

Philmont Scout Ranch

2018 Dinner Trail Food Menu

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

“K” Kosher

“GF” Gluten Free

“PF” Peanut Free

“TNF” Tree Nut Free

“DF” Dairy Free

PSR Dinner #1

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

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

CONTAINS: MILK, SOY, WHEAT, EGG

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

Beef Stroganoff with Noodles			
NUTRITION FACTS			
Serving Size: 1 cup (57g)			
Servings Per Container: about 3.5			
Amount Per Serving			
Calories	260	Calories from Fat	100
		% Daily Value	
Total Fat	11g		17%
	Saturated Fat 4g		20%
	Trans Fat mg		
Cholesterol	45mg		15%
Sodium	910mg		38%
Total Carbohydrate	29g		10%
	Dietary Fiber 1g		4%
	Sugars 3g		
Protein	11g		

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

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Malt, Dextrose, Canola Oil, Yeast, Soda.

CONTAINS: WHEAT.

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

KNA Foods, 1.800.322.6325, alpineaire.com

Mini Pretzels			
NUTRITION FACTS			
Serving Size: 1 oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	110	Calories from Fat	0
		% Daily Value	
Total Fat	0g		0%
	Saturated Fat 0g		0%
	Trans Fat mg		
Cholesterol	0mg		0%
Sodium	250mg		10%
Total Carbohydrate	25g		8%
	Dietary Fiber 1g		4%
	Sugars 1g		
Protein	3g		

- **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.

Consumer Inquiries: KraftHeinz 1-855-663-5387 or kraftfoodservice.com

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

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

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

CONTAINS: Wheat, Soy

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

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

PSR Dinner #2

- **Santa Fe Style Rice with Chicken**—Backpacker’s Pantry (1 package shared between 2 campers)

Ingredients: Sauce (Black Beans, Tomato Powder (1% Silicon Dioxide), Potato Starch, RBST-Free Nonfat Milk, Maltodextrin, Sea Salt, Pure Cane Sugar, New Mexico Chili Pepper (Ground Chili Pepper, Silicon Dioxide), Garlic, Cayenne Pepper (Ground Red Pepper, Silicone Dioxide), Dextrose, Savory Soup Base (Maltodextrin, Salt, Autolyzed Yeast Extract, Yeast Extract, Onion Powder, Silicon Dioxide, Turmeric Extract (Color), Sunflower Oil), Torula Yeast, Cumin Seed, Oregano, Gluten Free Tamari Sauce (Tamari Sauce (Soybeans, Salt), Maltodextrin, Salt), Freeze-Dried Cooked White Meat Chicken, Freeze-Dried Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto (Vegetable Color)), Freeze-Dried Super Sweet Corn, Onion, Organic Dried Tomato Flakes, Green Chili Pepper), Precooked Parboiled Long Grain Brown Rice.

CONTAINS: MILK, SOY

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

Product Information: American Outdoor Products, Boulder, CO

Phone No: 800-641-0500

<https://www.dropbox.com/s/o6hnx1ita36wapm/2017BPALLERGINMATRIX.pdf?dl=0>

SANTA FE STYLE RICE WITH CHICKEN		
NUTRITION FACTS		
Serving Size: 1/2 Package		
Servings Per Container: 2		
Amount Per Serving		
Calories	350	% Daily Value
Total Fat	6g	7%
Saturated Fat	2.5g	12%
Trans Fat	0mg	
Cholesterol	25mg	8%
Sodium	940mg	41%
Total Carbohydrate	56g	20%
Dietary Fiber	11g	41%
Sugars	10g	
Protein	21g	

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

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

CONTAINS: MILK, SOY, WHEAT

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

KNA Foods, 1.800.322.6325, alpineaire.com

HONEY MUSTARD BREAD PIECES		
NUTRITION FACTS		
Serving Size: 1 OZ (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	140	Calories from Fat 60
% Daily Value		
Total Fat	7g	11%
Saturated Fat	3g	15%
Trans Fat	0mg	
Cholesterol	0 mg	0%
Sodium	240mg	10%
Total Carbohydrate	19g	6%
Dietary Fiber	1g	3%
Sugars	3g	
Protein	2g	

