Philmont Scout Ranch

2017 Breakfast Trail Food Menu

Breakfast #1	Breakfast #6	
Peppered Beef Jerky	Honey Peppered Beef Stick—GF	
Chocolate Chip Granola Bar—K	Peanut Butter Granola Bar—K	
Peanut Butter and Jelly Bar—K/GF/DF/SF/Vegan	Raisins	
Raisins	Cherry Pie Bar—GF/DF/Vegan	
Animal Crackers—K	French Toast Pieces—K	
Spiced Apple Cider—K	Spiced Apple Cider—K	
Breakfast #2	Breakfast #7	
Honey Peppered Beef Stick—GF	Turkey Jerky	
Instant Oatmeal, Apples and Cinnamon—K	Instant Oatmeal Maple and Brown Sugar—K	
Whole Berry Blast Meal Bar—GF/DF/Vegan	Banana Chips	
Mango Chia Bar—K/GF/SF/DF/Vegan	Peanut Butter Cookie Bar—K/GF/DF/SF/Vegan	
Lemonade Mix—K	Strawberry Pop Tarts	
	Lemonade Mix—K	
Breakfast #3	Breakfast #8	
Teriyaki Beef Jerky	Maple Flavored Turkey Sausage Breakfast Links—GF	
French Vanilla Granola	Brown Sugar Honey Oat Granola or French Vanilla Granola	
Fruit Blend—K	Peanut Butter & Jelly Trail Mix Bar—GF/K	
Butterscotch Oatmeal Bar—K	Fruit Blend—K	
Blueberry Fig Bar—K/DF	Strawberry Fig Bar—K/DF	
Hydration Mix w/ Lemons & Limes—GF/K/DF/Vegan	Cran-Raspberry Acli-Mate	
Breakfast #4	Breakfast #9	
Turkey Deli Bites—GF	Cinnamon Raisin Bagel (Fresh) - K	
Maple and Brown Sugar Bar—K	Honey Peanut Butter—K	
Mixed Berry Bite Bar—GF/K/DF/Vegan	Honey Peppered Turkey Stick—GF	
Cinnamon Pop Tarts	Smores Granola Bar	
Hot Chocolate—K/GF	Hot Chocolate—K/GF	
Breakfast #5	Breakfast #10	
Biscuits and Gravy Honey Pepper Turkey Stick—Gl	Biscuits and Gravy Peanut Butter Crunch Bar	
Oatmeal Raisin Cookie—K Pineapple Chunks	Oats 'n Honey Bar—K Banana Chips	
Apple Granola Bar	Sweet N Hot Beef Jerky	
Kool Aid—Cherry—K	Kool Aid—Cherry—K	

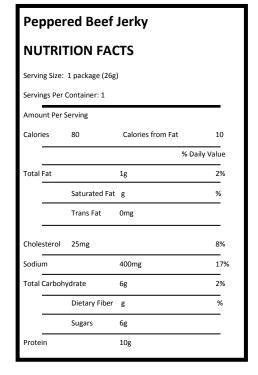
"K" Kosher "GF" Gluten Free "PF" Peanut Free "TNF" Tree Nut Free "DF" Dairy Free

• Peppered Beef Jerky—Jack Link's, (1 package per camper)

Ingredients: Beef, Water, Sugar, Salt, Less than 2% Flavorings, Soy Sauce (Wheat, Soybeans, Salt), Maltodextrin, Yeast Ex-

tract, Hydrolyzed Corn Protein, Citric Acid.

CONTAINS: WHEAT AND SOY



• Chocolate Chip Granola Bar—Quaker/Pepsico, (1 package per camper)

Ingredients: Granola (Whole Grain Rolled Oats, Brown Sugar, Brown Crisp Rice (Whole Grain Brown Rice Flour, Sugar, Salt), Whole Grain Rolled Wheat, Soybean Oil, Dried Coconut, Whole Wheat Flour, Sodium Bicarbonate, Soy Lecithin, Non-fat Dry Milk), Semisweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla Extract), Corn Syrup, Sugar, Brown

Rice Crisp (Whole Grain Brown Rice Flour, Sugar, Salt), Invert Sugar, Corn Syrup Solids, Glycerin, Soybean Oil, Vegetable Oil (Palm Oil, Palm Kernel Oil). Contains 2% or less of: Calcium Carbonate, Sorbitol, Cocoa (Processed with Alkali), Salt, Cocoa Powder, Dried Whey, Nonfat Dry Milk, Water, Lactose, Soy Lecithin, Molasses, Natural and Artificial Flavor, Caramel Color, Vanilla Extract, BHT (preservative), Tocopherols (preservative), Citric Acid.

CONTAINS: COCONUT, MILK, SOY AND WHEAT INGREDIENTS.

May contain traces of peanut and other tree nuts.

Chocolate Chip Granola Bar			
NUTRI	TION FAC	CTS	
Serving Size:	1 bar (42g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	180	Calories from Fat	50
		% [Daily Value
Total Fat		6g	10%
	Saturated Fat	2.5g	14%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		125mg	5%
Total Carboh	ydrate	30g	10%
	Dietary Fiber	2g	7%
-	Sugars	13g	
Protein		2g	

• Peanut Butter and Jelly Larabar—Larabar/Small Planet Foods/General Mills, (1 package per camper)

Ingredients: Dates, Peanuts, Un-sweetened Cherries, Sea Salt.

GLUTEN FREE, DAIRY FREE, SOY FREE, NON-GMO, VEGAN, KOSHER

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

Zoo Animal Crackers—Austin/Kellogg's, (1 package per camper)

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

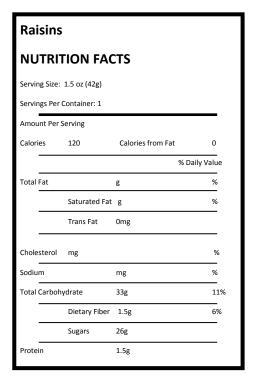
CONTAINS: WHEAT, SOY AND MILK INGREDIENTS

Animal Crackers				
NUTRI	TION FAC	CTS		
Serving Size:	1 pouch			
Servings Per	Container: 1			
Amount Per	Serving			
Calories	120	Calories from Fat	35	
		%	Daily Value	
Total Fat		4g	6%	
	Saturated Fat	1g	5%	
	Trans Fat	0mg		
Cholesterol	0mg		%	
Sodium		135mg	6%	
Total Carboh	ydrate	19g	6%	
	Dietary Fiber	1g	5%	
	Sugars	6g		
Protein		2g		

• Raisins—Bountiful Harvest., (1 package per camper)

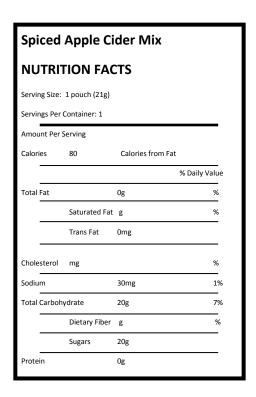
Ingredients: Raisins (Raisins coated with Vegetable Oil).

