Philmont Scout Ranch

2017 Dinner Trail Food Menu

Dinner #1	Dinner #6
Beef Stroganoff	Four Cheese Mashed Potatoes—GF
Pretzel Pieces	Chicken
Nut and Chocolate Trail Mix—K	Dried Vegetable Mix
Teddy Grahams	Cream of Chicken Soup Mix
	Cajun Trail Mix—K
	Shortbread Cookies
Dinner #2	Dinner #7
Santa Fe Style Rice with Chicken	Chicken and Rice
Honey Mustard and Onion Bread Pieces	Hot Buffalo Wings Bread Pieces
Honey Roasted Peanuts—K	Salted Peanuts—K
Marshmallow Squares—GF	Marshmallow Squares—GF
Dinner #3	Dinner #8
Jambalaya	Spaghetti with Meat Sauce
Hickory Fatty Meat Stick—GF	Pepperoni Pizza Crackers
Tropical Fruit and Nut Trail Mix—K	Oreos—K
Shortbread Cookies—K	
Dinner #4	Dinner #9
Fettuccini Primavera	Southwestern Style Rice with Beef and Beans
Original Gorp	Honey Roasted Cashews—K
Oreos—K	Soft Batch Cookies—K
Dinner #5	Dinner #10
Chicken Fried Rice	Chicken
Cheddar Cheese Pretzels	Stuffing Mix
Chips Ahoy—K	Dried Cranberries
	Chips Ahoy—K

"K" Kosher

"GF" Gluten Free

"PF" Peanut Free

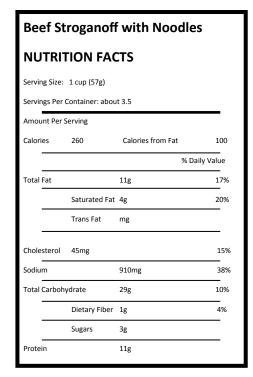
"TNF" Tree Nut Free

"DF" Dairy Free

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

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

CONTAINS: MILK, SOY, WHEAT, EGG



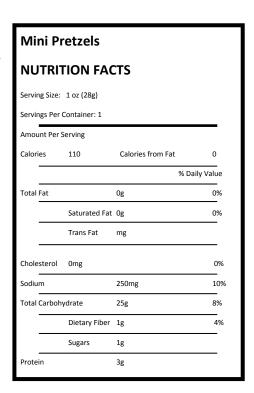
• Mini Pretzels—KNA Foods, (1 package per camper)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt,

Malt, Dextrose, Canola Oil, Yeast, Soda.

CONTAINS: WHEAT.

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



• Nuts and Chocolate Trail Mix—KraftHeinz, (1 package per camper)

Ingredients: Peanuts, Raisins, M&Ms (Milk Chocolate (Sugar, Chocolate, Skim Milk, Cocoa Butter, Lactose, Milkfat, Soy Lecithin, Salt, Artificial Flavors), Sugar, Corn Starch, Less than 1% - Corn Syrup, Dextrin, Coloring (Includes Blue 1 Lake, Yellow 6, Red 40, Yellow 5, Blue 1, Red 40 Lake, Blue 2 Lake, Yellow 6 Lake, Yellow 5 Lake, Blue 2), Gum Acacia), Almonds, Peanut Oil, Sea Salt, High Oleic Sunflower Oil.

CONTAINS: PEANUT, MILK, SOY, ALMOND

Manufactured on equipment that processes other tree nuts.

NUT AND CHOCOLATE TRAIL MIX			
NUTRITION FACTS			
Serving Size:	3 Tbsp		
Servings Per	Container: 2		
Amount Per	Serving		
Calories	130	Calories from Fat	70
			% Daily Value
Total Fat		8g	12%
	Saturated Fat	1.5g	8%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium		30mg	1%
Total Carboh	ydrate	12g	4%
	Dietary Fiber	2g	8%
	Sugars	9g	
Protein		4g	

• Teddy Grahams - Mondelez, (1 package per camper)

Ingredients: Graham Flour (Whole Grain Wheat Flour), Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Soybean And/Or Canola Oil, Dextrose, Calcium Carbonate (Source of Calcium), Baking Soda, Maltodextrin, Salt, Cinnamon, Soy Lecithin, Natural Flavor.

