# Philmont Scout Ranch 2015 Dinner Trail Food Menu

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

<sup>&</sup>quot;K" denotes Kosher



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, Carob Bean 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			
NUTRI	TION FAC	CTS	
Serving Size:	1 cup (57g)		
Servings Per	Container: abou	ut 3.5	
Amount Per	Serving		
Calories	260	Calories from Fat	100
		% Di	aily Value
Total Fat		11g	17%
	Saturated Fat	4g	20%
	Trans Fat	mg	
Cholesterol	45mg		15%
Sodium		800mg	33%
Total Carbol	nydrate	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.

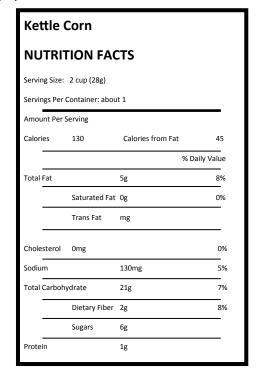
CONTAINS: WHEAT. Processed in a facility that produces peanuts, soybeans, milk, eggs, fish, tree nuts and wheat.

Mini Pı	retzels			
NUTRI	TION FAC	CTS		
Serving Size:	1 oz (28g)			
Servings Per	Container: 1			_
Amount Per	Serving			
Calories	110	Calories from Fat		0
			% Daily V	alue
Total Fat		0g		0%
	Saturated Fat	0g		0%
	Trans Fat	mg		_
Cholesterol	0mg			0%
Sodium		470mg		20%
Total Carboh	ydrate	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.





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.

#### 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, Tumeric), Maltodextrin, Corn Starch), Wheat Starch, Yeast, Spices, Extract of Tumeric, 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.

#### 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 8% Saturated Fat 2g 11% Trans Fat Cholesterol 30 mg 9% Sodium 980 mg 41% Total Carbohydrate 59g 20% Dietary Fiber 21g 83% 16g Sugars Protein 22g

# **HONEY MUSTARD BREAD PIECES**

#### **NUTRITION FACTS**

Serving Size: 1 OZ (28g)

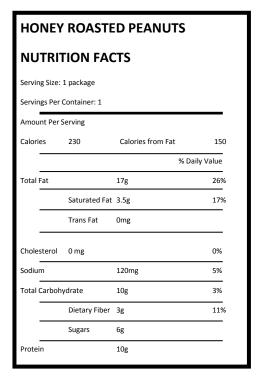
Servings Per (	Container: 1		
Amount Per S	Serving		
Calories	140	Calories from Fat	60
			% Daily Value
Total Fat		7g	11%
	Saturated Fat	3g	15%
	Trans Fat	0mg	
Cholesterol	0 mg		0%
Sodium		240mg	10%
Total Carbohydrate		18g	6%
	Dietary Fiber	—g	-%
	Sugars	3g	
Protein		2g	

• 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 Xantham Gum.

#### **CONTAINS: PEANUT INGREDIENTS**

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



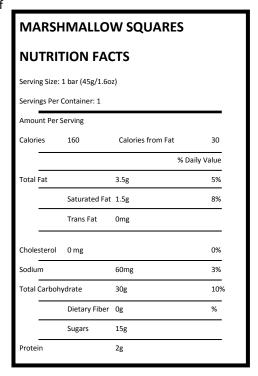
Whole Grain Crispy Squares (Marshmallow Squares) - Super Bakery (1 package per camper)

Ingredients: Organic Whole Grain Crisp Rice, Corn Syrup, Sugar, Margarine (Palm Oil, Fractionated Palm Oil, Water, Salt, Whey, Monoglycerides, Soy Lecithin, Sodium Benzonate Preservative, Citric Acid Preservative, Artificial Flavor, Beta-Carotene Col-

or, 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





• 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.

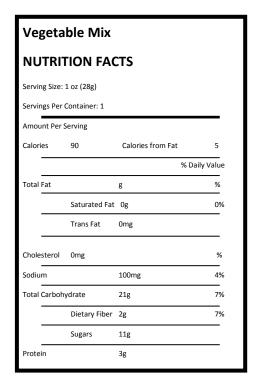
#### Four Cheese Mashed Potatoes **NUTRITION FACTS** Serving Size: 1/4 cup Dry Mix (28g), 1/2 cup Prepared Mix Servings Per Container: 4 Amount Per Serving Calories Calories from Fat 110 20 % Daily Value Total Fat 2.5g 4% Saturated Fat 1.5g 8% Trans Fat 0mg Cholesterol 0 mg % 24% Sodium 570mg Total Carbohydrate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

Pouche	ed Chicke	en, 7 oz	
NUTRI	TION FAC	CTS	
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 Carboh	ydrate	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.

