

Philmont Scout Ranch

2015 Breakfast Trail Food Menu

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

"K" denotes Kosher

PSR Breakfast #1



- **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 Carbohydrate	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	180	Calories from Fat	50
			% Daily Value
Total Fat	6g		10%
	Saturated Fat	2.5g	14%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	120mg		5%
Total Carbohydrate	30g		10%
	Dietary Fiber	2g	7%
	Sugars	13g	
Protein	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

Peanut Butter and Jelly Bar			
NUTRITION FACTS			
Serving Size: 1 bar			
Servings Per Container: 1			
Amount Per Serving			
Calories	210	Calories from Fat	90
			% Daily Value
Total Fat	10g		16%
	Saturated Fat	1.5g	7%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	50mg		2%
Total Carbohydrate	27g		9%
	Dietary Fiber	4g	16%
	Sugars	19g	
Protein	6g		

- **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

Strawberry Fruit Rope			
NUTRITION FACTS			
Serving Size: 1 Piece			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	0
			% Daily Value
Total Fat	0g		0%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	5mg		0%
Total Carbohydrate	17g		6%
	Dietary Fiber	g	%
	Sugars	15g	
Protein	0g		

- **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.

Spiced Apple Cider Mix		
NUTRITION FACTS		
Serving Size: 1 pouch (21g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	80	Calories from Fat
		% Daily Value
Total Fat	0g	%
Saturated Fat		g %
Trans Fat		0mg %
Cholesterol	mg	%
Sodium	30mg	1%
Total Carbohydrate	20g	7%
Dietary Fiber		g %
Sugars		20g %
Protein	0g	

PSR Breakfast #2



- **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 Papa-ya, 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.

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	0mg	
Cholesterol	mg		%
Sodium	25mg		1%
Total Carbohydrate	51g		17%
	Dietary Fiber	5g	20%
	Sugars	23g	
Protein	8g		

- **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 Erythor-bate (Made from Sugar), Sodium Nitrite.

GLUTEN FREE. NO MSG

Honey Peppered Beef Sticks

NUTRITION FACTS

Serving Size: 2 sticks (28g)

Servings Per Container: 1

Amount Per Serving

Calories	60	Calories from Fat	20
% Daily Value			
Total Fat	2g		3%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	20mg		7%
Sodium	200mg		8%
Total Carbohydrate	3g		1%
	Dietary Fiber	g	%
	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).

Apples & Cinnamon Oatmeal			
NUTRITION FACTS			
Serving Size: 1 packet (35g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	130	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
Saturated Fat		g	%
Trans Fat		0mg	
Cholesterol	mg		%
Sodium	170mg		7%
Total Carbohydrate	27g		9%
Dietary Fiber		3g	12%
Sugars		11g	
Protein	3g		

- **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.

Raisins			
NUTRITION FACTS			
Serving Size: 1 oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	80	Calories from Fat	0
			% Daily Value
Total Fat	g		%
Saturated Fat		g	%
Trans Fat		0mg	
Cholesterol	mg		%
Sodium	mg		%
Total Carbohydrate	22g		7%
Dietary Fiber		1g	4%
Sugars		17g	
Protein	1g		

- **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

Swiss Miss Hot Cocoa			
NUTRITION FACTS			
Serving Size: 1 Envelope (21g)			
Servings Per Container: 1			
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Amount Per Serving			
Calories	90	Calories from Fat	20
			% Daily Value
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Total Fat	2g		3%
<hr/>			
	Saturated Fat	2g	10%
<hr/>			
	Trans Fat	0mg	
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Cholesterol	mg		%
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Sodium	150mg		6%
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Total Carbohydrate	16g		5%
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	Dietary Fiber	<1g	2%
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	Sugars	8g	
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Protein	1g		

PSR Breakfast #3



- **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	70	Calories from Fat 50
		% Daily Value
Total Fat	5g	8%
Saturated Fat		2g 9%
Trans Fat		0mg
Cholesterol	20mg	6%
Sodium	320mg	13%
Total Carbohydrate	0g	0%
Dietary Fiber		0g 0%
Sugars		0g
Protein	5g	

- **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, Semi-sweet 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.

