Philmont Scout Ranch

2015 Breakfast Trail Food Menu

Breakfast #1	Breakfast #6
Peppered Beef Jerky	Peppered Beef Jerky
Chocolate Chip Granola Bar—K	Peanut Butter Nature Valley Bar—K
Peanut Butter and Jelly —K	Raisins—K
Strawberry Fruit Rope—K	Peanut Butter Chocolate Chip Bite Bar—K
Spiced Apple Cider—K	Spiced Apple Cider—K
Breakfast #2	Breakfast #7
Honey Peppered Beef Stick	Turkey Sausage Links
Instant Oatmeal Apples and Cinnamon—K	Instant Oatmeal Maple and Brown Sugar—K
Raisins—K	Peanut Butter Cookie—K
Whole Berry Blast Bar	Strawberry Pop Tarts
Hot Cocoa Mix	Hot Cocoa Mix
Breakfast #3	Breakfast #8
Pepperoni Stick	Pepperoni Stick
Butterscotch Oatmeal Bar—K	French Vanilla Granola
Maple Almond Granola	Mixed Berry Fruit Rope—K
Fig Newton's—K	Oatmeal Raisin Breakfast Cookie—K
Orange Exercise Hydration Mix—K	Fig Newton's—K
	Grape Acli-Mate
Breakfast #4	Breakfast #9
Turkey Deli Bites	Honey Peppered Turkey Stick
Maple and Brown Sugar Bar—K	Brown Sugar Honey Oat Granola
Mixed Berry Bite Bar—K	Honey Almond TLC Bar—K
Cinnamon Pop Tarts	Goldfish Giant Honey Grahams—K
Lemonade Mix—K	Lemonade Mix—K
Breakfast #5	Breakfast #10
Breakfast Skillet	Biscuits and Gravy
Oatmeal To Go Brown Sugar—K	Honey Oat Nature Valley Bar—K
Olympia Granola Bar	Pineapple Chunks
Kool Aid—Cherry—K	Kool Aid—Cherry—K

[&]quot;K" denotes Kosher



• Peppered Beef Jerky—Jack Link's, (1 package per camper)

Ingredients: Beef, Water, Sugar, Less than 2% Salt, Black Pepper, Maltodextrin, Dried Soy Sauce (Soybeans, Salt, Wheat), Flavoring, Hydrolyzed Corn Protein, Sodium Erythorbate, Paprika Extract, Sodium Nitrite.

CONTAINS: WHEAT AND SOY

Peppered Beef Jerky			
NUTRITION FACTS			
Serving Size:	1 package (25g)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	70	Calories from Fat	10
		%	Daily Value
Total Fat		1g	2%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	25mg		8%
Sodium		360mg	15%
Total Carboh	ydrate	4g	1%
	Dietary Fiber	g	%
	Sugars	3g	
Protein		13g	

• Chocolate Chip Granola Bar—Quaker/Pepsico, (1 package per camper)

Ingredients: Granola (Whole Grain Rolled Oats, Brown Sugar, Crisp Rice (Rice Flour, Sugar, Salt, Malted Barley Extract), Whole Grain Rolled Wheat, Soybean Oil, Dried Coconut, Whole Wheat Flour, Sodium Bicarbonate, Soy Lecithin, Caramel Color, Non-fat Dry Milk), Semisweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla Extract), Corn Syrup, Sugar, Brown Rice Crisp (Whole Grain Brown Rice, Sugar, Malted Barley Flour, Salt), Invert Sugar, Corn Syrup Solids, Glycerin, Soybean Oil, Vegetable Oil (Palm Oil, Palm Kernel Oil). Contains 2% or less of: Sorbitol, Calcium Carbonate, Cocoa Powder (Processed with Alkali), Salt, Cocoa Powder, Water, Whey, Nonfat Dry Milk, Lactose, Soy Lecithin, Molasses, Natural and Artificial Flavor, Vanilla Extract, BHT (preservative), Citric Acid.

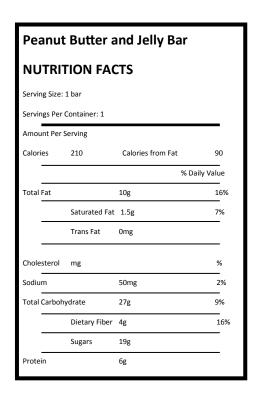
CONTAINS: WHEAT, COCONUT, SOY AND MILK INGREDIENTS. May contain traces of peanut and other tree nuts.

Chocolate Chip Granola Bar **NUTRITION FACTS** Serving Size: 1 bar (42g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 6g 10% Saturated Fat 2.5g 14% Trans Fat Cholesterol Sodium 120mg 5% Total Carbohydrate 30g 10% 7% Dietary Fiber 2g Sugars 13g 2g

Peanut Butter and Jelly Larabar—Larabar/Small Planet Foods, (1 package per camper)

Ingredients: Dates, Peanuts, Un-sweetend Cherries, Sea Salt.

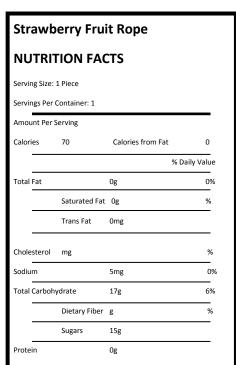
GLUTEN FREE, DAIRY FREE, SOY FREE, NON-GMO, VEGAN, KOSHER



• Strawberry Fruit Rope—Clif Bar, (1 package per camper)

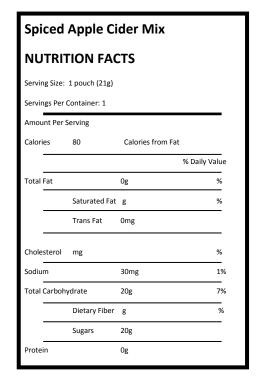
Ingredients: Organic Apple Puree Concentrate, Organic Apple Juice Concentrate, Organic Natural Flavors, Malic Acid, Pectin, Colored with Vegetable Juice, Vitamins and Minerals: Ascorbic Acid (Vit C), Ferric Orthophosphate (Iron).