CONTAINS: Wheat, Soy

Teddy	Grahams	5	
NUTRI	TION FAC	CTS	
Serving Size:	1 Pack (28g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	120	Calories from Fat	35
			% Daily Value
Total Fat		4g	6%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium		90mg	4%
Total Carboh	ydrate	21g	7%
	Dietary Fiber	1g	4%
	Sugars	7g	
Protein		2g	

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

Ingredients: Sauce (Black Beans, Tomato, Chicken Breast (Cooked, Diced and Freeze Dried), Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto), Onion, Sweet Corn, Non-Fat Milk, Potato Starch, Maltodextrin, Salt, Green Chili Pepper, Sugar, Torula Yeast, New Mexico Chili Pepper, Garlic, Savory Soup Base (Maltodextrin, Salt, Autolyzed Yeast Extract, Yeast

Extract, Onion Powder, Silicon Dioxide, Turmeric Extract (color), Sunflower Oil), Dextrose (from corn), Cumin Seed, Gluten-Free Tamari Sauce (Tamari Sauce (Soybeans, Salt), Maltodextrin, Salt), Oregano, Cayenne Pepper), Precooked Parboiled Long Grain Brown Rice.

CONTAINS: MILK, SOY

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

SANTA	SANTA FE STYLE RICE WITH CHICKEN			
NUTRIT	NUTRITION FACTS			
Serving Size:	1/2 Package			
Servings Per (Container: 2			
Amount Per S	Serving			
Calories	360	Calories from I	Fat	45
			% Daily Va	alue
Total Fat		5g		8%
	Saturated Fat	2g		11%
	Trans Fat	0mg		
Cholesterol	30 mg			9%
Sodium		980 mg		41%
Total Carbohy	/drate	59g		20%
	Dietary Fiber	21g		83%
	Sugars	1	L6g	
Protein		22g		

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

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

CONTAINS: MILK, SOY, WHEAT

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

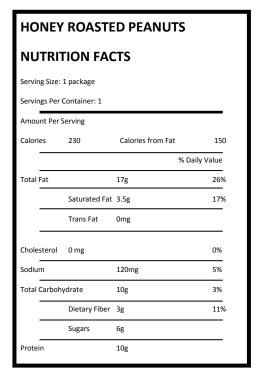
HONEY MUSTARD BREAD PIECES NUTRITION FACTS Serving Size: 1 OZ (28g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat 60 % Daily Value Total Fat 7g 11% Saturated Fat 3g 15% Trans Fat Cholesterol 0% Sodium 240mg 10% Total Carbohydrate 6% 19g Dietary Fiber 3% Sugars 3g 2g

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

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

CONTAINS: PEANUT INGREDIENTS

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



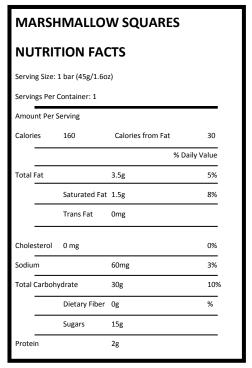
Whole Grain Crispy Squares (Marshmallow Squares) - Super Bakery (1 package per camper)

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

Vitamin A Palmitate), Crystalline Fructose, Water, Contains 2% or less of each of the following: Glycerin, Gelatin, Organic Dried Cane Syrup, Corn Syrup Solids, Salt, Soybean Oil, Propylene Glycol, Soy Lecithin, Monoglycerides, Artificial Flavors, Capric/Caprylic Triglycerides, Baking Soda, Citric Acid Preservative, Ascorbic Acid Preservative.