Butterscotch Oatmeal Bar		
NUTRITION FACTS		
Serving Size: 1 bar (35g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	150	Calories from Fat 50
		% Daily Value
Total Fat	5g	8%
Saturated Fat		1.5g 7%
Trans Fat		0mg
Cholesterol	20mg	6%
Sodium	120mg	5%
Total Carbohydrate	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.

Maple Almond Granola			
NUTRITION FACTS			
Serving Size: 2 oz (57g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	280	Calories from Fat	80
		% Daily Value	
Total Fat	8g		14%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	40mg		2%
Total Carbohydrate	47g		14%
	Dietary Fiber 6g		17%
	Sugars 15g		
Protein	5g		

- **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 Newtons			
NUTRITION FACTS			
Serving Size: 1 cookie (28g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	100	Calories from Fat	20
		% Daily Value	
Total Fat	2g		3%
	Saturated Fat g		%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	105mg		4%
Total Carbohydrate	20g		7%
	Dietary Fiber 1g		4%
	Sugars 12g		
Protein	<1g		

- **Exercise Hydration Mix with Oranges, Skcratch 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

Exercise Hydration Mix—Orange			
NUTRITION FACTS			
Serving Size: 1 pkg (24g)			
Servings Per Container: 1			
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Amount Per Serving			
Calories	80	Calories from Fat	0
			<hr/>
			% Daily Value
<hr/>			
Total Fat	0g		0%
			<hr/>
	Saturated Fat	g	%
			<hr/>
	Trans Fat	0mg	
			<hr/>
Cholesterol	mg		%
			<hr/>
Sodium	360mg		15%
			<hr/>
Total Carbohydrate	20g		7%
			<hr/>
	Dietary Fiber	g	%
			<hr/>
	Sugars	20g	
			<hr/>
Protein	g		

PSR Breakfast #4



- **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

Turkey Deli Bites

NUTRITION FACTS

Serving Size: 6 pieces (30g)

Servings Per Container: 4

Amount Per Serving

Calories	70	Calories from Fat	35
% Daily Value			
Total Fat	4g		6%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	20mg		7%
Sodium	280mg		12%
Total Carbohydrate	2g		1%
	Dietary Fiber	g	%
	Sugars	2g	
Protein	6g		

- **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

NUTRITION FACTS

Serving Size: 1 package (100g)

Servings Per Container: 1

Amount Per Serving

Calories	370	Calories from Fat	50
% Daily Value			
Total Fat	5g		8%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	380mg		16%
Total Carbohydrate	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
			% Daily Value
Total Fat	7g		11%
	Saturated Fat 1g		5%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	45mg		2%
Total Carbohydrate	28g		9%
	Dietary Fiber 3g		12%
	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 Sugar Bar			
NUTRITION FACTS			
Serving Size: 1 bar (36g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	140	Calories from Fat	25
			% Daily Value
Total Fat	2.5g		4%
	Saturated Fat 1g		4%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	120mg		5%
Total Carbohydrate	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

Lemonade		
NUTRITION FACTS		
Serving Size: 1/2 packet (10g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	35	Calories from Fat
		% Daily Value
Total Fat	g	%
	Saturated Fat	g %
	Trans Fat	0mg
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrate	9g	3%
	Dietary Fiber	g %
	Sugars	9g
Protein	g	

PSR Breakfast #5



- **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

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 0mg	
Cholesterol	245mg	82%
Sodium	920mg	38%
Total Carbohydrate	30g	10%
	Dietary Fiber 4g	16%
	Sugars 5g	
Protein	14g	

- **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

Honey Almond Olympia Bar		
NUTRITION FACTS		
Serving Size: 1 Bar (43g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	190	Calories from Fat 80
% Daily Value		
Total Fat	9g	14%
	Saturated Fat 2.5g	11%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	65mg	3%
Total Carbohydrate	24g	8%
	Dietary Fiber 3g	12%
	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 Hexametaphosphate, 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.

