Don’t forget vegetarian and dairy-free options and consider other restrictions your participants may have (vegan, kosher, gluten-free, peanut allergies).

Plan for $7 to $15 per person (USA).

If you are ordering food, you should probably place the order at least three days ahead of the event.

|  |  |  |
| --- | --- | --- |
| Always Available | Meals | Breakfast |
| | Coffee  | Water  | Juice  | Energy drinks  | Fruit  | Cookies  | Cakes  | Bars  | Vegetable trays  | Whole-grain crackers | | Boxed lunches  | Sweet crepes  | Roasted vegetables  | Smoked salmon wraps  | Mini-burgers  | Hot dogs  | Pizza  | Sandwiches | | Pastries  | Croissants  | Sandwiches  | Fruit  | Milk  | Natural juice |