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

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

CONTAINS: PEANUT INGREDIENTS

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

Questions: 1-800-352-4477

HONEY ROASTED PEANUTS		
NUTRITION FACTS		
Serving Size: 1 package		
Servings Per Container: 1		
Amount Per Serving		
Calories	220	
		% Daily Value
Total Fat	18g	23%
Saturated Fat	3g	14%
Trans Fat	0mg	
Cholesterol	0 mg	0%
Sodium	230mg	10%
Total Carbohydrate	11g	4%
Dietary Fiber	3g	11%
Sugars	7g	
Protein	8g	

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

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

CONTAINS: MILK AND SOYBEANS

Gluten Free, Contains No High Fructose Corn Syrup

Super Bakery Inc., superbakery.com, 216-426-8989

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

PSR Dinner #3

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

Ingredients: Instant Pasta (Durum Semolina (Enriched with Niacin), Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, and Folic Acid), Corn Starch, Parmesan Cheese Powder (Partially Skim Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Whole Milk Powder, Instant Non-Fat Milk Powder, Sour Cream Powder (Cream Solids, Cultured Nonfat Milk, Citric Acid), Butter Flavor (Whey Solids, Enzyme-Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto, and Turmeric), Tomato Flakes, Mixed Red and Green Bell Pepper, Freeze-Dried Broccoli, Brewers Yeast (Dried Yeast, Niacin, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin), Parsley Flakes, Black Pepper, Nutmeg, Rosemary.

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

KNA Foods, 1.800.322.6325, alpineaire.com

Fettuccine Primavera			
NUTRITION FACTS			
Serving Size: 7 oz (198g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	780	Calories from Fat	140
			% Daily Value
Total Fat	16g		25%
	Saturated Fat 9g		45%
	Trans Fat 0mg		
Cholesterol	45mg		15%
Sodium	1200mg		50%
Total Carbohydrate	156g		52%
	Dietary Fiber 6g		24%
	Sugars 13g		
Protein	33g		

- **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.

Consumer Inquiries: KraftHeinz 1-855-663-5387 or kraftfoodservice.com

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

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

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Soybean and Palm Oil, Cornstarch, Butter (Cream, Salt), Contains 2% or less of: Whey, Salt, Natural Flavor, Soy Lecithin, Baking Soda, Datem, Distilled Monoglycerides.

CONTAINS: WHEAT, MILK AND SOY INGREDIENTS

Kellogg Sales Co., keebler.com, 1-877-453-5837

Mini Sandies Shortbread Cookies			
NUTRITION FACTS			
Serving Size: 1 package (28g)			
Servings Per Container: 1			
<hr/>			
Amount Per Serving			
Calories	130	Calories from Fat	45
			% Daily Value
<hr/>			
Total Fat	5g		8%
<hr/>			
	Saturated Fat	2g	10%
<hr/>			
	Trans Fat	0mg	
<hr/>			
Cholesterol	<5 mg		1%
<hr/>			
Sodium	125mg		5%
<hr/>			
Total Carbohydrate	21g		7%
<hr/>			
	Dietary Fiber	0g	%
<hr/>			
	Sugars	7g	
<hr/>			
Protein	1g		

PSR Dinner #4

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

Ingredients: Idaho Potatoes, Four Cheese Blend (Cheddar Cheese Blend (Whey, Maltodextrin, Reduced Lactose Whey, Canola Oil, Cheddar and Blue Cheese (Cultured Milk, Salt, Enzymes), Salt, Disodium Phosphate, Whey Protein Concentrate, Citric Acid, Lactic Acid, Artificial Color (Including FD&C Yellow #6 and #5), Romano and Parmesan Cheeses (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate)), Vegetable Oil (Contains One or More of the Following: Coconut, Palm, Soybean, Cottonseed, Sunflower, Canola), Salt, Corn Syrup Solids, Sugar, Whey Powder, Nonfat Dry Milk, Natural and Artificial Flavor (Milk, Soy), Maltodextrin, Mono and Di-Glycerides, Calcium Stearoyl Lactylate, Spice, Artificial Coloring (Including FD&C Yellow #6 and #5), Sodium Acid Pyrophosphate (Preserve Freshness), Sodium Bisulfite (Preserve Freshness), Citric Acid (Preserve Freshness), Sodium Caseinate, Dipotassium Phosphate, disodium Inosinate, Disodium Guanylate, Mixed Tocopherols (Preserve Freshness), and less than 2% Silicon Dioxide Added as an Anti-Caking Agent.

