

Philmont Scout Ranch

2015 Dinner Trail Food Menu

<p>Dinner #1</p> <p>Beef Stroganoff</p> <p>Pretzel Pieces</p> <p>Kettle Corn—K</p>	<p>Dinner #6</p> <p>Jambalaya Pasta</p> <p>Original Fatty Meat Stick</p> <p>Fruit and Nut Trail Mix—K</p> <p>Pecan Sandies—K</p>
<p>Dinner #2</p> <p>Santa Fe Style Rice with Chicken</p> <p>Honey Mustard and Onion Bread Pieces</p> <p>Honey Roasted Peanuts—K</p> <p>Marshmallow Squares</p>	<p>Dinner #7</p> <p>Chicken and Rice</p> <p>Hot Buffalo Wings Bread Pieces</p> <p>Salted Peanuts—K</p> <p>Marshmallow Squares</p>
<p>Dinner #3</p> <p>Four Cheese Mashed Potatoes</p> <p>Chicken</p> <p>Dried Vegetable Mix</p> <p>Cream of Chicken Soup Mix</p> <p>Cajun Trail Mix—K</p> <p>Bug Bites—K</p>	<p>Dinner #8</p> <p>Spaghetti with Meat Sauce</p> <p>Pepperoni Pizza Combo Bread</p> <p>Oreos—K</p>
<p>Dinner #4</p> <p>Fettuccine Primavera</p> <p>Jalapeno Cheddar Combo Bread</p> <p>Original Gorp</p> <p>Oreos—K</p>	<p>Dinner #9</p> <p>Southwestern Style Rice with Beef</p> <p>Refried Beans</p> <p>Honey Roasted Cashews—K</p> <p>Soft Batch Cookies—K</p>
<p>Dinner #5</p> <p>Chicken Fried Rice</p> <p>Nut and Chocolate Trail Mix—K</p> <p>Chips Ahoy—K</p>	<p>Dinner #10</p> <p>Chicken</p> <p>Stuffing Mix</p> <p>Dried Cranberries</p> <p>Chips Ahoy—K</p>

“K” denotes Kosher

PSR Dinner #1



- **Beef Stroganoff with Noodles—Mountain House**, (1 package shared between 2 campers)

Ingredients: Cooked Beef (Beef, Flavoring, Salt), Sour Cream (Cultured Cream, Milk, Wheat, Modified Corn Starch, Sodium Phosphate, Guar Gum, Carrageenan, Carbobean Gum), Mushroom, Modified Corn Starch, Corn Oil with Spice Extract, Nonfat Dry Milk, Dehydrated Onions, Less than 2% of Hydrolyzed Vegetable Protein (Corn, Yeast, Wheat Gluten, Soy Protein, Soybean Oil), Lemon Juice Concentrate and Lemon Oil, Sea Salt, Beef Flavor (Beef Stock, Maltodextrin, Salt), Molasses, Spice, Garlic Powder; Precooked Noodles: Durum (Wheat) Semolina, Whole Egg, Salt.

CONTAINS: MILK, SOY, WHEAT, EGG

Beef Stroganoff with Noodles

NUTRITION FACTS

Serving Size: 1 cup (57g)

Servings Per Container: about 3.5

Amount Per Serving

			% Daily Value
Calories	260	Calories from Fat	100
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Total Fat	11g		17%
	Saturated Fat	4g	20%
	Trans Fat	mg	
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Cholesterol	45mg		15%
Sodium	800mg		33%
Total Carbohydrate	29g		10%
	Dietary Fiber	1g	4%
	Sugars	3g	
Protein	11g		

- **Mini Pretzels—AlpineAire Foods**, (1 package per camper)

Ingredients: Enriched Wheat Flour (Wheat Flour, Barley, Malt, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Corn Syrup, Yeast, Baking Soda.

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

Mini Pretzels

NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 1

Amount Per Serving

			% Daily Value
Calories	110	Calories from Fat	0
<hr/>			
Total Fat	0g		0%
	Saturated Fat	0g	0%
	Trans Fat	mg	
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Cholesterol	0mg		0%
Sodium	470mg		20%
Total Carbohydrate	25g		8%
	Dietary Fiber	1g	4%
	Sugars	1g	
Protein	3g		

- **Kettle Corn—Popcorn Indiana**, (1 package per camper)

Ingredients: Popcorn, Cane Sugar, Non-GMO Vegetable Oil (Canola or Sunflower), Salt.

Produced in a facility that uses milk, soy, peanuts, and tree nuts. Gluten Free, Vegan, Kosher.

Kettle Corn			
NUTRITION FACTS			
Serving Size: 2 cup (28g)			
Servings Per Container: about 1			
Amount Per Serving			
Calories	130	Calories from Fat	45
			% Daily Value
Total Fat	5g		8%
	Saturated Fat 0g		0%
	Trans Fat mg		
Cholesterol	0mg		0%
Sodium	130mg		5%
Total Carbohydrate	21g		7%
	Dietary Fiber 2g		8%
	Sugars 6g		
Protein	1g		

PSR Dinner #2



- **Santa Fe Style Rice with Chicken**—Backpacker's Pantry (1 package split between 2 campers)

Ingredients: Sauce (Black Beans, Tomato, Chicken Breast (Cooked, Diced and Freeze Dried), Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto), Onion, Sweet Corn, Non-Fat Milk, Potato Starch, Maltodextrin, Salt, Green Chili Pepper, Sugar, Torula Yeast, New Mexico Chili Pepper, Garlic, Savory Soup Base (Maltodextrin, Salt, Autolyzed Yeast Extract, Yeast Extract, Onion Powder, Silicon Dioxide, Turmeric Extract (color), Sunflower Oil), Dextrose (from corn), Cumin Seed, Gluten-Free Tamari Sauce (Tamari Sauce (Soybeans, Salt), Maltodextrin, Salt), Oregano, Cayenne Pepper), Precooked Parboiled Long Grain Brown Rice.