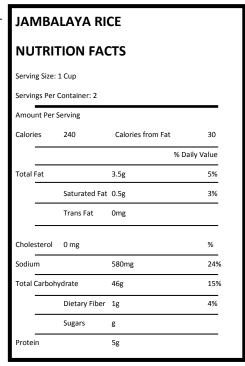
CONTAINS: MILK AND SOYBEANS

Gluten Free, Contains No High Fructose Corn Syrup



• Jambalaya Heat & Serve Rice —Zatarain's/McCormick (1 package shared between 2 campers)

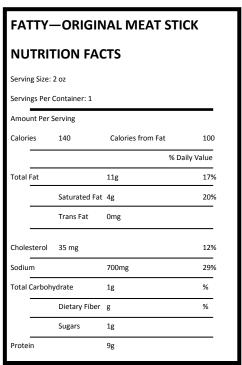
Ingredients: Cooked Enriched Long Grain Rice (Water, Rice, Iron, Niacin, Thiamine Mononitrate, Folic Acid), Green and Red Bell Peppers, Soybean Oil, Modified Potato Starch, Sea Salt, Yeast Extract, Spices (Including Paprika (For Color), Chili Pepper, Oregano, Bay Leaves), Salt, Garlic, Autolyzed Yeast Extract, Pork Stock, Natural Flavor, Lard, Carmel Color.



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

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

GLUTEN FREE, NO MSG, NO NITRATE OR NITRITE ADDED



• Tropical Fruit and Nut Trail Mix—KraftHeinz, (1 package per camper)

Ingredients: Peanuts, Raisins, Sugar, Dried Bananas, Cashews, Vegetable Oil (Coconut, Palm, Palm Kernel, Peanut, High Oleic Sunflower, and Sunflower Oil), Dried Pineapple, Contains 2% or less of: Skim Milk, Whey Powder, Sea Salt, Cultured Milk, Citric Acid, Natural and Artificial Flavor, Artificial Color, Soy Lecithin, Lactic Acid, Gum Arabic, Lac Resin, Corn Syrup, Sulfur Dioxide

(Sulfites) Added to Preserve Color.

CONTAINS: PEANUT, CASHEW, MILK, SOY

Manufactured on equipment that processes other tree nuts, Wheat.

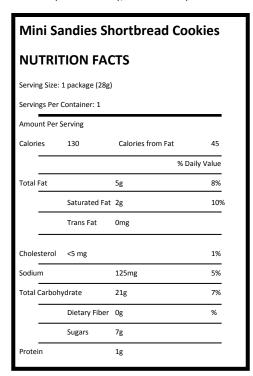
FRUIT AND NUT TRAIL MIX					
NUTRITION FACTS					
Serving Size:	3 Tbsp (27g)				
Servings Per	Container: 2				
Amount Per	Serving				
Calories	140	Calories from Fat	80		
		9	6 Daily Value		
Total Fat		9g	14%		
	Saturated Fat	2.5g	13%		
	Trans Fat	0mg			
Cholesterol	0 mg		%		
Sodium		30mg	1%		
Total Carboh	ydrate	13g	4%		
	Dietary Fiber	1g	5%		
	Sugars	8g			
Protein		4g			

Mini Sandies — Keebler/Kellogg's (1 package per camper) - K

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin

B2), Folic Acid), Sugar, Soybean and Palm Oil, Cornstarch, Butter (Cream, Salt), Contains 2% or less of: Whey, Salt, Natural Flavor, Soy Lecithin, Baking Soda, Datem, Distilled Monoglycerides.

