

WALKING WISELY WEEKEND MENU CHECKLIST

Amount To Spend Per Student & Leader: \$20.00

When purchasing food, **please keep personal purchases separate** from W3 purchases so that W3 purchases can be easily identified by our accounting department.

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** --- middle schoolers eat more than you think!
- Be sure and check the **schedule** when serving a meal – small group leaders should be communicating their groups 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 you 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> (enter your zip code, select your store, then look for the BOGO tab at the top.)
- **Publix sub trays** are great. You can get all the toppings on the side (be sure to ask!), and a platter can often feed more than the stated amount. Or, make subs at home for even cheaper!
- Buy generic brands. They are just as tasty as major brands.
- Be careful when purchasing restaurant meals. You could easily go over

Menu Suggestions/Ideas:

Friday Late Night Snacks

M&Ms, chips, bagel bites or pizza rolls, soft drinks/sports drinks and water

Saturday Breakfast

Pop Tarts or cinnamon rolls, muffins, fruit, juice/milk

Saturday Late Night Snacks

Chips variety pack, Rice Krispie treats, brownie bites, fruit/veggies, soft drinks and water

Sunday Breakfast

Cereal Bar, Pancakes or Waffles, fruit, juice/milk