CONTAINS: MILK, SOY

Produced in a facility that processes peanuts, milk, soy, wheat, gluten, egg and tree nut ingredients.

SANTA FE STYLE RICE WITH CHICKEN

NUTRITION FACTS

Serving Size: 1/2 Package			
Servings Per Container: 2			
Amount Per Serving			
Calories	360	Calories from Fat	45
		% Daily Value	
Total Fat	5g		8%
	Saturated Fat 2g		11%
	Trans Fat 0mg		
Cholesterol	30 mg		9%
Sodium	980 mg		41%
Total Carbohydrate	59g		20%
	Dietary Fiber 21g		83%
	Sugars	16g	
Protein	22g		

- **Honey Mustard and Onion Bread Pieces**—KNA Foods (1 package per camper)

Ingredients: Honey Mustard and Onion Pretzel Pieces (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Water, Sugar, Onion Powder, Maltodextrin, Dextrose, Whey (Milk), Salt, Vinegar Powder, (Maltodextrin, Modified Corn Starch, Vinegar), Honey Powder, Hydrolyzed Soy Protein, Mustard (Vinegar, Water, Mustard, Salt, Turmeric), Maltodextrin, Corn Starch), Wheat Starch, Yeast, Spices, Extract of Turmeric, Citric Acid, Horseradish Powder, Natural Flavors, Soda).

CONTAINS: MILK, SOY, WHEAT

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

HONEY MUSTARD BREAD PIECES

NUTRITION FACTS

Serving Size: 1 OZ (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	140	Calories from Fat	60
		% Daily Value	
Total Fat	7g		11%
	Saturated Fat 3g		15%
	Trans Fat 0mg		
Cholesterol	0 mg		0%
Sodium	240mg		10%
Total Carbohydrate	18g		6%
	Dietary Fiber —g		—%
	Sugars	3g	
Protein	2g		

- **Honey Roasted Peanuts**—Frito Lay (1 package per camper)

Ingredients: Peanuts, Sugar, Vegetable Oil (Peanut, Cottonseed, Soybean and/or Sunflower Oil), Honey, Salt, Modified Potato Starch, Maltodextrin (Made from Corn), and Xanthan Gum.

CONTAINS: PEANUT INGREDIENTS

This product is made on equipment that also makes products containing tree nuts.

HONEY ROASTED PEANUTS		
NUTRITION FACTS		
Serving Size: 1 package		
Servings Per Container: 1		
Amount Per Serving		
Calories	230	Calories from Fat 150
		% Daily Value
Total Fat	17g	26%
Saturated Fat	3.5g	17%
Trans Fat	0mg	
Cholesterol	0 mg	0%
Sodium	120mg	5%
Total Carbohydrate	10g	3%
Dietary Fiber	3g	11%
Sugars	6g	
Protein	10g	

- **Whole Grain Crispy Squares (Marshmallow Squares)** - Super Bakery (1 package per camper)

Ingredients: Organic Whole Grain Crisp Rice, Corn Syrup, Sugar, Margarine (Palm Oil, Fractionated Palm Oil, Water, Salt, Whey, Monoglycerides, Soy Lecithin, Sodium Benzoate Preservative, Citric Acid Preservative, Artificial Flavor, Beta-Carotene Color, Vitamin A Palmitate), Crystalline Fructose, Water, Contains 2% or less of each of the following: Glycerin, Gelatin, Organic Dried Cane Syrup, Corn Syrup Solids, Salt, Soybean Oil, Propylene Glycol, Soy Lecithin, Monoglycerides, Artificial Flavors, Capric/Caprylic Triglycerides, Baking Soda, Citric Acid Preservative, Ascorbic Acid Preservative.

CONTAINS: MILK AND SOYBEANS

Gluten Free, Contains No High Fructose Corn Syrup

MARSHMALLOW SQUARES		
NUTRITION FACTS		
Serving Size: 1 bar (45g/1.6oz)		
Servings Per Container: 1		
Amount Per Serving		
Calories	160	Calories from Fat 30
		% Daily Value
Total Fat	3.5g	5%
Saturated Fat	1.5g	8%
Trans Fat	0mg	
Cholesterol	0 mg	0%
Sodium	60mg	3%
Total Carbohydrate	30g	10%
Dietary Fiber	0g	%
Sugars	15g	
Protein	2g	

PSR Dinner #3



- **Four Cheese Mashed Potatoes**, Idahoan (1 package shared between 2 campers)

Ingredients: Idaho Potatoes, Four Cheese Blend (Cheddar Cheese Blend (Whey, Maltodextrin, Reduced Lactose Whey, Cheddar and Blue Cheese (Cultured Milk, Salt, Enzymes), Salt, Disodium Phosphate, Whey Protein Concentrate, Citric Acid, Lactic Acid, Artificial Color (Including FD&C Yellow #6 and #5), Romano and Parmesan Cheeses (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate)), Vegetable Oil (Contains One or More of the Following: Coconut, Palm, Soybean, Cottonseed, Sunflower, Canola), Salt, Corn Syrup Solids, Sugar, Whey Powder, Nonfat Dry Milk, Natural and Artificial Flavor (Milk, Soy), Maltodextrin, Mono and Di-Glycerides, Calcium Stearoyl Lactylate, Spice, Artificial Coloring (Including FD&C Yellow #6 and #5), Sodium Acid Pyrophosphate (Preserve Freshness), Sodium Bisulfite (Preserve Freshness), Citric Acid (Preserve Freshness), Sodium Caseinate, Dipotassium Phosphate, disodium Inosinate, Disodium Guanylate, Mixed Tocopherols (Preserve Freshness), and less than 2% Silicon Dioxide Added as an Anti-Caking Agent.

