

Philmont Scout Ranch

2015 Lunch Trail Food Menu

<p>Lunch #1</p> <p>Wheat Thins</p> <p>Pouched Salmon—K</p> <p>Mountain Mix Mojo Bar—K</p> <p>All American Beef and Cheese Combo</p> <p>Riptide Rush Gatorade</p>	<p>Lunch #6</p> <p>Graham Crackers—K</p> <p>Chocolate Hazelnut Spread—K</p> <p>Turkey Jerky</p> <p>Blueberry Buzz Energy Bar—K</p> <p>Sunflower Seeds—K</p> <p>Riptide Rush Gatorade</p>
<p>Lunch #2</p> <p>Graham Crackers—K</p> <p>Honey Peanut Butter—K</p> <p>Teriyaki Beef Jerky</p> <p>Berry Banana Buzz Bar—K</p> <p>Grandmas Cookie—Oatmeal Raisin—K</p> <p>All Sport Orange—K</p>	<p>Lunch #7</p> <p>Club Crackers—K</p> <p>Chicken</p> <p>Peanut Butter Mojo Bar—K</p> <p>Grandma's Cookie—Peanut Butter—K</p> <p>All Sport Orange—K</p>
<p>Lunch #3</p> <p>Club Crackers—K</p> <p>Jalapeno Squeeze Cheese</p> <p>Jalapeno Beef and Cheese Combo</p> <p>Orange Energy Chews</p> <p>Corn Nuts—K</p> <p>Lemon Lime Gatorade—K</p>	<p>Lunch #8</p> <p>Saltines Crackers—K</p> <p>Cheddar Squeeze Cheese</p> <p>Spam Singles</p> <p>Pomegranate Passion Energy Chews</p> <p>Corn Nuts—K</p> <p>Lemon Lime Gatorade—K</p>
<p>Lunch #4</p> <p>Bagel Chips</p> <p>Ham</p> <p>Crunchy Peanut Butter Bar—K</p> <p>Sunflower Seed Trail Mix—K</p> <p>All Sport—Blue Raz Ice—K</p>	<p>Lunch #9</p> <p>Bagel Chips</p> <p>Tuna—K</p> <p>Sunflower Seed Trail Mix—K</p> <p>Rocket Chocolate Bar—K</p> <p>Strawberry Waffle</p> <p>All Sport—Blue Raz Ice—K</p>
<p>Lunch #5</p> <p>Ritz Crackers or Saltines or Bagel Chips - K</p> <p>Tuna—K</p> <p>Nutter Butters—K</p> <p>Orange Bolt Energy Chews</p> <p>Vanilla Waffle</p> <p>Fruit Punch Gatorade—K</p>	<p>Lunch #10</p> <p>Ritz Crackers—K</p> <p>Sunflower Seed Spread—K</p> <p>Peanut Butter N Honey Bar—K</p> <p>Sweet & Hot Beef Jerky</p> <p>Fruit Punch Gatorade—K</p>

“K” denotes Kosher

PSR Lunch #1



- **Wheat Thins—Mondelez**, (1 package shared between 2 campers)

Ingredients: Whole Grain Wheat Flour, Soybean Oil, Sugar, Cornstarch, Malt Syrup (from Corn and Barley), Salt, Refiner's Syrup, Leavening (Calcium Phosphate and/or Baking Soda), Vegetable Color (Turmeric, Oleoresin, Annatto Extract). BHT added to package to preserve freshness.

CONTAINS: WHEAT

Wheat Thins			
NUTRITION FACTS			
Serving Size: 16 Pieces (31g)			
Servings Per Container: 3.5			
Amount Per Serving			
Calories	140	Calories from Fat	45
		% Daily Value	
Total Fat	5g		8%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	22g		7%
	Dietary Fiber	3g	12%
	Sugars	4g	
Protein	2g		

- **Pouched Salmon—Bumblebee**, (1 package shared between 2 campers)

Ingredients: Pink Salmon, Water, Salt

Pouched Salmon			
NUTRITION FACTS			
Serving Size: 2 oz (56g—about 1/4 cup)			
Servings Per Container: 2			
Amount Per Serving			
Calories	60	Calories from Fat	10
		% Daily Value	
Total Fat	1g		2%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	30mg		10%
Sodium	180mg		8%
Total Carbohydrate	0g		0%
	Dietary Fiber	0g	0%
	Sugars	0g	
Protein	14g		

- **All American Beef and Cheese Combo—Jack Link’s**, (1 package per camper)

Ingredients: Beef Stick: Beef, Salt, Corn Syrup, Spices, Contains 2% or less of Water, Dextrose, Sugar, Flavorings, Sodium Erythorbate, Lactic Acid Starter Culture, Sodium Nitrite, BHA, BHT, Citric Acid, Treated with a solution of Potassium Sorbate to ensure freshness. Pasteurized Process Cheese Food: Cheddar Cheese (Cultured Milk, Salt, Enzymes), Water, Sodium Phosphate, Natural Flavoring, Salt, Sorbic Acid (Preservative), Color (Paprika and Turmeric Extract).

CONTAINS: MILK

All American Beef & Cheese Combo			
NUTRITION FACTS			
Serving Size: 1 oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	330	Calories from Fat	270
		% Daily Value	
Total Fat	30g		45%
	Saturated Fat	4.5g	69%
	Trans Fat	0mg	
Cholesterol	25mg		24%
Sodium	810mg		33%
Total Carbohydrate	3g		1%
	Dietary Fiber	0g	0%
	Sugars	0g	
Protein	15g		

- **Mountain Mix Mojo Bar—Clif Bar**, (1 package per camper)

Ingredients: Organic Brown Rice Syrup, Soy Rice Crisps (Soy Protein Isolate, Organic Rice Flour, Calcium Carbonate), Organic Peanuts, Organic Raisins, Almonds, Organic Chocolate Chips (Organic Dried Cane Syrup, Organic Unsweetened Chocolate, Organic Cocoa Butter, Organic Soy Lecithin, Organic Vanilla Extract), Organic Pretzels (Organic Wheat Flour, Salt, Organic Canola Oil, Organic Malt), Organic Peanut Butter, Organic Roasted Soybeans, Pumpkin Seeds, Sunflower Seeds, Organic Oat Syrup Solids, Vegetable Glycerin, Organic Sunflower Oil, Sea salt, Organic Gum Arabic, Natural Vitamin E (Antioxidant).

CONTAINS: SOY, PEANUTS, ALMONDS, WHEAT AND TRACES OF MILK. MAY CONTAIN OTHER TREE NUTS. MAY CONTAIN NUT-SHELL FRAGMENTS. WE SOURCE PRODUCTS THAT ARE NOT GENETICALLY ENGINEERED. 70% ORGANIC INGREDIENTS.