CONTAINS: WHEAT, MILK AND SOY INGREDIENTS



• Fettuccini Primavera—KNA Foods, (1 package shared between 2 campers)

Ingredients: Instant Pasta (Durum Semolina (Enriched with Niacin), Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, and Folic Acid), Corn Starch, Parmesan Cheese Powder (Partially Skim Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Whole Milk Powder, Instant Non-Fat Milk Powder, Sour Cream Powder (Cream Solids, Cultured Nonfat Milk, Citric Acid), Butter Flavor (Whey Solids, Enzyme-Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto, and Turmeric), Tomato

Flakes, Mixed Red and Green Bell Pepper, Freeze-Dried Broccoli, Brewers Yeast (Dried Yeast, Niacin, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin), Parsley Flakes, Black Pepper, Nutmeg, Rosemary.

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

Fettuco	ine Prim	avera	
NUTRI	TION FAC	CTS	
Serving Size:	7 oz (198g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	780	Calories from Fat	140
		9	% Daily Value
Total Fat		16g	25%
	Saturated Fat	9g	45%
	Trans Fat	0mg	
Cholesterol	45mg		15%
Sodium		1200mg	50%
Total Carboh	ydrate	156g	52%
	Dietary Fiber	6g	24%
	Sugars	13g	
Protein		33g	

• Original Gorp—KNA Foods, (1 package per camper)

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

CONTAINS: MILK, SOY, PEANUTS.

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

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

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

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

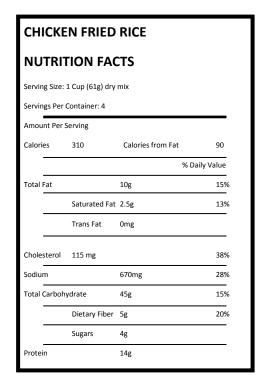
CONTAINS: WHEAT, SOY

OREO (COOKIES	—4 PACK		
NUTRITION FACTS				
Serving Size:	1 Pack (45g)			
Servings Per	Container: 1			
Amount Per	Serving			
Calories	210	Calories from Fat	80	
		%	Daily Value	
Total Fat		9g	14%	
	Saturated Fat	2.5g	13%	
	Trans Fat	0mg		
Cholesterol	0 mg		%	
Sodium		180mg	8%	
Total Carboh	ydrate	33g	11%	
	Dietary Fiber	<1g	3%	
	Sugars	18g		
Protein		2g		

Chicken Fried Rice with Vegetables — Mountain House. (1 package shared between 2 campers)

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

CONTAINS: MILK, SOY, WHEAT, EGG



• Cheddar Cheese Pretzel—Combo Baked Snacks, Mars Inc., (1 package per camper)

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

CONTAINS: WHEAT, SOY, MILK

Cheddar Cheese Pretzel NUTRITION FACTS				
Servings Per	Container: 1			
Amount Per	Serving			
Calories	240	Calories from Fat	80	
		% D	aily Value	
Total Fat		9g	149	
	Saturated Fat	5g	259	
	Trans Fat	0mg		
Cholesterol	0mg		0%	
Sodium		540mg	239	
Total Carboh	ydrate	35g	129	
	Dietary Fiber	1g	3%	
	Sugars	7g		
Protein		4g		

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

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

CONTAINS: MILK, SOY, WHEAT

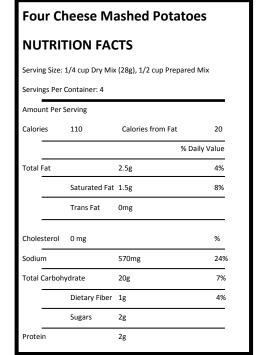
CHIPS AHOY! NUTRITION FACTS				
Servings Per	Container: 1			
Amount Per	Serving			
Calories	200	Calories from Fat	90	
		9	6 Daily Value	
Total Fat		10g	15%	
	Saturated Fat	3g	15%	
	Trans Fat	0mg		
Cholesterol	0 mg		%	
Sodium		125mg	5%	
Total Carboh	ydrate	27g	9%	
	Dietary Fiber	g	%	
	Sugars	13g		
Protein		2g		