CONTAINS: MILK AND SOY. Gluten Free

- **Chicken Breast**, Bumblebee/Sweet Sue (1 pouch shared between 2 campers)

Ingredients: Chicken Breast, Water, Contains 2% or less of: Modified Food Starches (Tapioca and Corn), Salt, Sodium Phosphates.

Four Cheese Mashed Potatoes			
NUTRITION FACTS			
Serving Size: 1/4 cup Dry Mix (28g), 1/2 cup Prepared Mix			
Servings Per Container: 4			
Amount Per Serving			
Calories	110	Calories from Fat	20
		% Daily Value	
Total Fat	2.5g		4%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	0 mg		%
Sodium	570mg		24%
Total Carbohydrate	20g		7%
	Dietary Fiber 1g		4%
	Sugars 2g		
Protein	2g		

Pouched Chicken, 7 oz			
NUTRITION FACTS			
Serving Size: 1/4 Cup (56g)			
Servings Per Container: 3.5			
Amount Per Serving			
Calories	50	Calories from Fat	10
		% Daily Value	
Total Fat	1g		2%
	Saturated Fat g		%
	Trans Fat 0mg		
Cholesterol	30 mg		10%
Sodium	180mg		8%
Total Carbohydrate	1g		%
	Dietary Fiber 1g		4%
	Sugars g		
Protein	11g		

- **Vegetable Mix—AlpineAire Foods**, (1 package shared between 2 campers)

Ingredients: Carrots, Mixed Red and Green Bell Peppers, Onion, Peas, Celery.

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

Vegetable Mix			
NUTRITION FACTS			
Serving Size: 1 oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	90	Calories from Fat	5
			% Daily Value
Total Fat		g	%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	100mg		4%
Total Carbohydrate	21g		7%
	Dietary Fiber	2g	7%
	Sugars	11g	
Protein	3g		

- **Spicy Nuts and Cajun Sticks Trail Mix—Kraft**, (1 package per camper)

Ingredients: Peanuts, Corn, Vegetable Oil (Soybean Oil, Peanut and/or Cottonseed Oil and Corn Oil), Whole Grain Corn Flour, Unbleached Wheat Flour, Sesame Seeds, Bulgur Wheat, Contains 2% or less of: Salt, Sea Salt, Maltodextrin, Dextrose, Onion Powder, Chili Pepper Powder, Spices, Vegetable Color (Turmeric Extract, Beef Powder, Paprika, Paprika Extract), Corn Flour, Garlic Powder, Potato Flour, Torula Yeast, Tomato Powder, Green Bell Pepper, Monosodium Glutamate (Flavor Enhancer), Dried Corn Syrup, Cocoa Powder, Sugar, Sodium Diacetate (for Tartness), Modified Corn Starch, Malic Acid, Lactic Acid, Sodium Citrate (Controls Acidity), Citric Acid, Disodium Inosinate and Disodium Guanylate (Flavor Enhancer), Mustard Flour, Vinegar, Natural and Artificial Flavor, Artificial Color (Red 40 Lake).

CONTAINS: PEANUT, WHEAT, SESAME SEED. Manufactured on equipment that handles tree nuts.

Cajun Trail Mix			
NUTRITION FACTS			
Serving Size: 1 pack (56g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	310	Calories from Fat	190
			% Daily Value
Total Fat		22g	34%
	Saturated Fat	3g	15%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	490mg		20%
Total Carbohydrate	21g		7%
	Dietary Fiber	4g	16%
	Sugars	2g	
Protein	10g		

- **Cream of Chicken Cup-a-Soup—Unilever Food Solutions**, (1 package shared between 2 campers)

Ingredients: Maltodextrin, Modified Potato Starch, Creamer (Whey, Partially Hydrogenated Soybean Oil, Sodium Caseinate (Milk), Potassium Phosphate, Soy Lecithin), Salt, Sugar, Autolyzed Yeast Extract, Guar Gum, Onion Powder, Chicken Borth, Turmeric and Paprika Extractive (for Color), Parsley, Chicken Powder, Natural Flavors, Spices, Dehydrated.

Cup a Soup			
NUTRITION FACTS			
Serving Size: 1 envelope (17g)			
Servings Per Container: 4			
Amount Per Serving			
Calories	60	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
Saturated Fat		0g	0%
Trans Fat		0mg	
Cholesterol	0mg		%
Sodium	640mg		27%
Total Carbohydrate	12g		4%
Dietary Fiber		g	%
Sugars		4g	
Protein	g		

- **Grahams Crackers Bug Bites—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, Vegetable Oil (Soybean and Palm Oil with TBHQ for Freshness), Honey, Contains Two Percent or less of Calcium Carbonate, Salt, Baking Soda, Cinnamon, Maltodextrin, Soy Lecithin, Vitamin A Palmitate, BHT for Freshness.