Mountain Mix Bar			
NUTRITION FACTS			
Serving Size: 1 Bar (45g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	80
		% Daily Value	
Total Fat	9g		14%
	Saturated Fat	1.5g	8%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	200mg		8%
Total Carbohydrate	21g		7%
	Dietary Fiber	2g	8%
	Sugars	12g	
Protein	8g		

- **Frost Riptide Rush Gatorade—The Gatorade Co.,** (1 package per camper)

Ingredients: Sucrose, Dextrose, Citric Acid, Natural Flavor, Salt, Sodium Citrate, Monopotassium Phosphate, Calcium Silicate, Gum Arabic, Ascorbic Acid (to promote color retention), Red 40, Blue 1

Riptide Rush Gatorade		
NUTRITION FACTS		
Serving Size: 1 2/3 Tbsp (23g)		
Servings Per Container: 2.5		
Amount Per Serving		
Calories	80	Calories from Fat
		% Daily Value
Total Fat	0g	%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	150mg	6%
Total Carbohydrate	21g	7%
	Dietary Fiber g	%
	Sugars 21g	
Protein	g	

PSR Lunch #2



- **Honey Maid Graham Crackers—Mondelez**, (1 package shared between 2 campers)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vit B1), Riboflavin (Vit B2), Folic Acid), Graham Flour (Whole Grain Wheat Flour), Sugar, Soybean Oil, Honey, Leavening (Baking Soda, and/or Calcium Phosphate), Salt, Soy Lecithin, Artificial Flavor.

CONTAINS: WHEAT AND SOY

Graham Crackers

NUTRITION FACTS

Serving Size: 8 Crackers (31g)

Servings Per Container: 4.5

Amount Per Serving

Calories	130	Calories from Fat	25
% Daily Value			

Total Fat	3g	5%
-----------	----	----

Saturated Fat	0g	%
---------------	----	---

Trans Fat	0mg	
-----------	-----	--

Cholesterol	mg	%
-------------	----	---

Sodium	160mg	7%
--------	-------	----

Total Carbohydrate	25g	8%
--------------------	-----	----

Dietary Fiber	1g	6%
---------------	----	----

Sugars	8g	
--------	----	--

Protein	2g	
---------	----	--

- **Honey Peanut Butter Blend—Justin's**, (1.5 packages per camper)

Ingredients: Dry Roasted Peanuts, Honey Powder (Sugar, Honey), Palm Fruit Oil, Sea Salt.

Honey Peanut Butter

NUTRITION FACTS

Serving Size: 1 package (32g)

Servings Per Container: 1

Amount Per Serving

Calories	190	Calories from Fat	140
% Daily Value			

Total Fat	16g	25%
-----------	-----	-----

Saturated Fat	3g	15%
---------------	----	-----

Trans Fat	0mg	
-----------	-----	--

Cholesterol	0mg	%
-------------	-----	---

Sodium	70mg	3%
--------	------	----

Total Carbohydrate	7g	2%
--------------------	----	----

Dietary Fiber	3g	12%
---------------	----	-----

Sugars	3g	
--------	----	--

Protein	7g	
---------	----	--

- **Teriyaki Beef Jerky—Jack Link’s**, (1 package per camper)

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

CONTAINS: WHEAT AND SOY

Teriyaki 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		0g %
Trans Fat		0mg
Cholesterol	20mg	7%
Sodium	410mg	17%
Total Carbohydrate	4g	1%
Dietary Fiber		0g 0%
Sugars		4g
Protein	13g	

- **Berry Banana Buzz Energy Bar—En-R-G Foods**, (1 package per camper)

Ingredients: Honey Stinger (Honey, Sea Salt, Water), Honey Stinger Fruit Smoothie Blend (Apple, Banana, Cranberry, Strawberry Bits, Honey), Almonds, Crisped Rice (Sugar, Salt, Malt), Coating (Sugar, Palm Kernel Oil, Yogurt Powder (Cultured Whey Protein Concentrate, Cultured Skim Milk, Yogurt Culture), Non-Fat Dry Milk Solids, Soya Lecithin (An Emulsifier), Natural Flavor), Soy Protein Isolate, Vitamins and Minerals (Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), Cholecalciferol (Vit D), Alpha-Tocopherol Acetate (Vit E), Biotin, Zinc Oxide, Niacin, Ferrous Fumarate (Iron), Molybdenum Glycinate, Calcium Pantothenate, Copper, Manganese, Beta Carotene (Vit A), Selenium, Pyridoxine (B6), Riboflavin (B2), Thiamine (B1), Chromium, Cyanocobalamin (B12), Folic Acid, Potassium Iodine).

CONTAINS: SOY, MILK, AND TREE NUTS. May contain Peanut, Wheat and Egg.

Berry Banana Buzz Bar		
NUTRITION FACTS		
Serving Size: 1 bar (50g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	180	Calories from Fat 30
		% Daily Value
Total Fat	4g	5%
Saturated Fat		2g 8%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrate	28g	9%
Dietary Fiber		2g 8%
Sugars		22g
Protein	5g	

- **Grandma’s Oatmeal Raisin Cookies—Frito Lay,** (1 package per camper)

Ingredients: Enriched Flour (Unbleached and Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Shortening (Palm Oil, Canola Oil, TBHQ and Citric Acid (to preserve freshness)), Rolled Oats, Raisins, High Fructose Corn Syrup, Raisin Paste, Leavening (Baking Soda, Monocalcium Phosphate), Eggs, Molasses, Modified Corn Starch, Malt Syrup, Salt, Cinnamon, Artificial Vanilla Flavor, Caramel Color, Allspice, Calcium Propionate (to preserve freshness), and Wheat Flour.

CONTAINS: WHEAT AND EGG INGREDIENTS. Made on equipment that processes tree nuts and peanuts.

Oatmeal Raisin Cookie			
NUTRITION FACTS			
Serving Size: 2 cookies (70.8g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	310	Calories from Fat	110
		% Daily Value	
Total Fat	12g		19%
	Saturated Fat 4g		20%
	Trans Fat 0mg		
Cholesterol	25mg		8%
Sodium	390mg		16%
Total Carbohydrate	46g		15%
	Dietary Fiber 3g		14%
	Sugars 24g		
Protein	4g		

- **Orange All Sport Zero—All Sport Inc.,** (1 package per camper)

Ingredients: Citric Acid, Maltodextrin, Monopotassium Phosphate, Natural and Artificial Flavors, Salt, Potassium Citrate, Ascorbic Acid (Vit C), Aspartame, Contains Less than 2% of: Acesulfame Potassium, Calcium Silicate, Yellow 6, BHA (To Protect Flavor), Phenylketonurics.

