# **Philmont Scout Ranch**

# **2017 Lunch Trail Food Menu**

| Lunch #1                             | Lunch #6                             |
|--------------------------------------|--------------------------------------|
| Rice Crackers—K/GF                   | Club Crackers—K                      |
| Hummus Cup                           | Hummus Cup                           |
| Peanut Butter N Honey Bar—K          | Pepperoni Stick                      |
| Chicken Strip                        | Berry Banana Buzz Bar—K              |
| Riptide Rush Gatorade –K             | Nutter Butters—K                     |
|                                      | Riptide Rush Gatorade—K              |
| Lunch #2                             | Lunch #7                             |
| Plain Bagel (Fresh) - K              | Rice Crackers—K/GF                   |
| Honey Peanut Butter—K                | Chicken                              |
| Pepperoni Stick                      | Mountain Mix Bar—K                   |
| Blueberry Buzz Bar—K                 | Sunflower Seed Trail Mix—K, Nut Free |
| Sunflower Seed Trail Mix—K, Nut Free | Peanut Butter Cookie—K               |
| All Sport Orange—K                   | All Sport Orange—K                   |
| Lunch #3                             | Lunch #8                             |
| Club Crackers—K                      | Plain Bagel (Fresh) - K              |
| Original Cheese Wedges               | Pepper-Jack Cheese Wedges            |
| Jalapeno Beef and Cheese Combo       | Spam Singles—GF                      |
| Orange Energy Chews—GF/DF            | Strawberry Waffle—K                  |
| Corn Nuts—K                          | Ranch Corn Nuts —K                   |
| Lemon Lime Gatorade—K                | Lemon Lime Gatorade—K                |
| Lunch #4                             | Lunch #9                             |
| Saltines Crackers—K                  | Ritz Crackers—K                      |
| Smoked Ham                           | Tuna—K/GF                            |
| Oatmeal Raisin Cookie—K              | Pink Lemonade Energy Chews—GF/DF     |
| Caramel Waffle—K                     | Sunflower Seeds—K, Nut Free          |
| Sunflower Seeds —K, Nut Free         | Fruit and Nut Trail Mix—K            |
| All Sport– Blue Raz Ice—K            | All Sport—Blue Raz Ice—K             |
| Lunch #5                             | Lunch #10                            |
| Ritz Crackers - K                    | Saltines Crackers—K                  |
| Tuna—K/GF                            | Sunflower Seed Spread—K/PF/TNF/GF/DF |
| Orange Bolt Energy Chews - GF/DF     | Rocket Chocolate Bar—K               |
| Nut and Chocolate Trail Mix—K        | Turkey N Swiss Combo—GF              |
| Fruit Punch Gatorade—K               | Fruit Punch Gatorade—K               |
|                                      |                                      |

"K" Kosher

"GF" Gluten Free

"PF" Peanut Free

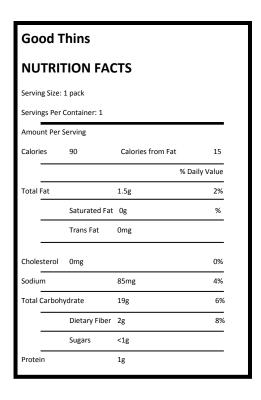
"TNF" Tree Nut Free

"DF" Dairy Free

• Good Thins, Mondelez, (1 package per camper)

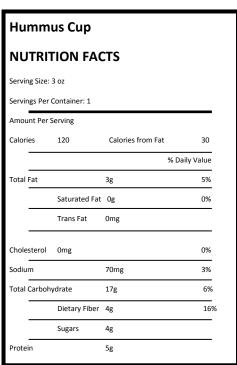
Ingredients: Whole Grain Brown Rice Flour, Whole Grain Brown Rice, Potato Starch, Corn Flour, Inulin (from Chicory Root), High Oleic Safflower Oil, Maltodextrin, Sugar, Sea Salt, Black Pepper, High Oleic Sunflower Oil, Citric Acid, Natural Flavor.

Manufactured on Equipment that processes SOY, SESAME SEED, TREE NUTS



• Red Pepper Hummus, National Food Group (1 package per camper)

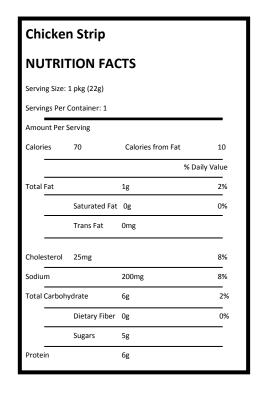
Ingredients: Garbanzo Beans, Water, Roasted Red Bell Peppers, Pear Juice Concentrate, contains 2% or less of the following: Olive Oil, Lemon Juice Concentrate, Lemon Juice, Citric Acid, Salt, Spices, Garlic.



