

# Philmont Scout Ranch

## 2018 Breakfast Trail Food Menu

<p><b>Breakfast #1</b></p> <p>Peppered Beef Jerky</p> <p>Chocolate Chip Granola Bar—K</p> <p>Peanut Butter and Jelly Bar—K/GF/DF/SF/Vegan</p> <p>Raisins—K</p> <p>Animal Crackers—K</p> <p>Spiced Apple Cider—K</p>	<p><b>Breakfast #6</b></p> <p>Banana Nut Bread Bar—GF/DF/Vegan</p> <p>Peanut Butter Granola Bar—K</p> <p>Raisins—K</p> <p>French Toast Pieces—K</p> <p>Spiced Apple Cider—K</p>
<p><b>Breakfast #2</b></p> <p>Honey Peppered Beef Stick—GF</p> <p>Instant Oatmeal, Apples and Cinnamon—K</p> <p>Whole Berry Blast Meal Bar—GF/DF/Vegan</p> <p>Mango Chia Bar—K/GF/SF/DF/Vegan</p> <p>Lemonade Mix—K</p>	<p><b>Breakfast #7</b></p> <p>Turkey Jerky</p> <p>Instant Oatmeal Maple and Brown Sugar—K</p> <p>Banana Chips</p> <p>Peanut Butter Cookie Bar—K/GF/DF/SF/Vegan</p> <p>Strawberry Pop Tarts</p> <p>Lemonade Mix—K</p>
<p><b>Breakfast #3</b></p> <p>Teriyaki Beef Jerky</p> <p>French Vanilla Granola</p> <p>Dried Fruit Blend—K/PF</p> <p>Double Chocolate Oatmeal Bar—K</p> <p>Blueberry Fig Bar—K/DF</p> <p>Hydration Mix w/ Lemons &amp; Limes—GF/K/DF/Vegan</p>	<p><b>Breakfast #8</b></p> <p>Maple Flavored Turkey Sausage Breakfast Links—GF</p> <p>Brown Sugar Honey Oat Granola</p> <p>Peanut Butter &amp; Jelly Trail Mix Bar—GF/K</p> <p>Dried Fruit Blend—K/PF</p> <p>Strawberry Fig Bar—K/DF</p> <p>Cran-Raspberry Acli-Mate</p>
<p><b>Breakfast #4</b></p> <p>Turkey Deli Bites—GF</p> <p>Maple and Brown Sugar Bar—K</p> <p>Crunchy Peanut Butter Bar</p> <p>Cinnamon Pop Tarts</p> <p>Hot Chocolate—GF</p>	<p><b>Breakfast #9</b></p> <p>Cinnamon Raisin Bagel (Fresh) - K</p> <p>Chocolate Hazelnut Butter—GF/Vegan/K</p> <p>Honey Peppered Turkey Stick—GF</p> <p>Thai Coconut Bars—K</p> <p>Hot Chocolate—GF</p>
<p><b>Breakfast #5</b></p> <p>Breakfast Skillet Entree</p> <p>Oatmeal Raisin Cookie—K</p> <p>Dried Pineapple Chunks</p> <p>Kool Aid—Cherry—K</p>	<p><b>Breakfast #10</b></p> <p>Biscuits and Gravy</p> <p>Oats 'n Honey Bar—K</p> <p>Sweet N Hot Beef Jerky</p> <p>Kool Aid—Cherry—K</p>

“K” Kosher

“GF” Gluten Free

“PF” Peanut Free

“TNF” Tree Nut Free

“DF” Dairy Free

# PSR Breakfast #1

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

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

**CONTAINS: WHEAT AND SOY**

Link Snack’s Inc., jacklinks.com, 715-466-6608

Peppered Beef Jerky			
NUTRITION FACTS			
Serving Size: 1 package (26g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	80	Calories from Fat	10
			% Daily Value
Total Fat	1g		2%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	25mg		8%
Sodium	400mg		17%
Total Carbohydrate	6g		2%
	Dietary Fiber	g	%
	Sugars	6g	
Protein	10g		