CONTAINS: PHENYLANINE

Orange All Sport			
NUTRITION FACTS			
Serving Size: 1/2 packet			
Servings Per Container: 2			
Amount Per Serving			
Calories	0	Calories from Fat	0
		% Daily Value	
Total Fat	0g		0%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	0g		0%
	Dietary Fiber 0g		0%
	Sugars 0g		
Protein	0g		

PSR Lunch #3



- **Club Crackers—Kellogg’s**, (1 package shared between 2 campers)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Soybean Oil with TBHQ for Freshness, Sugar, Contains 2% or less of Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), High Fructose Corn Syrup, Corn Syrup, Corn Starch, Soy Lecithin.

CONTAINS: WHEAT AND SOY INGREDIENTS

Club Crackers			
NUTRITION FACTS			
Serving Size: 4 Crackers (14g)			
Servings Per Container: 10			
Amount Per Serving			
Calories	70	Calories from Fat	25
		% Daily Value	
Total Fat	3g		5%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	125mg		5%
Total Carbohydrate	9g		3%
	Dietary Fiber <1g		1%
	Sugars 1g		
Protein	<1g		

- **Squeeze Cheese, Jalapeno—Old Fashioned Foods**, (1 1/2 packages per camper)

Ingredients: Water, Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Whey, Soybean Oil, Modified Food Starch, Sodium Phosphate, Salt, Less than 2% Lactic Acid, Jalapeno Peppers, Xanthan Gum, Sorbic Acid (As a Preservative), Annatto Color, Hot Pepper Concentrate.

CONTAINS: MILK AND SOY

Jalapeno Squeeze Cheese			
NUTRITION FACTS			
Serving Size: 28g			
Servings Per Container: 1			
Amount Per Serving			
Calories	90	Calories from Fat	
		% Daily Value	
Total Fat	9g		%
	Saturated Fat 2.5g		%
	Trans Fat 0mg		
Cholesterol	5mg		%
Sodium	390mg		%
Total Carbohydrate	1g		%
	Dietary Fiber 0g		%
	Sugars g		
Protein	1g		

- **Jalapeno Sizzle Beef and Cheese Combo-Jack Link's**, (1 package per camper)

Ingredients: Beef Stick: Beef, Salt, Corn Syrup, Spices, Contains 2% less of Water, Dextrose, Sugar, Flavorings, Sodium Erythorbate, Lactic Acid Starter Culture, Sodium Nitrite, Maltodextrin, BHA, BHT, Citric Acid. Treated with a solution of Potassium Sorbate to ensure freshness. Pasteurized Process Cheese Food with Jalapeno Peppers: Cheddar Cheese and Monterey Jack Cheeses (Cultured Milk, Salt, Red and Green Jalapeno Peppers, Enzymes), Water, Sodium Phosphate, Salt, Sorbic Acid (Preservative), Natural Flavor.

CONTAINS: MILK

Jalapeno Beef and Cheese Combo			
NUTRITION FACTS			
Serving Size: 28g			
Servings Per Container: 1			
Amount Per Serving			
Calories	330	Calories from Fat	270
		% Daily Value	
Total Fat	30g		45%
	Saturated Fat 4.5g		69%
	Trans Fat 0mg		
Cholesterol	25mg		24%
Sodium	810mg		33%
Total Carbohydrate	3g		1%
	Dietary Fiber 0g		%
	Sugars g		
Protein	15g		

- **Orange Energy Chews—EN R G Foods**, (1 package per person)

Organic Tapioca Syrup, Organic Evaporated Cane Juice, Organic Honey (Organic Grape Juice Concentrate, Ascorbic Acid), Pectin, Citric Acid, Potassium Citrate, Organic Color (Annatto), Natural Flavor, Organic Sunflower Oil, Carnauba Wax

CONTAINS 95% ORGANIC INGREDIENTS

Orange Energy Chews			
NUTRITION FACTS			
Serving Size: 1 packet			
Servings Per Container: 1			
Amount Per Serving			
Calories	160	Calories from Fat	
		% Daily Value	
Total Fat	g		%
	Saturated Fat g		%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	80mg		3%
Total Carbohydrate	39g		13%
	Dietary Fiber 1g		4%
	Sugars 27g		
Protein	1g		

- **Corn Nuts—Kraft**, (1 package per person)

Ingredients: Corn, Corn Oil, Salt

Corn Nuts			
NUTRITION FACTS			
Serving Size: 1 package			
Servings Per Container: 1			
Amount Per Serving			
Calories	180	Calories from Fat	60
		% Daily Value	
Total Fat	6g		9%
	Saturated Fat 1g		5%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	230mg		10%
Total Carbohydrate	28g		9%
	Dietary Fiber 2g		8%
	Sugars 0g		
Protein	3g		

- **Lemon Lime Gatorade—The Gatorade Company**, (1 package per camper)

Ingredients: Sugar, Dextrose, Citric Acid, Natural and Artificial Flavor, Salt, Sodium Citrate, Monopotassium Phosphate, Calcium Silicate, Modified Food Starch, Yellow 5

Lemon Lime Gatorade			
NUTRITION FACTS			
Serving Size: 1 2/3 Tbsp (23g)			
Servings Per Container: 2.5			
Amount Per Serving			
Calories	80	Calories from Fat	
		% Daily Value	
Total Fat	0g		%
	Saturated Fat g		%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	150mg		6%
Total Carbohydrate	21g		7%
	Dietary Fiber g		%
	Sugars 21g		
Protein	g		

PSR Lunch #4



- **Bagel Chips, Simply Naked—Stacy’s Brand, (1 package per camper)**

Ingredients: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower Oil and/or Canola Oil, Organic Cane Sugar, Wheat Gluten, Sea Salt, and less than 2% of the following: Malt Extract, Yeast, Malted Barley Flour, Rosemary Extract (Antioxidant), and Ascorbic Acid (Antioxidant).

CONTAINS: WHEAT INGREDIENTS

Bagel Chips			
NUTRITION FACTS			
Serving Size: 1 package			
Servings Per Container: 1			
Amount Per Serving			
Calories	130	Calories from Fat	35
			% Daily Value
Total Fat	4g		6%
	Saturated Fat	0.5g	2%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	320mg		13%
Total Carbohydrate	19g		6%
	Dietary Fiber	1g	6%
	Sugars	1g	
Protein	4g		

- **Premium Chunk Ham—Bumblebee Foods, (1 package shared between 2 campers)**

Ingredients: Cured Ham with Water, Salt, Modified Food Starch, Sugar, Sodium Phosphate, Hydrolyzed Soy Protein, Monosodium Glutamate, Sodium Erythorbate, Sodium Nitrite.