WE SOURCE INGREDIENTS THAT ARE NOT GENETICALLY ENGINEERED. GLUTEN FREE



• Spiced Apple Cider Mix—Continental Mills, (1 package per camper)

Ingredients: Sugar, Malic Acid, Maltodextrin, Tricalcium Phosphate (prevents caking), Apple Juice Solids, Caramel Color, Sodium Citrate (controls acidity), Ascorbic Acid, Natural and Artificial Flavors, Spice Extractive.





• Wholeberry Blast Meal Bar—Pro Bar, (1 package per camper)

Ingredients: Brown Rice Syrup, Oats, Dates, Sunflower Seeds, Cashew Butter (Cashews, Sunflower Oil), Almond Butter (Almonds), Cashews, Raisins, Flax Seeds, Sesame Seeds, Almonds, Apple Juice Concentrate, Dried Cane Syrup, Strawberries, Blueberries, Crisp Brown Rice, Expeller Pressed Canola Oil, Chocolate Liquor Drops, Vegetable Glycerin, Blueberry Puree, Dried Pineapple, Dried Cane Syrup, Dried Papaya, Rice Syrup, Oat Flour, Pumpkin Seeds, Molasses, Citric Acid, Natural Flavor, Sunflower Oil, Blueberry Flavor, Salt.

CONTAINS: ALMONDS, CASHEWS. Natural ingredients may contain pit pieces, nut shells and other organic matter.

• Honey Peppered Beef Sticks—Highland Beef Farms, (1 package per camper)

Ingredients: Beef, Honey, Contains 2% or less of: Spices, Corn Syrup Solids, Water, Dextrose, Salt, Natural Flavoring, Lactic Acid Starter Culture, Sodium Erythorbate (Made from Sugar), Sodium Nitrite.

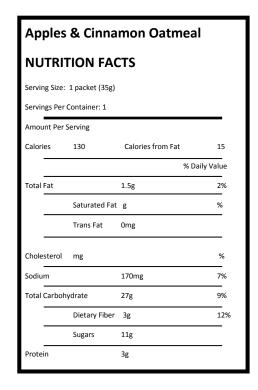
GLUTEN FREE. NO MSG

Wholeberry Blast Meal Bar **NUTRITION FACTS** Serving Size: 1 bar (85g) Servings Per Container: 1 Amount Per Serving Calories 360 Calories from Fat 140 % Daily Value Total Fat 16g 24% Saturated Fat 2g 10% Trans Fat Cholesterol % 25mg 1% Sodium Total Carbohydrate 17% Dietary Fiber 5g 20% Sugars 23g Protein

Honey Peppered Beef Sticks NUTRITION FACTS Serving Size: 2 sticks (28g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat 20 % Daily Value Total Fat 3% 2g Saturated Fat 0.5g 3% Trans Fat Cholesterol 7% Sodium 200mg 8% Total Carbohydrate 1% Dietary Fiber % Sugars 2g Protein 8g

• Apple and Cinnamon Instant Oatmeal—Malt O Meal, (1 package per camper)

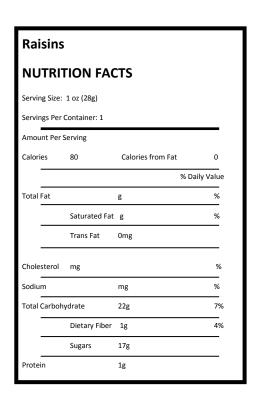
Ingredients: Whole Grain Rolled Oats, Sugar, Dried Apple Pieces (Treated with Sodium Sulfite to promote color retention), Salt, Cinnamon, Calcium Carbonate, Guar Gum, Natural Flavors, Citric Acid, Niacin (Niacinamide), Vitamin A Palmitate, Reduced Iron, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), Folate (Folic Acid).



Raisins—Azar Nut Co., (1 package per camper)

Ingredients: Raisins (Raisins coated with Vegetable Oil).

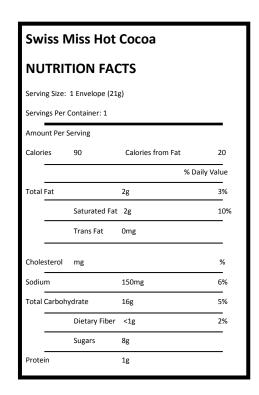
May contain peanuts, tree nuts, wheat, soy, milk, eggs and stem fragments.



• Swiss Miss Hot Cocoa Mix— Con Agra Foods, (1 package per camper)

Ingredients: Sugar, Corn Syrup, Modified Whey, Cocoa (Processed with Alkali), Hydrogenated Coconut Oil, Nonfat Milk, Calcium Carbonate, Less than 2% of: Salt, Dipotassium Phosphate, Mono and Diglycerides, Carrageenan, Acesulfame Potassium, Sucralose, Artificial Flavor.

CONTAINS: MILK. GLUTEN FREE





• Pepperoni Stick—Country Meats, (1 package per camper)

Ingredients: Pork, Salt, Dextrose, Water, Spices, Natural Smoke Flavorings, Lactic Acid Starter Culture, Garlic Powder, Sodium Erythorbate, Spice Extractives and Sodium Nitrate in Collagen Casing.

• Butterscotch Oatmeal Bar—General Mills, (1 package per camper)

Ingredients: Whole Grain Oats, Whole Wheat Flour, Sugar, Corn Syrup, Canola Oil, Caramel Flavored Chips (Sugar, Palm Kernel and Palm Oils, Reduced Minerals Whey, Soy Lecithin, Color Added, Nonfat Dry Milk, Salt, Natural Flavor), Vegetable Glycerin, Contains 2% or Less of: Egg Yolk, Enzyme Modified Butter, Molasses, Semisweet Chocolate Chips (Sugar, Chocolate Flavor), Baking Soda, Salt, Egg Whites, Maltodextrin, Natural and Artificial Flavor, Water, Color Added.

CONTAINS: WHEAT, EGG, MILK AND SOY INGREDIENTS.