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

Ingredients: Granola (Whole Grain Rolled Oats, Brown Sugar, Brown Crisp Rice (Whole Grain Brown Rice Flour, Sugar, Salt), Whole Grain Rolled Wheat, Soybean Oil, Dried Coconut, Whole Wheat Flour, Sodium Bicarbonate, Soy Lecithin, Non-fat Dry Milk), Semisweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla Extract), Corn Syrup, Sugar, Brown Rice Crisp (Whole Grain Brown Rice Flour, Sugar, Salt), Invert Sugar, Corn Syrup Solids, Glycerin, Soybean Oil, Vegetable Oil (Palm Oil, Palm Kernel Oil). Contains 2% or less of: Calcium Carbonate, Sorbitol, Cocoa (Processed with Alkali), Salt, Cocoa Powder, Dried Whey, Nonfat Dry Milk, Water, Lactose, Soy Lecithin, Molasses, Natural and Artificial Flavor, Caramel Color, Vanilla Extract, BHT (preservative), Tocopherols (preservative), Citric Acid.

**CONTAINS: COCONUT, MILK, SOY AND WHEAT INGREDIENTS.**

**May contain traces of peanut and other tree nuts.**

The Quaker Oats Company, 1-800-856-5781, quakeroats.com

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

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

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

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

Small Planet Foods Inc, 1-800-543-2147, larabar.com

<b>Peanut Butter and Jelly Bar</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 bar			
Servings Per Container: 1			
Amount Per Serving			
Calories	210	Calories from Fat	
		% Daily Value	
Total Fat	10g		13%
	Saturated Fat 2g		10%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	65mg		3%
Total Carbohydrate	25g		9%
	Dietary Fiber 4g		16%
	Sugars 18g		
Protein	6g		

- **Animal Crackers—Nabisco/Mondelez, (1 package per camper)**

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Sugar, Canola Oil, Corn Syrup, Salt, Baking Soda, Cornstarch, Wheat Starch, Soy Lecithin, Natural Flavor.

**CONTAINS: WHEAT and SOY**

Mondelez Global LLC, 1-800-622-4726, snackworks.com

<b>Animal Crackers</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 pouch (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	130	Calories from Fat	35
		% Daily Value	
Total Fat	4g		6%
	Saturated Fat 0g		%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	135mg		6%
Total Carbohydrate	21g		7%
	Dietary Fiber 0g		5%
	Sugars 6g		
Protein	2g		

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

Ingredients: Raisins (Raisins coated with Vegetable Oil).

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

<b>Raisins</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1.5 oz (42g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	120	Calories from Fat	0
			% Daily Value
Total Fat	g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	mg		%
Total Carbohydrate	33g		11%
	Dietary Fiber	1.5g	6%
	Sugars	26g	
Protein	1.5g		

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

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

**Continental Mills, INC. 800.426.0955**

<b>Spiced Apple Cider Mix</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 pouch (21g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	80	Calories from Fat	
			% Daily Value
Total Fat	0g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	30mg		1%
Total Carbohydrate	20g		7%
	Dietary Fiber	g	%
	Sugars	20g	
Protein	0g		

# PSR Breakfast #2

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

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

**CONTAINS: ALMONDS, CASHEWS.**

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

PROBAR LLC, theprobar.com, 800.921.2294

<b>Wholeberry Blast Meal Bar</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 bar (85g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	360	Calories from Fat	140
			% Daily Value
Total Fat	16g		24%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	25mg		1%
Total Carbohydrate	51g		17%
	Dietary Fiber 5g		20%
	Sugars 26g		
Protein	8g		

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

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

**GLUTEN FREE. NO MSG**

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

<b>Honey Peppered Beef Sticks</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 2 sticks (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	60	Calories from Fat	20
			% Daily Value
Total Fat	2g		3%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
Cholesterol	20mg		7%
Sodium	200mg		8%
Total Carbohydrate	3g		1%
	Dietary Fiber g		%
	Sugars 2g		
Protein	8g		

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

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

Malt O Meal Co,

<b>Apples &amp; Cinnamon Oatmeal</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 packet (35g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	130	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
Saturated Fat		g	%
Trans Fat		0mg	
Cholesterol	mg		%
Sodium	170mg		7%
Total Carbohydrate	27g		9%
Dietary Fiber		3g	12%
Sugars		11g	
Protein	3g		

