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 |