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

Ingredients: Idaho Potatoes, Four Cheese Blend (Cheddar Cheese Blend (Whey, Maltodextrin, Reduced Lactose Whey, Canola Oil, Cheddar and Blue Cheese (Cultured Milk, Salt, Enzymes), Salt, Disodium Phosphate, Whey Protein Concentrate, Citric Acid, Lactic Acid, Artificial Color (Including FD&C Yellow #6 and #5), Romano and Parmesan Cheeses (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate)), Vegetable Oil (Contains One or More of the Following: Coconut, Palm, Soybean, Cottonseed, Sunflower, Canola), Salt, Corn Syrup Solids, Sugar, Whey Powder, Nonfat Dry Milk, Natural and Artificial Flavor (Milk, Soy), Maltodextrin, Mono and Di-Glycerides, Calcium Stearoyl Lactylate, Spice, Artificial Coloring (Including FD&C Yellow #6 and #5), Sodium Acid Pyrophosphate (Preserve Freshness), Sodium Bisulfite (Preserve Freshness), Citric Acid (Preserve Freshness), Sodi-

um Caseinate, Dipotassium Phosphate, disodium Inosinate, Disodium Guanylate, Mixed Tocopherols (Preserve Freshness), and less than 2% Silicon Dioxide Added as an Anti-Caking Agent.

CONTAINS: MILK AND SOY. Gluten Free



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

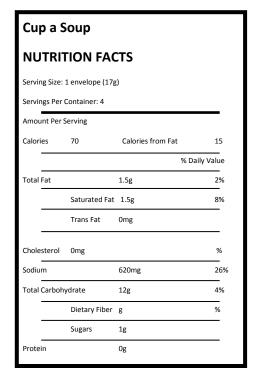
Ingredients: Chicken Breast (Chicken Breast, Water, Modified Food Starch, Salt, Sodium Phosphates.

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

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

Ingredients: Maltodextrin, Modified Potato Starch, Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate (Milk), Mono and Diglycerides, Disodium Phosphate, Silicon Dioxide), Salt, Sugar, Autolyzed Yeast Extract, Guar Gum, High Oleic Sunflower Oil, Onion Powder, Hydrolyzed Soy Protein, Chicken Broth, Turmeric and Paprika Oleoresin (for Color), Parsley, Natural Flavors (Milk), Chicken Fat, Spices, Caramel Color.

May contain Wheat and Sulfites.



• Lorna Doone Shortbread Cookie Crisps—Mondelez, (1 package per camper)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vit B1), Riboflavin (Vit B2), Folic Acid), Sugar, Palm and/or Canola Oil, Corn Flour, Dextrose, Salt, Baking Soda, Soy Lecithin, Cornstarch, Artificial Flavor, Natural Flavor.

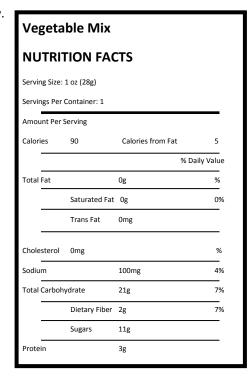
CONTAINS: WHEAT AND SOY INGREDIENTS

Lorna Doone Cookies					
	NUTRITION FACTS				
Serving Size:					
Servings Per					
Amount Per	Serving				
Calories	100	Calories from Fat	30		
		9	6 Daily Value		
Total Fat		3g	5%		
	Saturated Fat	1.5g	8%		
	Trans Fat	0mg			
Cholesterol	0mg		%		
Sodium		120mg	5%		
Total Carboh	ydrate	16g	5%		
	Dietary Fiber	g	%		
	Sugars	6g			
Protein		1g			

• Vegetable Mix—KNA Foods, (1 package shared between 2 campers)