- **Mango Chia Bar, Health Warrior** (1 Bar per camper)

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

**CONTAINS: TREE NUTS (ALMONDS, CASHEWS, COCONUT)**

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

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

Health Warrior, <https://www.healthwarrior.com/faqs/>

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

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

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

**CONTAINS: SOY**

KraftHeinz, 1-855-663-5387 or [kraftfoodservice.com](http://kraftfoodservice.com)

<b>Lemonade</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1/2 packet (10g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	35	Calories from Fat	
			% Daily Value
Total Fat	g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	9g		3%
	Dietary Fiber	g	%
	Sugars	9g	
Protein	g		

# PSR Breakfast #3

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

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

**CONTAINS: WHEAT AND SOY**

Link Snack’s Inc., jacklinks.com, 715-466-6608

Teriyaki Beef Jerky		
NUTRITION FACTS		
Serving Size: 1 package (26g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	70	Calories from Fat 10
		% Daily Value
Total Fat	1g	2%
	Saturated Fat 0g	%
	Trans Fat 0mg	
Cholesterol	25mg	7%
Sodium	430mg	18%
Total Carbohydrate	5g	2%
	Dietary Fiber 0g	0%
	Sugars 5g	
Protein	11g	

- **Double Chocolate Oatmeal Bar—General Mills**, (1 package per camper)

Ingredients: Whole Grain Oats, Whole Wheat Flour, Canola Oil, Corn Syrup, Fructose, Sugar, Semisweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Natural Flavor), Vegetable Glycerin, Dutch Cocoa (Processed with Alkali), Chicory Root Extract. Contains 2% or less of: Baking Soda, Water, Salt, Natural Flavor, Dried Egg Yolk.

**CONTAINS: WHEAT, SOY AND EGG INGREDIENTS. May contain Milk Ingredients.**

General Mills Sales, Inc., generalmills.com, 1-800-767-5404

Chocolate Oatmeal Bar		
NUTRITION FACTS		
Serving Size: 1 bar (35g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	150	Calories from Fat 45
		% Daily Value
Total Fat	5g	7%
	Saturated Fat 1g	6%
	Trans Fat 0g	
Cholesterol	0mg	0%
Sodium	115mg	5%
Total Carbohydrate	24g	8%
	Dietary Fiber 3g	10%
	Sugars 9g	
Protein	2g	



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

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

**CONTAINS: WHEAT**

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

KNA Foods, 1.800.322.6325      alpineaire.com

<b>French Vanilla Granola</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 2 oz (57g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	230	Calories from Fat 70
		% Daily Value
Total Fat	7g	11%
Saturated Fat		0.5g 3%
Trans Fat		0g
Cholesterol	mg	%
Sodium	55mg	2%
Total Carbohydrate	37g	12%
Dietary Fiber		3g 12%
Sugars		15g
Protein	5g	

- **Blueberry Fig Bar—Nature’s Bakery**, (1 package per camper)

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

**CONTAINS: WHEAT.**

**Nature’s Bakery, LLC., naturesbakery.com, 775.883.2253**

<b>Blueberry Fig Bar</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 1 oz (28g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	110	Calories from Fat 20
		% Daily Value
Total Fat	2.5g	4%
Saturated Fat		0g 0%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	45mg	1%
Total Carbohydrate	20g	6%
Dietary Fiber		2g 8%
Sugars		10g
Protein	1g	

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

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

May contain occasional pit or stem fragment. Peanut Free

Chooljian Packing/Cal-Tropic Producers, Inc, 559.233.7249 x 210

<b>Fruit Blend</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 box (1.33 oz)			
Servings Per Container: 1			
Amount Per Serving			
Calories	120	Calories from Fat	0%
			% Daily Value
Total Fat	0g		0%
	Saturated Fat	0g	0%
	Trans Fat	0g	0%
Cholesterol	0mg		0%
Sodium	25mg		1%
Total Carbohydrate	30g		10%
	Dietary Fiber	2g	8%
	Sugars	24g	
Protein	1g		

