



## 2019 Pioneer Women's Swim and Dive Morning Breakfast Instructions

MORNING CHECKLIST: (revised 9/04/2019)

1. STOP AT BRUEGGER'S BAGELS FOR THE PIONEER SWIM AND DIVE ORDER

Address: 2260 S. Main Street (Near Busch's, Orange Theory, Cafe Royale plaza) from 6:45.

2. Place the Bagel Box on the table in the storage room.

3. Take the cream cheese 1 oz tubs out of the fridge and set on the table - they are in a clear organizer labeled with Pioneer Swim Team

4. Place on the table:

--CHOCOLATE MILK - pour about 10 cups if you have time

--CUPS - located to the left of the Fridge

--NAPKINS

--PLASTIC KNIVES - come with the bagels

--LUNCH BAGS - to the left of the fridge in the blue bin

--Breakfast Donation Item - Individually wrapped

If you have time, clear off the table otherwise, Stef will take care of this.

I will replenish the cups, bags, knives, cream cheese, and chocolate milk. Please let me know as anything runs low or is missing and I will work with the captains to get things topped up.

Please contact me with any issues - 734-771-7507 (Anna Broughton)

THANK YOU FOR YOUR HELP!

Notes on the donations:

For speed and hygiene, the coach would like donations to be individually wrapped. The girls don't have much time so the idea is to have everything ready to grab and go.

There are 2-3 girls who are gluten free. There are 2 girls with tree nut allergies.

Please label all items for gluten free and type of nuts contained in the items or nut oil used.

Some ideas for snacks - for parents new to the team

Cheesy potatoes - in individual cups

Muffins - wrapped or in snack bags

Cut fruit - grapes, melon, etc - in snack bags, or cups

Breakfast burritos

Yogurt/fruit parfait in cups

Recipes - Gluten Free

Easy, gluten free muffins

<https://detoxinista.com/banana-oatmeal-muffins/>

