



## CRESCENT VALLEY ROBOTICS TEAM 955

CORVALLIS, OREGON

# Guidelines for providing Meals for the Robotics Team

January 2012

### Importance of meals

The students are in need of a good meal. It may have been 5-6 hours since their last meal (weekdays), or they may have worked 3-4 hours without a break. All families are required to provide one team meal; a full nutrition meal is requested. While pizza is good in a pinch, it is not recommended, since the students sometimes will end up with pizza several nights in a row.

Sign up on the calendar, putting your name and the main meal on one of the available days.

*Visit: <http://calendar.raiderbot.com>*

*In the sign in box type the following information:*

*Username: calendar*

*Password: robotics*

*and click the sign in button.*

If every family participates, each family will only need to provide one meal, and our children will be well fed through the build season!

### Size of the meal

There are 40-45 kids on the team, plus mentors and coach, but not all of the students show up for every session. There are a few options:

1. Make a meal for 30-35 people.
  - a. Some additional food items can be provided that will 'stretch' the meal if there's more students present (bread, tortillas, etc. these can be brought back home and frozen if they're not used)
  - b. Leftovers can be brought home for you to freeze or serve your family.
2. Call your child about an hour or so before the meal will be served for a more accurate headcount (don't forget mentors!) and adjust the amount of food (add another can of beans or spaghetti sauce...). Remember to add some numbers for mentors who will come after work. It's good to provide some fillers as well (bread, tortillas, etc.)



*Idea: Pair up with another parent for 2 meals. Sharing the expense and the work makes it easier, and after 2 meals, both families have met their responsibility!*

### **Meal Times**

Weekdays: 5:00-5:30 would be ideal, but this is often difficult for working parents. 6:00 is more the norm.

Weekends: 12:30-1:00 pm. (Lunch is later on kick-off day because of the team breakfast)

### **Facilities at CV**

The meal must be fully prepared before bringing it to CV. There are no cooking facilities, not even a microwave. There is only one sink in the shop that is good for filling or rinsing out containers or pots; the bathroom sinks are not good for this use. There are places to plug in crockpots or electric roasters.



*Idea: Prepare the food at home and if it needs to stay warm, borrow crockpots from neighbors or friends.*

### **What to bring**

- Main meal, with “stretchers” if needed (rolls, bread, tortillas, etc). Note: Please provide a vegetarian portion and label it.
- Condiments (if needed)
- Drinks
- Dessert (not needed, but always appreciated)
- Serving utensils



There is a supply of paper plates, bowls, plastic flatware, cups and napkins in the back cabinets. Coach Will or the mentor in charge has key to unlock cabinets.



The team has about 5 vegetarians, so please provide a separate portion of food without meat. An entire vegetarian meal is great, too.

### **Main meal ideas:**

- Hearty Soup and bread and bagged salad, two types of dressing.
- Vegetarian idea: noodles and cheese dish and diced roasted potatoes and some salad/raw veggies.
- Chicken meals from Winco or Albertson’s
- Turkey, stuffing, potatoes, gravy, with some garden burgers, part of the stuffing and gravy vegetarian.
- Spaghetti (easier to mix the sauce into the pasta and put it all in one pot rather than have the noodles and sauce separate—then the amount of noodles and sauce matches), one pot vegetarian, bread, bagged salad
- Lasagna

- Burritos: a crock pot of meat, a crock pot of beans, lettuce, tomatoes, cheese, taco sauce, onions...put the cheese in a container that requires kids to use a serving spoon rather than put their hands in. For me, this is an easy one to have extra of. I can have extra bags of tortillas and extra cheese to put out if everything else runs out, and I can take it home if we don't need it.
- Chili – with meat and vegetarian versions, not too spicy
- Sub-sandwich makings
- Hot dogs and hamburgers (some veggie burgers)
- Anything you would serve at a large family gathering; foods from different cultures are welcome!

**Dessert ideas**

- Bags of cookies
- Pan of brownies

**Drink ideas**

- Punch
- Juice
- Waters
- Soda

Leftover drinks can remain in the robotics room; extras are stored in the cabinets at the end of the day for future sessions.