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

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

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

Skratch Labs LLC, skratchlabs.com, 1-800-735-8904

<b>Exercise Hydration Mix w/Lemons &amp; Limes</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 pkg (24g) (Makes 16oz Prepared)			
Servings Per Container: 1			
Amount Per Serving			
Calories	80	Calories from Fat	0%
			% Daily Value
Total Fat	0g		0%
	Saturated Fat	0g	0%
	Trans Fat	0g	0%
Cholesterol	0mg		0%
Sodium	360mg		15%
Total Carbohydrate	21g		7%
	Dietary Fiber	0g	0%
	Sugars	20g	

# PSR Breakfast #4

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

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

**GLUTEN FREE**

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

<b>Turkey Deli Bites</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 6 pieces (30g)			
Servings Per Container: 4			
Amount Per Serving			
Calories	80	Calories from Fat	45
			% Daily Value
Total Fat	4.5g		7%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	20mg		7%
Sodium	290mg		12%
Total Carbohydrate	2g		1%
	Dietary Fiber 0g		0%
	Sugars 2g		
Protein	6g		

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

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Sugar, Soybean and Palm Oil (With TBHQ For Freshness), Corn Syrup, Dextrose, High Fructose Corn Syrup, Bleached Wheat Flour, Contains 2% or less of: Molasses, Calcium Carbonate, Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Cinnamon, Wheat Starch, Gelatin, Carmel Color, Soy Lecithin, Vitamin A Palmitate, Nicotinamide, Reduced Iron, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride).

**CONTAINS: WHEAT AND SOY INGREDIENTS**

**Kellogg Sales Co**, <http://smartlabel.kelloggs.com/Product/Index/00038000311314>, 1.800.962.1413

<b>Cinnamon Pop Tarts</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 package (100g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	410	Calories from Fat	120
			% Daily Value
Total Fat	14g		22%
	Saturated Fat 4.5g		23%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	350mg		15%
Total Carbohydrate	69g		23%
	Dietary Fiber 1g		5%
	Sugars 30g		
Protein	4g		

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

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

**CONTAINS: SOY AND PEANUTS. May contain wheat and tree nuts.**

Clif Bar and Company, 1-800-254-3227, clifbar.com

<b>Crunchy Peanut Butter Bar</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 bar (68g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	260	Calories from Fat	60
		% Daily Value	
Total Fat	7g		11%
	Saturated Fat	1g	4%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	40g		13%
	Dietary Fiber	3g	6%
	Sugars	19g	
Protein	11g		

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

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

**CONTAINS: WHEAT, SOY AND MILK INGREDIENTS.**

**May contain traces of Peanuts and Tree Nuts.**

The Quaker Oats Company, 1-800-856-5781, quakeroats.com

<b>Maple Brown Sugar Bar</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 bar (36g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	140	Calories from Fat	25
		% Daily Value	
Total Fat	2.5g		4%
	Saturated Fat	1g	4%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	125mg		5%
Total Carbohydrate	28g		9%
	Dietary Fiber	1g	6%
	Sugars	10g	
Protein	2g		

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

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

**CONTAINS: MILK. GLUTEN FREE**

**Con Agra Foods, 1-877-266-2412**

<b>Swiss Miss Hot Cocoa</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Envelope (21g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	90	Calories from Fat	20
			% Daily Value
Total Fat	2g		3%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	150mg		6%
Total Carbohydrate	16g		5%
	Dietary Fiber	<1g	2%
	Sugars	8g	
Protein	1g		

# PSR Breakfast #5

- **Breakfast Skillet Entree—Mountain House**, (1 package shared between 2 campers)

Ingredients: **Hashbrowns:** Potato, Vegetable Oil (may contain: canola, sunflower, cottonseed, palm, corn, soybean, hydrogenated soybean, hydrogenated cottonseed oils), Salt, Dehydrated Potato, Enriched Wheat Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Potassium Sorbate (to maintain freshness), Natural Flavoring, Sodium Acid Pyrophosphate (color retention), Dextrose. **Precooked Eggs:** Whole Egg (Glucose removed for stability), Egg Yolk, Nonfat Dry Milk, Modified Corn Starch, Corn Oil, Salt, Yeast Extract, Sunflower Oil, Smoke Flavor, Xanthan Gum. **Pork Sausage:** Sausage (Pork, Salt, Spice, Sugar), Textured Vegetable Protein (Soy Flour, Salt). **Red and Green Bell Pepper, Dehydrated Onion**

