# **Philmont Scout Ranch**

# 2015 Lunch Trail Food Menu

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

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



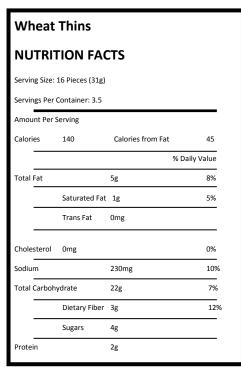
• Wheat Thins—Mondelez, (1 package shared between 2 campers)

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** 

• 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 Calories from Fat % Daily Value Total Fat 2% 1g Saturated Fat Og 0% Trans Fat 0mg Cholesterol 30mg 10% Sodium 180mg 8% Total Carbohydrate 0% 0g 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 Am	erican Be	eef & Cheese	Comb
NUTRI	ΓΙΟΝ FAC	CTS	
Serving Size:	1 oz (28g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	330	Calories from Fat	270
		% D	aily Value
Total Fat		30g	45%
	Saturated Fat	4.5g	69%
	Trans Fat	0mg	
Cholesterol	25mg		24%
Sodium		810mg	33%
Total Carboh	ydrate	3g	1%
	Dietary Fiber	Og	0%
	Sugars	Og	
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).

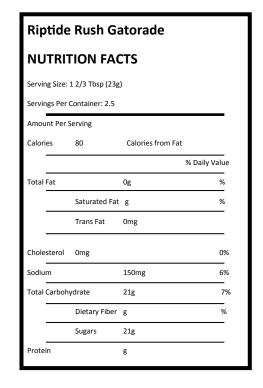
CONTAINS: SOY, PEANUTS, ALMONDS, WHEAT AND TRACES OF MILK. MAY CONTAIN OTHER TREE NUTS. MAY CONTAIN NUT-

SHELL FRAGMENTS. WE SOURCE PRODUCTS THAT ARE NOT GENETICALLY ENGINEERED. 70% ORGANIC INGREDIENTS.

Mount	ain Mix I	3ar	
NUTRI	TION FAC	CTS	
Serving Size:	1 Bar (45g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	190	Calories from Fat	80
		%	Daily Value
Total Fat		9g	149
	Saturated Fat	1.5g	8%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		200mg	8%
Total Carboh	ydrate	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





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

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

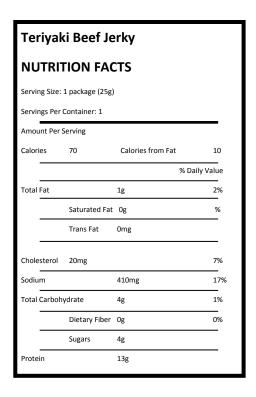
Ingredients: Dry Roasted Peanuts, Honey Powder (Sugar, Honey), Palm Fruit Oil, Sea Salt.

#### **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 % Cholesterol 0mg Sodium 3% 70mg Total Carbohydrate 2% Dietary Fiber 3g 12% 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** 



#### • 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, Cyanocobolamin (B12), Folic Acid, Potassium Iodine).

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

Berry E	Banana B	uzz Bar	
NUTRI	TION FAC	CTS	
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 Carboh	ydrate	28g	9%
	Dietary Fiber	2g	8%
	Sugars	22g	

### • 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.

Oatme	al Raisin	Cookie	
NUTRI	TION FAC	CTS	
Serving Size:	2 cookies (70.8	g)	
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 Carboh	ydrate	46g	15%
	Dietary Fiber	3g	149
	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 Spor	rt	
NUTRI	TION FAC	CTS	
Serving Size:	1/2 packet		
Servings Per	Container: 2		
Amount Per	Serving		
Calories	0	Calories from Fat	0
			% Daily Value
Total Fat		Og	0%
	Saturated Fat	Og	0%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		70mg	3%
Total Carboh	ydrate	Og	0%
	Dietary Fiber	Og	0%
	Sugars	Og	
Protein		Og	



• 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 Calories from Fat 25 % Daily Value Total Fat 3g 5% Saturated Fat 0.5g 3% Trans Fat 0mg Cholesterol % Sodium 125mg 5% Total Carbohydrate 3% Dietary Fiber <1g 1% 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				
NUTRI	TION FAC	CTS		
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 Carboh	ydrate	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.