Brown Sugar Oatmeal To Go			
NUTRITION FACTS			
Serving Size: 1 Bar (40g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	140	Calories from Fat	25
			% Daily Value
Total Fat	2.5g		4%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	150mg		6%
Total Carbohydrate	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 (8g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	30	Calories from Fat	0
			% Daily Value
Total Fat	0g		0%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	mg		%
Total Carbohydrate	7g		2%
	Dietary Fiber 0g		0%
	Sugars 7g		
Protein	0g		

PSR Breakfast #6



- **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 Carbohydrate	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			
NUTRITION FACTS			
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 Carbohydrate	28g		9%
	Dietary Fiber	3g	12%
	Sugars	11g	
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.

French Toast			
NUTRITION FACTS			
Serving Size: 1 package (50g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	210	Calories from Fat	60
			% Daily Value
Total Fat	6g		9%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	220mg		9%
Total Carbohydrate	37g		12%
	Dietary Fiber	3g	12%
	Sugars	13g	
Protein	4g		

- **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			
NUTRITION FACTS			
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 Carbohydrate	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.

Raisins			
NUTRITION FACTS			
Serving Size: 1 oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	80	Calories from Fat	0
			% Daily Value
Total Fat	g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	mg		%
Total Carbohydrate	22g		7%
	Dietary Fiber	1g	4%
	Sugars	17g	
Protein	1g		

- **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.

Spiced Apple Cider Mix			
NUTRITION FACTS			
Serving Size: 1 pouch (21g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	80	Calories from Fat	
			% Daily Value
Total Fat	0g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	30mg		1%
Total Carbohydrate	20g		7%
	Dietary Fiber	g	%
	Sugars	20g	
Protein	0g		

PSR Breakfast #7



- **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

Turkey Sausage Links

NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 4

Amount Per Serving

Calories	70	Calories from Fat	40
% Daily Value			
Total Fat	4.5g		7%
	Saturated Fat	1.5g	8%
	Trans Fat	0mg	
Cholesterol	20mg		7%
Sodium	200mg		8%
Total Carbohydrate	1g		0%
	Dietary Fiber	0g	0%
	Sugars	1g	
Protein	6g		

- **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	0mg	
Cholesterol	mg		%
Sodium	240mg		10%
Total Carbohydrate	33g		11%
	Dietary Fiber	3g	12%
	Sugars	13g	
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

Strawberry Pop Tarts			
NUTRITION FACTS			
Serving Size: 1 package (100g)			
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 Carbohydrate	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			
NUTRITION FACTS			
Serving Size: 1 bar (48g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	220	Calories from Fat	110
		% Daily Value	
Total Fat	12g		19%
	Saturated Fat 2g		10%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	70mg		3%
Total Carbohydrate	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

Swiss Miss Hot Cocoa

NUTRITION FACTS

Serving Size: 1 Envelope (21g)

Servings Per Container: 1

Amount Per Serving

Calories	90	Calories from Fat	20
			% Daily Value
Total Fat	2g		3%
	Saturated Fat 2g		10%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	150mg		6%
Total Carbohydrate	16g		5%
	Dietary Fiber <1g		2%
	Sugars 8g		
Protein	1g		

PSR Breakfast #8



- **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	70	Calories from Fat	50
			% Daily Value
Total Fat	5g		8%
	Saturated Fat	2g	9%
	Trans Fat	0mg	
Cholesterol	20mg		6%
Sodium	320mg		13%
Total Carbohydrate	0g		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 Fruit Rope			
NUTRITION FACTS			
Serving Size: 1 Piece (20g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	0
			% Daily Value
Total Fat	0g		0%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	5mg		0%
Total Carbohydrate	17g		6%
	Dietary Fiber	g	%
	Sugars	15g	
Protein	0g		

- **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 Newtons			
NUTRITION FACTS			
Serving Size: 1 cookie (28g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	100	Calories from Fat	20
			% Daily Value
Total Fat	2g		3%
Saturated Fat		g	%
Trans Fat		0mg	
Cholesterol	mg		%
Sodium	105mg		4%
Total Carbohydrate	20g		7%
Dietary Fiber		1g	4%
Sugars		12g	
Protein	<1g		

- **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.