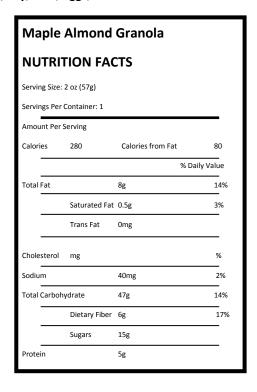
Pepperoni Sticks NUTRITION FACTS Serving Size: 1 oz (28g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat 50 % Daily Value Total Fat 8% 9% Saturated Fat 2g Trans Fat 20mg Cholesterol 6% Sodium 320mg 13% Total Carbohydrate 0% Dietary Fiber 0% Sugars 0g Protein

Butterscotch Oatmeal Bar				
NUTRITION FACTS				
Serving Size:	1 bar (35g)			
Servings Per	Container: 1			
Amount Per	Serving			
Calories	150	Calories from Fat	50	
		% D	aily Value	
Total Fat		5g	8%	
	Saturated Fat	1.5g	7%	
	Trans Fat	0mg		
Cholesterol	20mg		6%	
Sodium		120mg	5%	
Total Carboh	ydrate	23g	8%	
	Dietary Fiber	2g	7%	
	Sugars	8g		
Protein		2g		

• Maple Almond Granola—AlpineAire Foods, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Evaporated Cane Juice Crystals, Expeller Pressed Canola Oil, Maple Syrup, Almonds, Pure Honey, Sea Salt, Almond Extract, Maple Flavor and Vitamin E.

CONTAINS: WHEAT INGREDIENTS. Processed in a facility that produces peanuts, soy, milk, eggs, tree nuts and wheat.



• Fig Newtons—Mondelez, (1 package per camper)

Ingredients: Figs, Whole Grain Wheat Flour, Sugar, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Corn Syrup, High Fructose Corn Syrup, Soybean Oil, Partially Hydrogenated Cottonseed Oil, Salt, Baking Soda, Calcium Lactate, Malic Acid, Soy Lecithin, Sodium Benzoate and Sulfur Dioxide (sulfites), Added to Preserve Freshness, Natural and Artificial Flavor, Whey (From Milk).

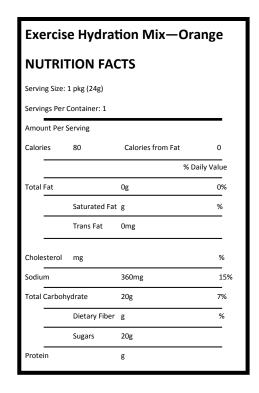
CONTAINS: WHEAT, SOY AND MILK.

Fig Nev	wtons		
NUTRI	TION FAC	CTS	
Serving Size:	1 cookie (28g)		
Servings Per	Container: 2		
Amount Per	Serving		
Calories	100	Calories from Fat	20
		% I	Daily Value
Total Fat		2g	3%
	Saturated Fat	g	%
<u> </u>	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		105mg	4%
Total Carboh	ydrate	20g	7%
	Dietary Fiber	1g	4%
	Sugars	12g	
Protein		<1g	

• Exercise Hydration Mix with Oranges, Skratch Labs LLC, (1 package per camper)

Ingredients: Cane Sugar, Dextrose, Sodium Citrate, Citric Acid, Oranges, Magnesium Lactate, Calcium Citrate, Ascorbic Acid (Vitamin C).

Gluten Free, Dairy Free, Vegan, Kosher, Delicious





• Honey Pepper Turkey Deli Bites—American Premium Dist., (1 package shared between 2 campers)

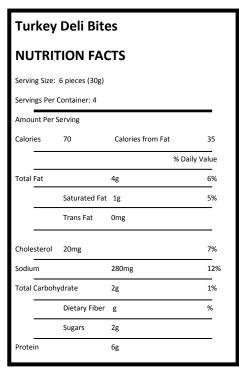
Ingredients: Turkey, Mechanically Separated Turkey, Honey, Salt, Corn Syrup Solids, Spices, Dextrose, Lactic Acid Starter Culture, Carrageenan, Sodium Erythorbate (Made from Sugar), Garlic Powder, Sodium Nitrite, In Collagen Casing.

GLUTEN FREE

Frosted Cinnamon Pop Tarts—Kellogg's, (1 package per camper)

Ingredients: Whole Wheat Flour, Sugar, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Corn Syrup, Dextrose, Soybean and Palm Oil (with TBHQ for freshness), Cracker Meal, Polydextrose, Glycerin, Contains 2% or less of Maltodextrin, Molasses, Calcium Carbonate, Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Wheat Starch, Cinnamon, Sodium Stearoyl Lactylate, Datem, Gelatin, Carmel Color, Xanthan Gum, Vitamin A Palmitate, Niacinamide, Reduced Iron, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Soy Lecithin.

CONTAINS: WHEAT AND SOY INGREDIENTS



Cinnamon Pop Tarts			
NUTRI [*]	TION FAC	CTS	
Serving Size:	1 package (100	g)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	370	Calories from Fat	50
		Ş	% Daily Value
Total Fat		5g	8%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		380mg	16%
Total Carboh	ydrate	75g	25%
	Dietary Fiber	6g	22%
	Sugars	31g	
Protein		5g	

• Mixed Berry Bite Bar—Pro Bar, (1 package per camper)

Ingredients: Tapioca Syrup, Rolled Oats, Cashew Butter (Cashews, Sunflower Oil), Crisp Brown Rice, Brown Rice Protein, Cashews, Sunflower Seeds, Agave Fiber (Inulin), Whole Grain Brown Rice Flour, Dried Cane Syrup, Blueberries, Flax Seeds, Chia Seeds, Glycerin, Expeller Pressed Canola Oil, Apple Juice Concentrate, Cranberries, Natural Strawberry Flavor, Rice Syrup, Natural Blackberry Flavor, Oat Flour, Salt, Molasses, Citric Acid, Rosemary Extract.

CONTAINS: CASHEWS. Organic.