### • Original Chicken Strip—Jack Link's, (1 package per camper)

Ingredients: Chicken, Sugar, Apple Sauce (Water, Apples), Flavorings, Contains 2% or less of Glycerin, Oat Flour, Chicken Broth, Brown Sugar, Salt, Potassium Chloride, Fructose, Yeast Extract, Orange Juice Powder, Citric Acid, Water

### **CONTAINS:**



# Peanut Butter N' Honey Energy Bar—EN R G Foods, (1 package per camper)

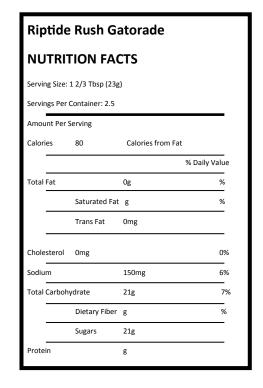
Ingredients: Honey Stinger (Honey, Sea Salt, Water); Peanuts; Crisped Rice (Sugar, Salt, Malt); Coating (Sugar, Vegetable Oil (Fractionated Palm Kernel Oil), Cocoa Powder, Whole Milk, Natural Flavor, Soya Lecithin (an emulsifier), Salt); Rolled Whole Oats; Vitamins & Minerals (Dicalcium Phosphate, Magnesium 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          |            |
|---------------|---------------|-------------------|------------|
| 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   | 0mg           |                   | 0%         |
| Sodium        |               | 140mg             | 6%         |
| Total Carboh  | ydrate        | 27g               | 9%         |
|               | Dietary Fiber | 2g                | 8%         |
|               | Sugars        | 17g               |            |
| Protein       |               | 5g                |            |

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

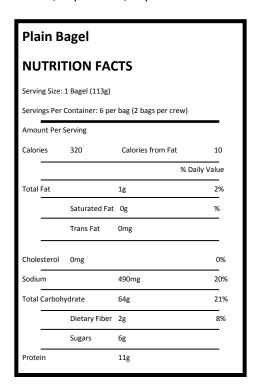
Ingredients: Sugar, Dextrose, Citric Acid, Natural Flavor, Salt, Sodium Citrate, Monopotassium Phosphate, Calcium Silicate, Gum Arabic, Ascorbic Acid (to promote color retention), Red 40, Blue 1



• Plain 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, Contains 2% or less of each of the following: Salt, Yeast, Wheat Gluten, Rice Flour, Calcium Propionate and Sodium Metabisulfite (Preservatives), Dough Conditioners (May Contain One or More of the Following: Mono– and Diglycerides, Ascorbic Acid, Enzymes, Potassium Iodate), Monocalcium Phosphate, Corn Starch, Soy Lecithin, Soy Flour.

**CONTAINS: WHEAT AND SOY** 



• 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.

| Honey         | Peanut E        | Butter            |               |
|---------------|-----------------|-------------------|---------------|
| NUTRI         | TION FAC        | CTS               |               |
| Serving Size: | 1 package (32g) |                   |               |
| Servings Per  | Container: 1    |                   |               |
| Amount Per    | Serving         |                   |               |
| Calories      | 190             | Calories from Fat | 140           |
|               |                 |                   | % Daily Value |
| Total Fat     |                 | 16g               | 25%           |
|               | Saturated Fat   | 3g                | 15%           |
|               | Trans Fat       | 0mg               |               |
| Cholesterol   | 0mg             |                   | %             |
| Sodium        |                 | 70mg              | 3%            |
| Total Carboh  | ydrate          | 7g                | 2%            |
|               | Dietary Fiber   | 3g                | 12%           |
|               | Sugars          | 3g                |               |
| Protein       |                 | 7g                |               |

• Pepperoni Stick—Country Meats, (1 package per camper)

Ingredients: Pork, Salt, Dextrose, Water, Spices, Natural Smoke Flavorings, Lactic Acid Starter Culture, Garlic Powder, Sodium Erythorbate, Spice Extractives and Sodium Nitrate in Collagen Casing.

| Pepperoni Sticks |               |                   |               |  |
|------------------|---------------|-------------------|---------------|--|
| NUTRITION FACTS  |               |                   |               |  |
| Serving Size:    | 1 oz (28g)    |                   |               |  |
| Servings Per     | Container: 1  |                   |               |  |
| Amount Per       | Serving       |                   |               |  |
| Calories         | 70            | Calories from Fat | 50            |  |
|                  |               | 9                 | % Daily Value |  |
| Total Fat        |               | 5g                | 8%            |  |
|                  | Saturated Fat | 2g                | 9%            |  |
|                  | Trans Fat     | 0mg               |               |  |
| Cholesterol      | 20mg          |                   | 6%            |  |
| Sodium           |               | 320mg             | 13%           |  |
| Total Carboh     | ydrate        | Og                | 0%            |  |
|                  | Dietary Fiber | 0g                | 0%            |  |
|                  | Sugars        | 0g                |               |  |
| Protein          |               | 5g                |               |  |

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

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), 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), Rolled Oats, Natural Flavor.

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

| Blueberry Buzz Bar |               |                   |               |  |
|--------------------|---------------|-------------------|---------------|--|
| NUTRITION FACTS    |               |                   |               |  |
| Serving Size:      | 1 bar (50g)   |                   |               |  |
| Servings Per       | Container: 1  |                   |               |  |
| Amount Per         | Serving       |                   |               |  |
| Calories           | 170           | Calories from Fat | 30            |  |
|                    |               |                   | % Daily Value |  |
| Total Fat          |               | 5g                | 8%            |  |
|                    | Saturated Fat | 2g                | 8%            |  |
|                    | Trans Fat     | 0mg               |               |  |
| Cholesterol        | 0mg           |                   | %             |  |
| Sodium             |               | 160mg             | <br>7%        |  |
| Total Carboh       | ydrate        | 30g               | 99            |  |
|                    | Dietary Fiber | 2g                | 89            |  |
|                    | Sugars        | 20g               |               |  |
| Protein            |               | 5g                |               |  |

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

Ingredients: Honey Roasted Sunflower Seeds (Sunflower Oil, Sugar, Modified Food Starch, Honey, Maltodextrin, Xanthan Gum, Salt), Honey Roasted Soybeans (Sunflower Oil, Sugar, Modified Food Starch, Honey, Maltodextrin, Xanthan Gum), Raisins, Pineapple, Cranberries, Dates. Contains 2% or less of Cane Sugar, Citric Acid, Sulfur Dioxide, Dextrose, Partially Hydrogenated Sunflower Oil (With added Tocopherols), and sugar.