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

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



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

Ingredients: Peanuts, Corn, Vegetable Oil (Soybean, Peanut Corn and Canola Oil), Yellow Corn Masa Flour, Unbleached Wheat Flour, Sesame Seeds, Bulgur Wheat, Contains 2% or less of: Salt, Sea Salt, Dextrose, Dried Chili Peppers, Maltodextrin, Spices, Dried Onion, Corn Flour, Vegetable Color (Turmeric Extract, Beet Powder, Oleoresin Paprika, Paprika Extract), Dried Garlic, Potato Flour, Monosodium Glutamate (Flavor Enhancer), Dried Tomato, Torula Yeast, Dried Green Bell Peppers, Potato Maltodextrin, Dried Corn Syrup, Cocoa Pressed with Alkali, Sugar, Sodium Diacetate (for Tartness), Natural and Artificial Flavor, Spice Extractives, Modified Cornstarch, Malic Acid, Lactic Acid, Disodium Phosphate, Sodium Citrate (Controls Acidity), Citric Acid, Malted Barley Flour, Disodium Inosinate and Disodium Guanylate (Flavor Enhancer), Mustard Flour, Vinegar, Natural and Artificial Flavor, Artificial Color (Red 40 Lake).

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

Cajun 1	rail Mix			
NUTRITION FACTS				
Serving Size:	1/4 cup (28g)			
Servings Per	Container: 2			
Amount Per S	Serving			
Calories	150	Calories from Fat	90	
		9	6 Daily Value	
Total Fat		11g	17%	
	Saturated Fat	1.5g	8%	
	Trans Fat	0mg		
Cholesterol	0mg		%	
Sodium		250mg	10%	
Total Carboh	ydrate	11g	4%	
	Dietary Fiber	2g	8%	
	Sugars	1g		

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

Ingredients: Instant White Rice, Cooked Chicken Powder, (Cooked Chicken and Natural Flavor, (Extract of Rosemary), Cooked Freeze-Diced Chicken, Potato Starch, Freeze-Dried Peas, Chicken Flavored Broth (Maltodextrin, Salt, Torula Yeast, Dehydrated Vegetables (Onion, Celery, Parsley, Spinach, Garlic, Carrot), Potato Flour, Xanthan Gum, Spices, Extractives of Spice

(including Turmeric and Paprika), Soy Lecithin, Not more than 2% Soybean Oil added as a processing aid), Low Sodium Sea Salt (Sea Salt, Potassium Chloride), Onion Granules, Parsley Flakes, Garlic Granules, White Pepper, Rosemary, Sage.

CONTAINS: SOY

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

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

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Palm Oil, Water, Maltodextrin, Salt, Dried Cayenne Pepper Sauce (Cayenne Peppers, Vinegar, Salt, Garlic), Sodium Diacetate, Modified Corn Starch, Monosodium Glutamate, Yeast, Vinegar, Paprika Extract, Citric Acid, Garlic Powder, Caramel Color, Disodium Inosinate and Guanylate, Lactic Acid, Soda.

CONTAINS: WHEAT

Produced in a facility that handles peanut butter.

CHICKEN AND RICE				
NUTRITION FACTS				
Serving Size:	7 oz (198g)			
Servings Per	Container: 1			
Amount Per	Serving			
Calories	740	Calories from Fat	120	
		%	Daily Value	
Total Fat		13g	20%	
	Saturated Fat	4g	20%	
	Trans Fat	0mg		
Cholesterol	65 mg		22%	
Sodium		950mg	40%	
Total Carboh	ydrate	129g	43%	
	Dietary Fiber	3g	12%	
	Sugars	2g		
Protein		35g		

