

Here's an Idea of What's on the Menu at Regattas!

FRUITS

Bananas
Apples
Oranges
Grapes
Watermelon
Berries
Dried Fruit
Other

DRINKS

Water
Coffee
Hot Chocolate
Chocolate Milk
Gatorade

SNACKS

Energy Bars
String Cheese
Yogurt
Nut Packs/Trail Mix
Cut Veggies
Pretzels
Apple Sauce
Peanut Butter
Hummus
Pita Chips
Graham Crackers,
Saltines
Hard Boiled Eggs

BREAKFAST

Bagels
Overnight Oatmeal w/Toppings
Yogurt w/Toppings
Energy Bars (Bought or
Homemade)
Fruit
Drinks

LUNCH

Grilled Chicken
Grilled Cheese/Soup
Sandwich Wraps-Trays
Side Dishes/Salads
Chicken Sandwiches
Make Your Own Taco/Burrito
Bar:

- Tortillas-Corn and
flour
- Cheese
- Lettuce
- Salsa
- Beans,
- Rice, Etc.

MISCELLANEOUS

Salsa
Salad Dressing
Mustard(S)
BBQ Sauce
Hot Sauce
Coffee Creamer
Cream Cheese
Toppings for Oatmeal &
Yogurt:

- Craisins
- Granola
- Almonds
- Brown sugar, etc.