**CONTAINS SOY.** May contain Sulfur Dioxide.

PROCESSED IN A PEANUT AND TREE NUT FREE FACILITY.

| Sunflower Seed Trail Mix |               |                   |             |
|--------------------------|---------------|-------------------|-------------|
| NUTRI                    | TION FAC      | CTS               |             |
| Serving Size:            | 42.5g         |                   |             |
| Servings Per             | Container: 1  |                   |             |
| Amount Per               | Serving       |                   |             |
| Calories                 | 200           | Calories from Fat | 90          |
|                          |               | %                 | Daily Value |
| Total Fat                |               | 10g               | 15%         |
|                          | Saturated Fat | 1g                | 5%          |
|                          | Trans Fat     | 0mg               |             |
| Cholesterol              | 0mg           |                   | 0%          |
| Sodium                   |               | 70mg              | 3%          |
| Total Carboh             | ydrate        | 20g               | 7%          |
|                          | Dietary Fiber | 4g                | 16%         |
|                          | Sugars        | 12g               |             |
| Protein                  |               | 8g                |             |

# • 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.

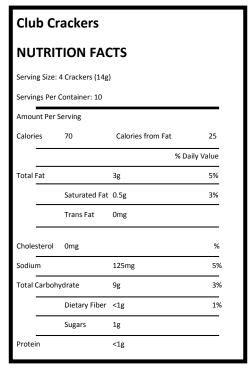
**CONTAINS: PHENYLANINE** 

| Orange        | All Spoi      | 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 | 0g                | 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** 



• Original Cheese Wedges, Highland Beef Farms—(1 packaged shared between two campers)

Ingredients: (Pasteurized Process Cheese Product) Light Cheddar And Cheddar Cheese (Pasteurized Cultured Milk And Skim Milk, Salt, Enzymes), Water, Skim Milk, Sodium Phosphate, Sodium Citrate, Salt.

| Origina       | l Cheese       | e Wedge     | s             |
|---------------|----------------|-------------|---------------|
| NUTRI         | TION FA        | CTS         |               |
| Serving Size: | 1 wedge (19g)  |             |               |
| Servings Per  | Container: 6   |             |               |
| Amount Per    | Serving (1 Wed | lge)        |               |
| Calories      | 25 Calori      | es from Fat | 15            |
|               |                |             | % Daily Value |
| Total Fat     |                | 1.5g        | 2%            |
|               | Saturated Fat  | 1g          | 5%            |
|               | Trans Fat      | 0g          |               |
| Cholesterol   | <5mg           |             | 1%            |
| Sodium        |                | 250mg       | 10%           |
| Total Carboh  | ydrate         | 1g          | <1%           |
|               | Dietary Fiber  | 0g          | 0%            |
|               | Sugars         | 1g          |               |
| Protein       |                | 2g          |               |

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

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

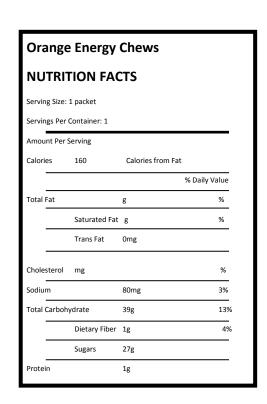
**CONTAINS: MILK** 

| Jalapeno Beef and Cheese Combo |               |                   |            |  |
|--------------------------------|---------------|-------------------|------------|--|
| NUTRITION FACTS                |               |                   |            |  |
| Serving Size:                  | 28g           |                   |            |  |
| Servings Per                   | Container: 1  |                   |            |  |
| Amount Per                     | Serving       |                   |            |  |
| Calories                       | 330           | Calories from Fat | 270        |  |
|                                |               | % D               | aily Value |  |
| Total Fat                      |               | 30g               | 45%        |  |
|                                | Saturated Fat | 4.5g              | 69%        |  |
|                                | Trans Fat     | 0mg               |            |  |
| Cholesterol                    | 25mg          |                   | 249        |  |
| Sodium                         |               | 810mg             | 339        |  |
| Total Carboh                   | ydrate        | 3g                | 1%         |  |
|                                | Dietary Fiber | 0g                | %          |  |
|                                | Sugars        | g                 |            |  |
| Protein                        |               | 15g               |            |  |

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

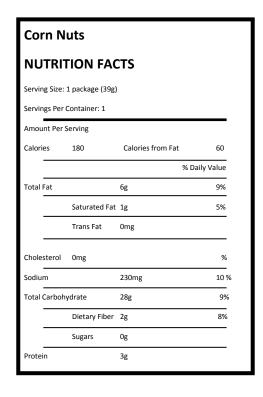
Ingredients: Organic Tapioca Syrup, Organic Evaporated Cane Juice, Organic Honey (Organic Grape Juice Concentrate, Ascorbic Acid), Pectin, Citric Acid, Potassium Citrate, Organic Color (Annatto), Natural Flavor, Organic Sunflower Oil, Carnauba Wax

# **CONTAINS 95% ORGANIC INGREDIENTS**



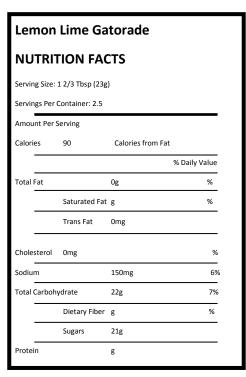
Corn Nuts—Kraft, (1 package per person)

Ingredients: Corn, Corn Oil, Salt



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

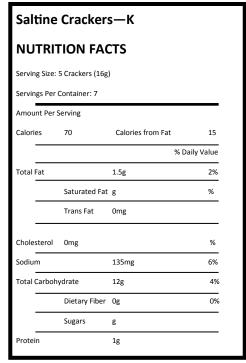
Ingredients: Sugar, Dextrose, Citric Acid, Natural and Artificial Flavor, Salt, Sodium Citrate, Monopotassium Phosphate, Calcium Silicate, Modified Food Starch, Yellow 5



• 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), (Vegetable Oil (Soybean and/or Canola and/or Palm and/or Partially Hydrogenated Cottonseed Oil), Sea Salt, Salt, Malted Barley Flour, Baking Soda, Yeast.