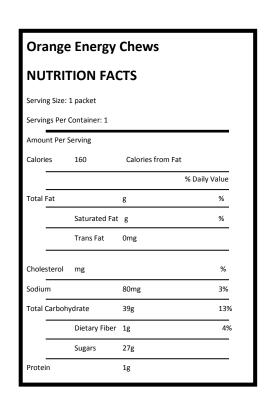
**CONTAINS: MILK** 

Jalapeno Beef and Cheese Combo			
NUTRI	TION FAC	CTS	
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 Carboh	ydrate	3g	1%
	Dietary Fiber	Og	%
-	Sugars	g	
Protein		15g	

# • Orange Energy Chews—EN R G Foods, (1 package per person)

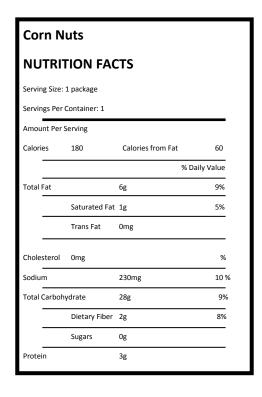
Organic Tapioca Syrup, Organic Evaporated Cane Juice, Organic Honey (Organic Grape Juice Concentrate, Ascorbic Acid), Pectin, Citric Acid, Potassium Citrate, Organic Color (Annatto), Natural Flavor, Organic Sunflower Oil, Carnauba Wax

# **CONTAINS 95% ORGANIC INGREDIENTS**



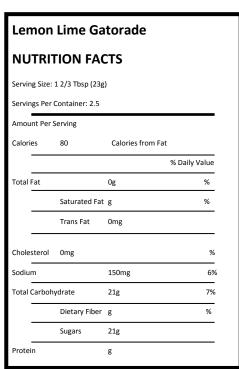
Corn Nuts—Kraft, (1 package per person)

Ingredients: Corn, Corn Oil, Salt



• 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





• 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** 

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

**Bagel Chips** 

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		
NUTRI	TION FAC	CTS	
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 Carboh	ydrate	3g	1%
	Dietary Fiber	Og	%
	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 Calories from Fat % Daily Value Total Fat 6g 9% Saturated Fat 1g 5% Trans Fat Cholesterol Omg 0% Sodium 240mg 10% Total Carbohydrate 41g 14% Dietary Fiber 4g 16% Sugars 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.

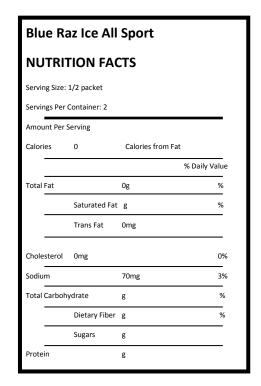
CONTAINS SOY AND WHEAT. PROCESSED IN A PEANUT AND TREE NUT FREE FACILITY.

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





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

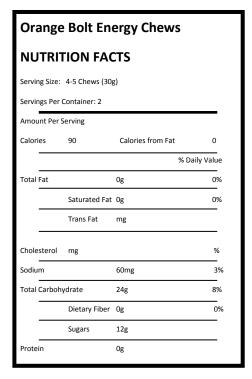
Tuna—Bumblebee Foods LLC, (1 package shared between 2 campers)

Ingredients: Light Tuna, Water, Vegetable Broth, Salt

Tuna			
NUTRI	TION FAC	CTS	
Serving Size:	2 oz (56g—abo	out 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	Og	%
	Trans Fat	0mg	
Cholesterol	30mg		10%
Sodium		180mg	7%
Total Carboh	ydrate	g	%
	Dietary Fiber	g	%
	Sugars	Og	
Protein		13g	

### • Orange Bolt Energy Chews—ProBar, (1 package per camper)

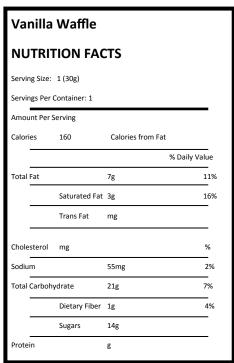
Ingredients: Organic Tapioca Syrup, Organic Sugar, Organic Tapioca Syrup Solids, Pectin, Citric Acid, Potassium Citrate, Ascorbic Acid, Organic Fruit Blend (Organic Apple Powder, Organic Acai Powder, Organic Blueberry Powder, Organic Pomegranate Powder), Natural Flavor, Vitamin Blend (Vitamin B3, B6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



# • 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 Honey, Sea Salt, Natural Flavor, Organic Soy Lecithin, Organic Spices, Baking Soda.

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



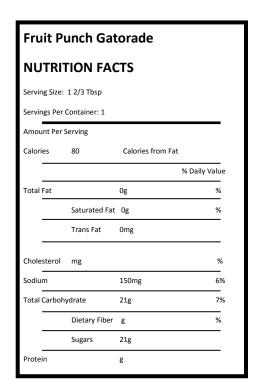
• Nutter Butter Cookies—Mondelez, (1 package per camper)

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		
NUTRI	TION FAC	CTS	
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 Carboh	ydrate	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.