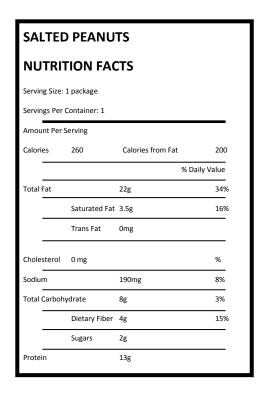
HOT BUFFALO WINGS BREAD PIECE				
NUTRITION FACTS				
Serving Size:	1 oz (28g)			
Servings Per	Container: 1			
Amount Per	Serving			
Calories	140	Calories from Fat	60	
		9	% Daily Value	
Total Fat		7g	11%	
	Saturated Fat	3g	15%	
	Trans Fat	0mg		
Cholesterol	0 mg		%	
Sodium		380mg	16%	
Total Carboh	ydrate	17g	6%	
	Dietary Fiber	1g	3%	
	Sugars	Og		
Protein		2g		

• Salted Peanuts—Frito Lay (1 package per camper)

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

CONTAINS: A PEANUT INGREDIENT

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



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

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

CONTAINS: MILK AND SOYBEANS

Gluten Free, Contains No High Fructose Corn Syrup

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

• Spaghetti with Meat Sauce—Mountain House, (1 package shared between 2 campers)

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

CONTAINS: MILK, SOY, WHEAT

SPAGHETTI WITH MEAT SAUCE **NUTRITION FACTS** Serving Size: 1 Cup (54g) Dry Mix Servings Per Container: 3.5 Amount Per Serving 230 Calories from Fat % Daily Value Total Fat 5g 10% Saturated Fat 2g Trans Fat 0mg Cholesterol 20 mg Sodium 600mg 25% Total Carbohydrate 11% 33g Dietary Fiber 3g 12% Sugars

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

Ingredients: Wheat Flour, Vegetable Oil (Palm Kernel, Palm Oil, Corn Oil, and/or Hydrogenated Palm Oil), Whey, Maltodextrin, Food Starch-Modified, Salt, Less than 1.5% - Tomato, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Bakers

and Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Cream, Soy Lecithin, Spice, Yeast Extract, Citric Acid, Natural and Artificial Flavors, Onion, Caramel Color, Skim Milk, Garlic, Paprika, Beef Fat, Coloring (Red 40 Lake, Yellow 6 Lake), Malic Acid, Sugar, Disodium Inosinate, Disodium Guanylate, Propionic Acid, Hydrolyzed Soy Protein, Paprika Extract (Color).

CONTAINS: WHEAT, MILK, SOY

PEPPERONI PIZZA COMBOS NUTRITION FACTS				
Servings Per	Container: 1			
Amount Per	Serving			
Calories	240	Calories from Fat	100	
		% D:	aily Value	
Total Fat		11g	17%	
	Saturated Fat	5g	25%	
	Trans Fat	0mg		
Cholesterol	0 mg		%	
Sodium		510mg	21%	
Total Carbohydrate		30g	10%	
	Dietary Fiber	1g	4%	
	Sugars	6g		
Protein		4g		

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

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

CONTAINS: WHEAT, SOY

OREO COOKIES—4 PACK NUTRITION FACTS				
Servings Per	Container: 1			
Amount Per	Serving			
Calories	210	Calories from Fat	80	
-		% [Daily Value	
Total Fat		9g	14%	
	Saturated Fat	2.5g	13%	
	Trans Fat	0mg		
Cholesterol	0 mg		%	
Sodium		180mg	8%	
Total Carboh	ydrate	33g	11%	
	Dietary Fiber	<1g	3%	
	Sugars	18g		
Protein		2g		

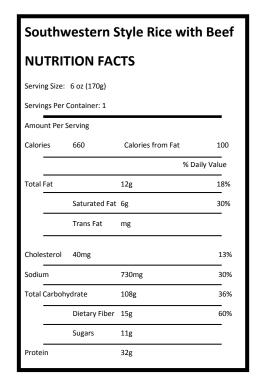
• Southwestern Style Rice with Beef—KNA Foods, (1 package shared between 2 campers)

Ingredients: Instant White Rice, Pinto Bean Flakes, Sharp Cheddar Cheese Powder (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate, Annatto Extract), Parmesan Cheese Powder (Partially Skim Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Chopped Onion, Tomato Flakes, Freeze Dried Cooked Beef, Salt, Tomato Powder (Tomato), Corn Meal,

Minced Green Onion, Chili Powder (Chili Pepper, Cumin, Salt, Oregano, Garlic), Jalapeno Pepper Powder, Garlic Granules, Cumin, Oregano, Basil.