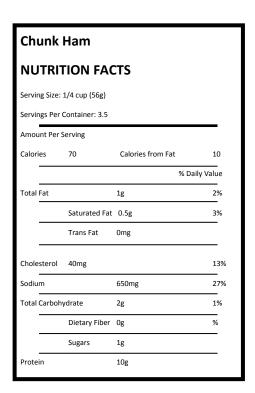
**CONTAINS: WHEAT** 



• Premium Chunk Ham—Sweet Sue/Bumblebee Foods, (1 package shared between 2 campers)

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

**CONTAINS: SOY** 

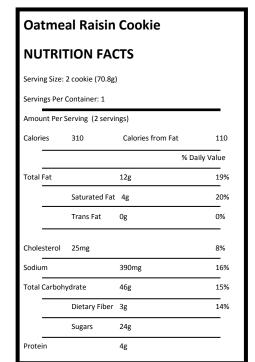


Grandma's Oatmeal Raisin Cookies—Frito Lay, (1 package per camper)

Ingredients: Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Shortening (Palm Oil, Canola Oil, TBHQ (To Preserve Freshness]), Rolled Oats, Raisins, High Fructose Corn Syrup, Raisin Paste and less than 2% of: Leavening (Baking Soda, Monocalcium Phosphate), Eggs, Molasses, Modified Corn Starch, Malt Extract, Salt, Cinnamon, Artificial Flavor, Caramel Color, Allspice, Calcium Propionate (To Preserve Freshness),.

CONTAINS: WHEAT AND EGG INGREDIENTS. ALLERGY INFORMATION: This Product is made on Equipment that Processes Pea-

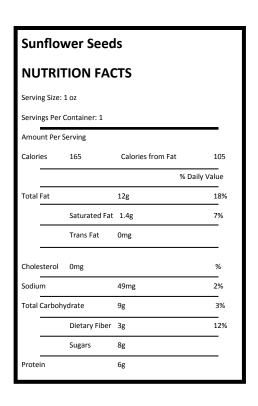
nuts and Tree Nuts.



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).

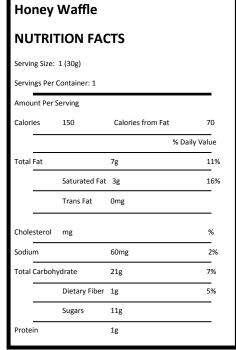
Sunbutter Products are completely peanut free, tree nut free and gluten free.



Caramel Waffle—En R G Foods, (1 package per camper)

Ingredients: Organic Wheat Flour, Organic Palm Fruit Oil, Organic Rice Syrup, Organic Cane Sugar, Organic Honey, Organic Whole Wheat Flour, Organic Soy Flour, Sea Salt, 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, Phenylketonurics.

**CONTAINS: PHENYLALNINE** 

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

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), Vegetable Oil (Soybean and/or Canola and/or Palm and/or Partially Hydrogenated Cottonseed Oil), Sugar, Salt,

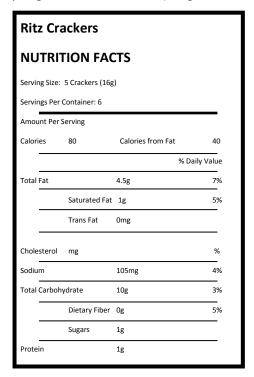
Leavening (Calcium Phosphate and/or Baking Soda), High Fructose Corn Syrup, Soy Lecithin, Malted Barley Flour, Natural Flavor.

**CONTAINS: WHEAT AND SOY** 

Tuna—Bumblebee Foods LLC, (1 package per camper)

Ingredients: Light Tuna, Water, Vegetable Broth, Salt

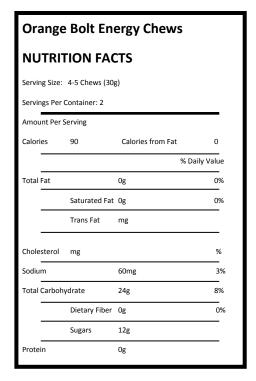
**CONTAINS: TUNA, SOY** 



| Tuna—         | 2.5 oz P      | ouch              |            |
|---------------|---------------|-------------------|------------|
| NUTRI         | TION FAC      | CTS               |            |
| Serving Size: | 1 Pouch (71g) |                   |            |
| Servings Per  | Container: 1  |                   |            |
| Amount Per    | Serving       |                   |            |
| Calories      | 70            | Calories from Fat | 5          |
|               |               | % D               | aily Value |
| Total Fat     |               | 0.5g              | 1%         |
|               | Saturated Fat | Og                | %          |
|               | Trans Fat     | 0mg               |            |
| Cholesterol   | 30mg          |                   | 10%        |
| Sodium        |               | 230mg             | 10%        |
| Total Carboh  | ydrate        | g                 | %          |
|               | Dietary Fiber | g                 | %          |
|               | Sugars        | Og                |            |
| Protein       |               | 16g               |            |