Mixed Berry Bite Bar				
NUTRITION FACTS				
Serving Size:	1 bar (46g)			
Servings Per	Container: 1			
Amount Per	Serving			
Calories	190	Calories from Fat	60	
		% C	aily Value	
Total Fat		7g	119	
	Saturated Fat	1g	5%	
	Trans Fat	0mg		
Cholesterol	0mg		0%	
Sodium		45mg	2%	
Total Carboh	ydrate	28g	9%	
	Dietary Fiber	3g	129	
	Sugars	11g		
Protein		6g		

• Chewy Maple Brown Sugar Granola Bar—Quaker, (1 package per camper)

Ingredients: Granola (Whole Grain Rolled Oats, Brown Sugar, Brown Rice

Crisp (Whole Grain Brown Rice, Sugar, Malted Barley Flour, Salt), Whole Grain Rolled Wheat, Soybean Oil, Whole Wheat Flour, Maltodextrin, Sodium Bicarbonate, Soy Lecithin, Caramel Color, Nonfat Dry Milk), Corn Syrup, Brown Rice Crisp (Whole Grain Brown Rice, Sugar, Malted Barley Flour, Salt), Corn Syrup Solids, Confectionary Chips (Sugar, Palm Kernel Oil, Non-Fat Dry Milk, Palm Oil, Artificial Color, Soy Lecithin), Glycerin, Invert Sugar, Sorbitol, Soybean Oil, Calcium Carbonate, Sugar, Fructose, Salt, Natural and Artificial Color, Cinnamon, Soy Lecithin, Molasses, BHT (preservative), Citric Acid, Water.

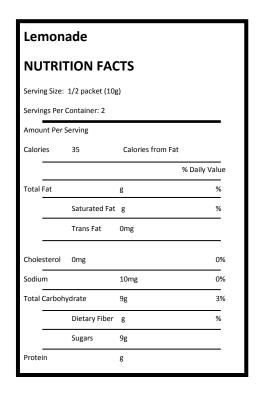
CONTAINS: WHEAT, SOY AND MILK INGREDIENTS. May contain traces of Peanuts and Tree Nuts.

Maple	Brown S	ugar Bar	
NUTRI	TION FAC	CTS	
Serving Size:	1 bar (36g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	140	Calories from Fat	25
		ç	% Daily Value
Total Fat		2.5g	4%
	Saturated Fat	1g	4%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		120mg	5%
Total Carboh	ydrate	28g	9%
	Dietary Fiber	1g	6%
	Sugars	9g	
Protein		2g	

• Country Time Lemonade On-The-Go—Kraft, (1 package per camper)

Ingredients: Sugar, Citric Acid (Provides Tartness), Contains 2% or Less of: Ascorbic Acid (Vitamin C), Natural Flavor, Soy Lecithin, Sodium Citrate (Controls Acidity), Magnesium Oxide (Prevents Caking), Sucralose (Sweetener), Calcium Fumarate, Artificial Color, Yellow 5 Lake, Tocopherol (Preserves Freshness).

CONTAINS: SOY





Breakfast Skillet—Mountain House, (1 package shared between 2 campers)

Ingredients: Hashbrowns (Potato, Vegetable Oil (may contain: canola, sunflower, cottonseed, palm, corn, soybean, hydrogenated soybean, hydrogenated cottonseed oils), Salt, Dehydrated Potato, Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Potassium Sorbate (to maintain freshness), Natural Flavoring, Disodium Dihydrogen Pyrophosphate (color retention), Dextrose.). PreCooked Eggs (Whole Egg (glucose removed for stability), Egg Yolk, Nonfat Dry Milk, Modified Corn Starch, Corn Oil, Salt, Yeast Extract, Sunflower Oil, Smoke Flavor, Xanthan Gum). Pork Sausage (Sausage (Pork, Salt, Spice, Sugar), Textured Vegetable Protein (Soy Flour, Salt)). Red and Green Bell Pepper, Dehydrated Onion.

CONTAINS: EGG, MILK, WHEAT, SOY

Honey Almond Olympia Granola Bar—Olympia Granola, (1 package per camper)

Ingredients: Rolled Oats, Almonds, Nutty Rice (Rice Flour, Raisin Juice Concentrate, Rice Bran, Salt), Honey, Sunflower Seeds, Coconut, Flax Seeds, Sea Salt.

POTENTIAL ALLERGENS: CONTAINS TREE NUTS. MAY CONTAIN TRACES OF PEANUTS

Breakfast Skillet NUTRITION FACTS Serving Size: 1 Cup (70g) Servings Per Container: 2 Amount Per Serving Calories 400 Calories from Fat 220 % Daily Value Total Fat 24g 37% Saturated Fat 7g 35% Trans Fat 245mg Cholesterol 82% Sodium 38% 920mg Total Carbohydrate 10% Dietary Fiber 4g 16% Sugars Protein

Honey	Almond	Olympia Bar	
NUTRI	TION FAC	CTS	
Serving Size:	1 Bar (43g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	190	Calories from Fat	80
		% I	Daily Value
Total Fat		9g	149
	Saturated Fat	2.5g	119
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		65mg	3%
Total Carboh	ydrate	24g	8%
	Dietary Fiber	3g	129
	Sugars	10g	
Protein		5g	

• Brown Sugar Cinnamon Oatmeal To Go—Quaker, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, High Fructose Corn Syrup, Brown Sugar, Oat Flour, Oat Bran Concentrate, Sugar, Rice Flour, Margarine (Partially Hydrogenated Soybean Oil, Soybean Oil, Water, Partially Hydrogenated Cottonseed Oil, Salt, Mono and Diglycerides, Soy Lecithin, Calcium Disodium EDTA (a preservative), Annatto Color, Artificial Flavor, Vitamin A Palmitate), Polydextrose, Glycerin, Corn Syrup, Modified Food Starch, Malted Barley Extract, Water, Calcium Carbonate, Salt, Sorbitol, Cinnamon, Sodium Bicarbonate, Corn Flour, Sodium Alginate, Malted Barley Flour, Malic Acid, Enzyme Modified Soy Protein, Tocopherols, Tricalcium Phosphate, Artificial Color, Natural and Artificial Flavor, Sodium Hexametaphoshpate, Potassium Sorbate (Preservative),

Niacinamide, Reduced Iron, Trisodium Phosphate, Vit A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, BHT (preservative), Folic Acid.

