

PLEASE MAKE SURE YOUR WRESTLER BRINGS HIS FOOD ITEM

Food Schedule for the 2007 Wrestling season
Varsity Food Table

Weight	12/01 Varsity @ Lansing Eastern	12/08 Varsity @ Howell	12/28 Varsity @ Smac Duels	1/05 Varsity @ GR Union	1/12 Varsity @ Rockford	1/26 Varsity @ Portage Central	2/02 Varsity @ G-K	2/09 Varsity @ Smac Ind.	2/16 Varsity @ Ind. Districts
103	1	14	13	12	11	10	9	8	7
112	2	1	12	11	10	9	8	7	6
119	3	2	11	10	9	8	7	6	5
125	4	3	10	9	8	7	6	5	4
130	5	4	9	8	7	6	5	4	3
135	6	5	8	7	6	5	4	3	2
140	7	6	7	6	5	4	3	2	1
145	8	7	6	5	4	3	2	1	14
152	9	8	5	4	3	2	1	14	13
160	10	9	4	3	2	1	14	13	12
171	11	10	3	2	1	14	13	12	11
189	12	11	2	1	14	13	12	11	10
215	13	12	1	14	13	12	11	10	9
285	14	13	14	13	12	11	10	9	8

JV Food Table

	12/01 JV @ Paw Paw	12/08 JV @ Holt Holt	12/15 JV @ Kal. Central	1/05 JV @ Gull Lake	2/02 JV @ Rockford				
103	1	14	13	12	11	10	9	8	7
112	2	1	12	11	10	9	8	7	6
119	3	2	11	10	9	8	7	6	5
125	4	3	10	9	8	7	6	5	4
130	5	4	9	8	7	6	5	4	3
135	6	5	8	7	6	5	4	3	2
140	7	6	7	6	5	4	3	2	1
145	8	7	6	5	4	3	2	1	14
152	9	8	5	4	3	2	1	14	13
160	10	9	4	3	2	1	14	13	12
171	11	10	3	2	1	14	13	12	11
189	12	11	2	1	14	13	12	11	10
215	13	12	1	14	13	12	11	10	9
285	14	13	14	13	12	11	10	9	8

1	12 Bottled water	8	Gatorade (3 Large)
2	Bananas, Oranges, Grapes, Apples Etc.	9	12 Bottled water
3	Gatorade (3 Large)	10	15 Pre-made Peanut Butter & Jelly Sandwiches
4	15 Pre-made Deli Meat Sandwiches	11	3 Boxes of Fruit bars/Granola/energy
5	12 Bottled water	12	Veggie and dip
6	Rice Crispy treats / cookies/Brownies	13	Bagels and Cream Cheese (2 Doz.)
7	1 large can Mixed nuts/ cashew, etc	14	Gatorade (3 Large)

Additional items for those who enjoy cooking include:

Sloppy Joes - Meatballs - Fajitas - soft Taco fixin's - Shredded Roast beef Sandwiches - Etc.

Note: Not all schools have electric available.

Please check with the Coaches, Stace's or Fah's before each tournament