you would like to help serve meals, a separate sign-up sheet will  
also be available in the foyer. Please let us know which days you  
can volunteer.*

### **Questions?**

*If you have any questions about the Meal Plan or Volunteering,  
please don’t hesitate to contact a Meal Plan Committee Member*

**Southington High School  
Marching Band  
Meal Plan**

### **Meal Plan Committee Members**

**Chris Robarge: (h) 860-276-9498 c) 860-518-0667**

**Karen Young: (h) 860-276-9933 (c) 860-877-0974**

**August 23, 2010**

*Deadline for sign-ups is Friday, September 10, 2010.*

## What is the Meal Plan?

The meal program was started in an effort to provide all Marching Band Members an opportunity to have a solid, **well-balanced meal** prior to each performance.

## How does it work?

Prior to Competitions and Football Games, Band Backer volunteers serve a hot meal to all participants in the Meal Plan Program. Meals are delivered by **NAPOLI'S**. Dessert consists of baked goods purchased or made by the award-winning **Band Backer Bakers!**

## Why should I sign up?

**Convenience** – No running back and forth to the school on Competition and Football Game days – everything is taken care of for you.

**Cost** – Because we buy in large quantities, we get a substantial price break that we pass on to you.

**Safety & Nutrition** – The kids that take advantage of the Meal Plan all stay on-site; they don't rush off to Queen Street by the carload, buy junk food, then hurry back before practice begins again.

## What does it cost?

The cost is \$66.00 per child for the entire 2010 Competition and Football Season. Each child will receive a total of 12 meals. That's just **\$5.50 per meal!**

## 2010 Meal Schedule



### Band Competitions



Sat.	Sept. 11	Rockville
Sat.	Sept. 18	Maloney
Sat.	Sept. 25	Blackstone Millville
Sat.	Oct. 2	Lyman Hall
Sat.	Oct. 9	Cheshire
Sat.	Oct. 16	MOTK
Sat.	Oct. 23	N.E. States- New Britain



### Football Games



Fri.	Sept .24	Home Game
Fri.	Oct. 16	Home Game
Fri.	Oct. 8	Rentschler Field
Fri.	Nov. 5	Home Game
Fri.	Nov. 12	Home Game