CONTAINS: SOY INGREDIENTS. MAY CONTAIN TRACES OF TREE NUTS AND PEANUTS.

NUTRI	TION FAC	CTS	
Serving Size:	1 Bar (40g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	140	Calories from Fat	25
		% Da	aily Value
Total Fat		2.5g	4%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		150mg	6%
Total Carboh	ydrate	29g	10%
	Dietary Fiber	3g	12%
	Sugars	13g	
Protein		3g	

Cherry Kool Aid Singles—Kraft, (1 package per camper)

Ingredients: Sugar, Fructose, Citric Acid (Provides Tartness), Contains Less than 2% of Artificial Flavor, Ascorbic Acid (Vit C), Vitamin E Acetate, Calcium Phosphate (Prevents Caking), Acesulfame Potassium and Sucralose (Sweeteners), Artificial Color, Red 40.

Cherry Kool Aid			
NUTRITION FACTS			
Serving Size: 1/2 packet	et (8g)		
Servings Per Container	r: 2		
Amount Per Serving			
Calories 30	Calories from Fat	0	
	% D	aily Value	
Total Fat	0g	0%	
Saturat	ed Fat Og	0%	
Trans F	at Omg		
Cholesterol Omg		0%	
Sodium	mg	%	
Total Carbohydrate	7g	2%	
Dietary	Fiber Og	0%	
Sugars	7g		
Protein	Og		



• Peppered Beef Jerky—Jack Link's, (1 package per camper)

Ingredients: Beef, Water, Sugar, Less than 2% Salt, Black Pepper, Maltodextrin, Dried Soy Sauce (Soybeans, Salt, Wheat), Flavoring, Hydrolyzed Corn Protein, Sodium Erythorbate, Paprika Extract, Sodium Nitrite.

CONTAINS: WHEAT AND SOY

Peppered Beef Jerky			
NUTRITION FACTS			
Serving Size:	1 package (25g)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	70	Calories from Fat	10
		% Da	aily Value
Total Fat		1g	2%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	25mg		8%
Sodium		360mg	15%
Total Carboh	ydrate	4g	1%
	Dietary Fiber	g	%
	Sugars	3g	
Protein		13g	

• Peanut Butter Chocolate Chip Bite Bar—Pro Bar, (1 package per camper)

Ingredients: Tapioca Syrup, Rolled Oats, Peanut Butter (Peanuts), Crisp Brown Rice, Dried Cane Syrup, Brown Rice Protein, Whole Grain Brown Rice Flour, Chocolate Liquor, Sunflower Seeds, Agave Fiber (Inulin), Glycerin, Expeller Pressed Canola Oil, Flax Seeds, Chia Seeds, Natural Peanut Butter Flavor, Peanut Extract, Rice Syrup, Oat Flour, Salt, Molasses, Cocoa Butter, Natural Caramel Flavor, Rosemary Extract, Vanilla Extract.

CONTAINS: PEANUTS. GLUTEN FREE

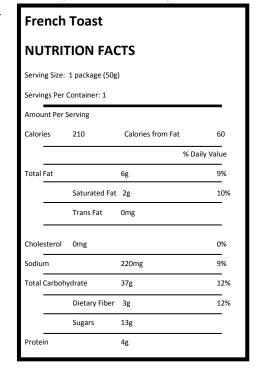
Peanut Butter Choc. Chip Bite Bar			
NUTRI	TION FAC	CTS	
Serving Size:	1 bar (46g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	190	Calories from Fat	70
			% Daily Value
Total Fat		8g	12%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		65mg	3%
Total Carboh	ydrate	28g	9%
	Dietary Fiber	3g	12%
	Sugars	11g	
Protein		6g	-
Protein		6g	

• Crunch Mania French Toast—Kellogg's, (1 package per camper)

Ingredients: Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vit B1), Riboflavin (Vit B2), Folic Acid), Sugar, Soybean and Palm Oil, Molasses, Contains 2% or less of: Calcium Carbonate, Salt, Dextrose, Baking Soda, Cinnamon, Soy Lecithin, Natural and Artificial Flavors (Contains Milk), Vitamin A Palmitate, BHT for Freshness, Niacinamide

Pyridoxine Hydrochloride (Vitamin B6), Thiamin Hydrochloride (Vitamin B1), Riboflavin (Vitamin B2).

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS.



Nature Valley Crunchy Peanut Butter Granola Bar—General Mills, (1 package per camper)

Ingredients: Whole Grain Oats, Sugar, Canola Oil, Peanut Butter (Peanuts, Salt), Yellow Corn Flour, Brown Sugar Syrup, Soy Flour, Salt, Soy Lecithin, Baking Soda.

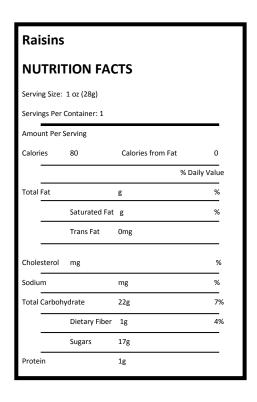
CONTAINS: PEANUT, SOY; MAY CONTAIN ALMOND AND PECAN INGREDIENTS.

Peanut Butter Nature Valley Bar			
NUTRI	TION FAC	CTS	
Serving Size:	2 bars (42g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	190	Calories from Fat	60
		% [Daily Value
Total Fat		7g	10%
	Saturated Fat	1g	4%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		180mg	7%
Total Carboh	ydrate	28g	9%
	Dietary Fiber	2g	8%
	Sugars	11g	
Protein		5g	

• Raisins—Azar Nut Co., (1 package per camper)

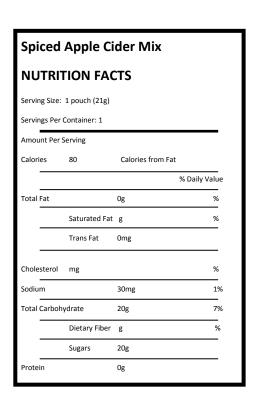
Ingredients: Raisins (Raisins coated with Vegetable Oil).