**CONTAINS: Egg, Milk, Wheat, Soy**

OFD Foods Inc., 877-366-3877, mountainhouse.com

## Breakfast Skillet

### NUTRITION FACTS

Serving Size: 1 cup (70g) dry mix

Servings Per Container: about 2

Amount Per Serving

Calories	350	Calories from Fat	190
% Daily Value			
Total Fat	21g		32%
	Saturated Fat	6g	30%
	Trans Fat	0mg	
Cholesterol	240mg		80%
Sodium	980mg		41%
Total Carbohydrate	25g		8%
	Dietary Fiber	1g	4%
	Sugars	4g	
Protein	13g		

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

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

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

The Quaker Oats Company, 1-800-856-5781, quakeroats.com

## Breakfast Cookie

### NUTRITION FACTS

Serving Size: 1 cookie (48g)

Servings Per Container: 1

Amount Per Serving

Calories	170	Calories from Fat	40
% Daily Value			
Total Fat	4.5g		7%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	5mg		1%
Sodium	190mg		8%
Total Carbohydrate	33g		11%
	Dietary Fiber	5g	19%
	Sugars	15g	
Protein	3g		

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

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

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

KNA Foods, 1.800.322.6325      alpineaire.com

<b>Pineapple Chunks</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 2 oz (57g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	200	Calories from Fat	25
			% Daily Value
Total Fat	2.5g		4%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	20mg		1%
Total Carbohydrate	60g		20%
	Dietary Fiber 4g		14%
	Sugars 40g		
Protein	g		

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

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

KraftHeinz, 1-855-663-5387 or kraftfoodservice.com

<b>Cherry Kool Aid</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1/2 packet (8g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	30	Calories from Fat	0
			% Daily Value
Total Fat	0g		0%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	mg		%
Total Carbohydrate	7g		2%
	Dietary Fiber 0g		0%
	Sugars 7g		
Protein	0g		

# PSR Breakfast #6

- **Banana Nut Bread Bar—ProBar**, (1 package per camper)

Ingredients: Tapioca Syrup, Oats, Cashew Butter (Cashews, Safflower Oil), Dates, Sunflower Seeds, Walnuts, Flax Seed, Sesame Seeds, Coconut, Banana, Dried Cane Syrup, Crisp Brown Rice, Coconut Oil, Expeller Pressed Canola Oil, Cashews, Glycerin, Pumpkin Seeds, Rice Syrup, Oat Flour, Sea Salt, Natural Flavorings, Molasses.

**CONTAINS: CASHEWS, WALNUTS, COCONUT**

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

PROBAR LLC, theprobar.com, 800.921.2294

<b>Banana Nut Bread</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Bar (85g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	390	Calories from Fat	190
			% Daily Value
<b>Total Fat</b>	<b>21g</b>		<b>32%</b>
Saturated Fat		5g	20%
Trans Fat		0mg	
Cholesterol	mg		%
Sodium	110mg		5%
<b>Total Carbohydrate</b>	<b>44g</b>		<b>15%</b>
Dietary Fiber		5g	20%
Sugars		18g	
Protein	9g		



- **Crunch Mania French Toast—Kellogg’s**, (1 package per camper)

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

**CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS.**

**Kellogg’s Sales Co., 1-800-962-1413, kelloggs.com**

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

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

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

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

**General Mills, Inc., generalmills.com, 1-800-248-7310**

<b>Peanut Butter Nature Valley Bar</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 2 bars (42g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	80
			% Daily Value
Total Fat	8g		13%
	Saturated Fat 1g		5%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	180mg		7%
Total Carbohydrate	27g		9%
	Dietary Fiber 2g		8%
	Sugars 11g		
Protein	4g		

- **Raisins—Bountiful Harvest**, (1 package per camper)

Ingredients: Raisins (Raisins coated with Vegetable Oil).