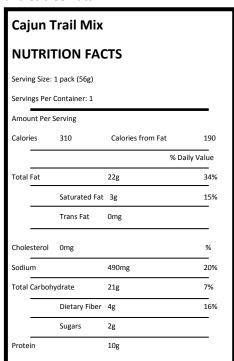


Spicy Nuts and Cajun Sticks Trail Mix—Kraft, (1 package per camper)

Ingredients: Peanuts, Corn, Vegetable Oil (Soybean Oil, Peanut and/or

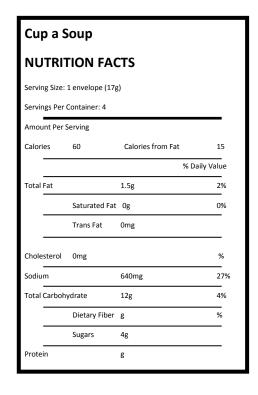
Cottonseed Oil and Corn Oil), Whole Grain Corn Flour, Unbleached Wheat Flour, Sesame Seeds, Bulgur Wheat, Contains 2% or less of: Salt, Sea Salt, Maltodextrin, Dextrose, Onion Powder, Chili Pepper Powder, Spices, Vegetable Color (Turmeric Extract, Beef Powder, Paprika, Paprika Extract), Corn Flour, Garlic 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.



• 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.



• Grahams Crackers Bug Bites—Kellogg's, (1 package per camper)

of Calcium Carbonate, Salt, Baking Soda, Cinnamon, Maltodextrin, Soy Lecithin,

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

amin A Palmitate, BHT for Freshness.

**CONTAINS: WHEAT AND SOY INGREDIENTS** 

Bug Bit	tes Graha	ams	
NUTRI	TION FAC	CTS	
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 Carboh	ydrate	21g	7%
	Dietary Fiber	1g	5%
	Sugars	8g	
Protein		2g	



• 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.

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** 

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

Jalapeno Cheddar Combos			
NUTRI	TION FAC	CTS	
Serving Size:	1 bag		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	210	Calories from Fat	90
		% D	aily Value
Total Fat		10g	159
	Saturated Fat	4.5g	239
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		500mg	219
Total Carboh	ydrate	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, Yellow 5, 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, soybeans, milk, eggs, fish, tree nuts and wheat.

Origina	l Gorp		
NUTRI	TION FAC	CTS	
Serving Size:	2 oz (57g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	260	Calories from Fat	120
		9	6 Daily Value
Total Fat		13g	20%
	Saturated Fat	4g	20%
	Trans Fat	0mg	
Cholesterol	5mg		2%
Sodium		35mg	1%
Total Carboh	ydrate	31g	10%
	Dietary Fiber	3g	12%
	Sugars	26g	
Protein		6g	

#### • **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	
NUTRI	TION FAC	CTS	
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 Carboh	ydrate	24g	8%
	Dietary Fiber	<1g	3%
	Sugars	14g	
Protein		2g	



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

# 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% 23% Saturated Fat 4.5g Trans Fat Cholesterol 0 mg % 1% Sodium 15mg Total Carbohydrate 27g 9% 12% Dietary Fiber 3g 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 A	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 Carboh	ydrate	27g	9%	
	Dietary Fiber	g	%	
	Sugars	13g		
Protein		2g		



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, Caramel Color, and Dextrose.

**CONTAINS: WHEAT, SOY** 

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** 

#### 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 2% Saturated Fat Og % Trans Fat Cholesterol 0 mg % Sodium 380mg 16% Total Carbohydrate 9% Dietary Fiber 2g 8% Sugars g

NUTR	NUTRITION FACTS				
Serving Siz	e: 2 oz				
Servings P	er Container: 1				
Amount Pe	er Serving				
Calories	140	Calories from Fat	100		
		%	6 Daily Value		
Total Fat		11g	17%		
	Saturated Fat	4g	20%		
	Trans Fat	0mg			
Cholestero	ol 35 mg		12%		
Sodium		700mg	29%		
Total Carb	ohydrate	1g	%		
	Dietary Fiber	g	%		
	Sugars	1g			
Protein		9g			

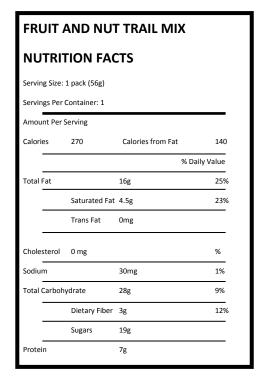
**FATTY—ORIGINAL MEAT STICK** 

#### • 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**

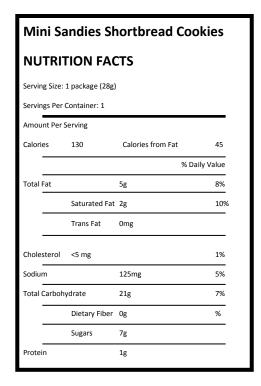
Manufactured on equipment that processes other tree nuts.