May contain peanuts, tree nuts, wheat, soy, milk, eggs and stem fragments.



• Spiced Apple Cider Mix—Continental Mills, (1 package per camper)

Ingredients: Sugar, Malic Acid, Maltodextrin, Tricalcium Phosphate (prevents caking), Apple Juice Solids, Caramel Color, Sodium Citrate (controls acidity), Ascorbic Acid, Natural and Artificial Flavors, Spice Extractive.





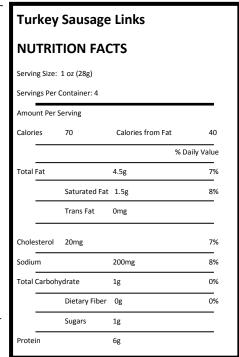
• Maple Flavored Turkey Sausage Breakfast Links—Highland Beef Farms, (1 package shared between 2 campers)

Ingredients: Turkey, Mechanically Separated Turkey, Maple and Brown Sugar, Contains 2% or less of: Salt, Lactic Acid Starter Culture, Spices, Sugar, Soybean Oil, Silicon Dioxide, Sodium Nitrite.

NO MSG. GLUTEN FREE

Maple and Brown Sugar Instant Oatmeal—Malt O Meal, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Sugar, Salt, Natural Flavors, Calcium Carbonate, Guar Gum, Caramel Color, Niacin (Niacinamide), Vitamin A Palmitate, Reduced Iron, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), Folate (Folic Acid).



Maple and Brown Sugar Oatmeal NUTRITION FACTS Serving Size: 1 packet (43g) Servings Per Container: 1 Amount Per Serving Calories 160 Calories from Fat 20 % Daily Value Total Fat 2g 3% Saturated Fat g % Trans Fat Cholesterol % Sodium 240mg 10% Total Carbohydrate 11% 12% Dietary Fiber 3g Sugars Protein 4g

• Frosted Strawberry Pop Tarts—Kellogg's, (1 package per camper)

Ingredients: Whole Wheat Flour, Sugar, Corn Syrup, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Dextrose, Soybean and Palm Oil (With TBHQ for freshness), Cracker Meal, Polydextrose, Glycerin, Fructose, Contains 2% or less of: Wheat Starch, Calcium Carbonate, Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Dried Strawberries, Dried Pears, Dried Apples, Sodium Stearoyl Lactylate, Citric Acid), Milled Corn, Datem, Gelatin, Soybean Oil, Modified corn Starch, Modified Wheat Starch, Soy Lecithin, Caramel Color, Xanthan Gum, Strawberry Juice Concentrate, Natural and Artificial Flavor, Vitamin A Palmitate, Red 40, Niacinamide, Reduced Iron, Color Added, Turmeric Extract for Color, Yellow 6, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Blue 1.

CONTAINS: WHEAT AND SOY INGREDIENTS

Strawb	erry Pop	Tarts	
NUTRI	TION FAC	CTS	
Serving Size:	1 package (100	g)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	360	Calories from Fat	40
		%	Daily Value
Total Fat		4.5g	7%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		360mg	15%
Total Carboh	ydrate	75g	25%
	Dietary Fiber	6g	23%
	Sugars	30g	
Protein		4g	

• Peanut Butter Cookie Bar—Larabar/Small Planet Foods, (1 package per camper)

Ingredients: Dates, Peanuts, Sea Salt

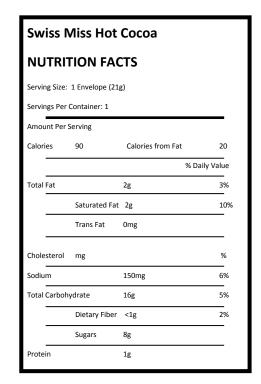
GLUTEN FREE, DAIRY FREE, SOY FREE, VEGAN, KOSHER

Peanut	Butter (Cookie Bar	
NUTRI	TION FAC	CTS	
Serving Size:	1 bar (48g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	220	Calories from Fat	110
		% Da	nily Value
Total Fat		12g	19%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		70mg	3%
Total Carboh	ydrate	23g	8%
	Dietary Fiber	4g	16%
	Sugars	18g	
Protein		7g	

• Swiss Miss Hot Cocoa Mix— Con Agra Foods, (1 package per camper)

Ingredients: Sugar, Corn Syrup, Modified Whey, Cocoa (Processed with Alkali), Hydrogenated Coconut Oil, Nonfat Milk, Calcium Carbonate, Less than 2% of: Salt, Dipotassium Phosphate, Mono and Diglycerides, Carrageenan, Acesulfame Potassium, Sucralose, Artificial Flavor.

CONTAINS: MILK. GLUTEN FREE





Pepperoni Stick—Country Meats, (1 package per camper)

Ingredients: Pork, Salt, Dextrose, Water, Spices, Natural Smoke Flavorings, Lactic Acid Starter Culture, Garlic Powder, Sodium Erythorbate, Spice Extractives and Sodium Nitrate in Collagen Casing.

Pepperoni Sticks NUTRITION FACTS Serving Size: 1 oz (28g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat 50 % Daily Value Total Fat 5g 8% Saturated Fat 2g 9% Trans Fat Cholesterol 20mg 6% Sodium 320mg 13% Total Carbohydrate 0% Dietary Fiber 0g 0% Sugars 0g Protein 5g

• Mixed Berry Twisted Fruit Rope—Clif Bar, (1 package per camper)

Ingredients: Organic Apple Puree Concentrate, Organic Apple Juice Concentrate, Organic Natural Flavors, Malic Acid, Pectin, Colored with Fruit and Vegetable Juice, Vitamins and Minerals: Ascorbic Acid (Vit C), Ferric Orthophosphate (Iron).

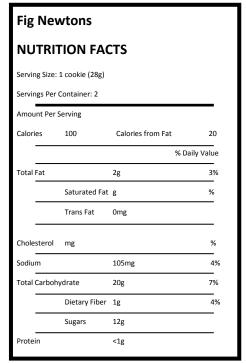
GLUTEN FREE! We source ingredients that are not genetically engineered.

