

XC Running Team Spaghetti Dinner Information

First off, thanks for wanting to do a Spaghetti Dinner for the team. This tradition started in 1999 and has continued with the Ski and Running teams ever since - we hear that many other high school teams have caught on to this idea of ultimate bonding! You can expect up to 45 kids (coaches may come but not necessarily - this is primarily for the kids).

You, **THE HOST**, are responsible for providing the chaperones. Many families have been able to handle it with just one parent available but make your life easier...call a friend.! The kids can help with the serving, cleaning up, etc. Don't let it scare you.

It is up to **THE HOST** to pass out a flyer with directions to your house. Please include a phone number, time and date. Please fax (346-2302) or email the information to the [webster](#) and they will post the information on the web too.

THE BOOSTER CLUB will provide you with the below ingredients. Leslie Kroloff kro@alaska.com or 346-8369 will get in touch with you to arrange delivery of goodies. She will always have the paper goods, cutlery, lemonade, parmesan cheese. The rest she will bring after discussing with you which plan you want to do.

DATE: The evening before a race

TIME: Runs for 2 hours (from about 6:30-8:30 or what the host would like) that way, they get home at a decent hour and get plenty of rest before the race the next day.

IMPORTANT IF YOU ARE SHOWING MOVIES AT THE DINNERS: The movies MUST be rated PG-13, PG or G.

PLAN A: Cheap and Easy

We provide 6-8 # spaghetti

2 big cans sauce

Prepared garlic bread (or bread/butter & garlic)

Packaged Salad & Dressing

5 # hamburger +/- prepared meatballs

All the paper goods, parmesan cheese

Lemonade

PLAN B: Personal Shopper

Tell me what to buy but limit my trips to 2-3 stores

(farmer's market, costco, Sagaya, Fred Meyer).

Keep in mind we want to keep cost at about \$60-75(last year we did the whole season

For \$420, but often the cooks provided some of the food, like moose meat, homemade sauce etc).

PLAN C:

You buy all but the basics and give me a receipt.

ALWAYS HAVE A VEGETARIAN OPTION

IDEAS:

- Lasagna
- Pesto
- Gnocci
- Salads from farmer's market ingredients
- Fettucine
- Baked potato night
- Rice dishes (Stir fry, risotto)
- Pasta primavera

Other suggestions: chili, pulled bbq chicken, baked ziti, tortilla

NOTE: Usually there are left over plates, cups and utensils, as well as salad dressing and lemonade. Please return these items to the box for use at the next feed. Please make sure the cooler is with the team the day of the race.

IDEAS ON HOW TO COOK THE SIMPLE PLAN :

Bring the water up to a boil before they arrive. Cook up all the noodles in a large pot OR you can cook up half at a time - cook half the noodles, drain (you can save this hot water and it will speed up the boiling time for the next batch), toss with olive oil and put in large pan in the oven then cook up the remainder of noodles.

Brown the meat (and/or defrost a large bag of meatballs), add onions and sauce and cook in a large pot. Transfer into crock pots or large pots and let simmer.

(You can keep out a small amount of sauce for the veggies in the group. There aren't many so keep the amount small.)

Read, set, serve!
THANK YOU!