

Rower/Coxswain	Item	Number Servings Minimum
	100% fruit juice boxes/bags	20
	apple sauce	18
	apple sauce	18
	bag of apples	at least 10 apples
	bag of Naval oranges	at least 10 organge
	bags of nuts (peanuts or almonds)	16
	bags of whole grain cereal (example apple cin cheerios)	12
	bags of whole grain cereal (example apple cin cheerios)	12
	bananas	12
	bananas	12
	bananas	12
	breakfast bars w/fruit	12
	breakfast bars w/fruit	12
	breakfast bars w/fruit	12
	case of water (.5 l)	24
	case of water (.5 l)	24
	cheese sticks (mozzarella, cheddar, baby bell)	12
	cheese sticks (mozzarella, cheddar, baby bell)	12
	Gatorade 8 pack of 20 oz bottles	8

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	granola bars	12
	grapes (4 lbs into 20 servings)	20
	mini bagels (whole wheat)	24
	mini bagels (whole wheat)	24
	packaged crackers / filling (example: peanut butter and cheese)	24
	packaged crackers / filling (example: peanut butter and cheese)	24
	raisin boxes	12
	raisin boxes	12
	snack crackers pretzels (example: wheat thins)	12
	snack crackers pretzels (example: wheat thins)	12
	snack crackers pretzels (example: wheat thins)	12
	snack crackers pretzels (example: wheat thins)	12
	trail mix	15
	trail mix	15
	tube yogurts	12
	tube yogurts	12