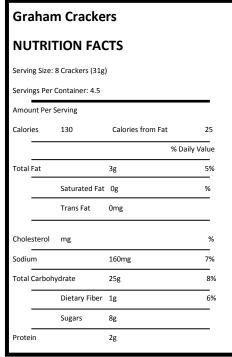




Honey Maid Graham Crackers—Mondelez, (1 package shared between 2 campers)

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** 



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

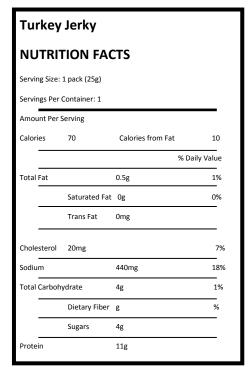
Ingredients: Dry Roasted Hazelnuts, Dry Roasted Almonds, Organic Cane Sugar, Organic Cocoa, Organic Cocoa Butter, Palm Fruit Oil, Vanilla, Sea Salt.

### **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 Cholesterol mg % Sodium 65mg 3% Total Carbohydrate 4% Dietary Fiber 3g 12% Protein

### • 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** 



# 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.

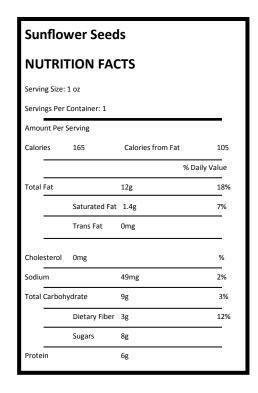
CONTAINS: SOY, MILK AND TREE NUTS. May contain Peanut, Wheat and Egg.

Bluebe	rry Buzz	Bar	
NUTRI	TION FAC	CTS	
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 Carboh	ydrate	30g	9%
	Dietary Fiber	2g	8%
	Sugars	20g	

• 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.



• 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 from Fat Calories 80 % Daily Value Total Fat % Saturated Fat g % Trans Fat Cholesterol 0% 0mg Sodium 150mg 6% Total Carbohydrate 7% Dietary Fiber g % Sugars Protein



• 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 Cr	ackers		
NUTRI	TION FAC	CTS	
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 Carboh	ydrate	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 2% 1g Saturated Fat Og % Trans Fat Cholesterol 30 mg 10% Sodium 180mg 8% Total Carbohydrate % Dietary Fiber % g Protein

• 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% or-

ganic 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	
		% Da	aily Value	
Total Fat		9g	14%	
	Saturated Fat	2g	10%	
	Trans Fat	0mg		
Cholesterol	0mg		%	
Sodium		220mg	9%	
Total Carboh	ydrate	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.

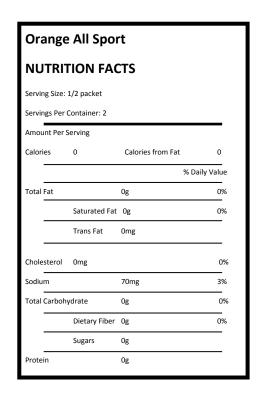
CONTAINS: WHEAT, PEANUT AND EGG INGREDIENTS. This product is made on equipment that also processes tree nuts.

Peanut	Butter 0	Cookie	
NUTRI	TION FAC	CTS	
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 Carboh	ydrate	38g	13%
	Dietary Fiber	4g	14%
	Sugars	20g	

# • 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**





• 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 Carboh	ydrate	12g	4%	
	Dietary Fiber	0g	0%	
	Sugars	g		
Protein		1g		

• Cheddar Squeeze Cheese—Old Fashioned Foods, (11/2 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.

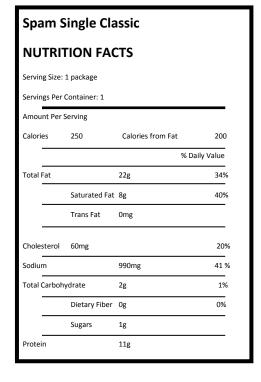
**CONTAINS: MILK, SOY** 

Chedda	ar Squee	ze Cheese	
NUTRI	TION FAC	CTS	
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 Carboh	ydrate	1g	%
	Dietary Fiber	Og	0%
	Sugars	g	
Protein		1g	

