



PARENT PROVIDED MEALS – A *Rock Solid* way to feed hungry students and mentors

Students and mentors put in well over 20 hours per week after school/work during build season & competitions. To support their efforts (and keep them away from junk food or starvation)

RUSH parents take turns providing and serving meals to them. This guideline helps explain how that works and is **just a guideline** – please provide input and don't hesitate to ask questions!

TERMS to KNOW	<p>Advanced Team Meetings: These are typically on Tuesday, Thursday and Saturday and only include about 20-23 total mentors & students. The mentors determine specifically who needs to attend each Advanced Team Meeting.</p> <p>Full Team Meetings: These are typically on Monday, Wednesday and Friday and include the entire team (mentors & students) or about 40-45 people.</p>
WHEN	<p>BUILD SEASON/COMPETITIONS run the first week of January thru mid April -- Atlanta Finals. The most intense part of the season for meals is immediately after Kick-off -- during build season--thru shipping the robot. Kick-Off is January 7th. This year robot shipping is on or near February 23rd. After that the team Meeting schedule adjusts to "at least twice per week" – with more added as needed.</p>
SCHEDULE & PARENT COMMITMENT	<p>For 2011 – Each family is asked to donate one full team meal and one advanced team meal. We try to ask for an equal number from all families. EXCEPTION: families with two children on the team have not historically been asked to provide DOUBLE. We have only asked them to do 1.5 times what others are doing.</p> <ol style="list-style-type: none"> 1. A Full Team meeting is "50-service" 2. An Advance Team meeting is "25-service"
MENU PLANNING	<p>If at all possible please do not serve pizza – this is used as a back-up meal and is served frequently. There really is no oven or stove that is easily available for you to use. There is a microwave...if you dare!</p> <p>Beef Breakfast Chicken Chinese Italian Mexican Pork or Other</p>
WHAT IS IN A "MEAL"	<ul style="list-style-type: none"> • NO PEANUTS! Check the labels on any prepared food you are planning to serve! • Main dish • 4 gallons of 2% or skim milk (2 can be chocolate), if they want pop they need to buy it from RUSH café. • Vegetable or salad side dish • Dessert is not necessary but the students like it a lot!– one to two servings each. • Feel free to add other items that you want to serve (e.g. rolls or garlic bread).
TIMING	<p>Meals on Monday, Tuesday, Wednesday and Thursday need to be served at 5:45-6:00. Meals on Friday need to be served at 5:00 Meals on Saturday need to be served between 11:30-12:00. When you arrive with the food let the mentor know you're there. Note that some mentors arrive late when coming from work and driving North on I-75. When you clean up ask team captains to set aside one or two plates for late arriving mentors.</p>
SET-UP	<ul style="list-style-type: none"> • There should be a few students to help you unload for a few minutes then they need to get back to their RUSH work. • Tableware (plates bowls, knives, forks, cups) decision is up to the parent providing the meal. Your choice to pay for and provide paper products or "Go Green". There are 4 "Go Green" crates – each containing full service for 25. These are located under the table, next to the refrigerator in Mr. Olson's classroom. Parents are responsible for washing and returning dishes. • Use Mr. Olsen's room – if this is unavailable for some reason – use Mrs. Allen's room. Wipe down all of the desks/tables with anti-bacterial wipes (available in the RUSH closet). Tablecloths under food service are up to you and not necessary. • You will need to bring whatever serving utensils and dishes your meal requires. • There is electricity for warming plates, crock-pots etc. (Do not leave these unattended when plugged in). • Set up beverage, veggie/salad, main dish and then dessert buffet style in that order. Consider having beverage table and dessert table separated from the main serving traffic flow.

	<ul style="list-style-type: none"> • It is fine to put a sign of “how many” a person can have if you have determined a limit for any item.. • Pre-cut desserts, pre-pour cups of milk.
CLEAN UP	<ul style="list-style-type: none"> • Recycle what you can • Leave left over desserts (people come in during breaks for these). • Remind the team Captains to make up plates for late arriving mentors before you clean everything up. • At the end of the night the students clean up, wipe down tables/desks and take out trash.
Questions??	<p>Contact Heidi Kameron Mantz 248-620-6044 cell HKameron@comcast.net</p> <ul style="list-style-type: none"> •

THANK YOU!