May contain peanuts, tree nuts, wheat, soy, milk, eggs and stem fragments.



• Spiced Apple Cider Mix—Continental Mills, (1 package per camper)

Ingredients: Sugar, Malic Acid, Maltodextrin, Tricalcium Phosphate (prevents caking), Apple Juice Solids, Caramel Color, Sodium Citrate (controls acidity), Ascorbic Acid, Natural and Artificial Flavors, Spice Extractive.

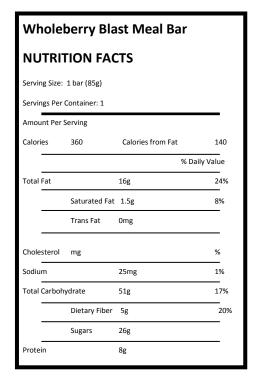


• Wholeberry Blast Meal Bar—Pro Bar, (1 package per camper)

Ingredients: Brown Rice Syrup, Oats, Dates, Sunflower Seeds, Cashew Butter (Cashews, Sunflower Oil), Almond Butter (Almonds), Cashews, Raisins, Flax Seeds, Sesame Seeds, Almonds, Crisp Brown Rice, Dried Cane Syrup, Apple Juice Concentrate, Blueberries, Blueberry Puree, Strawberries, Expeller Pressed Canola Oil, Dried Cane Syrup, Vegetable Glycerin, Dried Pineapple, Dried Papaya, Rice Syrup, Unsweetend Chocolate Oat Flour, Pumpkin Seeds, Molasses, Natural Flavors, Non-Dairy Cocoa Butter, Sunflower Oil, Citric Acid, Salt.

CONTAINS: ALMONDS, CASHEWS.

Natural ingredients may contain pit pieces, nut shells and other organic matter.



• Honey Peppered Beef Sticks—Highland Beef Farms, (1 package per camper)

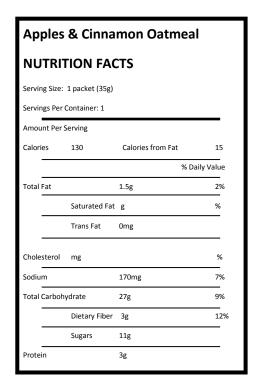
Ingredients: Beef, Honey, Contains 2% or less of: Spices, Corn Syrup Solids, Water, Dextrose, Salt, Natural Flavoring, Lactic Acid Starter Culture, Sodium Erythorbate (Made from Sugar), Sodium Nitrite.

GLUTEN FREE. NO MSG

Honey Peppered Beef Sticks			
NUTRI	TION FAC	CTS	
Serving Size:	2 sticks (28g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	60	Calories from Fat	20
-		% [Daily Value
Total Fat		2g	3%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	20mg		7%
Sodium		200mg	8%
Total Carboh	ydrate	3g	1%
	Dietary Fiber	g	%
	Sugars	2g	
Protein		8g	

• Apple and Cinnamon Instant Oatmeal—Malt O Meal, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Sugar, Dried Apple Pieces (Treated with Sodium Sulfite to promote color retention), Salt, Cinnamon, Calcium Carbonate, Guar Gum, Natural Flavors, Citric Acid, Niacin (Niacinamide), Vitamin A Palmitate, Reduced Iron, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), Folate (Folic Acid).



• Mango Chia Bar, Health Warrior (1 Bar per camper)

Ingredients: White Chia Seeds, Brown Rice Syrup, Organic Cashew Butter, Rolled Oats, Dried Mango, Organic Agave Syrup, Almonds, Organic Brown Rice Crisps (Organic Brown Rice, Organic Brown Rice Syrup, Sea Salt), Arabic Gum, Unsweetened Coconut, Natural Flavors, Sea Salt, Mixed Tocopherols (Natural Vitamin E).

CONTAINS: TREE NUTS (ALMONDS, CASHEWS, COCONUT)

Good Manufacturing practices are used to segregate ingredients in a facility that process other products, which may contain peanuts, tree nuts, wheat (gluten), milk, soy and/or eggs.

SOY FREE, DAIRY FREE, GLUTEN FREE, 100% VEGAN

Mango Chia Bar				
NUTRITION FACTS				
Serving Size:	1 Bar (25g)			
Servings Per	Container: 1			
Amount Per	Serving			
Calories	100	Calories from Fat	45	
		% Da	aily Value	
Total Fat		5g	8%	
	Saturated Fat	1g	5%	
	Trans Fat	0mg		
Cholesterol	0mg		0%	
Sodium		45mg	2%	
Total Carboh	ydrate	14g	5%	
	Dietary Fiber	4g	16%	
	Sugars	5g		
Protein		3g		

Country Time Lemonade On-The-Go—KraftHeinz, (1 package per camper)

Ingredients: Sugar, Citric Acid (Provides Tartness), Contains 2% or Less of: Ascorbic Acid (Vitamin C), Natural Flavor, Soy Lecithin, Sodium Citrate (Controls Acidity), Magnesium Oxide (Prevents Caking), Sucralose (Sweetener), Calcium Fumarate, Artificial Color, Yellow 5 Lake, Tocopherol (Preserves Freshness).

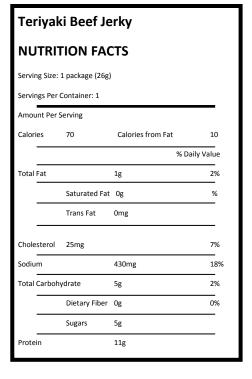
CONTAINS: SOY

Lemon	ade		
NUTRI	TION FAC	CTS	
Serving Size:	1/2 packet (10	g)	
Servings Per	Container: 2		
Amount Per	Serving		
Calories	35	Calories from Fat	
			% Daily Valu
Total Fat		g	%
	Saturated Fat	: g	%
	Trans Fat	0mg	
Cholesterol	0mg		09
Sodium		10mg	09
Total Carboh	ydrate	9g	39
	Dietary Fiber	g	%
	Sugars	9g	
Protein		g	

• Teriyaki Beef Jerky—Jack Link's, (1 package per camper)

Ingredients: Beef, Water, Sugar, Less than 2% Soy Sauce ((Soybeans, Salt, Wheat), Salt), Maltodextrin), Flavorings, Salt, Yeast Extract, Citric Acid.