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

<b>Raisins</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1.5 oz (42g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	120	Calories from Fat	0
			% Daily Value
Total Fat	g		%
Saturated Fat		g	%
Trans Fat		0mg	
Cholesterol	mg		%
Sodium	mg		%
Total Carbohydrate	33g		11%
Dietary Fiber		1.5g	6%
Sugars		26g	
Protein	1.5g		

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

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

**Continental Mills, INC. 800.426.0955**

<b>Spiced Apple Cider Mix</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 pouch (21g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	80	Calories from Fat	
			% Daily Value
Total Fat	0g		%
Saturated Fat		g	%
Trans Fat		0mg	
Cholesterol	mg		%
Sodium	30mg		1%
Total Carbohydrate	20g		7%
Dietary Fiber		g	%
Sugars		20g	
Protein	0g		

# PSR Breakfast #7

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

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

**CONTAINS: WHEAT AND SOY**

Link Snack’s Inc., jacklinks.com, 715-466-6608

Turkey Jerky			
NUTRITION FACTS			
Serving Size: 1 pack (26g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	5
			% Daily Value
Total Fat	0g		0%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	20mg		7%
Sodium	450mg		19%
Total Carbohydrate	4g		1%
	Dietary Fiber	g	%
	Sugars	3g	
Protein	12g		

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

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

Maple and Brown Sugar Oatmeal			
NUTRITION FACTS			
Serving Size: 1 packet (43g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	160	Calories from Fat	20
			% Daily Value
Total Fat	2g		3%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	240mg		10%
Total Carbohydrate	33g		11%
	Dietary Fiber	3g	12%
	Sugars	13g	
Protein	4g		

- **Frosted Strawberry Pop Tarts—Kellogg’s**, (1 package per camper)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Corn Syrup, High Fructose Corn Syrup, Dextrose, Sugar, Soybean and Palm Oil (With TBHQ for Freshness), Bleached Wheat Flour, Contains 2% or less of: Wheat Starch, Salt, Strawberries, Dried Pears, Dried Apples, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Citric Acid, Gelatin, Modified Wheat Starch, Yellow Corn Flour, Caramel Color, Palm Oil, Cornstarch, Turmeric Extract for Color, Xanthan Gum, Soy Lecithin, Vitamin A Palmitate, Red 40, Niacinamide, Reduced Iron, Yellow 6, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Blue 1, Color Added.

**CONTAINS: WHEAT AND SOY INGREDIENTS**

Kellogg Sales Co, <http://smartlabel.kelloggs.com/Product/Index/00038000551369>, 1.800.962.1413

<b>Strawberry Pop Tarts</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 package (100g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	410	Calories from Fat	90
			% Daily Value
Total Fat	10g		15%
	Saturated Fat 3g		15%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	330mg		14%
Total Carbohydrate	76g		25%
	Dietary Fiber 1g		5%
	Sugars 33g		
Protein	4g		

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

Ingredients: Dates, Peanuts, Sea Salt

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

Small Planet Foods LLC, 1-800-543-2147, [larabar.com](http://larabar.com)

<b>Peanut Butter Cookie Bar</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 bar (48g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	220	Calories from Fat	
			% Daily Value
Total Fat	12g		19%
	Saturated Fat 2g		10%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	85mg		4%
Total Carbohydrate	23g		8%
	Dietary Fiber 4g		14%
	Sugars 17g		
Protein	6g		

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

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

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

KNA Foods, 1.800.322.6325      alpineaire.com

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

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

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

**CONTAINS: SOY**

KraftHeinz, 1-855-663-5387 or kraftfoodservice.com

<b>Lemonade</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1/2 packet (10g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	35	Calories from Fat	
		% Daily Value	
Total Fat	g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	9g		3%
	Dietary Fiber	g	%
	Sugars	9g	
Protein	g		

# PSR Breakfast #8

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

Ingredients: Turkey, Mechanically Separated Turkey, Maple And Brown Sugar, Contains 2% Or Less of: Salt, Lactic Acid Starter Culture, Spices, Sugar, Soybean Oil, Silicon Dioxide, Sodium Nitrite in Collagen Casing.