### • 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).



### • 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         |  |
|                             |               | % Da              | aily 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                |            |  |

| • Fruit Punch Gatorade—The Gatorade Company, (1 package per camper)                 |  |  |                                       |               |
|---|--|--|---------------------------------------|---------------|
| Ingredients: Sugar, Dextrose, Citric Acid, Natural and artificial flavor, Salt, Soc | lium Citr  | ate, Mond  | opotassium F                          | Phosphate,    |
| Calcium Silicate, Modified Food Starch, Caramel Color, Red 40.                      |  |  |                                       |               |
|   |  |  |                                       |               |
|   |  |  |                                       |               |
|   |  |  |                                       |               |
|   |  |  |                                       |               |
|   |  |  |                                       |               |
|   | Fruit P  | unch Ga  | torade                                |               |
|   |  | unch Ga<br>TION FA   |                                       |               |
|   | NUTRI  | TION FAC   |                                       |               |
|   | NUTRI Serving Size: Servings Per   | TION FAC<br>: 1 2/3 Tbsp<br>: Container: 1                                   |                                       |               |
|   | NUTRI  | TION FAC<br>: 1 2/3 Tbsp<br>: Container: 1                                   |                                       |               |
|   | NUTRI<br>Serving Size:<br>Servings Per<br>Amount Per                         | TION FACE: 1 2/3 Tbsp Container: 1 Serving                                   | CTS  Calories from Fat                | % Daily Value |
|   | NUTRI<br>Serving Size:<br>Servings Per<br>Amount Per                         | TION FACE: 1 2/3 Tbsp Container: 1 Serving                                   | CTS  Calories from Fat                | %             |
|   | NUTRI Serving Size: Servings Per Amount Per Calories                         | TION FAC<br>: 1 2/3 Tbsp<br>: Container: 1<br>Serving<br>90<br>Saturated Fat | CTS  Calories from Fat  Og  t Og      |               |
|   | NUTRI Serving Size: Servings Per Amount Per Calories                         | TION FA( 2: 12/3 Tbsp 4: Container: 1 Serving 90                             | CTS  Calories from Fat                | %             |
|   | NUTRI Serving Size: Servings Per Amount Per Calories  Total Fat  Cholesterol | TION FA( 1 2/3 Tbsp Container: 1 Serving 90 Saturated Fat Trans Fat          | CTS  Calories from Fat  Og  t Og  Omg | %<br>%<br>    |
|   | Serving Size: Servings Per Amount Per Calories  Total Fat                    | TION FACE 1 2/3 Tbsp Container: 1 Serving 90  Saturated Fat Trans Fat mg     | CTS  Calories from Fat  Og  t Og      | %<br>%        |

Dietary Fiber g Sugars

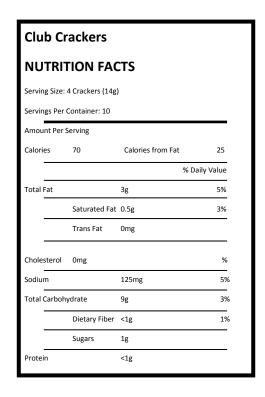
Protein

21g

• Club Crackers—Kellogg's, (1 package shared between 2 campers)

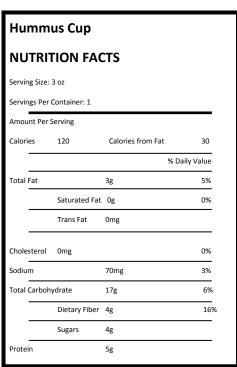
Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Soybean Oil with TBHQ for Freshness, Sugar, Contains 2% or less of Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), High Fructose Corn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

#### **CONTAINS: WHEAT AND SOY INGREDIENTS**



Red Pepper Hummus, National Food Group (1 package per camper)

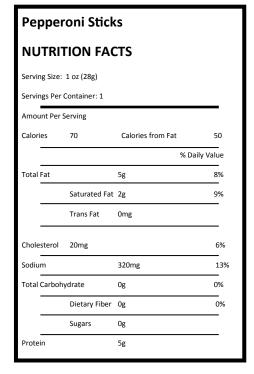
Ingredients: Garbanzo Beans, Water, Roasted Red Bell Peppers, Pear Juice Concentrate, contains 2% or less of the following: Olive Oil, Lemon Juice Concentrate, Lemon Juice, Citric Acid, Salt, Spices, Garlic.



**Pepperoni Stick—Country Meats,** (1 package per camper)

Ingredients: Pork, Salt, Dextrose, Water, Spices, Natural Smoke Flavorings, Lactic Acid Starter Culture, Garlic Powder, Sodi-

um Erythorbate, Spice Extractives and Sodium Nitrate in Collagen Casing.



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 Banana Buzz Bar |               |                   |               |  |
|-----------------------|---------------|-------------------|---------------|--|
| NUTRI                 | TION FAC      | CTS               |               |  |
| Serving Size:         | 1 bar (50g)   |                   |               |  |
| Servings Per          | Container: 1  |                   |               |  |
| Amount Per            | Serving       |                   |               |  |
| Calories              | 180           | Calories from Fat | 30            |  |
|                       |               | 9                 | 6 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               |               |  |
| Protein               |               | 5g                |               |  |

• 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), Vegetable Oil (Soybean and/or Canola and/or Palm and/or Partially Hydrogenated Cottonseed Oil), Whole Grain Wheat Flour, High Fructose Corn Syrup, Salt, Leavening (Baking Soda, Calcium Phosphate), Cornstarch, Soy Lecithin, Artificial Flavor.