CONTAINS: WHEAT AND SOY INGREDIENTS

Bug Bites Grahams			
NUTRITION FACTS			
Serving Size: 1 pkg (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	120	Calories from Fat	35
			% Daily Value
Total Fat	3.5g		5%
Saturated Fat		1g	5%
Trans Fat		0mg	
Cholesterol	0mg		%
Sodium	115mg		5%
Total Carbohydrate	21g		7%
Dietary Fiber		1g	5%
Sugars		8g	
Protein	2g		

PSR Dinner #4



- **Fettuccine Primavera—AlpineAire Foods**, (1 package shared between 2 campers)

Ingredients: Instant Pasta (Durum Semolina (Enriched with Niacin), Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, and Folic Acid), Corn Starch, Parmesan Cheese Powder (Partially Skim Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Whole Milk Powder, Instant Non-Fat Milk Powder, Sour Cream Powder (Cream Solids, Cultured Nonfat Milk, Citric Acid), Natural Butter Flavor, Low Sodium, Salt, Tomato Flakes, Mixed Red and Green Bell Pepper, Freeze-Dried Broccoli, Brewers Yeast (Dried Yeast, Niacin, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin), Parsley Flakes, Black Pepper, Nutmeg, Rosemary.

CONTAINS: MILK, WHEAT. Processed in a facility that produces peanuts, soybeans, milk, eggs, fish, crustaceans, tree nuts and wheat.

Fettuccine Primavera		
NUTRITION FACTS		
Serving Size: 7 oz (198g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	750	Calories from Fat 150
		% Daily Value
Total Fat	16g	25%
	Saturated Fat 9g	45%
	Trans Fat 0mg	
Cholesterol	50mg	17%
Sodium	1900mg	79%
Total Carbohydrate	147g	49%
	Dietary Fiber 6g	24%
	Sugars 9g	
Protein	32g	

- **Jalapeno Cheddar Tortilla—Combo Baked Snacks Mars Chocolate NA LLC**, (1 package per camper)

Ingredients: Wheat Flour, Vegetable Oil (Corn Oil, Palm Kernel, Palm Oil, Hydrogenated Palm Oil, and/or Partially Hydrogenated Soybean Oil), Corn Flour, Whey, Maltodextrin, Food Starch-Modified, Salt, Less than 1.5% - Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Cheese Blend (Bakers and Cheddar, Parmesan, Romano (Milk, Cultures, Salt, Enzymes, Annatto Color)), Natural and Artificial Flavors, Yeast Extract, Red Pepper, Soy Lecithin, Skim Milk, Hydrolyzed Wheat Gluten, Calcium Oxide, Coloring (Yellow 5 Lake, Yellow 6 Lake, Blue 1 Lake), Lactic Acid, Citric Acid, Lactose, Sodium Caseinate.

CONTAINS: WHEAT, SOY, MILK

Jalapeno Cheddar Combos		
NUTRITION FACTS		
Serving Size: 1 bag		
Servings Per Container: 1		
Amount Per Serving		
Calories	210	Calories from Fat 90
		% Daily Value
Total Fat	10g	15%
	Saturated Fat 4.5g	23%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	500mg	21%
Total Carbohydrate	26g	9%
	Dietary Fiber 1g	3%
	Sugars 6g	
Protein	3g	

- **Original Gorp—AlpineAire Foods**, (1 package per camper)

Ingredients: Raisins, Roasted Salted Peanuts, M&Ms (Milk Chocolate (Sugar, Chocolate, Cocoa Butter, Skim Milk, Milkfat Lactose, Soy Lecithin, Salt, Artificial Flavors), Sugar, Corn Starch, Less than 1% Corn Syrup, Gum Acacia, Coloring (Includes Red 40 Lake, Yellow 6, Yellow5, Blue 2 Lake, Red 40, Blue 1 Lake, Blue 1, Blue 2, Yellow 5 Lake, Yellow 6 Lake), Dextrin)

CONTAINS: MILK, PEANUTS. Processed in a facility that produces peanuts, soy-beans, milk, eggs, fish, tree nuts and wheat.

Original Gorp			
NUTRITION FACTS			
Serving Size: 2 oz (57g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	260	Calories from Fat	120
			% Daily Value
Total Fat	13g		20%
	Saturated Fat 4g		20%
	Trans Fat 0mg		
Cholesterol	5mg		2%
Sodium	35mg		1%
Total Carbohydrate	31g		10%
	Dietary Fiber 3g		12%
	Sugars 26g		
Protein	6g		

- **Oreo—Mondelz/Nabisco**, (1 package per person)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Ferrous Fumerate (Iron), Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, High Oleic Canola and/or Palm and/or Canola Oil, Cocoa (Pressed with Alkali), High Fructose Corn Syrup, Leavening (Baking Soda, and/or Calcium Phosphate), Cornstarch, Salt, Soy Lecithin, Vanillin, An Artificial Flavor, Chocolate.

CONTAINS: WHEAT, SOY

OREO COOKIES—4 PACK			
NUTRITION FACTS			
Serving Size: 1 Pack (34g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	160	Calories from Fat	60
			% Daily Value
Total Fat	7g		11%
	Saturated Fat 2g		10%
	Trans Fat 0mg		
Cholesterol	0 mg		%
Sodium	140mg		6%
Total Carbohydrate	24g		8%
	Dietary Fiber <1g		3%
	Sugars 14g		
Protein	2g		

PSR Dinner #5



- **Chicken Fried Rice with Vegetables**— OFD Foods Inc. (1 package shared between 2 campers)

