

High School and Middle School -Guidelines for Team Lunches

THANK YOU for volunteering for your child's team lunch. Your time is much appreciated by all who enjoy this tradition at our school. These lunches are provided to our athletes to enable them to eat together as a team with their coaches. They are usually scheduled on the day of an away game or meet, but may take place on the day of a home game in order to accommodate the schedule. Some teams have requested to "carb-load" their athletes the day before. The lunches take place during the high school lunch period beginning at 11:26 AM or during the middle school lunch period beginning at 12:18 PM. Lunch tables are set up on the side of the Commons by the windows on Virginia Street. The team parent will provide a schedule of the lunch date and parents can sign up accordingly.

As a reminder, **VIRTUS** training is **mandatory** for all adults volunteering at CCHS as well as throughout the Diocese of Wheeling-Charleston. No volunteers will be placed in any volunteer capacity at CCHS until they have completed their VIRTUS training.

Parent volunteers provide the food and paper products, as well as set-up, clean-up, and serve the food. The following items are to be provided: pasta, bread, salad, drinks and desserts. The food should be NUTRITIOUS. Remember, these are athletes in training! The rule of thumb for pasta is at least 4 pounds per lunch (depending on the team); but note, we have had some boys' teams go through 8 pounds of pasta before! Drinks should be water or Gatorade, not soda. If serving a salad with lettuce, you need to also provide the dressings. Check the cafeteria refrigerator used for team lunches for extra salad dressings and butter, especially mid-year. Fruit should be simple; not Edible Arrangements. Desserts should be basic; too many sweets are not a good thing.

Volunteers can drop their lunch items off at the school the morning of the lunch and place them on the table in front of the office CLEARLY MARKED with the team name (such as HS GIRLS SOCCER) and the team parent will make sure that those items are brought down to the Commons. If you have something that needs to be kept cold (like drinks), please take it down to the kitchen yourself and put it in the refrigerator that is marked for team lunches. CLEARLY MARK the items you put into the refrigerator. PASTA MUST BE BROUGHT TO THE SCHOOL ALREADY COOKED, WARMED, AND READY TO SERVE AT LUNCH TIME. NO EXCEPTIONS! **ALL FOOD NEEDS TO BE BROUGHT TO THE SCHOOL READY TO SERVE—WE CANNOT USE THE KITCHEN TO PREPARE FOOD (PUT TOGETHER SALADS, ETC.)** Our cooks have plenty to do in preparing lunch for our students and the food inspection guidelines are becoming stricter, prohibiting extra bodies in the kitchen.

At least two volunteers should be assigned to serve the lunch—sometimes four. Set-up may be done at least one-half hour prior to the lunch time. This includes wiping down the tables and setting up the paper products, utensils and food. Clean-up involves not only putting the food away, but making sure the area is clean (tables wiped again). Serving containers should be washed and brought home, or at least place them on the table in the Cafeteria so that the owners can pick them up. Serving containers should NOT be placed on the table in front of the office. **Food should only be served to the teams' athletes and coaches; it should not be served to other students who are not on the team.**

A volunteer may be assigned to bring paper products for the team for each lunch. These include plastic utensils, napkins and bowls for salad, plates, and small dessert plates. Another option is to collect a donation from all the parents and then the team parent can purchase the needed supplies for the season. One more option is that one or two persons can supply the papers products for the entire season, mark them clearly and store them in the Team Lunch file cabinets. The file cabinets are located in the back stairwell hallway as you exit the Commons, by the vending machines. The drawers in the cabinet are marked, so label your items with your team name and stock accordingly. Please do not use tablecloths or any other decorations. We need to keep it simple and focused on providing nourishment for our athletes. **For team lunches on Ash Wednesday and Fridays in Lent: please ensure no meat entrees are served. Only meatless entrees may be served. Mondays and Wednesdays should be AVOIDED.**

If you have any questions, please call this year's team parent coordinator:

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PVA Team Parent Coordinator

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