**CONTAINS: WHEAT, PEANUT, SOY** 

| Nutter          | Butters       |                   |            |  |
|-----------------|---------------|-------------------|------------|--|
| NUTRITION FACTS |               |                   |            |  |
| Serving Size:   | 1 pack (56g)  |                   |            |  |
| Servings Per    | Container: 1  |                   |            |  |
| Amount Per      | Serving       |                   |            |  |
| Calories        | 270           | Calories from Fat | 100        |  |
|                 |               | % D               | aily Value |  |
| Total Fat       |               | 11g               | 17%        |  |
|                 | Saturated Fat | 3g                | 15%        |  |
|                 | Trans Fat     | mg                |            |  |
| Cholesterol     | mg            |                   | %          |  |
| Sodium          |               | 210mg             | 9%         |  |
| Total Carboh    | ydrate        | 39g               | 13%        |  |
|                 | Dietary Fiber | 2g                | 4%         |  |
|                 | Sugars        | 17g               |            |  |
| Protein         |               | 4g                |            |  |

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

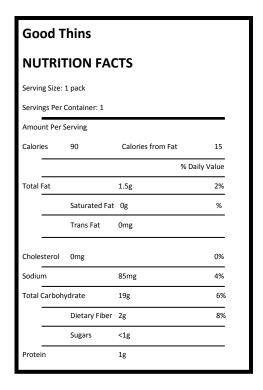
Ingredients: Sugar, Dextrose, Citric Acid, Natural Flavor, Salt, Sodium Citrate, Monopotassium Phosphate, Calcium Silicate, Gum Arabic, Ascorbic Acid (to promote color retention), Red 40, Blue 1

| Riptide       | Rush G         | atorade           |               |
|---------------|----------------|-------------------|---------------|
| NUTRI         | ΓΙΟΝ FA        | CTS               |               |
| Serving Size: | 1 2/3 Tbsp (23 | sg)               |               |
| Servings Per  | Container: 2.5 |                   |               |
| Amount Per    | Serving        |                   |               |
| Calories      | 80             | Calories from Fat |               |
|               |                |                   | % Daily Value |
| Total Fat     |                | 0g                | %             |
|               | Saturated Fa   | nt g              | %             |
|               | Trans Fat      | 0mg               |               |
| Cholesterol   | 0mg            |                   | 0%            |
| Sodium        |                | 150mg             | 6%            |
| Total Carboh  | ydrate         | 21g               | 7%            |
|               | Dietary Fibe   | r g               | %             |
|               | Sugars         | 21g               |               |
| Protein       |                | g                 |               |

• Good Thins, Mondelez, (1 package per camper)

Ingredients: Whole Grain Brown Rice Flour, Whole Grain Brown Rice, Potato Starch, Corn Flour, Inulin (from Chicory Root), High Oleic Safflower Oil, Maltodextrin, Sugar, Sea Salt, Black Pepper, High Oleic Sunflower Oil, Citric Acid, Natural Flavor.

Manufactured on Equipment that processes SOY, SESAME SEED, TREE NUTS



• Chicken Breast- Sweet Sue/Bumblebee Foods (1 pouch per camper)

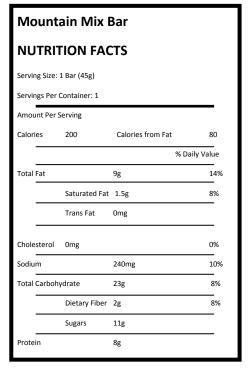
Ingredients: Chicken Breast (Chicken Breast, Water, Modified Food Starch, Salt, Sodium Phosphates).

#### CHICKEN BREAST—30Z POUCH **NUTRITION FACTS** Serving Size: 1 Pouch (85g) Servings Per Container: 1 Amount Per Serving 80 Calories from Fat Calories 10 % Daily Value Total Fat 1.5g 2% Saturated Fat Og % Trans Fat Cholesterol 45 mg 15% Sodium 270mg 11% Total Carbohydrate % Dietary Fiber % g g 17g Protein

• 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, Roasted Sunflower Seeds (Sunflower Seeds, Sunflower Oil), Organic Oat Syrup Solids, Vegetable Glycerin, Organic Sunflower Oil, Sea salt, Organic Gum Arabic, Natural Vitamin E (Antioxidant).

CONTAINS: SOY, PEANUTS, ALMONDS, WHEAT AND ALMONDS. MAY CONTAIN TRACES OF MILK & OTHER TREE NUTS. MAY CONTAIN NUTSHELL FRAGMENTS. WE SOURCE PRODUCTS THAT ARE NOT GENETICALLY ENGINEERED.



Grandma's Peanut Butter Cookie—Frito Lay, (1 package per camper)

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

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

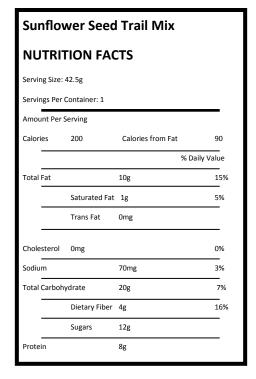
| Peanut        | Butter (         | Cookie            |               |
|---------------|------------------|-------------------|---------------|
| NUTRI         | TION FAC         | CTS               |               |
| Serving Size: | 2 cookie (70.8g) | 1                 |               |
| Servings Per  | Container: 1     |                   |               |
| Amount Per    | Serving          |                   |               |
| Calories      | 340              | Calories from Fat | 160           |
|               |                  | ç                 | % 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               |               |
| Protein       |                  | 7g                |               |

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

Ingredients: Honey Roasted Sunflower Seeds (Sunflower Oil, Sugar, Modified Food Starch, Honey, Maltodextrin, Xanthan Gum, Salt), Honey Roasted Soybeans (Sunflower Oil, Sugar, Modified Food Starch, Honey, Maltodextrin, Xanthan Gum), Raisins, Pineapple, Cranberries, Dates. Contains 2% or less of Cane Sugar, Citric Acid, Sulfur Dioxide, Dextrose, Partially Hydrogenated Sunflower Oil (With added Tocopherols), and sugar.