Ingredients: Long Grain Parboiled Rice, Cooked Chicken (Chicken Meat, Salt), Freeze Dried Precooked Scrambled Eggs (Whole Egg (Glucose Removed for Stability), Egg Yolk, Nonfat Dry Milk, Modified Corn Starch, Corn Oil, Salt, Yeast Extract, Xanthan Gum), Onion, Mushroom, Green Peas (Peas, Vinegar, Lactic Acid), Oyster Sauce (Sugar, Salt, Oyster Extractives (Oyster, Salt), Modified Corn Starch, Caramel Color), Less than 2% of: Dextrin, Corn Oil with Spice Extract, Modified Corn Starch, Sesame Oil, Soybean Oil

CONTAINS: MILK, SOY, WHEAT, EGG

- **Nut and Chocolate Trail Mix**—Planters/Kraft (1 package per camper)

Ingredients: Peanuts, Chocolate Candy Pieces (Milk Chocolate (Sugar, Cocoa Butter, Milk, Chocolate, Lactose, Soy Lecithin, Emulsifier, Vanillin, Artificial Flavor), Sugar, Artificial Color (Includes Yellow 5 Lake, Yellow 6, Blue 1 Lake, Red 40 Lake), Gum Arabic, Corn Syrup, Carnuba Wax, Beeswax, Confectioner’s Glaze), Raisins, Almonds, High Oleic Sunflower Oil, Cottonseed Oil.

CONTAINS: PEANUT, MILK, SOY, ALMOND

Manufactured on equipment that processes other tree nuts, soy protein.

CHICKEN FRIED RICE

NUTRITION FACTS

Serving Size: 1 Cup (61g) dry mix

Servings Per Container: 4.5

Amount Per Serving

Calories	260	Calories from Fat	70
% Daily Value			
Total Fat	8g		12%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	100 mg		33%
Sodium	600mg		25%
Total Carbohydrate	36g		12%
	Dietary Fiber	4g	16%
	Sugars	3g	
Protein	11g		

NUT AND CHOCOLATE TRAIL MIX

NUTRITION FACTS

Serving Size: 1 Pack (56g)

Servings Per Container: 1

Amount Per Serving

Calories	290	Calories from Fat	150
% Daily Value			
Total Fat	18g		28%
	Saturated Fat	4.5g	23%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium	15mg		1%
Total Carbohydrate	27g		9%
	Dietary Fiber	3g	12%
	Sugars	22g	
Protein	8g		

- **Chips Ahoy!** - Nabisco/Mondelez (1 package per camper)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Semisweet Chocolate Chips (Sugar, Chocolate, Dextrose, Cocoa Butter, Soy Lecithin), Sugar, Soybean Oil and/or Partially Hydrogenated Cottonseed Oil, High Fructose Corn Syrup, Salt, Leavening (Baking Soda, Ammonium Phosphate), Natural and Artificial Flavor, Caramel Color, Whey (From Milk).

CONTAINS: MILK, SOY WHEAT

CHIPS AHOY!			
NUTRITION FACTS			
Serving Size: 1 Pack (40g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	80
			% Daily Value
Total Fat	9g		14%
	Saturated Fat	3g	15%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium	120mg		5%
Total Carbohydrate	27g		9%
	Dietary Fiber	g	%
	Sugars	13g	
Protein	2g		

PSR Dinner #6



- **Jambalaya Pasta Dinner Mix**—Zatarain’s/McCormick (1 package shared between 2 campers)

Ingredients: Enriched Macaroni Product (Durum Wheat flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Onion, Modified Corn Starch, Red and Green Bell Pepper, Salt, Spices (Including Paprika, Celery Seed, Chili Pepper, Red Pepper), Yeast Extract, Garlic, Soy Sauce (Hydrolyzed Soy Protein, Corn Syrup Solids, Salt), Parsley, Carmel Color, and Dextrose.

CONTAINS: WHEAT, SOY

JAMBALAYA PASTA DINNER MIX

NUTRITION FACTS

Serving Size: 1/2 Cup Dry (38g), 1 Cup Prepared

Servings Per Container: 5

Amount Per Serving

Calories	140	Calories from Fat	10
% Daily Value			
Total Fat	1g		2%
Saturated Fat 0g %			
Trans Fat 0mg			
Cholesterol	0 mg		%
Sodium	380mg		16%
Total Carbohydrate	27g		9%
Dietary Fiber 2g 8%			
Sugars g			
Protein	5g		

- **Fatty, Original Flavored Hickory Smoked Meat Stick**—Sweet-wood Cattle Co. (1 package shared between 2 campers. Meant to be combined with Jambalaya Dinner Mix)

Ingredients: Pork, Beef, Water, Sea Salt, Dextrose, Sugar, Pepper, Celery Juice Powder (Celery Powder, Sea Salt), Garlic Powder, Encapsulated Citric Acid, in Collagen Casing.

GLUTEN FREE, NO MSG, NO NITRATE OR NITRITE ADDED

FATTY—ORIGINAL MEAT STICK

NUTRITION FACTS

Serving Size: 2 oz

Servings Per Container: 1

Amount Per Serving

Calories	140	Calories from Fat	100
% Daily Value			
Total Fat	11g		17%
Saturated Fat 4g 20%			
Trans Fat 0mg			
Cholesterol	35 mg		12%
Sodium	700mg		29%
Total Carbohydrate	1g		%
Dietary Fiber g %			
Sugars 1g			
Protein	9g		

- **Fruit and Nut Trail Mix**—Planter’s/Kraft (1 package per camper)

Ingredients: Peanuts, Raisins, Dried Bananas, Sugar, Cashews, Dried Pineapple, Vegetable Oil (Coconut and Peanut and/or Cottonseed Oil), Dried Cranberries, Citric Acid, Sea Salt, Natural Flavor, Sulfur Dioxide added to preserve color.