CONTAINS: WHEAT AND SOY



• Butterscotch Oatmeal Bar—General Mills, (1 package per camper)

Ingredients: Whole Grain Oats, Whole Wheat Flour, Sugar, Corn Syrup, Canola Oil, Caramel Flavored Chips (Sugar, Palm

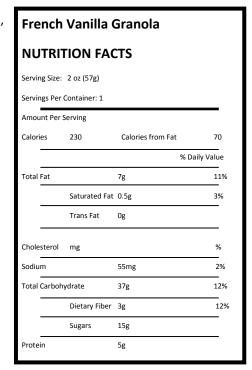
Kernel and Palm Oils, Reduced Minerals Whey, Soy Lecithin, Color Added, Nonfat Dry Milk, Salt, Natural Flavor), Vegetable Glycerin, Contains 2% or Less of: Enzyme Modified Butter, Molasses, Semisweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Milkfat, Soy Lecithin, Artificial Flavor), Baking Soda, Salt, Natural Artificial Flavor, Egg White, Oil of Rosemary, Color Added.

CONTAINS: WHEAT, MILK, SOY AND EGG INGREDIENTS.

Butterscotch Oatmeal Bar			
NUTRI	TION FAC	CTS	
Serving Size:	1 bar (35g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	150	Calories from Fat	45
		%	Daily Value
Total Fat		5g	7%
	Saturated Fat	1g	6%
	Trans Fat	Og	
Cholesterol	0mg		0%
Sodium		110mg	4%
Total Carboh	ydrate	24g	8%
	Dietary Fiber	2g	8%
	Sugars	8g	
Protein		2g	

• French Vanilla Granola—Katadyn North America Foods, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Sugar, Rice Crisps, Honey, Canola Oil, Sea Salt, Vanilla & Mixed Tocopherols (Vitamin E).

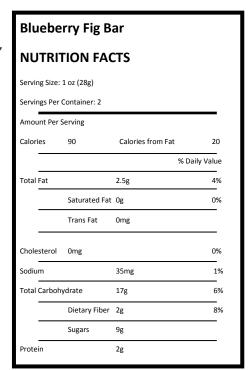


Blueberry Fig Bar—Nature's Bakery, (1 package per camper)

Ingredients: Stone Ground Whole Wheat Flour, Fig Paste, Cane Sugar Syrup, Brown Rice Syrup, Canola Oil, Blueberry Paste

(Organic Dried Cane Syrup, Naturally Milled Sugar, Rice Starch, Blueberries, Apple Powder, Glycerin, Natural Flavors, Pectin, Citric Acid, Locust Bean Gum, Red Cabbage Extract for color), Rolled Oats, Caramel Color (Ammonia-Free), Oat Fiber, Citrus Fiber, Baking Soda, Citric Acid, Natural Flavor, Sea Salt.

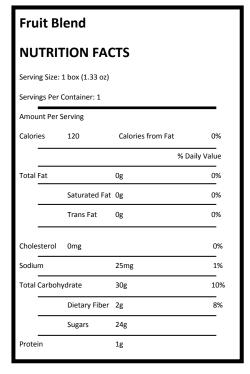
CONTAINS: WHEAT.



Mountain Quest Blend—True Fruit Snacks, Prize Brand, Cal-Tropic Producers, Inc. (1 package per camper)

Ingredients: Dried Pineapple, Raisins, Golden Raisins, Dried Cranberries, Dried Apples, Sugar, Citric Acid, Sulfur Dioxide for Color Retention.

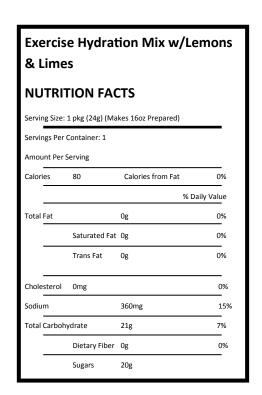
May contain occasional pit or stem fragment. Peanut Free



Exercise Hydration Mix with Lemons & Limes, Skratch Labs LLC, (1 package per camper)

Ingredients: Cane Sugar, Dextrose, Sodium Citrate, Citric Acid, Oranges, Magnesium Lactate, Calcium Citrate, Lemon Juice Powder, Lime Juice Powder, Potassium Citrate, Ascorbic Acid (Vitamin C)

Non-GMO, Gluten Free, Dairy Free, Vegan, Kosher, Delicious



• Honey Pepper Turkey Deli Bites—Highland Beef Farms., (1 package shared between 2 campers)

Ingredients: Turkey, Mechanically Separated Turkey, Honey, Contains 2% Or Less Of: Salt, Corn Syrup Solids, Spices, Dextrose, Lactic Acid Starter Culture, Carrageenan, Sodium Erythorbate (Made From Sugar), Garlic Powder, Sodium Nitrite, In Collagen Casing.

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GLUTEN FREE

Turkey Deli Bites NUTRITION FACTS Serving Size: 6 pieces (30g) Servings Per Container: 4 Amount Per Serving Calories from Fat % Daily Value Total Fat 4.5g 7% Saturated Fat 1.5g 8% Trans Fat 0mg Cholesterol 7% 20mg Sodium 290mg 12% Total Carbohydrate 2g 1% 0g 0% Sugars Protein

Frosted Cinnamon Pop Tarts—Kellogg's, (1 package per camper)

Ingredients: Whole Wheat Flour, Sugar, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Corn Syrup, Dextrose, Soybean and Palm Oil (With TBHQ For Freshness), Cracker Meal, Polydextrose, Glycerin, Contains 2% Or Less Of Maltodextrin, Molasses, Calcium Carbonate, Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Wheat Starch, Cinnamon, Sodium Stearoyl Lactylate, Datem, Gelatin, Carmel Color, Xanthan Gum, Vitamin A Palmitate, Niacinamide, Reduced Iron, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Soy Lecithin.

CONTAINS: WHEAT AND SOY INGREDIENTS

Cinnamon Pop Tarts NUTRITION FACTS Serving Size: 1 package (100g) Servings Per Container: 1 Amount Per Serving Calories 370 Calories from Fat 50 % Daily Value Total Fat 8% 5g Saturated Fat 2g 10% Cholesterol 0% 380mg Sodium 16% Total Carbohydrate 25% 22% Dietary Fiber 6g Sugars 31g Protein 5g

• Mixed Berry Bite Bar—Pro Bar, (1 package per camper)

Ingredients: Tapioca Syrup, Rolled Oats, Cashew Butter (Cashews, Sunflower Oil), Crisp Brown Rice, Brown Rice Protein, Cashews, Sunflower Seeds, Agave Fiber (Inulin), Whole Grain Brown Rice Flour, Dried Cane Syrup, Blueberries, Flax Seeds, Chia Seeds, Glycerin, Expeller Pressed Canola Oil, Apple Juice Concentrate, Cranberries, Natural Strawberry Flavor, Rice Syrup, Natural Blackberry Flavor, Oat Flour, Salt, Molasses, Citric Acid, Rosemary Extract.

