

BREAK FOOD & BEVERAGE RECOMMENDATIONS AND SCHEDULE

The usual food and beverage recommendations are:

Morning:	Water, Coffee, Tea, Juice and a variety of bagels with cream cheese, muffins, etc.
Break:	Canned soft drinks or water and assorted cookies, brownies, pretzels, popcorn or fruit. You can vary or mix up these items for each day to offer variety.
Third Day:	Canned soft drinks or water and cheese and crackers, fruit or healthy snack bars.

The usual food and beverage schedule is:

Day 1: (Friday)	
AM:	8:00 AM - Set up Morning food/beverage. 10:00 AM - Refresh coffee <u>as needed</u> at the break.
PM:	2:45 PM - Set up Break food/beverage.
Day 2: (Saturday)	
AM:	8:30 AM - Set up Morning food/beverage. 10:00 AM - Refresh coffee <u>as needed</u> at the break.
PM:	2:45 PM - Set up Break food/beverage.
Day 3: (Sunday)	
AM:	8:30 AM - Set up Morning food/beverage. 10:00 AM - Refresh coffee <u>as needed</u> at the break.
PM:	12:00 PM - Set up Third Day food/beverage. (Will be working through lunch ending at 3:00 PM.)



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