

Baltimore Regatta – 10 April – Rowers/Coxswains should bring food with them this regatta!

Rower/Coxswain	Item	Number Servings Minimum
	cheese sticks (mozzarella, cheddar, baby bell)	12
	cheese sticks (mozzarella, cheddar, baby bell)	12
	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)	12
	bananas	12
	bananas	12
	packaged crackers / filling (example: peanut butter and cheese)	24
	packaged crackers / filling (example: peanut butter and cheese)	24
	packaged crackers / filling (example: peanut butter and cheese)	24
	snack crackers pretzels (example: wheat thins)	12
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	trail mix	

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		15
	trail mix	15
	granola bars	12
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	100% fruit juice boxes/bags	16
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	mini bagels (whole wheat)	24
	mini bagels (whole wheat)	24
	baby carrots / fresh veggies	12
	baby carrots / fresh veggies	12
	grapes (4 lbs into 20 servings)	20
	grapes (4 lbs into 20 servings)	20
	breakfast bars w/fruit	12
	breakfast bars w/fruit	12
	tube yougurts	12
	tube yougurts	12
	case of water (.5 l)	24
	case of water (.5 l)	24
	bags of whole grain cereal (example apple cin cheerios)	12
	bags of whole grain cereal (example apple cin cheerios)	12
	bags of nuts (peanuts or almonds)	16
	apple sauce	18
	Gatorade 8 pack of 20 oz bottles	8
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