**CONTAINS SOY.** May contain Sulfur Dioxide.

PROCESSED IN A PEANUT AND TREE NUT FREE FACILITY.



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.

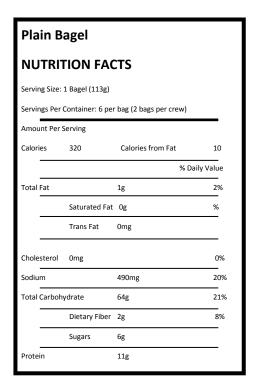
**CONTAINS: PHENYLANINE** 

| 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                |               |

Plain 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, Contains 2% or less of each of the following: Salt, Yeast, Wheat Gluten, Rice Flour, Calcium Propionate and Sodium Metabisulfite (Preservatives), Dough Conditioners (May Contain One or More of the Following: Mono– and Diglycerides, Ascorbic Acid, Enzymes, Potassium Iodate), Monocalcium Phosphate, Corn Starch, Soy Lecithin, Soy Flour.

**CONTAINS: WHEAT AND SOY** 



• Pepper Jack Cheese Wedges —Old Fashioned Foods, (1 package shared between 2 campers)

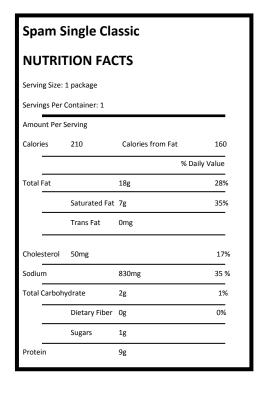
Ingredients: Light Cheddar and Cheddar Cheese (Pasteurized Cultured Milk and Skim Milk, Salt, Enzymes), Water, Skim Milk, Jalapeno Peppers, Sodium Phosphate, Sodium Citrate, Salt.

| Pepper        | Jack Ch       | eese              |             |
|---------------|---------------|-------------------|-------------|
| NUTRI         | TION FAC      | CTS               |             |
| Serving Size: | 1 wedge (19g) |                   |             |
| Servings Per  | Container: 6  |                   |             |
| Amount Per    | Serving       |                   |             |
| Calories      | 25            | Calories from Fat | 15          |
|               |               | % C               | Daily Value |
| Total Fat     |               | 1.5g              | 2%          |
|               | Saturated Fat | 1g                | 5%          |
|               | Trans Fat     | 0mg               |             |
| Cholesterol   | <5mg          |                   | 1%          |
| Sodium        |               | 250mg             | 10%         |
| Total Carboh  | ydrate        | 1g                | <1%         |
|               | Dietary Fiber | Og                | 0%          |
|               | Sugars        | 1g                |             |
| Protein       |               | 2g                |             |

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

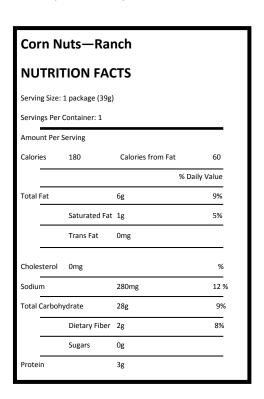
Ingredients: Pork, Water, Salt, Modified Potato Starch, Sugar, Potassium Chloride, Sodium Nitrate

### **GLUTEN FREE**



• Corn Nuts, Ranch Flavored—Kraft, (1 package per person)

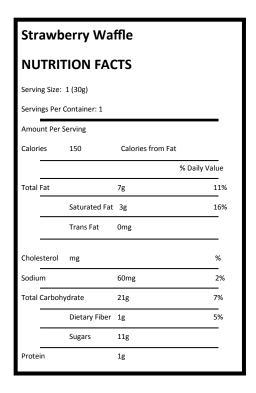
Ingredients: Corn, Corn Oil, Maltodextrin, Contains 2% or less of Salt, Monosodium Glutamate (Flavor Enhancer), Dried Corn Syrup, Tomato Powder, Onion Powder, Spices, Sugar, Garlic Powder, Sodium Diacetate (For Tartness), Malic Acid, Lactic Acid, Sodium Citrate (Controls Acidity), Citric Acid, Turmeric Extract (Vegetable Color), Disodium Inosinate and Disodium Inosinate and Disodium Guanylate (Flavor Enhancer), Natural and Artificial Flavor, Vinegar, Artificial Color (Red 40 Lake).



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

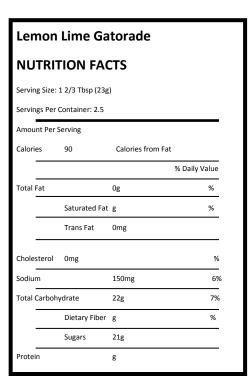
Ingredients: Organic Wheat Flour, Organic Palm Fruit Oil, Organic Rice Syrup, Organic Cane Sugar, Organic Whole Wheat Flour, Organic Soy Flour, Organic Honey, Sea Salt, Natural Flavor, Organic Soy Lecithin, Organic Spices, Baking Soda.

