

## ♪ Marching Band and Color Guard Meal Plan ♪

Our dedicated students work tirelessly throughout the marching band season, often putting in extended hours for football games, competitions, and long practices.

For approximately **\$130 per season**, your student is fed anytime a practice or competition goes through a meal time. This includes dinner before football games, lunch during long practices, competition meals, and drinks and snacks on the bus.

Our meal plan is designed to provide the energy and nutrition to keep them performing at their peak. Each meal:

- Includes a main course, fruit, vegetable, dessert, and drink.
- Is high quality, nutritious, and tasty!
- Can accommodate most special diets. Please email [FoodCoordinator@LegacyBands.org](mailto:FoodCoordinator@LegacyBands.org).

Over the years, we have accumulated a collection of homemade meals and some specialty restaurant items that are a hit with the entire marching band. Some of our all-star main dishes are:

Pizza	Submarine Sandwiches	Pasta Bakes	Chick-Fil-A
Sloppy Joes	Pulled Pork BBQ	Cheesesteak Sandwiches	
Taco Bar	Lasagna	Burritos	

There is nothing you need to do to sign up for the meal plan. The cost for the meal plan is rolled up into the Marching Bundle and Guard Bundle, which also provides show shirts for all students, and gloves for Marching Band. This required bundle will be issued to all students, and will be invoiced in August.

There are many ways to participate with the food committee. We have spots for bakers, cooks, servers, or help with shopping. If you offer to cook or bake recipes, all ingredients are supplied. If you are interested in contributing, please reach out to [FoodCoordinator@LegacyBands.org](mailto:FoodCoordinator@LegacyBands.org). We will publish a Sign-Up Genius to get volunteers to prepare and serve food for specific events. We provide 12-14 meals per year, and you can volunteer for just one or as many as you like. Feeding a group this large takes a lot of coordination and effort, and any help we can get would be appreciated.

Do you have questions or concerns? Please contact [FoodCoordinator@LegacyBands.org](mailto:FoodCoordinator@LegacyBands.org).