French Vanilla Granola			
NUTRITION FACTS			
Serving Size: 2 oz (57g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	230	Calories from Fat	70
			% Daily Value
Total Fat	7g		11%
Saturated Fat		0.5g	3%
Trans Fat		mg	
Cholesterol	mg		%
Sodium	55mg		2%
Total Carbohydrate	37g		12%
Dietary Fiber		3g	12%
Sugars		15g	
Protein	5g		

- **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, Pyrodoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Vitamin A Palmitate, Cyanocobalamin.

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

Breakfast Cookie			
NUTRITION FACTS			
Serving Size: 1 cookie (48g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	170	Calories from Fat	40
			% Daily Value
Total Fat	4.5g		7%
	Saturated Fat 1g		6%
	Trans Fat mg		
Cholesterol	5mg		1%
Sodium	190mg		8%
Total Carbohydrate	33g		11%
	Dietary Fiber 5g		19%
	Sugars 15g		
Protein	3g		

- **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.

Grape Acli-Mate			
NUTRITION FACTS			
Serving Size: 1 packet (10.7g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	30	Calories from Fat	
			% Daily Value
Total Fat	g		%
	Saturated Fat g		%
	Trans Fat mg		
Cholesterol	mg		%
Sodium	105mg		4%
Total Carbohydrate	g		%
	Dietary Fiber g		%
	Sugars g		
Protein	g		

Ex-

PSR Breakfast #9



- **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 Peppered Turkey Sticks

NUTRITION FACTS

Serving Size: 2 sticks

Servings Per Container: 1

Amount Per Serving

Calories	70	Calories from Fat	15
% Daily Value			
Total Fat	1.5g		2%
Saturated Fat	0g		%
Trans Fat	0mg		
Cholesterol	25mg		8%
Sodium	200mg		8%
Total Carbohydrate	6g		2%
Dietary Fiber	g		%
Sugars	4g		
Protein	8g		

- **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.

Honey Almond Flax Bar

NUTRITION FACTS

Serving Size: 1 Bar

Servings Per Container: 1

Amount Per Serving

Calories	140	Calories from Fat	45
% Daily Value			
Total Fat	5g		8%
Saturated Fat	0g		%
Trans Fat	0mg		
Cholesterol	mg		%
Sodium	105mg		4%
Total Carbohydrate	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
			% Daily Value
Total Fat	12g		19%
	Saturated Fat	2.5g	12%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	40mg		2%
Total Carbohydrate	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	5%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	110mg		5%
Total Carbohydrate	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

Lemonade		
NUTRITION FACTS		
Serving Size: 1/2 packet (10g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	35	Calories from Fat
		% Daily Value
Total Fat	g	%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrate	9g	3%
	Dietary Fiber g	%
	Sugars 9g	
Protein	g	

PSR Breakfast #10



- **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 0mg		
Cholesterol	10mg		3%
Sodium	900mg		38%
Total Carbohydrate	36g		12%
	Dietary Fiber 2g		8%
	Sugars 6g		
Protein	8g		

Pineapple Chunks			
NUTRITION FACTS			
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 0g		0%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	20mg		1%
Total Carbohydrate	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.

Nature Valley Oats N Honey Bars			
NUTRITION FACTS			
Serving Size: 2 bars (42g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	60
			% Daily Value
Total Fat	6g		9%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	160mg		7%
Total Carbohydrate	29g		10%
	Dietary Fiber 2g		8%
	Sugars 12g		
Protein	4g		

- **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 (8g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	30	Calories from Fat	0
			% Daily Value
Total Fat	0g		0%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	mg		%
Total Carbohydrate	7g		2%
	Dietary Fiber 0g		0%
	Sugars 7g		
Protein	0g		