

Rower/Coxswain	Item	Number Servings Minimum
	cheese sticks (mozzarella, cheddar, baby bell)	12
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	bag of apples	at least 10 apples
	bag of Naval oranges	at least 10 organge
	bananas	12
	bananas	12
	bananas	12
	packaged crackers / filling (example: peanut butter and cheese)	24
	snack crackers pretzels (example: wheat thins)	12
	snack crackers (packaged for individuals)	12
	snack crackers (packaged for individuals)	12
	snack crackers (packaged for individuals)	12
	snack crackers (packaged for individuals)	12
	granola bars	12
	100% fruit juice boxes/bags	20
	100% fruit juice boxes/bags	20
	mini bagels (whole wheat)	24
	grapes (2 lbs into 10 servings)	10
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	breakfast bars w/fruit	