CONTAINS: SOY

Chunk Ham			
NUTRITION FACTS			
Serving Size: 1/4 cup (56g)			
Servings Per Container: 3.5			
Amount Per Serving			
Calories	60	Calories from Fat	10
			% Daily Value
Total Fat	1g		2%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	35mg		12%
Sodium	650mg		27%
Total Carbohydrate	3g		1%
	Dietary Fiber	0g	%
	Sugars	1g	
Protein	10g		

- **Crunchy Peanut Butter Bar—Clif Bar**, (1 package per camper)

Ingredients: Organic Brown Rice Syrup, ClifPro (Soy Rice Crisps (Soy Protein Isolate, Rice Flour, Barley Malt Extract, Organic Soy Flour, Organic Roasted Soybeans), Organic Rolled Oats, Organic Cane Syrup, Organic Peanut Butter (Organic Peanuts, Salt), Peanut Flour, Peanuts, Clif Crunch (Apple Fiber, Organic Oat Fiber, Inulin (Chicory Extract), Organic Milled Flaxseed, Organic Psyllium), Organic Date Paste, Natural Flavors, Sea Salt). Vitamins and Minerals: Dicalcium Phosphate, Ascorbic Acid (Vit C), Magnesium Oxide, DL-Alpha Tocopheryl Acetate (Vit E), Ferric Orthophosphate (Iron), Beta Carotene (Vit A), Zinc Citrate, Biotin, Niacinamide (Vit B3), D-Calcium Pantothenate (Vit B5), Phytonadione (Vit K1), Manganese Gluconate, Copper Gluconate, Riboflavin (Vit B2), Folic Acid (Vit B9), Sodium Selenite, Thiamin (Vit B1), Pyridoxine Hydrochloride (Vit B6), Ergocalciferol (Vit D2), Cyanocobalamin (Vit B12), Chromium Chloride, Potassium Iodide.

ALLERGEN STATEMENT: CONTAINS SOY AND PEANUTS. May Contain traces of wheat and tree nuts. We source ingredients that are not genetically engineered.

Crunchy Peanut Butter Bar

NUTRITION FACTS

Serving Size: 1 Bar (68g)

Servings Per Container: 1

Amount Per Serving

Calories	250	Calories from Fat	60
			% Daily Value
Total Fat	6g		9%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	240mg		10%
Total Carbohydrate	41g		14%
	Dietary Fiber	4g	16%
	Sugars	21g	
Protein	11g		

- **Golden Deluxe Sunflower Trail Mix—Sun Gold Foods**, (1 package per camper)

Ingredients: Honey Roasted Sunflower Kernel, Honey Roasted Soybeans (Maltodextrin, Xanthan Gum, Sucrose, Wheat Starch, Honey), Raisins, Pineapple, Cranberries, Dates, Sunflower Oil and Salt.

CONTAINS SOY AND WHEAT. PROCESSED IN A PEANUT AND TREE NUT FREE FACILITY.

Sunflower Seed Trail Mix

NUTRITION FACTS

Serving Size: 30g

Servings Per Container: 1.5

Amount Per Serving

Calories	150	Calories from Fat	70
			% Daily Value
Total Fat	8g		12%
	Saturated Fat	1g	4%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	40mg		2%
Total Carbohydrate	14g		5%
	Dietary Fiber	3g	10%
	Sugars	9g	
Protein	5g		

- **Blue Raz Ice All Sport Zero—All Sport Inc.**, (1 package per camper)

Ingredients: Citric Acid, Maltodextrin, Salt, Potassium Citrate, Natural and Artificial Flavors, Monopotassium Phosphate, Aspartame, Ascorbic Acid (Vit C), Contains Less than 2% of: Xanthan Gum, Acesulfame Potassium, Calcium Silicate, Blue 1, Yellow 5.

CONTAINS: PHENYLALANINE

Blue Raz Ice All Sport		
NUTRITION FACTS		
Serving Size: 1/2 packet		
Servings Per Container: 2		
Amount Per Serving		
Calories	0	Calories from Fat
		% Daily Value
Total Fat	0g	%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	g	%
	Dietary Fiber g	%
	Sugars g	
Protein	g	

PSR Lunch #5



- **Ritz Crackers—Mondelez, (1 package shared between 2 campers)**

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vit B1), Riboflavin (Vit B2), Folic Acid), Soybean Oil, Sugar, Partially Hydrogenated Cottonseed Oil, Salt, Leavening (Calcium Phosphate and/or Baking Soda), High Fructose Corn Syrup, Soy Lecithin, Malted Barley Flour, Natural Flavor.

CONTAINS: WHEAT AND SOY

Ritz Crackers

NUTRITION FACTS

Serving Size: 5 Crackers (16g)

Servings Per Container: 6

Amount Per Serving

Calories	80	Calories from Fat	40
% Daily Value			
Total Fat	4.5g		7%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	105mg		4%
Total Carbohydrate	10g		3%
	Dietary Fiber	0g	5%
	Sugars	1g	
Protein	1g		

- **Tuna—Bumblebee Foods LLC, (1 package shared between 2 campers)**

Ingredients: Light Tuna, Water, Vegetable Broth, Salt

Tuna

NUTRITION FACTS

Serving Size: 2 oz (56g—about 1/4 cup)

Servings Per Container: 2

Amount Per Serving

Calories	60	Calories from Fat	5
% Daily Value			
Total Fat	0.5g		1%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	30mg		10%
Sodium	180mg		7%
Total Carbohydrate	g		%
	Dietary Fiber	g	%
	Sugars	0g	
Protein	13g		

- **Orange Bolt Energy Chews—ProBar**, (1 package per camper)

Ingredients: Organic Tapioca Syrup, Organic Sugar, Organic Tapioca Syrup Solids, Pectin, Citric Acid, Potassium Citrate, Ascorbic Acid, Organic Fruit Blend (Organic Apple Powder, Organic Acai Powder, Organic Blueberry Powder, Organic Pomegranate Powder), Natural Flavor, Vitamin Blend (Vitamin B3, B6 and B12), Color Added, Organic Annatto), Sea Salt (Organic Sunflower Oil (Carnauba Wax).

Orange Bolt Energy Chews			
NUTRITION FACTS			
Serving Size: 4-5 Chews (30g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	90	Calories from Fat	0
			% Daily Value
Total Fat	0g		0%
	Saturated Fat	0g	0%
	Trans Fat	mg	
Cholesterol	mg		%
Sodium	60mg		3%
Total Carbohydrate	24g		8%
	Dietary Fiber	0g	0%
	Sugars	12g	
Protein	0g		

- **Vanilla Waffle—En-R-G Foods**, (1 package per camper)

Ingredients: Organic Wheat Flour, Organic Palm Fruit Oil, Organic Rice Syrup, Organic Cane Sugar, Organic Whole Wheat Flour, Organic Soy Flour, Organic Whole Wheat Flour, Organic Soy Flour, Organic Honey, Sea Salt, Natural Flavor, Organic Soy Lecithin, Organic Spices, Baking Soda.