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**





#### • 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.

#### • 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 Dicetate, 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.

# CHICKEN AND RICE NUTRITION FACTS

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

Amount Per S	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 Carboh	ydrate	123g	41%
	Dietary Fiber	2g	8%
	Sugars	2g	
Protein		34g	

# **HOT BUFFALO WINGS BREAD PIECES**

#### **NUTRITION FACTS**

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

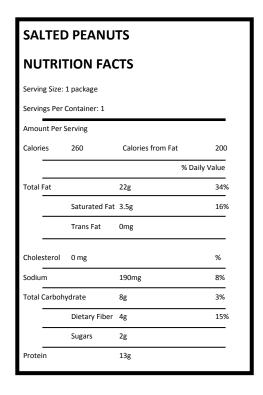
60
Value
11%
15%
%
16%
6%
3%

• 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.



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

Triglycerides, Baking Soda, Citric Acid Preservative, Ascorbic Acid Preservative.

Ingredients: Organic Whole Grain Crisp Rice, Corn Syrup, Sugar, Margarine (Palm Oil, Fractionated Palm Oil, Water, Salt, Whey, Monoglycerides, Soy Lecithin, Sodium Benzonate 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

#### **CONTAINS: MILK AND SOYBEANS**

Gluten Free, Contains No High Fructose Corn Syrup

MARSH	IMALLO	W SQUARE	S
NUTRI	TION FAC	CTS	
Serving Size:	1 bar (45g/1.6o	z)	
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 Carboh	ydrate	30g	10%
Diet	Dietary Fiber	Og	%
	Sugars	15g	
Protein		2g	



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
		9	6 Daily Value
Total Fat		5g	8%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	20 mg		7%
Sodium		600mg	25%
Total Carbohydrate	ydrate	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 S	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 Carboh	ydrate	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:
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 Carboh	ydrate	24g	8%
	Dietary Fiber	<1g	3%
	Sugars	14g	
Protein		2g	



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** 

• 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.

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

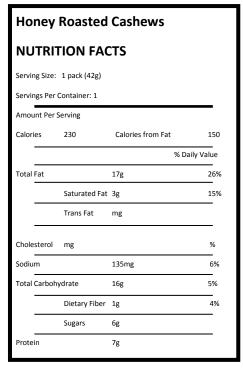
#### **NUTRITION FACTS** Serving Size: 4 oz (113g) Servings Per Container: 1 Amount Per Serving Calories 410 Calories from Fat 25 % Daily Value Total Fat 4% 0% Saturated Fat Og Cholesterol % 1550mg Sodium 65% Total Carbohydrate 24% Dietary Fiber 25g 100% Sugars g Protein

**Refried Beans** 

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.



• 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 Ba	tch Cook	cies	
NUTRI	TION FAC	CTS	
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 Carboh	ydrate	21g	7%
	Dietary Fiber	<1g	2%
	Sugars	12g	
Protein		1g	



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** 

#### **NUTRITION FACTS** Serving Size: 1/6 Box (28g) (Makes 1/2 Cup) Servings Per Container: 6 Amount Per Serving (As Prepared) Calories 150 Calories from Fat 50 % Daily Value Total Fat 8% 1g % Saturated Fat Og Trans Fat Cholesterol 0 mg % 22% Sodium 450mg Total Carbohydrate 7% Dietary Fiber <1g 4% Sugars Protein 4g

**SAVORY HERB STUFFING MIX** 

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

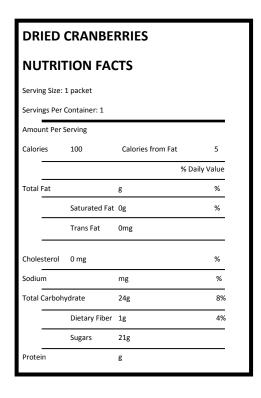
Ingredients: Chicken Breast, Water, Contains 2% or less of the following: Modified Food Starches (Tapioca and Corn), Salt, Sodium Phosphates.

CHICKE	N BREAS	ST—7 OZ P	OUCH	
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	0g	%	
	Trans Fat	0mg		
Cholesterol	30 mg		10%	
Sodium		180mg	8%	
Total Carboh	ydrate	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.



• 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 A	AHOY!		
NUTRI	TION FAC	CTS	
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 Carboh	ydrate	27g	9%
	Dietary Fiber	g	%
	Sugars	13g	
Protein		2g	