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

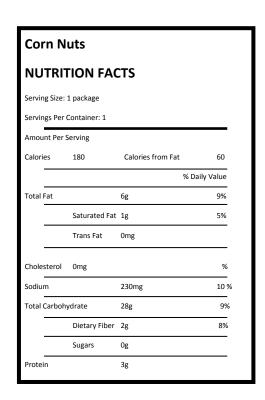
Ingredients: Pork, Water, Salt, Modified Potato Starch, Sugar, Potassium Chloride, Sodium Nitrate

#### **GLUTEN FREE**



Corn Nuts—Kraft, (1 package per person)

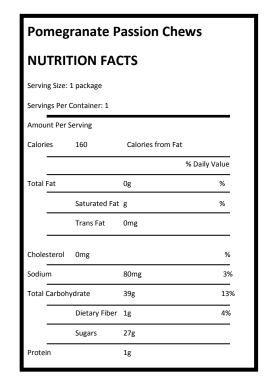
Ingredients: Corn, Corn Oil, Salt



# • 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.** 



#### • 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 Carboh	ydrate	21g	7%	
	Dietary Fiber	g	%	
	Sugars	21g		
Protein		g		



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

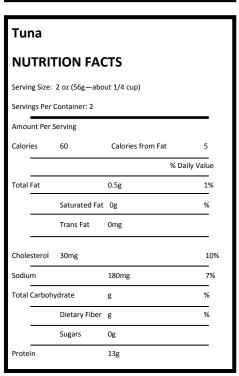
Ingredients: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower Oil and/or Canola Oil, Organic Cane Sugar, Wheat Gluten, Sea Salt, and less than 2% of the following: Malt Extract, Yeast, Malted Barley Flour, Rosemary Extract (Antioxidant),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

**CONTAINS: WHEAT INGREDIENTS** 

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

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

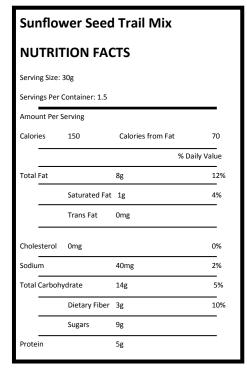
Ingredients: Light Tuna, Water, Vegetable Broth, Salt



#### • 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.



# • 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 Caro-

tene (Vit A), Selenium Pyridoxine (B6), Riboflavin (B2), Thiamine (B1), Chromium, Cyanocobolamin (B12), Folic Acid. Potassium Iodine); Cocoa Powder.

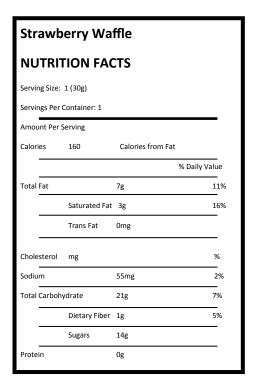
CONTAINS: SOY, MILK, and TREE NUTS. May contain: Peanut, Wheat and Egg

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Rocket	Chocola	te Bar	_
NUTRI	TION FAC	CTS	
Serving Size:	1 Bar (50g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	190	Calories from Fat	50
		9	% Daily Value
Total Fat		5g	8%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		170mg	7%
Total Carboh	ydrate	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.

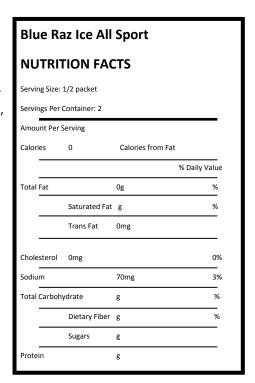
CONTAINS: WHEAT AND SOY. May contain Egg and Milk.



# • 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: PHENYLALNINE** 





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	g)		
Servings Per	Container: 6			
Amount Per S	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 Carboh	ydrate	10g	3%	
	Dietary Fiber	Og	5%	
	Sugars	1g		
Protein		1g		

• 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.

Sunbut	ter		
NUTRI	TION FAC	CTS	
Serving Size:	2 Tbsp (32g)		
Servings Per	Container: 1		
Amount Per S	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 Carboh	ydrate	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	N' Honey Bar	
NUTRI	TION FAC	CTS	
Serving Size:	1 bar (50g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	190	Calories from Fat	50
		% Da	aily Value
Total Fat		5g	8%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		140mg	6%
Total Carboh	ydrate	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 B	eef Jerky	
NUTRI	ΓΙΟΝ FA	стѕ	
Serving Size:	1 package (25	g)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	70	Calories from Fat	10
		% D	aily Value
Total Fat		1g	2%
	Saturated Fa	it Og	%
	Trans Fat	0mg	
Cholesterol	25mg		8%
Sodium		420mg	18%
Total Carboh	ydrate	4g	2%
	Dietary Fiber	r 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.