CONTAINS: CASHEWS. Organic.

Mixed Berry Bite Bar				
NUTRITION FACTS				
Serving Size:	1 bar (46g)			
Servings Per	Container: 1			
Amount Per	Serving			
Calories	190	Calories from Fat	60	
		%	6 Daily Value	
Total Fat		7g	11%	
	Saturated Fat	1g	5%	
	Trans Fat	0mg		
Cholesterol	0mg		0%	
Sodium		45mg	2%	
Total Carboh	ydrate	28g	9%	
	Dietary Fiber	3g	12%	
	Sugars	11g		
Protein		6g	8%	

• Chewy Maple Brown Sugar Granola Bar—Quaker, (1 package per camper)

Ingredients: Granola (Whole Grain Rolled Oats, Brown Sugar, Brown Rice Crisp (Whole Grain Brown Rice, Sugar, Malted Barley Flour, Salt), Whole Grain Rolled Wheat, Soybean Oil, Whole Wheat Flour, Maltodextrin, Sodium Bicarbonate, Soy Lecithin, Caramel Color, Nonfat Dry Milk), Corn Syrup, Brown Rice Crisp (Whole Grain Brown Rice, Sugar, Malted Barley Flour, Salt), Corn Syrup Solids, Confectionary Chips (Sugar, Palm Kernel Oil, Non-Fat Dry Milk, Palm Oil, Artificial Color, Soy Lecithin), Glycerin, Invert Sugar, Sorbitol, Soybean Oil, Calcium Carbonate, Sugar, Fructose, Salt, Natural and Artificial Color, Cinnamon, Soy Lecithin, Molasses, BHT (preservative), Citric Acid, Water.

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

Maple Brown Sugar Bar			
NUTRI	TION FAC	CTS	
Serving Size:	1 bar (36g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	140	Calories from Fat	25
		% D	aily Value
Total Fat		2.5g	4%
	Saturated Fat	1g	4%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		120mg	5%
Total Carboh	ydrate	28g	9%
	Dietary Fiber	1g	6%
	Sugars	9g	
Protein		2g	

• Swiss Miss Hot Cocoa Mix— Con Agra Foods, (1 package per camper)

Ingredients: Sugar, Corn Syrup, Modified Whey, Cocoa (Processed with Alkali), Hydrogenated Coconut Oil, Nonfat Milk, Calcium Carbonate, Less than 2% of: Salt, Dipotassium Phosphate, Mono and Diglycerides, Carrageenan, Acesulfame Potassium, Sucralose, Artificial Flavor.

CONTAINS: MILK. GLUTEN FREE

Swiss Miss Hot Cocoa			
NUTRI	TION FAC	CTS	
Serving Size:	1 Envelope (21	g)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	90	Calories from Fat	20
			% Daily Value
Total Fat		2g	3%
	Saturated Fat	2g	10
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		150mg	6%
Total Carboh	ydrate	16g	5%
	Dietary Fiber	<1g	2%
	Sugars	8g	
Protein		1g	

• Biscuits and Gravy—Mountain House, (1 package shared between 2 campers)

Ingredients: **Buttermilk Biscuits:** Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Shortening (Palm Oil, Mono and Diglycerides, Polysorbate 60, Citric Acid), Buttermilk Solids, Sugar, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Calcium Sulfate, Monocalcium Phosphate), Salt. **Pork Patty Crumbles:** Pork Sausage (Pork, Salt, Spice, Sugar), Textured Vegetable Protein (Soy Flour, Salt). **Gravy Mix:** Modified Corn Starch, Palm Oil, Buttermilk Powder, Nonfat Dry Milk, Corn Syrup Solids, Spice, Sugar, Yeast Extract, Salt, Sodium Caseinate, Disodium Inosinate and Guanylate, Dipotassium Phosphate.

CONTAINS: MILK, SOY, WHEAT

Calories 310 Calories from Fat 130 % Daily Value Total Fat 22% Saturated Fat 6g 30% Trans Fat Cholesterol 10mg 3% Sodium 900mg 38% Total Carbohydrate 12% 8% Dietary Fiber 2g Sugars 6g Protein 8g

Biscuits and Gravy

NUTRITION FACTS

Serving Size: 1 cup (65g) dry mix

Servings Per Container: about 2

Amount Per Serving

Oatmeal Raisin Breakfast Cookies—Quaker/Pepsico, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Raisins, Whole Wheat Flour, Invert Sugar, Brown Sugar, Corn Syrup, Vegetable Shortening (Canola Oil, Palm Oil, Palm Kernel Oil), Modified Wheat Starch, Polydextrose, Water, Glycerin, Dried Apple Puree. Contains 2% or less of Calcium Carbonate, Mono and Diglycerides, Egg Whites, Sugar, Sodium Bicarbonate, Dried Whole Eggs, Salt, Modified Food Starch, Corn Flour, Sodium Alginate, Malic Acid, Vitamin E Acetate, Reduced Iron, Vitamin A Palmitate, Niacinamide, Tricalcium Phosphate, Potassium Sorbate (a preservative), Sodium Phosphate, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Cyanocobalamin.

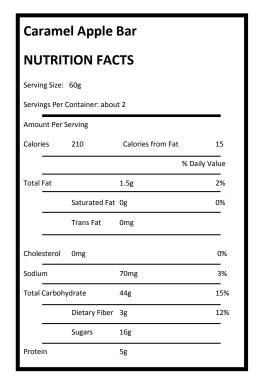
CONTAINS WHEAT AND EGG INGREDIENTS. May contain traces of tree nuts.

ast Cook	ie	
TION FAC	CTS	
1 cookie (48g)		
Container: 1		
Serving		
170	Calories from Fat	40
	%	Daily Value
	4.5g	7%
Saturated Fat	1g	6%
Trans Fat	0mg	
5mg		1%
	190mg	8%
ydrate	33g	11%
Dietary Fiber	5g	19%
Sugars	15g	
	3g	
	1 cookie (48g) Container: 1 Serving 170 Saturated Fat Trans Fat 5mg ydrate Dietary Fiber	Container: 1 Serving 170 Calories from Fat 4.5g Saturated Fat 1g Trans Fat 0mg 5mg 190mg ydrate 33g Dietary Fiber 5g Sugars 15g

• Caramel Apple Granola Bar—InHarvest Inc., (1 package per camper)

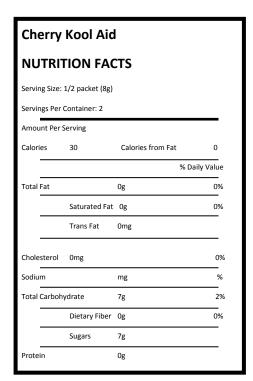
Ingredients: Whole Grain Rolled Oats, Brown Rice Syrup, Brown Crisp Rice (Whole Grain Brown Rice Flour, Calcium Carbonate), Honey, Dried Apple, White Quinoa, Red Quinoa, Caramel Extract, Apple Extract, Coconut Oil, Sea Salt.