CONTAINS: WHEAT AND SOY. May contain egg and milk.

Vanilla Waffle			
NUTRITION FACTS			
Serving Size: 1 (30g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	160	Calories from Fat	
			% Daily Value
Total Fat	7g		11%
	Saturated Fat	3g	16%
	Trans Fat	mg	
Cholesterol	mg		%
Sodium	55mg		2%
Total Carbohydrate	21g		7%
	Dietary Fiber	1g	4%
	Sugars	14g	
Protein	g		

- **Nutter Butter Cookies—Mondelez**, (1 package per camper)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Peanut Butter (Peanuts, Corn Syrup Solids, Hydrogenated Rapeseed and/or Cottonseed and/or Soybean Oils, Salt, Peanut Oil), Soybean Oil, Whole Grain Wheat Flour, High Fructose Corn Syrup

Nutter Butters			
NUTRITION FACTS			
Serving Size: 1 pack (53g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	260	Calories from Fat	100
			% Daily Value
Total Fat	11g		17%
	Saturated Fat 2.5g		13%
	Trans Fat mg		
Cholesterol	mg		%
Sodium	200mg		8%
Total Carbohydrate	36g		12%
	Dietary Fiber 1g		4%
	Sugars 17g		
Protein	4g		

- **Fruit Punch Gatorade—The Gatorade Company**, (1 package per camper)

Ingredients: Sugar, Dextrose, Citric Acid, Natural and artificial flavor, Salt, Sodium Citrate, Monopotassium Phosphate, Calcium Silicate, Modified Food Starch, Caramel Color, Red 40.

Fruit Punch Gatorade			
NUTRITION FACTS			
Serving Size: 1 2/3 Tbsp			
Servings Per Container: 1			
Amount Per Serving			
Calories	80	Calories from Fat	
			% Daily Value
Total Fat	0g		%
	Saturated Fat 0g		%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	150mg		6%
Total Carbohydrate	21g		7%
	Dietary Fiber g		%
	Sugars 21g		
Protein	g		

PSR Lunch #6



- **Honey Maid Graham Crackers—Mondelez**, (1 package shared between 2 campers)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vit B1), Riboflavin (Vit B2), Folic Acid), Graham Flour (Whole Grain Wheat Flour), Sugar, Soybean Oil, Honey, Leavening (Baking Soda, and/or Calcium Phosphate), Salt, Soy Lecithin, Artificial Flavor.

CONTAINS: WHEAT AND SOY

Graham Crackers

NUTRITION FACTS

Serving Size: 8 Crackers (31g)

Servings Per Container: 4.5

Amount Per Serving

Calories	130	Calories from Fat	25
% Daily Value			
Total Fat	3g		5%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	160mg		7%
Total Carbohydrate	25g		8%
	Dietary Fiber	1g	6%
	Sugars	8g	
Protein	2g		

- **Chocolate Hazelnut Butter Blend—Justin's**, (1.5 packages per camper)

Ingredients: Dry Roasted Hazelnuts, Dry Roasted Almonds, Organic Cane Sugar, Organic Cocoa, Organic Cocoa Butter, Palm Fruit Oil, Vanilla, Sea Salt.

Chocolate Hazelnut Spread

NUTRITION FACTS

Serving Size: 1 pack (32g)

Servings Per Container: 1

Amount Per Serving

Calories	180	Calories from Fat	130
% Daily Value			
Total Fat	15g		23%
	Saturated Fat	3g	15%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	65mg		3%
Total Carbohydrate	12g		4%
	Dietary Fiber	3g	12%
	Sugars	7g	
Protein	4g		

- **Turkey Jerky—Jack Link’s**, (1 package per camper)

Ingredients: Turkey Breast, Water, Sugar, Less than 2% Molasses Powder (Refinery Syrup, Cane Molasses), Salt, Brown Sugar, Hydrolyzed Corn Protein, Soy Sauce Powder (Wheat, Soybeans, Salt, Maltodextrin), Flavoring, Turkey Flavor (Autolyzed Yeast Extract, Turkey Broth Powder, Natural Flavor), Paprika Extract, Sodium Nitrite.

CONTAINS: WHEAT AND SOY

Turkey Jerky		
NUTRITION FACTS		
Serving Size: 1 pack (25g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	70	Calories from Fat 10
		% Daily Value
Total Fat	0.5g	1%
Saturated Fat		0g 0%
Trans Fat		0mg
Cholesterol	20mg	7%
Sodium	440mg	18%
Total Carbohydrate	4g	1%
Dietary Fiber		g %
Sugars		4g
Protein	11g	

- **Blueberry Buzz Energy Bar—En-R-G Foods**, (1 package per camper)

Ingredients: Honey Stinger: (Honey, Sea Salt, Water), Almonds, Crisped Rice (Sugar, Salt, Malt), Blueberries (Blueberries, Apple Juice, Sunflower Oil), Yogurt Coating (Sugar, Palm Kernel Oil, Yogurt Powder (Cultured Whey Protein Concentrate, Cultured Skim Milk, Yogurt Culture), Non-Fat Dry Milk Solids, Soya Lecithin (An Emulsifier), Soy Protein Isolate, Vitamins and Minerals (Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), Cholecaliferol (Vit D), Alpha Tocopherol Acetate (Vit E), Biotin, Zinc Oxide, Niacin, Ferrous Fumarate (Iron), Molybdenum Glycinate, Calcium Pantothenate, Copper, Manganese, Beta Carotene (Vit A), Selenium, Pyridoxine (B6), Riboflavin (B2), Thiamine (B1), Chromium, Cyanocobolamin (B12), Folic Acid, Potassium Iodine), Rolled Oats, Natural Flavor.

CONTAINS: SOY, MILK AND TREE NUTS. May contain Peanut, Wheat and Egg.

Blueberry Buzz Bar		
NUTRITION FACTS		
Serving Size: 1 bar (50g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	170	Calories from Fat 30
		% Daily Value
Total Fat	5g	8%
Saturated Fat		2g 8%
Trans Fat		0mg
Cholesterol	0mg	%
Sodium	160mg	7%
Total Carbohydrate	30g	9%
Dietary Fiber		2g 8%
Sugars		20g
Protein	5g	

- **Sunflower Seeds Roasted and Salted —SunGold Foods,** (1 package per camper)

Ingredients: Roasted Sunflower Kernel, Sunflower Oil (Sunflower Oil, Citric Acid), Salt (Salt, Tricalcium Phosphate, Yellow Prussiate of Soda).