CONTAINS: PEANUT, CASHEW

Manufactured on equipment that processes other tree nuts.

FRUIT AND NUT TRAIL MIX			
NUTRITION FACTS			
Serving Size: 1 pack (56g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	270	Calories from Fat	140
			% Daily Value
Total Fat	16g		25%
	Saturated Fat 4.5g		23%
	Trans Fat 0mg		
Cholesterol	0 mg		%
Sodium	30mg		1%
Total Carbohydrate	28g		9%
	Dietary Fiber 3g		12%
	Sugars 19g		
Protein	7g		

- **Mini Sandies**— Keebler/Kellogg’s (1 package per camper)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Soybean and Palm Oil, Cornstarch, Butter (Cream, Salt), Contains 2% or less of: Whey, Salt, Natural Flavor, Soy Lecithin, Baking Soda, Datem, Distilled Monoglycerides.

CONTAINS: WHEAT, MILK AND SOY INGREDIENTS

Mini Sandies Shortbread Cookies			
NUTRITION FACTS			
Serving Size: 1 package (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	130	Calories from Fat	45
			% Daily Value
Total Fat	5g		8%
	Saturated Fat 2g		10%
	Trans Fat 0mg		
Cholesterol	<5 mg		1%
Sodium	125mg		5%
Total Carbohydrate	21g		7%
	Dietary Fiber 0g		%
	Sugars 7g		
Protein	1g		

PSR Dinner #7



- **Chicken and Rice**—KNA Foods (1 package shared between 2 campers)

Ingredients: Instant White Rice, Cooked Chicken Powder, Cooked Freeze-Dried Chicken, Low Sodium Salt, Potato Starch, Freeze-Dried Peas, Low Sodium Chicken Broth (Maltodextrin, Salt, Torula Yeast, Dehydrated Vegetables (Onion, Celery, Parsley, Spinach, Garlic, Carrot), Potato Flour, Xanthan Gum, Spices, Extractives of Spice (including Turmeric and Paprika), Soy Lecithin, Not more than 2% Soybean Oil added as a processing aid), Onion Granules, Parsley Flakes, Garlic Granules, White Pepper, Rosemary, Sage.

CONTAINS: SOY

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

CHICKEN AND RICE

NUTRITION FACTS

Serving Size: 7 oz (198g)
 Servings Per Container: 1

Amount Per Serving			
Calories	710	Calories from Fat	120
			% Daily Value
Total Fat	13g		20%
	Saturated Fat	4g	20%
	Trans Fat	0mg	
Cholesterol	65 mg		22%
Sodium	1650mg		69%
Total Carbohydrate	123g		41%
	Dietary Fiber	2g	8%
	Sugars	2g	
Protein	34g		

- **Hot Buffalo Wing Pieces**—KNA Foods (1 package per camper)

Ingredients: Unbleached Wheat Flour, Palm Oil, Water, Maltodextrin, Salt, Dried Cayenne Pepper Sauce (Cayenne Peppers, Vinegar, Salt, Garlic), Sodium Dicitate, Modified Corn Starch, Yeast, Vinegar, Paprika Extract, Citric Acid, Garlic Powder, Caramel Color, Disodium Inosinate and Guanylate, Lactic Acid, Soda.

CONTAINS: WHEAT

Produced in a facility that handles peanut butter.

HOT BUFFALO WINGS BREAD PIECES

NUTRITION FACTS

Serving Size: 1 oz (28g)
 Servings Per Container: 1

Amount Per Serving			
Calories	140	Calories from Fat	60
			% Daily Value
Total Fat	7g		11%
	Saturated Fat	3g	15%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium	380mg		16%
Total Carbohydrate	17g		6%
	Dietary Fiber	1g	3%
	Sugars	g	
Protein	2g		

- **Salted Peanuts**—Frito Lay (1 package per camper)

Ingredients: Peanuts, Vegetable Oil (Peanut, Cottonseed, Soybean, and/or Sunflower Oil), and Salt.

CONTAINS: A PEANUT INGREDIENT

This product is made on equipment that also makes products containing tree nuts.
No preservatives.

SALTED PEANUTS			
NUTRITION FACTS			
Serving Size: 1 package			
Servings Per Container: 1			
Amount Per Serving			
Calories	260	Calories from Fat	200
		% Daily Value	
Total Fat	22g		34%
	Saturated Fat 3.5g		16%
	Trans Fat 0mg		
Cholesterol	0 mg		%
Sodium	190mg		8%
Total Carbohydrate	8g		3%
	Dietary Fiber 4g		15%
	Sugars 2g		
Protein	13g		

- **Whole Grain Crispy Squares (Marshmallow Squares)** - Super Bakery (1 package per camper)

Ingredients: Organic Whole Grain Crisp Rice, Corn Syrup, Sugar, Margarine (Palm Oil, Fractionated Palm Oil, Water, Salt, Whey, Monoglycerides, Soy Lecithin, Sodium Benzoate Preservative, Citric Acid Preservative, Artificial Flavor, Beta-Carotene Color, Vitamin A Palmitate), Crystalline Fructose, Water, Contains 2% or less of each of the following: Glycerin, Gelatin, Organic Dried Cane Syrup, Corn Syrup Solids, Salt, Soybean Oil, Propylene Glycol, Soy Lecithin, Monoglycerides, Artificial Flavors, Capric/Caprylic Triglycerides, Baking Soda, Citric Acid Preservative, Ascorbic Acid Preservative.