Produced and packaged in a facility that uses peanuts and tree nuts.



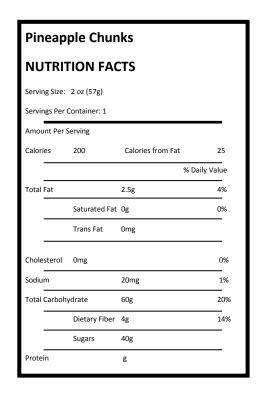
• Cherry Kool Aid Singles—KraftHeinz, (1 package per camper)

Ingredients: Sugar, Fructose, Citric Acid (Provides Tartness), Contains Less than 2% of Artificial Flavor, Ascorbic Acid (Vit C), Vitamin E Acetate, Calcium Phosphate (Prevents Caking), Acesulfame Potassium and Sucralose (Sweeteners), Artificial Color, Red 40.



• Pineapple Chunks—Katadyn North American Foods, (1 package per camper)

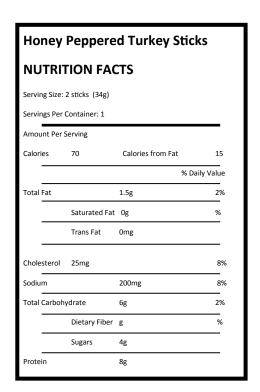
Ingredients: Pineapple, Sugar, Citric Acid, Sulfur Dioxide.



Honey Peppered Turkey Sticks—Highland Beef Farms, (1 package per camper)

Ingredients: Turkey, Honey, Contains 2% or less of: Corn Syrup Solids, Spices, Salt, Dextrose, Lactic Acid Starter Culture, Carrageenan, Sodium Erythorbate (Made from Sugar), Garlic Powder, Sodium Nitrite.

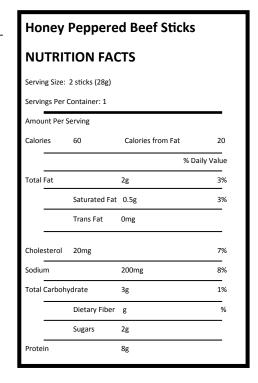
GLUTEN FREE. NO MSG



• Honey Peppered Beef Sticks—Highland Beef Farms, (1 package per camper)

Ingredients: Beef, Honey, Contains 2% or less of: Spices, Corn Syrup Solids, Water, Dextrose, Salt, Natural Flavoring, Lactic Acid Starter Culture, Sodium Erythorbate (Made from Sugar), Sodium Nitrite.

GLUTEN FREE. NO MSG

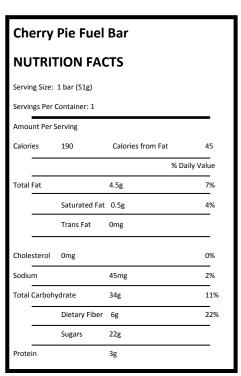


• Cherry Pie Fuel Bar—ProBar, (1 package per camper)

Ingredients: Date Paste, Cashews, Dried Cranberries Sweetened with Apple Juice Concentrate (Cranberries, Apple Juice Concentrate, Sunflower Oil), Dried Cherries, Chia Seeds, Sea Salt, Natural Cherry Flavor.

CONTAINS: CASHEWS

Natural Ingredients may contain pit pieces, nutshells, and other organic matter.



Crunch Mania French Toast—Kellogg's, (1 package per camper)

Ingredients: Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vit B1), Riboflavin (Vit B2), Folic Acid), Sugar, Soybean and Palm Oil, Molasses, Contains 2% or less of: Calcium Carbonate, Salt, Dextrose, Baking Soda, Cinnamon, Soy Lecithin, Natural and Artificial Flavors (Contains Milk), Vitamin A Palmitate, BHT for Freshness, Niacinamide Pyridoxine Hydrochloride (Vitamin B6), Thiamin Hydrochloride (Vitamin B1), Riboflavin (Vitamin B2).

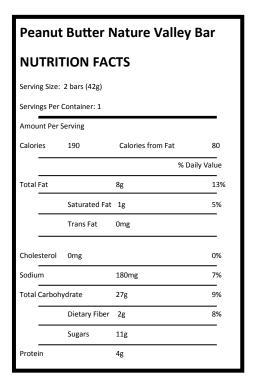
CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS.

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

 Nature Valley Crunchy Peanut Butter Granola Bar—General Mills, (1 package per camper)

Ingredients: Whole Grain Oats, Sugar, Canola Oil, Peanut Butter (Peanuts, Salt), Rice Flour, Brown Sugar Syrup, Salt, Soy Lecithin, Baking Soda.

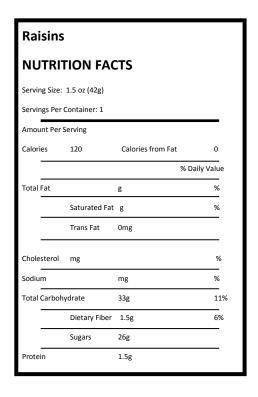
CONTAINS: PEANUT, SOY; MAY CONTAIN ALMOND AND PECAN INGREDIENTS.



• Raisins—Bountiful Harvest, (1 package per camper)

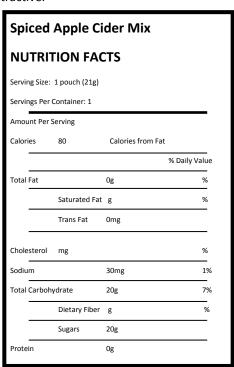
Ingredients: Raisins (Raisins coated with Vegetable Oil).

May contain peanuts, tree nuts, wheat, soy, milk, eggs and stem fragments.