Sunbutter Products are completely peanut free, tree nut free and gluten free.

Sunflower Seeds			
NUTRITION FACTS			
Serving Size: 1 oz			
Servings Per Container: 1			
Amount Per Serving			
Calories	165	Calories from Fat	105
			% Daily Value
Total Fat	12g		18%
	Saturated Fat	1.4g	7%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	49mg		2%
Total Carbohydrate	9g		3%
	Dietary Fiber	3g	12%
	Sugars	8g	
Protein	6g		

- **Frost Riptide Rush Gatorade—The Gatorade Co.,** (1 package per camper)

Ingredients: Sucrose, Dextrose, Citric Acid, Natural Flavor, Salt, Sodium Citrate, Monopotassium Phosphate, Calcium Silicate, Gum Arabic, Ascorbic Acid (to promote color retention), Red 40, Blue 1

Riptide Rush Gatorade			
NUTRITION FACTS			
Serving Size: 1 2/3 Tbsp (23g)			
Servings Per Container: 2.5			
Amount Per Serving			
Calories	80	Calories from Fat	
			% Daily Value
Total Fat	0g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	150mg		6%
Total Carbohydrate	21g		7%
	Dietary Fiber	g	%
	Sugars	21g	
Protein	g		

PSR Lunch #7



- **Club Crackers—Kellogg’s**, (1 package shared between 2 campers)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Soybean Oil with TBHQ for Freshness, Sugar, Contains 2% or less of Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), High Fructose Corn Syrup, Corn Syrup, Corn Starch, Soy Lecithin.

CONTAINS: WHEAT AND SOY INGREDIENTS

Club Crackers

NUTRITION FACTS

Serving Size: 4 Crackers (14g)

Servings Per Container: 10

Amount Per Serving

Calories	70	Calories from Fat	25
% Daily Value			
Total Fat	3g		5%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	125mg		5%
Total Carbohydrate	9g		3%
	Dietary Fiber	<1g	1%
	Sugars	1g	
Protein	<1g		

- **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	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 Carbohydrate	1g		%
	Dietary Fiber	g	%
	Sugars	g	
Protein	11g		

- **Peanut Butter Pretzel Mojo Bar—Clif Bar**, (1 package per camper)

Ingredients: Organic Brown Rice Syrup, Organic Peanuts, Soy Rice Crisps (Soy Protein Isolate, Organic Rice Flour, Calcium Carbonate), Peanut Butter-Filled Pretzels (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Peanut Butter, Salt, Baking Soda), Peanut Butter Chips (Dried Cane Syrup, Palm Kernel Oil, Peanut Flour, Soy Lecithin), Organic Pretzels (Organic Wheat Flour, Salt, Organic Canola Oil, Organic Malt), Organic Peanut Butter, Organic Roasted Soybeans, Organic Oat Syrup Solids, Vegetable Glycerin, Peanut Flour, Organic Sunflower Oil, Roasted Peanut Extract, Sea Salt, Organic Gum Arabic, Natural Vitamin E (Antioxidant).

CONTAINS: SOY, PEANUTS, WHEAT, AND TRACES OF MILK. We source ingredients that are not genetically engineered. 70% organic ingredients.

Peanut Butter Pretzel Mojo Bar			
NUTRITION FACTS			
Serving Size: 1 bar (45g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	80
			% Daily Value
Total Fat	9g		14%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	220mg		9%
Total Carbohydrate	20g		7%
	Dietary Fiber	2g	8%
	Sugars	9g	
Protein	9g		

- **Grandma’s Peanut Butter Cookie—Frito Lay**, (1 package per camper)

Ingredients: Enriched Flour (Unbleached and Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Peanut Butter (Roasted Peanuts, Sugar, Hydrogenated (Canola, Cottonseed, and/or Soybean) Oil, Salt, Molasses), Sugar, High Fructose Corn Syrup, Vegetable Shortening (Palm Oil, Canola Oil, TBHQ and Citric Acid (to Preserve Freshness), and Less than 2% of the Following: Fructose, Modified Corn Starch, Eggs, Leavening (Baking Soda), Salt, Artificial Flavor, Caramel Color and Wheat Flour.

CONTAINS: WHEAT, PEANUT AND EGG INGREDIENTS. This product is made on equipment that also processes tree nuts.

Peanut Butter Cookie			
NUTRITION FACTS			
Serving Size: 2 cookie (35.4g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	340	Calories from Fat	160
			% Daily Value
Total Fat	17g		27%
	Saturated Fat	4.5g	24%
	Trans Fat	0mg	
Cholesterol	10mg		3%
Sodium	330mg		14%
Total Carbohydrate	38g		13%
	Dietary Fiber	4g	14%
	Sugars	20g	
Protein	7g		

- **Orange All Sport Zero—All Sport Inc.,** (1 package per camper)

Ingredients: Citric Acid, Maltodextrin, Monopotassium Phosphate, Natural and Artificial Flavors, Salt, Potassium Citrate, Ascorbic Acid (Vit C), Aspartame, Contains Less than 2% of: Acesulfame Potassium, Calcium Silicate, Yellow 6, BHA (To Protect Flavor), Phenylketonurics.

CONTAINS: PHENYLANINE

Orange All Sport			
NUTRITION FACTS			
Serving Size: 1/2 packet			
Servings Per Container: 2			
Amount Per Serving			
Calories	0	Calories from Fat	0
			% Daily Value
Total Fat	0g		0%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	0g		0%
	Dietary Fiber	0g	0%
	Sugars	0g	
Protein	0g		

PSR Lunch #8



- **Saltines Crackers—Mondelez**, (1 package shared between 2 campers)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Soybean Oil, Partially Hydrogenated Cottonseed Oil, Sea Salt, Salt, Malted Barley Flour, Baking Soda, Yeast.

CONTAINS: WHEAT

Saltine Crackers—K		
NUTRITION FACTS		
Serving Size: 5 Crackers (16g)		
Servings Per Container: 7		
Amount Per Serving		
Calories	70	Calories from Fat 15
		% Daily Value
Total Fat	1.5g	2%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	135mg	6%
Total Carbohydrate	12g	4%
	Dietary Fiber 0g	0%
	Sugars g	
Protein	1g	

- **Cheddar Squeeze Cheese—Old Fashioned Foods**, (1 1/2 Packages per Camper)

Ingredients: Water, Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Whey, Soybean Oil, Modified Food Starch, Less than 2% Sodium Phosphates, Salt, Lactic Acid, Natural Flavors, Xanthan Gum, Sorbic Acid (As a preservative), Annatto Color.