CONTAINS: MILK AND SOYBEANS

Gluten Free, Contains No High Fructose Corn Syrup

MARSHMALLOW SQUARES			
NUTRITION FACTS			
Serving Size: 1 bar (45g/1.6oz)			
Servings Per Container: 1			
Amount Per Serving			
Calories	160	Calories from Fat	30
		% Daily Value	
Total Fat	3.5g		5%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	0 mg		0%
Sodium	60mg		3%
Total Carbohydrate	30g		10%
	Dietary Fiber 0g		%
	Sugars 15g		
Protein	2g		

PSR Dinner #8



- **Spaghetti with Meat Sauce**—OFD Foods (1 package shared between 2 campers)

Ingredients: Enriched Spaghetti (Durum (Wheat), Semolina, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Tomato Paste, Cooked Beef (Beef, Flavoring, Salt). Less than 2% of: Textured Soy Flour (Soy Flour, Caramel Color), Dehydrated Cheese (Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Cream, Salt, Sodium Phosphate, Lactic Acid), Sugar, Sea Salt, Hydrolyzed Vegetable Protein (Corn, Yeast, Wheat Gluten, Soy Protein, Soybean Oil), Spices, Onion Powder, Garlic Powder.

CONTAINS: MILK, SOY, WHEAT

SPAGHETTI WITH MEAT SAUCE

NUTRITION FACTS

Serving Size: 1 Cup (54g) Dry Mix

Servings Per Container: 3.5

Amount Per Serving

Calories	230	Calories from Fat	45
% Daily Value			
Total Fat	5g		8%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	20 mg		7%
Sodium	600mg		25%
Total Carbohydrate	33g		11%
	Dietary Fiber	3g	12%
	Sugars	5g	
Protein	12g		

- **Combos Baked Snacks Pepperoni Pizza**—Mars Brand (1 package per camper)

Ingredients: Wheat Flour, Vegetable Oil (Palm Kernel, Palm Oil, Corn Oil, and/or Hydrogenated Palm Oil), Whey, Maltodextrin, Food Starch-Modified, Salt, Less than 1.5% - Tomato, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Bakers and Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Cream, Soy Lecithin, Spice, Yeast Extract, Citric Acid, Natural and Artificial Flavors, Onion, Caramel Color, Skim Milk, Garlic, Paprika, Beef Fat, Coloring (Red 40 Lake, Yellow 6 Lake), Malic Acid, Sugar, Disodium Inosinate, Disodium Guanylate, Propionic Acid, Hydrolyzed Soy Protein, Paprika Extract (Color).

CONTAINS: WHEAT, MILK, SOY

PEPPERONI PIZZA COMBOS

NUTRITION FACTS

Serving Size: 1 Bag

Servings Per Container: 1

Amount Per Serving

Calories	240	Calories from Fat	100
% Daily Value			
Total Fat	11g		17%
	Saturated Fat	5g	25%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium	510mg		21%
Total Carbohydrate	30g		10%
	Dietary Fiber	1g	4%
	Sugars	6g	
Protein	4g		

- **Oreo**—Mondelez/Nabisco (1 package per person)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Ferrous Fumerate (Iron), Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, High Oleic Canola and/or Palm and/or Canola Oil, Cocoa (Pressed with Alkali), High Fructose Corn Syrup, Leavening (Baking Soda, and/or Calcium Phosphate), Cornstarch, Salt, Soy Lecithin, Vanillin, An Artificial Flavor, Chocolate.

CONTAINS: WHEAT, SOY

OREO COOKIES—4 PACK			
NUTRITION FACTS			
Serving Size: 1 Pack (34g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	160	Calories from Fat	60
			% Daily Value
Total Fat	7g		11%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium	140mg		6%
Total Carbohydrate	24g		8%
	Dietary Fiber	<1g	3%
	Sugars	14g	
Protein	2g		

PSR Dinner #9



- **Southwestern Style Rice with Beef—AlpineAire Foods**, (1 package shared between 2 campers)

Ingredients: Instant White Rice, Sharp Cheddar Cheese Powder (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate, Annatto Extract), Chopped Onion, Tomato Flakes, Freeze Dried Cooked Beef, Salt, Parmesan Cheese Powder (Partially Skim Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Low Sodium Salt (Sodium Chloride, Potassium), Tomato Powder (Tomato), Corn Meal, Minced Green Onion, Chili Powder (Chili Pepper, Cumin, Salt, Oregano, Garlic), Jalapeno Pepper Powder, Garlic Granules, Cumin, Oregano, Basil.

CONTAINS: MILK

Southwestern Style Rice with Beef		
NUTRITION FACTS		
Serving Size: 7 oz (198g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	760	Calories from Fat 130
% Daily Value		
Total Fat	14g	22%
	Saturated Fat 8g	40%
	Trans Fat mg	
Cholesterol	55mg	18%
Sodium	1320mg	55%
Total Carbohydrate	129g	43%
	Dietary Fiber 4g	16%
	Sugars 16g	
Protein	32g	

- **Refried Beans—AlpineAire Foods**, (1 package shared between 2 campers)

Ingredients: Pinto Bean Mix (Pinto Beans, Salt, Partially Hydrogenated Canola Oil, Red Pepper, Onion, Garlic, Cumin).

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

Refried Beans		
NUTRITION FACTS		
Serving Size: 4 oz (113g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	410	Calories from Fat 25
% Daily Value		
Total Fat	2.5g	4%
	Saturated Fat 0g	0%
	Trans Fat mg	
Cholesterol	mg	%
Sodium	1550mg	65%
Total Carbohydrate	71g	24%
	Dietary Fiber 25g	100%
	Sugars g	
Protein	24g	

- **Honey Roasted Cashews—Planters/Kraft**, (1 package per camper)

Ingredients: Cashews, Sugar, Peanut and/or Cottonseed Oil, Honey, Corn Syrup, Sea Salt, Fructose, Cornstarch, Xanthan Gum.