Mixed	Berry Fr	uit Rope	
NUTRI	TION FAC	CTS	
Serving Size:	1 Piece (20g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	70	Calories from Fat	0
			% Daily Value
Total Fat		Og	0%
	Saturated Fat	Og	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		5mg	09
Total Carboh	ydrate	17g	6%
	Dietary Fiber	g	%
	Sugars	15g	
Protein		Og	

• Fig Newtons—Mondelez, (1 package per camper)

Ingredients: Figs, Whole Grain Wheat Flour, Sugar, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Corn Syrup, High Fructose Corn Syrup, Soybean Oil, Partially Hydrogenated Cottonseed Oil, Salt, Baking Soda, Calcium Lactate, Malic Acid, Soy Lecithin, Sodium Benzoate and Sulfur Dioxide (sulfites), Added to Preserve Freshness, Natural and Artificial Flavor, Whey (From Milk).

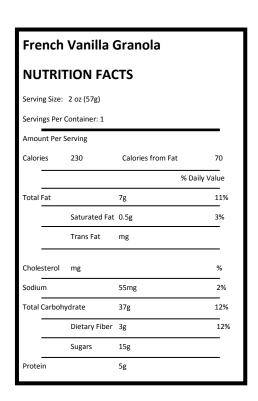
CONTAINS: WHEAT, SOY AND MILK.



• French Vanilla Granola—AlpineAire Foods, (1 package per camper)

Ingredients: French Vanilla Almond Granola (Whole Grain Rolled Oats, Sugar, Expeller Pressed Canola Oil, Rice Crisps, Pure Honey, Sea Salt and Pure Vanilla Extract.

Processed in a facility that produces peanuts, soybeans, milk, eggs, tree nuts and wheat.

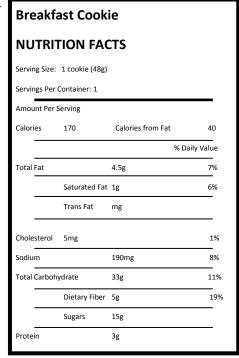


• Oatmeal Raisin Breakfast Cookies—Quaker/Pepsico, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, High Fructose Corn Syrup, Raisins, Whole Wheat Flour, Brown Sugar, Corn Syrup, Partially Hydrogenated Soybean and/or Cottonseed Oils, with TBHQ and Citric Acid to preserve freshness, Modified Wheat Starch, Polydextrose, Contains 2% or less of Calcium Carbonate, Mono and Diglycerides, Water, Glycerin, Dried Apple Puree, Egg Whites, Sugar, Sodium Bicarbonate, Dried Whole Eggs, Salt, Modified Food Starch, Cinnamon, Corn Flour, Malic Acid, Sodium Alginate, Calcium Phosphate, Vitamin E Acetate, Reduced Iron, Niacinamide, Potassium Sorbate (a preservative), Sodium Phosphate, Pyrodoxi-

ine Hydrochloride, Thiamin Mononitrate, Riboflavin, Vitamin A Palmitate, Cyanocobalamin.

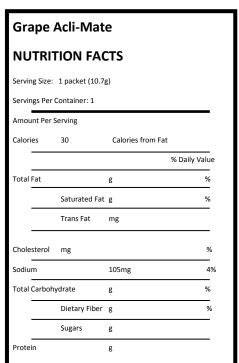
CONTAINS WHEAT AND EGG INGREDIENTS. May contain traces of tree nuts.



Grape/Mountain Grape Mountain Sport Drink Altitude and Energy Aid—Acli-Mate, (1 package per camper)

Ingredients: Organic Cane Sugar, Citric Acid, Malic Acid, Natural Grape Flavor, Grape Skin Extract (for color), Silicon Dioxide

(anti-caking), Grape Juice Powder, Xanthan Gum, Stevia Leaf Extract, Lo Han Fruit tract.





• Honey Peppered Turkey Sticks—Highland Beef Farms, (1 package per camper)

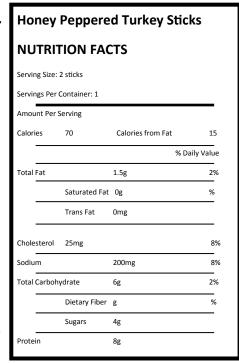
Ingredients: Turkey, Honey (Contains 2% or less of: Corn Syrup Solids, Spices, Salt, Dextrose, Lactic Acid Starter Culture (Carrageenan, Sodium Erythorbate (Made from Sugar), Garlic Powder, Sodium Nitrite.

GLUTEN FREE. NO MSG

Honey Almond Flax Chewy Granola Bar—Kashi/Kellogg's, (1 package per camper)

Ingredients: Rolled Whole Grain Blend (Hard Red Wheat, Oats, Rye, Triticale, Barley), Roasted Salted Whole Almonds, Brown Rice Syrup, Soy Protein Isolate, Soy Grits, Dried Cane Syrup, Chicory Root Fiber, Whole Flax Seeds, Cane Syrup, Rice Starch, Corn Flour, Honey, Expeller Pressed Canola Oil, Vegetable Glycerin, Oat Fiber, Natural Flavors, Evaporated Salt, Kashi Seven Whole Grains and Sesame: Flour (Whole: Oats, Hard Red Wheat, Rye, Brown Rice, Triticale, Barley, Buckwheat, Sesame Seeds), Molasses, Soy Lecithin, Peanut Flour, Soy Protein Isolate.

CONTAINS: WHEAT, ALMOND, SOY, PEANUT AND MILK INGREDIENTS. MAY CONTAIN OTHER TREE NUTS.