CONTAINS: MILK

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



• Honey Roasted Cashews—KraftHeinz, (1 package per camper)

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

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

Honey Roasted Cashews NUTRITION FACTS				
Servings Per	Container: 1			
Amount Per	Serving			
Calories	220	Calories from Fat	140	
		% Da	aily Value	
Total Fat		17g	269	
	Saturated Fat	3g	159	
	Trans Fat	mg		
Cholesterol	mg		%	
Sodium		115mg	5%	
Total Carboh	ydrate	15g	5%	
	Dietary Fiber	1g	4%	
	Sugars	5g		
Protein		7g		

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

Ingredients: Bleached and Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), High Fructose Corn Syrup, Soybean and Palm Oil, Sugar, Chocolate Flavored Chips (Sugar, Partially Hydrogenated Palm Kernel Oil, Cocoa, Cocoa Pressed with Alkali, Dextrose, Soy Lecithin), Semi-Sweet Chocolate (Sugar, Chocolate, Cocoa Butter, Dextrose, Soy Lecithin, Natural and Artificial Flavor, Salt), Contains 2% or less of: Modified Corn Starch, Natural Flavor (Contains Milk), Leavening (Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Soy Lecithin, Salt, Cornstarch, Car-

amel Color, Yellow 6, Eggs).

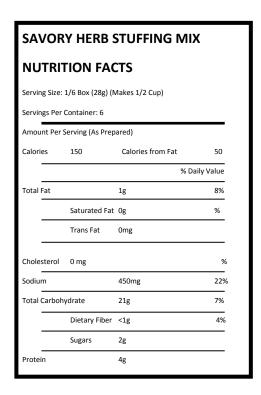
CONTAINS: WHEAT, SOY, MILK AND EGG INGREDIENTS. May contain Peanuts and Tree Nuts.

- 5	osphate), soy Lecithin, sait, cornstarch				
Soft Batch Cookies					
NUTRITION FACTS					
Serving Size:	4 cookies (64g))			
Servings Per	Container: 1				
Amount Per	Serving				
Calories	300	Calories from Fat	13		
			% Daily Value		
Total Fat		14g	22		
	Saturated Fat	6g	30		
	Trans Fat	mg			
Cholesterol	mg		%		
Sodium		230mg	10		
Total Carboh	ydrate	42g	14		
	Dietary Fiber	1g	49		
	Sugars	23g			
Protein		2g			

Stove Top Savory Herbs Stuffing Mix—KraftHeinz(1 pouch shared between 2 campers)

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

CONTAINS: WHEAT, SOY



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

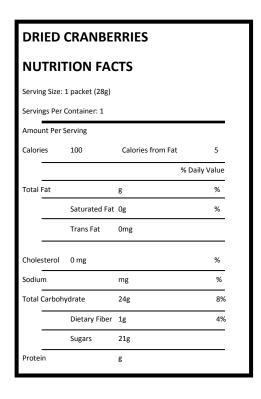
Ingredients: Chicken Breast (Chicken Breast, Water, Modified Food Starch, Salt, Sodium Phosphates.

СНІСКЕ	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	Og	%		
	Trans Fat	0mg			
Cholesterol	30 mg		10%		
Sodium		180mg	8%		
Total Carboh	ydrate	1g	%		
	Dietary Fiber	g	%		
	Sugars	g			
Protein		13g			

• **Dried Cranberries—Sugar Foods,** (1 package shared between 2 campers)

Ingredients: Cranberries, Sugar, Sunflower Oil

Packaged in a facility that also packages tree nuts.



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

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

CONTAINS: MILK, SOY WHEAT