CONTAINS: MILK, SOY

Cheddar Squeeze Cheese		
NUTRITION FACTS		
Serving Size: 28g		
Servings Per Container: 1		
Amount Per Serving		
Calories	90	Calories from Fat
		% Daily Value
Total Fat	9g	%
	Saturated Fat 2.5g	%
	Trans Fat 0mg	
Cholesterol	5mg	%
Sodium	390mg	%
Total Carbohydrate	1g	%
	Dietary Fiber 0g	0%
	Sugars g	
Protein	1g	

- **Spam Single Classic—Hormel**, (1 package per camper)

Ingredients: Pork, Water, Salt, Modified Potato Starch, Sugar, Potassium Chloride, Sodium Nitrate

GLUTEN FREE

Spam Single Classic			
NUTRITION FACTS			
Serving Size: 1 package			
Servings Per Container: 1			
Amount Per Serving			
Calories	250	Calories from Fat	200
		% Daily Value	
Total Fat	22g		34%
	Saturated Fat 8g		40%
	Trans Fat 0mg		
Cholesterol	60mg		20%
Sodium	990mg		41 %
Total Carbohydrate	2g		1%
	Dietary Fiber 0g		0%
	Sugars 1g		
Protein	11g		

- **Corn Nuts—Kraft**, (1 package per person)

Ingredients: Corn, Corn Oil, Salt

Corn Nuts			
NUTRITION FACTS			
Serving Size: 1 package			
Servings Per Container: 1			
Amount Per Serving			
Calories	180	Calories from Fat	60
		% Daily Value	
Total Fat	6g		9%
	Saturated Fat 1g		5%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	230mg		10 %
Total Carbohydrate	28g		9%
	Dietary Fiber 2g		8%
	Sugars 0g		
Protein	3g		

- **Pomegranate Passion Energy Chews—EN R G Foods, (1 package per camper)**

Ingredients: Organic Tapioca Syrup, Organic Evaporated Cane Juice, Organic Honey, (Organic Grape Juice Concentrate, Ascorbic Acid), Pectin, Citric Acid, Organic Color (Black Carrot Juice Concentrate (red)), Natural Flavor, Potassium Citrate, Organic Sunflower Oil, Carnauba Wax,

Contains 95% Organic Ingredients.

Pomegranate Passion Chews		
NUTRITION FACTS		
Serving Size: 1 package		
Servings Per Container: 1		
Amount Per Serving		
Calories	160	Calories from Fat
		% Daily Value
Total Fat	0g	%
Saturated Fat		g %
Trans Fat		0mg %
Cholesterol	0mg	%
Sodium	80mg	3%
Total Carbohydrate	39g	13%
Dietary Fiber		1g 4%
Sugars		27g
Protein	1g	

- **Lemon Lime Gatorade—The Gatorade Company, (1 package per camper)**

Ingredients: Sugar, Dextrose, Citric Acid, Natural and Artificial Flavor, Salt, Sodium Citrate, Monopotassium Phosphate, Calcium Silicate, Modified Food Starch, Yellow 5

Lemon Lime Gatorade		
NUTRITION FACTS		
Serving Size: 1 2/3 Tbsp (23g)		
Servings Per Container: 2.5		
Amount Per Serving		
Calories	80	Calories from Fat
		% Daily Value
Total Fat	0g	%
Saturated Fat		g %
Trans Fat		0mg %
Cholesterol	0mg	%
Sodium	150mg	6%
Total Carbohydrate	21g	7%
Dietary Fiber		g %
Sugars		21g
Protein	g	

PSR Lunch #9



- **Bagel Chips, Simply Naked—Stacy's Brand, (1 package per camper)**

Ingredients: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower Oil and/or Canola Oil, Organic Cane Sugar, Wheat Gluten, Sea Salt, and less than 2% of the following: Malt Extract, Yeast, Malted Barley Flour, Rosemary Extract (Antioxidant), and Ascorbic Acid (Antioxidant).

CONTAINS: WHEAT INGREDIENTS

Bagel Chips			
NUTRITION FACTS			
Serving Size: 1 package			
Servings Per Container: 1			
Amount Per Serving			
Calories	130	Calories from Fat	35
			% Daily Value
Total Fat	4g		6%
	Saturated Fat 0.5g		2%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	320mg		13%
Total Carbohydrate	19g		6%
	Dietary Fiber 1g		6%
	Sugars 1g		
Protein	4g		

- **Tuna—Bumblebee Foods LLC, (1 package shared between 2 campers)**

Ingredients: Light Tuna, Water, Vegetable Broth, Salt

Tuna			
NUTRITION FACTS			
Serving Size: 2 oz (56g—about 1/4 cup)			
Servings Per Container: 2			
Amount Per Serving			
Calories	60	Calories from Fat	5
			% Daily Value
Total Fat	0.5g		1%
	Saturated Fat 0g		%
	Trans Fat 0mg		
Cholesterol	30mg		10%
Sodium	180mg		7%
Total Carbohydrate	g		%
	Dietary Fiber g		%
	Sugars 0g		
Protein	13g		

- **Golden Deluxe Sunflower Trail Mix—Sun Gold Foods,** (1 package per camper)

Ingredients: Honey Roasted Sunflower Kernel, Honey Roasted Soybeans (Maltodextrin, Xanthan Gum, Sucrose, Wheat Starch, Honey), Raisins, Pineapple, Cranberries, Dates, Sunflower Oil and Salt.

CONTAINS SOY AND WHEAT. PROCESSED IN A PEANUT AND TREE NUT FREE FACILITY.

Sunflower Seed Trail Mix			
NUTRITION FACTS			
Serving Size: 30g			
Servings Per Container: 1.5			
Amount Per Serving			
Calories	150	Calories from Fat	70
			% Daily Value
Total Fat	8g		12%
	Saturated Fat	1g	4%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	40mg		2%
Total Carbohydrate	14g		5%
	Dietary Fiber	3g	10%
	Sugars	9g	
Protein	5g		

- **Rocket Chocolate Energy Bar—En R G Foods,** (1 package per camper)

Ingredients: Honey Stinger (Honey, Sea Salt, Water); Crisped Rice (Sugar, Salt, Malt); Almonds; Coating (Sugar, Vegetable Oil (Fractionated Palm Kernel Oil), Cocoa Powder, Whole Milk, Natural Flavor, Soya Lecithin (an emulsifier), Salt); Semi Sweet Chocolate Chips (Sugar, Chocolate, Cocoa Butter, Milk Fat, Soya Lecithin (an emulsifier)); Rolled Oats; Soy Protein Isolate; Vitamins and Minerals (Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), Cholecalciferol (Vit D), Alpha Tocopherol Acetate (Vit E), Biotin, Zinc Oxide, Niacin, Ferrous Fumarate (Iron), Molybdenum Glycinate, Calcium Pantothenate, Copper, Manganese, Beta Carotene (Vit A), Selenium Pyridoxine (B6), Riboflavin (B2), Thiamine (B1), Chromium, Cyanocobalamin (B12), Folic Acid. Potassium Iodine); Cocoa Powder.