• Spiced Apple Cider Mix—Continental Mills, (1 package per camper)

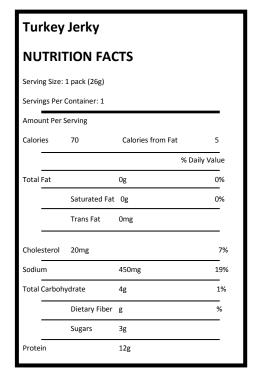
Ingredients: Sugar, Malic Acid, Maltodextrin, Tricalcium Phosphate (prevents caking), Apple Juice Solids, Caramel Color, Sodium Citrate (controls acidity), Ascorbic Acid, Natural and Artificial Flavors, Spice Extractive.



• Turkey Jerky—Jack Link's, (1 package per camper)

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

CONTAINS: WHEAT AND SOY



• Maple and Brown Sugar Instant Oatmeal—Malt O Meal, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Sugar, Salt, Natural Flavors, Calcium Carbonate, Guar Gum, Caramel Color, Niacin (Niacinamide), Vitamin A Palmitate, Reduced Iron, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), Folate (Folic Acid).

Maple and Brown Sugar Oatmeal NUTRITION FACTS			
Servings Per	Container: 1		
Amount Per	Serving		
Calories	160	Calories from Fat	20
		% D	aily Value
Total Fat		2g	3%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		240mg	109
Total Carboh	ydrate	33g	119
	Dietary Fiber	3g	129
	Sugars	13g	
Protein		4g	

• Frosted Strawberry Pop Tarts—Kellogg's, (1 package per camper)

Ingredients: Whole Wheat Flour, Sugar, Corn Syrup, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Dextrose, Soybean and Palm Oil (With TBHQ for freshness), Cracker Meal, Polydextrose, Glycerin, Fructose, Contains 2% or less of: Wheat Starch, Calcium Carbonate, Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Dried Strawberries, Dried Pears, Dried Apples, Sodium Stearoyl Lactylate, Citric Acid), Milled Corn, Datem, Gelatin, Soybean Oil, Modified corn Starch, Modified Wheat Starch, Soy Lecithin, Caramel Color, Xanthan Gum, Strawberry Juice Concentrate, Natural and Artificial Flavor, Vitamin A Palmitate, Red 40, Niacinamide, Reduced Iron, Color Added, Turmeric Extract for Color, Yellow 6, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Blue 1.

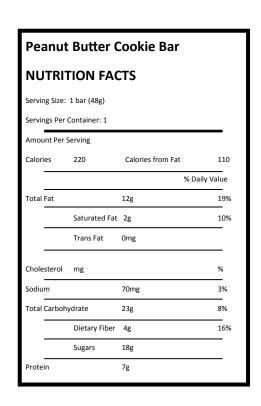
CONTAINS: WHEAT AND SOY INGREDIENTS

Strawb	erry Pop	Tarts	
NUTRI	TION FAC	CTS	
Serving Size:	1 package (100	g)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	360	Calories from Fat	40
			% Daily Value
Total Fat		4.5g	7%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		360mg	15%
Total Carboh	ydrate	75g	25%
	Dietary Fiber	6g	23%
	Sugars	30g	
Protein		4g	

• Peanut Butter Cookie Bar—Larabar/Small Planet Foods, (1 package per camper)

Ingredients: Dates, Peanuts, Sea Salt

GLUTEN FREE, DAIRY FREE, SOY FREE, VEGAN, KOSHER



• Banana Chips—Katadyn North American Foods, (1 package per camper)

Ingredients: Bananas, Coconut Oil, Sugar, Natural Banana Flavor.

Banana	Banana Chips		
NUTRITION FACTS			
Serving Size:	2 oz (57g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	300	Calories from Fat	175
-		% Da	aily Value
Total Fat		19g	29%
	Saturated Fat	17g	85%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		mg	0%
Total Carboh	ydrate	33g	11%
	Dietary Fiber	5g	20%
	Sugars	20g	
Protein		1g	

• Country Time Lemonade On-The-Go—KraftHeinz, (1 package per camper)

Ingredients: Sugar, Citric Acid (Provides Tartness), Contains 2% or Less of: Ascorbic Acid (Vitamin C), Natural Flavor, Soy Lecithin, Sodium Citrate (Controls Acidity), Magnesium Oxide (Prevents Caking), Sucralose (Sweetener), Calcium Fumarate, Artificial Color, Yellow 5 Lake, Tocopherol (Preserves Freshness).

CONTAINS: SOY

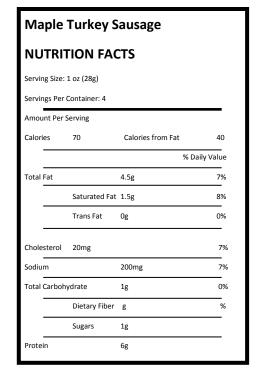
Lemon	Lemonade			
NUTRI	TION FA	CTS		
Serving Size:	1/2 packet (1	0g)		
Servings Per	Container: 2			
Amount Per	Serving			
Calories	35	Calories from Fat		
			% Daily Value	
Total Fat		g	%	
	Saturated Fa	at g	%	
	Trans Fat	0mg		
Cholesterol	0mg		0%	
Sodium		10mg	0%	
Total Carboh	ydrate	9g	3%	
	Dietary Fibe	r g	%	
	Sugars	9g		
Protein		g		

• Maple Flavored Turkey Sausage Breakfast Links—Highland Beef Farms, (1 package shared between 2 campers)

Ingredients: Turkey, mechanically separated Turkey, Maple And Brown sugar, Contains 2% Or Less of: Salt, Lactic Acid

Starter Culture, Spices, Sugar, Soybean Oil, Silicon Dioxide, Sodium Nitrite.

GLUTEN FREE. NO MSG



• Mountain Quest Blend—True Fruit Snacks, Prize Brand, Cal-Tropic Producers, Inc. (1 package per camper)

Ingredients: Dried Pineapple, Raisins, Golden Raisins, Dried Cranberries, Dried Apples, Sugar, Citric Acid, Sulfur Dioxide for Color Retention.