CONTAINS: CASHEWS. Manufactured on equipment that processes peanuts, other tree nuts.

Honey Roasted Cashews			
NUTRITION FACTS			
Serving Size: 1 pack (42g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	230	Calories from Fat	150
			% Daily Value
Total Fat	17g		26%
	Saturated Fat 3g		15%
	Trans Fat mg		
Cholesterol	mg		%
Sodium	135mg		6%
Total Carbohydrate	16g		5%
	Dietary Fiber 1g		4%
	Sugars 6g		
Protein	7g		

- **Soft Batch Chocolate Chip Cookies—Keebler/Kellogg’s**, (1 package per camper)

Ingredients: Bleached and Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), High Fructose Corn Syrup, Vegetable Oil (Soybean and Palm Oil), Sugars, Semisweet Chocolate (Sugar, Chocolate, Cocoa Butter, Dextrose, Soy Lecithin, Natural and Artificial Flavor, Salt), Chocolate Flavored Drops (Sugar, Partially Hydrogenated Palm Kernel Oil, Cocoa, Cocoa Processed with Alkali, Dextrose, Soy Lecithin), Contains 2% or Less of Modified Corn Starch, Leavening (Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Natural Flavor (Contains Milk), Soy Lecithin, Salt, Cornstarch, Caramel Color, Eggs, Yellow 6.

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

Soft Batch Cookies			
NUTRITION FACTS			
Serving Size: 2 cookies (32g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	150	Calories from Fat	60
			% Daily Value
Total Fat	7g		11%
	Saturated Fat 3g		15%
	Trans Fat mg		
Cholesterol	mg		%
Sodium	110mg		5%
Total Carbohydrate	21g		7%
	Dietary Fiber <1g		2%
	Sugars 12g		
Protein	1g		

PSR Dinner #10



- **Stove Top Savory Herbs**

Stuffing Mix—Kraft (1 box shared between 2 campers)

Ingredients: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), High Fructose Corn Syrup, Onions, Salt, Contains Less than 2% of Hydrolyzed Soy Protein, Monosodium Glutamate, Yeast, Partially Hydrogenated soybean and/or Cottonseed Oil, Cooked Chicken and Chicken Broth, Spice, Celery, Parsley, Garlic, Turmeric with BHA, BHT Propyl Gallate and Citric Acid as Preservatives.

CONTAINS: WHEAT, SOY

SAVORY HERB STUFFING MIX

NUTRITION FACTS

Serving Size: 1/6 Box (28g) (Makes 1/2 Cup)

Servings Per Container: 6

Amount Per Serving (As Prepared)

		Calories from Fat	
		% Daily Value	
Calories	150	50	
Total Fat	1g		8%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium	450mg		22%
Total Carbohydrate	21g		7%
	Dietary Fiber	<1g	4%
	Sugars	2g	
Protein	4g		

- **Chicken Breast— Sweet Sue/Bumblebee Foods** (1 pouch shared between 2 campers. Meant to be combined with the Cranberries and the Stuffing Mix)

Ingredients: Chicken Breast, Water, Contains 2% or less of the following: Modified Food Starches (Tapioca and Corn), Salt, Sodium Phosphates.

CHICKEN BREAST—7 OZ POUCH

NUTRITION FACTS

Serving Size: 1/4 Cup (56g)

Servings Per Container: 3.5

Amount Per Serving

		Calories from Fat	
		% Daily Value	
Calories	50	10	
Total Fat	1g		2%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	30 mg		10%
Sodium	180mg		8%
Total Carbohydrate	1g		%
	Dietary Fiber	g	%
	Sugars	g	
Protein	11g		

- **Dried Cranberries**—Fresh Gourmet (1 package shared between 2 campers)

Ingredients: Cranberries, Sugar, Sunflower Oil

Packaged in a facility that also packages tree nuts.

DRIED CRANBERRIES			
NUTRITION FACTS			
Serving Size: 1 packet			
Servings Per Container: 1			
Amount Per Serving			
Calories	100	Calories from Fat	5
			% Daily Value
Total Fat	g		%
Saturated Fat			0g %
Trans Fat			0mg
Cholesterol	0 mg		%
Sodium	mg		%
Total Carbohydrate	24g		8%
Dietary Fiber			1g 4%
Sugars			21g
Protein	g		

- **Chips Ahoy!** - Nabisco/Mondelez (1 package per camper)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1). Riboflavin (Vitamin B2), Folic Acid), Semisweet Chocolate Chips (Sugar, Chocolate, Dextrose, Cocoa Butter, Soy Lecithin), Sugar, Soybean Oil and/or Partially Hydrogenated Cottonseed Oil, High Fructose Corn Syrup, Salt, Leavening (Baking Soda, Ammonium Phosphate), Natural and Artificial Flavor, Caramel Color, Whey (From Milk).

CONTAINS: MILK, SOY WHEAT

CHIPS AHOY!			
NUTRITION FACTS			
Serving Size: 1 Pack (40g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	80
			% Daily Value
Total Fat	9g		14%
Saturated Fat			3g 15%
Trans Fat			0mg
Cholesterol	0 mg		%
Sodium	120mg		5%
Total Carbohydrate	27g		9%
Dietary Fiber			g %
Sugars			13g
Protein	2g		