



***Sample Menu - Competition***

Grilled Chicken \* Mashed Potatoes  
Tossed Salad \* Soft Drink or Water

***Sample Menu – Football Game***

PIZZA \* Chicken Wings  
Tossed Salad \* Soft Drink or Water



***QUESTIONS?***

***Meal Plan Committee Members***

**Chris Lebel            518-0667**  
**Karen Young         877-0974**

**Meal Plan Sign-up**

Child Name \_\_\_\_\_

Phone Number \_\_\_\_\_

YES! I would like to volunteer help  
out with the meal plan

Name \_\_\_\_\_

**Deadline for sign-up: Friday, September 11, 2009**  
**Checks Payable to SHS Band backers**



## 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** on game nights. Dessert consists of baked goods supplied 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 them

**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 \$60.50 per child for the entire Competition and Football Season. Each child will receive a total of 13 meals. That's just **\$5.50 per meal!**

# 2009

## Meal Schedule



### Band Competitions



Sat.	Sept. 12	Rockville
Sat.	Sept. 26	Rocky Hill
Sat.	Oct. 3	Lyman Hall
Sat.	Oct. 10	Cheshire
Sat.	Oct. 17	MOTK
Sat.	Oct. 24	States - New Britain



### Football Games



Weds.	Sept. 16	Home Game
Fri.	Oct. 9	Rentschler Field
Fri.	Oct. 23	Home Game
Fri.	Oct. 30	Home Game
Fri.	Nov. 13	Home Game