CONTAINS: SOY, MILK, and TREE NUTS. May contain: Peanut, Wheat and Egg

Rocket Chocolate Bar			
NUTRITION FACTS			
Serving Size: 1 Bar (50g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	50
			% Daily Value
Total Fat	5g		8%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	170mg		7%
Total Carbohydrate	28g		9%
	Dietary Fiber	2g	8%
	Sugars	18g	
Protein	5g		

- **Strawberry Waffle—En R G Foods, (1 package per camper)**

Ingredients: Organic Wheat Flour, Organic Palm Fruit Oil, Organic Rice Syrup, Organic Cane Sugar, Organic Whole Wheat Flour, Organic Soy Flour, Organic Honey, Sea Salt, Natural Flavor, Organic Soy Lecithin, Organic Spices, Baking Soda.

CONTAINS: WHEAT AND SOY. May contain Egg and Milk.

Strawberry Waffle		
NUTRITION FACTS		
Serving Size: 1 (30g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	160	Calories from Fat
		% Daily Value
Total Fat	7g	11%
Saturated Fat		3g 16%
Trans Fat		0mg
Cholesterol	mg	%
Sodium	55mg	2%
Total Carbohydrate	21g	7%
Dietary Fiber		1g 5%
Sugars		14g
Protein	0g	

- **Blue Raz Ice All Sport Zero—All Sport Inc., (1 package per camper)**

Ingredients: Citric Acid, Maltodextrin, Salt, Potassium Citrate, Natural and Artificial Flavors, Monopotassium Phosphate, Aspartame, Ascorbic Acid (Vit C), Contains Less than 2% of: Xanthan Gum, Acesulfame Potassium, Calcium Silicate, Blue 1, Yellow 5.

CONTAINS: PHENYLALANINE

Blue Raz Ice All Sport		
NUTRITION FACTS		
Serving Size: 1/2 packet		
Servings Per Container: 2		
Amount Per Serving		
Calories	0	Calories from Fat
		% Daily Value
Total Fat	0g	%
Saturated Fat		g %
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	g	%
Dietary Fiber		g %
Sugars		g
Protein	g	

PSR Lunch #10



- **Ritz Crackers—Mondelez**, (1 package shared between 2 campers)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vit B1), Riboflavin (Vit B2), Folic Acid), Soybean Oil, Sugar, Partially Hydrogenated Cottonseed Oil, Salt, Leavening (Calcium Phosphate and/or Baking Soda), High Fructose Corn Syrup, Soy Lecithin, Malted Barley Flour, Natural Flavor.

CONTAINS: WHEAT AND SOY

- **Sunbutter, Creamy—Red River Commodities**, (1.5 packages per camper)

Ingredients: Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salt, and natural mixed Tocopherols to preserve freshness.

Made in a Peanut and Tree Nut Free Facility. Roasted on equipment which also roasts Soy.

Ritz Crackers			
NUTRITION FACTS			
Serving Size: 5 Crackers (16g)			
Servings Per Container: 6			
Amount Per Serving			
Calories	80	Calories from Fat	40
		% Daily Value	
Total Fat	4.5g		7%
	Saturated Fat 1g		5%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	105mg		4%
Total Carbohydrate	10g		3%
	Dietary Fiber 0g		5%
	Sugars 1g		
Protein	1g		

Sunbutter			
NUTRITION FACTS			
Serving Size: 2 Tbsp (32g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	200	Calories from Fat	140
		% Daily Value	
Total Fat	16g		25%
	Saturated Fat 2g		11%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	120mg		5%
Total Carbohydrate	7g		2%
	Dietary Fiber 4g		17%
	Sugars 3g		
Protein	7g		

- **Peanut Butter N’ Honey Energy Bar—En R G Foods, (1 package per camper)**

Ingredients: Honey Stinger (Honey, Sea Salt, Water); Peanuts; Crisped Rice (Sugar, Salt, Malt); Coating (Sugar, Vegetable Oil (Fractionated Palm Kernel Oil), Cocoa Powder, Whole Milk, Natural Flavor, Soya Lecithin (an emulsifier), Salt); Rolled Whole Oats; Vitamins and Minerals (Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), Cholecalciferol (Vit D), Alpha Tocopherol Acetate (Vit E), Biotin, Zinc Oxide, Niacin, Ferrous Fumarate (Iron), Molybdenum Glycinate, Calcium Pantothenate, Copper, Manganese, Beta Carotene (Vit A), Selenium, Pyridoxine (B6), Riboflavin (B2), Thiamine (B1), Chromium, Cyanocobolamin (B12), Folic Acid, Potassium Iodine); Natural Flavors.

ALLERGENS CONTAINS: PEANUTS, SOY, AND MILK. May contain: tree nuts, wheat and egg.

Peanut Butter N’ Honey Bar			
NUTRITION FACTS			
Serving Size: 1 bar (50g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	50
			% Daily Value
Total Fat	5g		8%
	Saturated Fat 2g		10%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	140mg		6%
Total Carbohydrate	27g		9%
	Dietary Fiber 2g		8%
	Sugars 17g		
Protein	5g		

- **Sweet & Hot Beef Jerky—Jack Link’s, (1 package per camper)**

Ingredients: Beef, Water, Sugar, Less than 2% of Salt, Flavorings, Sodium Nitrite.

Sweet & Hot 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 0g		%
	Trans Fat 0mg		
Cholesterol	25mg		8%
Sodium	420mg		18%
Total Carbohydrate	4g		2%
	Dietary Fiber g		%
	Sugars 4g		
Protein	13g		

- **Fruit Punch Gatorade—The Gatorade Company,** (1 package per camper)

Ingredients: Sugar, Dextrose, Citric Acid, Natural and artificial flavor, Salt, Sodium Citrate, Monopotassium Phosphate, Calcium Silicate, Modified Food Starch, Caramel Color, Red 40.

Fruit Punch Gatorade		
NUTRITION FACTS		
Serving Size: 1 2/3 Tbsp		
Servings Per Container: 1		
Amount Per Serving		
Calories	80	Calories from Fat
		% Daily Value
Total Fat	0g	%
	Saturated Fat 0g	%
	Trans Fat 0mg	
Cholesterol	mg	%
Sodium	150mg	6%
Total Carbohydrate	21g	7%
	Dietary Fiber g	%
	Sugars 21g	
Protein	g	