Stars Tournament Shopping List (for team/coach lunches)

	15 lunches, 2 days	25 lunches/2 days
Water (1/day)	2 flats (48)	2 flats (48)
Juice boxes (2/day)	60	100
Fruit: apples, oranges, bananas	30 pieces	50 pieces
Vegetables: carrots, snap peas	2 large bags	2-3 large bags
Yogurt	15-20	30
Trail Mix	1 large bag	1 large bag
Almonds	1 bag	1 bag
Fruit gummies with real fruit	1 large bag	2 large bags
Buns (1/2 whole wheat)	40	60
Bagels	12-18	18-24
Cream cheese	1 large container	2 large containers
Deli meats (turkey, ham, chicken)	2-3 kg	3-3.5 kg
Mayonnaise and mustard	1 medium size each	1 medium size each
Energy bars (made with fruit and whole grains; NOT protein bars)	30-40	40-50
Goldfish crackers	1 large box	2 large boxes
Small treat (small chocolate bars; 2/day)	70 pieces	120 pieces
Plastic cutlery (knives, spoons)	20 each	30 each
Sandwich baggies	100	150
Large freezer bags	40	60