Hanan	A loss a so al	Flav Day		
Honey Almond Flax Bar				
NUTRI	TION FAC	CTS		
Serving Size:	1 Bar			
Servings Per	Container: 1			
Amount Per	Serving			
Calories	140	Calories from Fat	45	
		%	6 Daily Value	
Total Fat		5g	8%	
	Saturated Fat	Og	%	
	Trans Fat	0mg		
Cholesterol	mg		%	
Sodium		105mg	4%	
Total Carbol	nydrate	19g	6%	
	Dietary Fiber	4g	15%	
	Sugars	5g		
Protein		7g		

• Brown Sugar Honey Oat Granola—AlpineAire Foods, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Brown Sugar, Crisp Rice, Expeller Pressed Canola Oil, Pure Honey, Unsulphered Molasses, Sea Salt, Pure Vanilla Extract and Vitamin E.

Brown Sugar Honey Oat Granola			
NUTRITION FACTS			
Serving Size:	1 package (57g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	340	Calories from Fat	110
•		% Da	aily Value
Total Fat		12g	19%
	Saturated Fat	2.5g	12%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		40mg	2%
Total Carboh	ydrate	51g	17%
	Dietary Fiber	6g	17%
	Sugars	19g	
Protein		8g	

• Goldfish Giant Cinnamon Grahams—Pepperidge Farm, Inc., (1 package per camper)

Ingredients: Whole Wheat Flour, Unbleached Enriched Wheat Flour (Flour, Niacin, Riboflavin (Vit B2), Thiamine Mononitrate (Vitamin B1), Reduced Iron, Folic Acid), Sugar, Vegetable Oils (Partially Hydrogenated Soybean and Cottonseed), Fructose, Contains 2% or less of: Cinnamon, Calcium Carbonate, Salt, Baking Soda, Ascorbic Acid (Vitamin C), Ferric Orthophosphate, Malto-

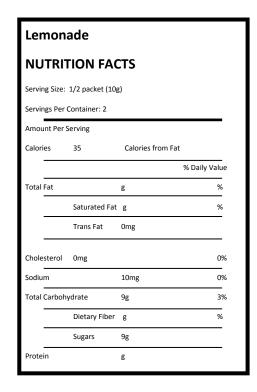
dextrin, Vitamin A Palmitate, Wheat Starch, Soy Lecithin.

Cinnamon Grahams				
NUTRITION FACTS				
Serving Size:	1 pouch			
Servings Per	Container: 1			
Amount Per	Serving			
Calories	120	Calories from Fat	35	
			% Daily Value	
Total Fat		4g	6%	
	Saturated Fat	1g	59	
	Trans Fat	Omg		
Cholesterol	0mg		%	
Sodium		110mg	5%	
Total Carboh	ydrate	19g	6%	
	Dietary Fiber	1g	5%	
	Sugars	6g		
Protein		1g		

• Country Time Lemonade On-The-Go—Kraft, (1 package per camper)

Ingredients: Sugar, Citric Acid (Provides Tartness), Contains 2% or Less of: Ascorbic Acid (Vitamin C), Natural Flavor, Soy Lecithin, Sodium Citrate (Controls Acidity), Magnesium Oxide (Prevents Caking), Sucralose (Sweetener), Calcium Fumarate, Artificial Color, Yellow 5 Lake, Tocopherol (Preserves Freshness).

CONTAINS: SOY





• Biscuits and Gravy—Mountain House, (1 package shared between 2 campers)

Ingredients: Buttermilk Biscuits: Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Shortening (Palm Oil, Mono and Diglycerides, Polysorbate 60, Citric Acid), Buttermilk Solids, Sugar, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Calcium Sulfate, Monocalcium Phosphate), Salt. Pork Patty Crumbles: Pork Sausage (Pork, Salt, Spice, Sugar), Textured Vegetable Protein (Soy Flour, Salt). Gravy Mix: Modified Corn Starch, Palm Oil, Buttermilk Powder, Nonfat Dry Milk, Corn Syrup Solids, Spice, Sugar, Yeast Extract, Salt, Sodium Caseinate, Disodium Inosinate and Guanylate, Dipotassium Phosphate.

CONTAINS: MILK, SOY, WHEAT

Pineapple Chunks—AlpineAire Foods, (1 package per camper)

Ingredients: Pineapple, Cane Sugar, Citric Acid, Sulfur Dioxide.

Processed in a facility that produces peanuts, soybeans, milk, eggs, fish, tree nuts and wheat.

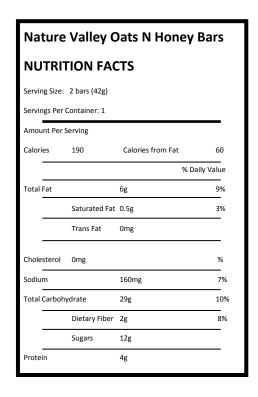
Biscuits and Gravy NUTRITION FACTS Serving Size: 1 cup (65g) dry mix Servings Per Container: about 2 Amount Per Serving Calories 310 Calories from Fat 130 % Daily Value Total Fat 14g 22% Saturated Fat 6g 30% Trans Fat Cholesterol 10mg 3% 38% Sodium 900mg Total Carbohydrate 12% Dietary Fiber 2g 8% Protein 8g

Pineap	ple Chun	ıks	
NUTRI [*]	TION FAC	CTS	
Serving Size:	2 oz (57g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	200	Calories from Fat	25
_		%	Daily Value
Total Fat		2.5g	4%
	Saturated Fat	Og	0%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		20mg	1%
Total Carboh	ydrate	60g	20%
	Dietary Fiber	4g	14%
	Sugars	40g	
Protein		0g	

• Nature Valley Oats 'n Honey Granola Bars—General Mills, (1 package per camper)

Ingredients: Whole Grain Oats, Sugar, Canola Oil, Yellow Corn Flour, Honey, Soy Flour, Brown Sugar Syrup, Salt, Soy Lecithin, Baking Soda, Natural Flavor.

CONTAINS: SOY; MAY CONTAIN PEANUT, ALMOND AND PECAN INGREDIENTS.



• Cherry Kool Aid Singles—Kraft, (1 package per camper)

Ingredients: Sugar, Fructose, Citric Acid (Provides Tartness), Contains Less than 2% of Artificial Flavor, Ascorbic Acid (Vit C), Vitamin E Acetate, Calcium Phosphate (Prevents Caking), Acesulfame Potassium and Sucralose (Sweeteners), Artificial Color, Red 40.