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



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

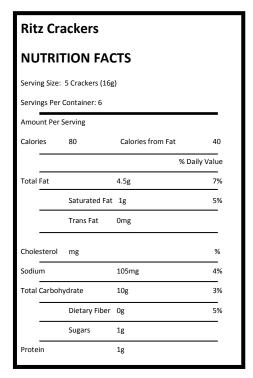
Ingredients: Sugar, Dextrose, Citric Acid, Natural and Artificial Flavor, Salt, Sodium Citrate, Monopotassium Phosphate, Calcium Silicate, Modified Food Starch, Yellow 5



• 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), Vegetable Oil (Soybean and/or Canola and/or Palm and/or Partially Hydrogenated Cottonseed Oil), Sugar, Salt, Leavening (Calcium Phosphate and/or Baking Soda), High Fructose Corn Syrup, Soy Lecithin, Malted Barley Flour, Natural Flavor.

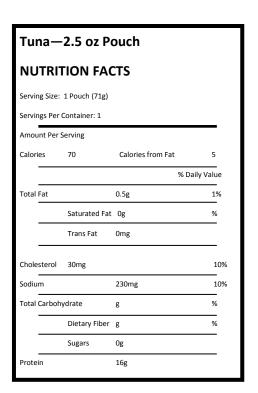
**CONTAINS: WHEAT AND SOY** 



• Tuna—Bumblebee Foods LLC, (1 package per camper)

Ingredients: Light Tuna, Water, Vegetable Broth, Salt

**CONTAINS: TUNA, SOY** 



### • 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**

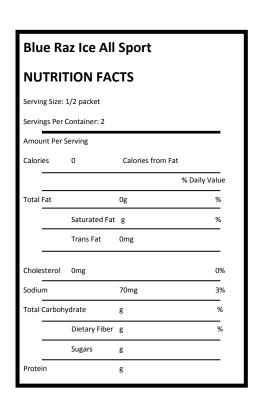
Manufactured on equipment that processes other tree nuts, Wheat.

| FRUIT AND NUT TRAIL MIX NUTRITION FACTS |               |                   |            |  |
|---|---------------|-------------------|------------|--|
|   |               |                   |            |  |
| Servings Per                            | Container: 2  |                   |            |  |
| Amount Per                              | Serving       |                   |            |  |
| Calories                                | 140           | Calories from Fat | 80         |  |
|   |               | % D               | aily 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                |            |  |

## • 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.

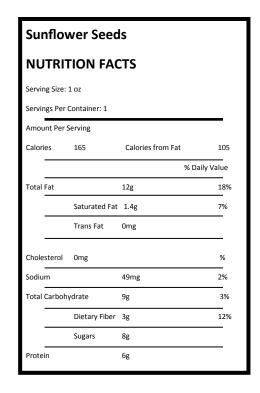
#### **CONTAINS: PHENYLALNINE**



• 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).

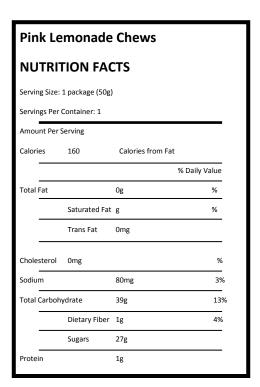
Sunbutter Products are completely peanut free, tree nut free and gluten free.



• Organic Energy Chews—Pink Lemonade—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,

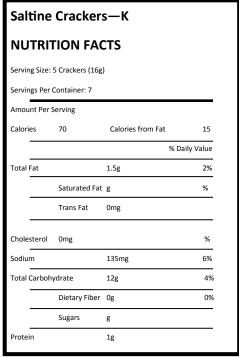
**Contains 95% Organic Ingredients.** 



• 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), (Vegetable Oil (Soybean and/or Canola and/or Palm and/or Partially Hydrogenated Cottonseed Oil), Sea Salt, Salt, Malted Barley Flour, Baking Soda, Yeast.

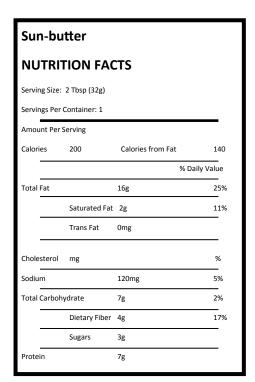
**CONTAINS: WHEAT** 



• SunButter, Creamy—Red River Commodities, (1.5 packages per camper)

Ingredients: Roasted 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.



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

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

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

| Rocket Chocolate Bar NUTRITION FACTS |               |                   |            |  |
|--------------------------------------|---------------|-------------------|------------|--|
|                                      |               |                   |            |  |
| 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                               |               | 170mg             | 7%         |  |
| Total Carboh                         | ydrate        | 28g               | 9%         |  |
|                                      | Dietary Fiber | 2g                | 8%         |  |
|                                      | Sugars        | 18g               |            |  |
| Protein                              |               | 5g                |            |  |

# • Turkey 'n Swiss Combo—Highland Beef Farms, (1 package per camper)

Ingredients: Turkey Sticks: 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. Pasteurized Process Swiss Cheese Food: Natural American and Swiss Cheeses (Cultured Milk, Salt, Enzymes), Cream, Water, Sodium Phosphate, Natural Flavoring, Salt, Sorbic Acid (Preservative).

**CONTAINS: MILK. GLUTEN FREE** 

#### **Turkey 'n Swiss Combo NUTRITION FACTS** Serving Size: 1 package (57g) Servings Per Container: 1 Amount Per Serving Calories 180 Calories from Fat 110 % Daily Value Total Fat 12g 18% Saturated Fat 7g 35% Trans Fat Cholesterol 45mg 15% 28% Sodium 660mg Total Carbohydrate 1% Dietary Fiber % g Sugars 4g Protein 13g

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

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