**GLUTEN FREE. NO MSG**

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

## Maple Turkey Sausage

### NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 4

Amount Per Serving

Calories	70	Calories from Fat	40
% Daily Value			
Total Fat	4.5g		7%
Saturated Fat 1.5g 8%			
Trans Fat 0g 0%			
Cholesterol	20mg		7%
Sodium	200mg		7%
Total Carbohydrate	1g		0%
Dietary Fiber g %			
Sugars 1g			
Protein	6g		

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

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

May contain occasional pit or stem fragment. Peanut Free

Chooljian Packing/Cal-Tropic Producers, Inc, 559.233.7249 x 210

## Fruit Blend

### NUTRITION FACTS

Serving Size: 1 box (1.33 oz)

Servings Per Container: 1

Amount Per Serving

Calories	120	Calories from Fat	0%
% Daily Value			
Total Fat	0g		0%
Saturated Fat 0g 0%			
Trans Fat 0g 0%			
Cholesterol	0mg		0%
Sodium	25mg		1%
Total Carbohydrate	30g		10%
Dietary Fiber 2g 8%			
Sugars 24g			
Protein	1g		

- **Fig Bar—Strawberry, Twin Pack, Nature’s Bakery, (1 package per camper)**

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

**CONTAINS: WHEAT.**

Nature’s Bakery, LLC., [naturesbakery.com](http://naturesbakery.com), 775.883.2253

<b>Strawberry Fig Bar</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 1 oz (28g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	110	Calories from Fat 20
		% Daily Value
Total Fat	2.5g	4%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	45mg	2%
Total Carbohydrate	20g	7%
	Dietary Fiber 2g	8%
	Sugars 10g	
Protein	1g	

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

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

**CONTAINS: WHEAT**

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

KNA Foods, 1.800.322.6325      [alpineaire.com](http://alpineaire.com)

<b>Brown Sugar Honey Oat Granola</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 1 package (57g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	340	Calories from Fat 110
		% Daily Value
Total Fat	12g	19%
	Saturated Fat 2.5g	12%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	40mg	2%
Total Carbohydrate	51g	17%
	Dietary Fiber 6g	17%
	Sugars 19g	
Protein	8g	

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

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

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

En-R-G Foods, LLC. Honeystinger.com, 1-866-464-6639

<b>PB&amp;J Trail Mix Bar</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Bar (40g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	170	Calories from Fat	70
			% Daily Value
Total Fat	8g		12%
	Saturated Fat 1g		6%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	22g		7%
	Dietary Fiber 2g		8%
	Sugars 9g		
Protein	5g		



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

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

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

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

KNA Foods, 1.800.322.6325      alpineaire.com

French Vanilla Granola			
NUTRITION FACTS			
Serving Size: 2 oz (57g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	230	Calories from Fat	70
			% Daily Value
Total Fat	7g		11%
	Saturated Fat	0.5g	3%
	Trans Fat	0g	
Cholesterol	mg		%
Sodium	55mg		2%
Total Carbohydrate	37g		12%
	Dietary Fiber	3g	12%
	Sugars	15g	
Protein	5g		

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

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

**Acli-Mate, acli-mate.com, 1-866-641-5361**

Cran-Raspberry Acli-Mate			
NUTRITION FACTS			
Serving Size: 1 packet (10.3g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	30	Calories from Fat	
			% Daily Value
Total Fat	g		%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	105mg		4%
Total Carbohydrate	6g		2%
	Dietary Fiber	g	%
	Sugars	6g	
Protein	0g		

# PSR Breakfast #9

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

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

**CONTAINS: WHEAT AND SOY**

<b>Cinn Raisin Bagel</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Bagel (113g)			
Servings Per Container: 6 per bag (2 bags per crew)			
Amount Per Serving			
Calories	330	Calories from Fat	10
			% Daily Value
Total Fat	1g		2%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	460mg		19%
Total Carbohydrate	68g		23%
	Dietary Fiber	3g	11%
	Sugars	14g	
Protein	11g		

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

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

**GLUTEN FREE. NO MSG**

Highland Beef Farms, [highlandbeeffarms.com](http://highlandbeeffarms.com), 703.435.2497 or 800.869.6320

<b>Honey Peppered Turkey Sticks</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 2 sticks (34g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	25mg		8%
Sodium	200mg		8%
Total Carbohydrate	6g		2%
	Dietary Fiber	g	%
	Sugars	4g	
Protein	8g		

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

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

**CONTAINS: Almonds and Hazelnuts.** Contains trace amounts of peanuts, tree nuts and soy due to processing on shared equipment.