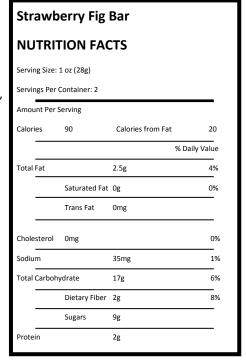
May contain occasional pit or stem fragment. Peanut Free

Fruit B	lend		
NUTRITION FACTS			
Serving Size:	1 box (1.33 oz)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	120	Calories from Fat	0%
			% Daily Value
Total Fat		Og	0%
	Saturated Fat	Og	0%
	Trans Fat	0g	0%
Cholesterol	0mg		0%
Sodium		25mg	1%
Total Carboh	ydrate	30g	10%
	Dietary Fiber	2g	8%
	Sugars	24g	
Protein		1g	

• Fig Bar—Strawberry, Twin Pack, Nature's Bakery, (1 package per camper)

Ingredients: Stone Ground Whole Wheat Flour, Fig Paste, Cane Sugar Syrup, Brown Rice Syrup, Canola Oil, Strawberry Paste (Naturally Milled Sugar, Organic Dried Cane Syrup, Strawberry Puree, Rice Starch, Apple Powder, Natural Flavors, Glycerin, Citric Acid, Pectin, Locust Bean Gum, Red Cabbage Extract for color) Rolled Oats, Caramel Color (Ammonia-Free), Oat Fiber, Citrus Fiber, Baking Soda, Citric Acid, Natural Flavor, Sea Salt.

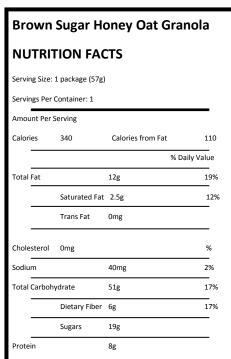
CONTAINS: WHEAT.



• Brown Sugar Honey Oat Granola—Katadyn North American Foods, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Brown Sugar, Crisp Rice, Expeller Pressed Canola Oil, Pure Honey, Unsulphered Molasses, Sea Salt, Pure Vanilla Extract and Vitamin E.

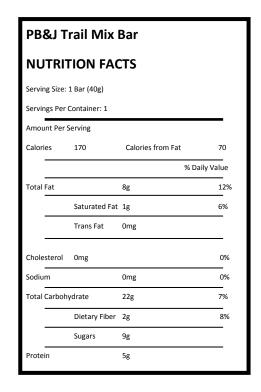
CONTAINS: WHEAT



• Peanut Butter & Jelly Trail Mix Bar—, En R G Foods, (1 package per camper)

Ingredients: Organic Peanuts, Organic Tapioca Syrup, Cranberries (apple juice infused), Strawberries, Organic Honey, Natural Flavor.

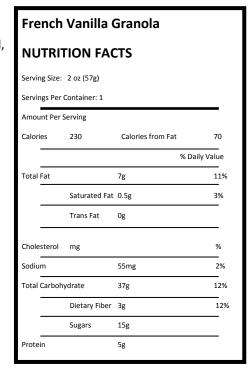
CONTAINS: PEANUTS. Made in a facility that also processes Milk, Eggs, Tree Nuts, Wheat and Soy.



• French Vanilla Granola—Katadyn North America Foods, (1 package per camper)

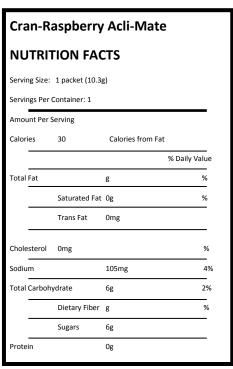
Could be used as a substitute for Brown Sugar Honey Oat Granola

Ingredients: Whole Grain Rolled Oats, Sugar, Rice Crisps, Honey, Canola Oil, Sea Salt, Vanilla & Mixed Tocopherols (Vitamin E).



• Cran-Raspberry Mountain Sport Drink Altitude-Energy-Hydration—Acli-Mate, (1 package per camper)

Ingredients: Organic Cane Sugar, Citric Acid, Silicon Dioxide (Anti-Caking), Natural Raspberry Flavoring, Natural Cranberry Raspberry Flavoring, Vegetable Juice Color, Stevia Leaf Extract, Lo Han Fruit Extract.

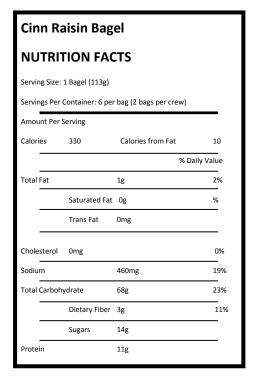


• Cinnamon Raisin Swirl Thaw 'N' Serve Bagel—Sara Lee Bakery, (1 Bagel per Camper)

Ingredients: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Raisins, Contains 2% or less of each of the following: Salt, Yeast, Cinnamon, Wheat Gluten, Rice Flour, Calcium Propionate and Sodium Metabisulfite (Preservatives), Caramel Color, Dough Conditioners (May Contain One or More of the Following: Mono– and Diglycerides, Ascorbic Acid, Enzymes, Potassium Iodate), Monocalcium Phosphate, Corn Starch,

Partially Hydrogenated Vegetable Oil (Soybean and Cottonseed Oils), Soy Lecithin, Soy Flour.

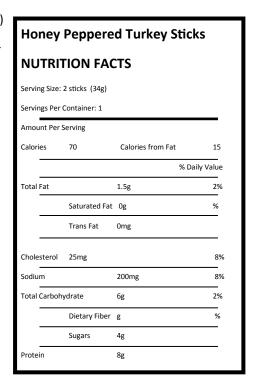
CONTAINS: WHEAT AND SOY



• Honey Peppered Turkey Sticks—Highland Beef Farms, (1 package per camper)

Ingredients: Turkey, Honey, Contains 2% or less of: Corn Syrup Solids, Spices, Salt, Dextrose, Lactic Acid Starter Culture, Carrageenan, Sodium Erythorbate (Made from Sugar), Garlic Powder, Sodium Nitrite.

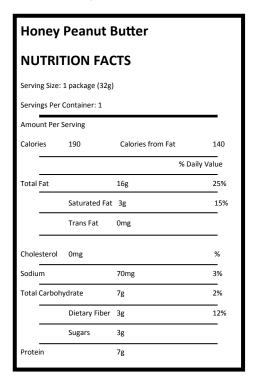
GLUTEN FREE. NO MSG



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

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

CONTAINS: PEANUTS, TRACE AMOUNTS OF TREE NUTS AND SOY DUE TO PROCESSING ON SHARED EQUIPMENT.