Justin’s, justins.com, 1-844-448-0302

<b>Chocolate Hazelnut Butter</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 package (32g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	180	Calories from Fat	130
		% Daily Value	
Total Fat	14g		22%
	Saturated Fat 2.5g		13%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	65mg		3%
Total Carbohydrate	12g		4%
	Dietary Fiber 3g		12%
	Sugars 7g		
Protein	4g		

- **Thai Coconut—Mini Crunch Bars, Mondelez** (1 package per camper)

Ingredients: Dried Sweet Potato, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Canola Oil, Sugar, Dried Coconut, Brown Rice Flour, Less than 2% of: Baking Powder (Calcium Phosphate, Baking Soda), Sea Salt, Brown Sugar, Dried Cilantro, Whole Grain Amaranth, Cornstarch, Natural Flavor (Includes Ginger Extract), Ground Cayenne Pepper.

**CONTAINS: Wheat**

Mondelez Global LLC, 1-800-622-4726, snackworks.com

<b>Thai Coconut Bars</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 package			
Servings Per Container: 1			
Amount Per Serving			
Calories	160		
		% Daily Value	
Total Fat	8g		10%
	Saturated Fat 2.5g		13%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	170mg		7%
Total Carbohydrate	22g		8%
	Dietary Fiber 3g		11%
	Sugars 8g		
Protein	2g		

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

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

**CONTAINS: MILK. GLUTEN FREE**

**Con Agra Foods, 1-877-266-2412**

<b>Swiss Miss Hot Cocoa</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Envelope (21g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	90	Calories from Fat	20
			% Daily Value
Total Fat	2g		3%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	150mg		6%
Total Carbohydrate	16g		5%
	Dietary Fiber	<1g	2%
	Sugars	8g	
Protein	1g		

# PSR Breakfast #10

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

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

**CONTAINS: MILK, SOY, WHEAT**

OFD Foods Inc., 877-366-3877, mountainhouse.com

<b>Biscuits and Gravy</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 cup (65g) dry mix			
Servings Per Container: about 2			
Amount Per Serving			
Calories	310	Calories from Fat	130
		% Daily Value	
Total Fat	14g		22%
	Saturated Fat 6g		30%
	Trans Fat 0mg		
Cholesterol	10mg		3%
Sodium	900mg		38%
Total Carbohydrate	36g		12%
	Dietary Fiber 2g		8%
	Sugars 6g		
Protein	8g		

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

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

**CONTAINS:**

Link Snack’s Inc., jacklinks.com, 715-466-6608

<b>Sweet &amp; Hot Beef Jerky</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 package (25g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	80	Calories from Fat	5
		% Daily Value	
Total Fat	1g		2%
	Saturated Fat 0g		%
	Trans Fat 0mg		
Cholesterol	25mg		8%
Sodium	350mg		15%
Total Carbohydrate	6g		2%
	Dietary Fiber g		%
	Sugars 6g		
Protein	10g		

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

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

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

General Mills, Inc., [generalmills.com](http://generalmills.com), 1-800-248-7310

<b>Nature Valley Oats N Honey Bars</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 2 bars (42g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	60
		% Daily Value	
Total Fat	7g		11%
	Saturated Fat 1g		4%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	180mg		7%
Total Carbohydrate	29g		10%
	Dietary Fiber 2g		8%
	Sugars 11g		
Protein	3g		

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

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

KraftHeinz, 1-855-663-5387 or [kraftfoodservice.com](http://kraftfoodservice.com)

<b>Cherry Kool Aid</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1/2 packet (8g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	30	Calories from Fat	0
		% Daily Value	
Total Fat	0g		0%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	mg		%
Total Carbohydrate	7g		2%
	Dietary Fiber 0g		0%
	Sugars 7g		
Protein	0g		