• Smores Granola Bar—Quaker/Pepsico, (1 package per camper)

Ingredients: Granola (Whole Grain Rolled Oats, Brown Sugar, Brown Rice Crisp (Whole Grain Brown Rice Flour, Sugar, Salt), Whole Grain Rolled Wheat, Soybean Oil, Whole Wheat Flour, Sodium Bicarbonate, Soy Lecithin, Nonfat Dry Milk), Corn Syrup, Semisweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla Extract), Brown Rice Crisp (Whole Grain Brown Rice Flour, Sugar, Salt), Sugar, Graham Cookie Pieces (Whole Wheat Flour, Sugar, Palm Oil, Honey, Natural Flavor, Salt, Hexametaphosphate, Blue 1), Corn Syrup Solids, Invert Sugar, Glycerin. Contains 2% or less of Soybean Oil, Calcium Carbonate, Sorbitol, Salt, Water, Coconut Paste, Molasses, Soy Lecithin, Natural and Artificial Flavor, Caramel Color, BHT (Preservative), Tocopherols (Preservative), Citric Acid.

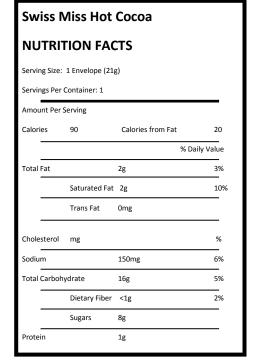
CONTAINS: COCONUT, MILK, SOY AND WHEAT INGREDIENTS. May contain traces of peanut and other tree nuts.

Smores Granola Bar			
NUTRI	TION FAC	CTS	
Serving Size:	1 package (24g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	100	Calories from Fat	20
		%	Daily Value
Total Fat		2g	3%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		75mg	3%
Total Carbohydrate	ydrate	19g	6%
	Dietary Fiber	<1g	4%
	Sugars	8g	
Protein		1g	

• Swiss Miss Hot Cocoa Mix— Con Agra Foods, (1 package per camper)

Ingredients: Sugar, Corn Syrup, Modified Whey, Cocoa (Processed with Alkali), Hydrogenated Coconut Oil, Nonfat Milk, Calcium Carbonate, Less than 2% of: Salt, Dipotassium Phosphate, Mono and Diglycerides, Carrageenan, Acesulfame Potassium, Sucralose, Artificial Flavor.

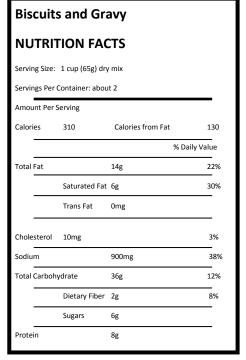
CONTAINS: MILK. GLUTEN FREE



• Biscuits and Gravy—Mountain House, (1 package shared between 2 campers)

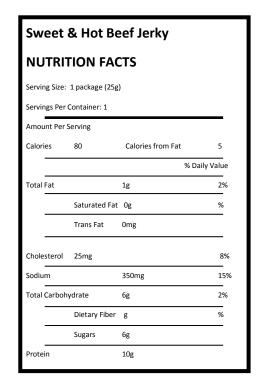
Ingredients: **Buttermilk Biscuits:** Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Shortening (Palm Oil, Mono and Diglycerides, Polysorbate 60, Citric Acid), Buttermilk Solids, Sugar, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Calcium Sulfate, Monocalcium Phosphate), Salt. **Pork Patty Crumbles:** Pork Sausage (Pork, Salt, Spice, Sugar), Textured Vegetable Protein (Soy Flour, Salt). **Gravy Mix:** Modified Corn Starch, Palm Oil, Buttermilk Powder, Nonfat Dry Milk, Corn Syrup Solids, Spice, Sugar, Yeast Extract, Salt, Sodium Caseinate, Disodium Inosinate and Guanylate, Dipotassium Phosphate.

CONTAINS: MILK, SOY, WHEAT



• Sweet & Hot Beef Jerky—Jack Link's, (1 package per camper)

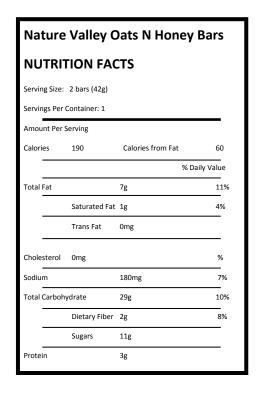
Ingredients: Beef, Water, Sugar, Less than 2% of Salt, Flavorings, Yeast Extract, Citric Acid.



• Nature Valley Oats 'n Honey Granola Bars—General Mills, (1 package per camper)

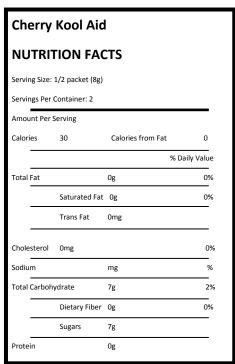
Ingredients: Whole Grain Oats, Sugar, Canola Oil, Rice Flour, Honey, Salt, Brown Sugar Syrup, Baking Soda, Soy Lecithin, Natural Flavor.

CONTAINS: SOY; MAY CONTAIN PEANUT, ALMOND AND PECAN INGREDIENTS.



• Cherry Kool Aid Singles—KraftHeinz, (1 package per camper)

Ingredients: Sugar, Fructose, Citric Acid (Provides Tartness), Contains Less than 2% of Artificial Flavor, Ascorbic Acid (Vit C), Vitamin E Acetate, Calcium Phosphate (Prevents Caking), Acesulfame Potassium and Sucralose (Sweeteners), Artificial Color, Red 40.

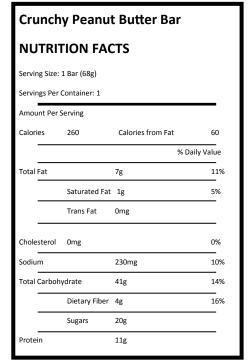


• Crunchy Peanut Butter Bar—Clif Bar, (1 package per camper)

Ingredients: Organic Brown Rice Syrup, Organic Rolled Oats, Organic Cane Syrup, Soy Protein Isolate, Organic Peanut Butter, Peanut Flour, Rice Flour, Peanuts, Organic Soy Flour, Organic Oat Fiber, Organic Roasted Soybeans, Organic Date Paste, Natural Flavors, Sea Salt, Barley Malt Extract. **Vitamins and Minerals:** Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), DL-Alpha Tocopheryl Acetate (Vit E), Beta Carotene (Vit A), Niacinamide (Vit B3), Ergocalciferol (Vit D2), Thiamin Mononitrate (Vit B1), Pyridoxine Hydrochloride (Vit B6), Riboflavin (Vit B2), Cyanocobalamin (Vit B12),

ALLERGEN STATEMENT: CONTAINS SOY AND PEANUTS.

May Contain traces of wheat and tree nuts. We source ingredients that are not genetically engineered.



Banana Chips—Katadyn North American Foods, (1 package per camper)

Ingredients: Bananas, Coconut Oil, Sugar, Natural Banana Flavor.