CONTAINS: MILK AND SOY. Certified Gluten Free

Idahoan Foods, LLC. 800.746.7999

Four Cheese Mashed Potatoes			
NUTRITION FACTS			
Serving Size: 1/4 cup Dry Mix (28g), 1/2 cup Prepared Mix			
Servings Per Container: 4			
Amount Per Serving			
Calories	110	Calories from Fat	20
			% Daily Value
Total Fat	2.5g		4%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	0 mg		%
Sodium	570mg		24%
Total Carbohydrate	20g		7%
	Dietary Fiber 1g		4%
	Sugars 2g		
Protein	2g		

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

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

Sweet Sue, 800.633.3294

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

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

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

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

KNA Foods, 1.800.322.6325

alpineaire.com

Vegetable Mix			
NUTRITION FACTS			
Serving Size: 1 oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	90	Calories from Fat	5
			% Daily Value
Total Fat	0g		%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	100mg		4%
Total Carbohydrate	21g		7%
	Dietary Fiber	2g	7%
	Sugars	11g	
Protein	3g		

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

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

CONTAINS: WHEAT, SOY, MILK

Lipton Consumer Advisor: 1-800-372-0240 or

<http://smartlabel.liptonkitchens.com/product/2741363/allergens?locale=en-US>

Cup a Soup			
NUTRITION FACTS			
Serving Size: 1 envelope (17g)			
Servings Per Container: 4			
Amount Per Serving			
Calories	70	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
	Saturated Fat	1.5g	8%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	620mg		26%
Total Carbohydrate	12g		4%
	Dietary Fiber	g	%
	Sugars	1g	
Protein	0g		

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

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

CONTAINS: MILK, SOY, PEANUTS.

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

KNA Foods, 1.800.322.6325 alpineaire.com

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

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

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

CONTAINS: WHEAT, SOY

Mondelez Global LLC., oreo.com, 1-888-982-2649

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

PSR Dinner #5

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

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

CONTAINS: MILK, SOY, WHEAT, EGG

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

CHICKEN FRIED RICE			
NUTRITION FACTS			
Serving Size: 1 Cup (61g) dry mix			
Servings Per Container: 4			
Amount Per Serving			
Calories	310	Calories from Fat	90
			% Daily Value
Total Fat	10g		15%
	Saturated Fat	2.5g	13%
	Trans Fat	0mg	
Cholesterol	115 mg		38%
Sodium	670mg		28%
Total Carbohydrate	45g		15%
	Dietary Fiber	5g	20%
	Sugars	4g	
Protein	14g		

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

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

CONTAINS: WHEAT, SOY, MILK

Mars Chocolate, NA, LLC., 1-800-556-7881, www.combos.com

Cheddar Cheese Pretzel			
NUTRITION FACTS			
Serving Size: 1 bag (1.8oz)			
Servings Per Container: 1			
Amount Per Serving			
Calories	240	Calories from Fat	80
			% Daily Value
Total Fat	9g		14%
	Saturated Fat	5g	25%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	540mg		23%
Total Carbohydrate	35g		12%
	Dietary Fiber	1g	3%
	Sugars	7g	
Protein	4g		

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

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

CONTAINS: MILK, SOY, WHEAT

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

CHIPS AHOY!			
NUTRITION FACTS			
Serving Size: 1 Pack (44g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	210	Calories from Fat	90
			% Daily Value
Total Fat	10g		15%
	Saturated Fat	3.5g	18%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium	140mg		6%
Total Carbohydrate	29g		10%
	Dietary Fiber	g	%
	Sugars	14g	
Protein	2g		

PSR Dinner #6

- **Three Cheese Macaroni and Cheese**, Backpackers Pantry, (1 package shared between 2 campers)

Ingredients: Pasta Elbow (Ground Durum Semolina, Water, Egg Albumen and Salt), Sauce (Freeze-Dried Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto (Vegetable Color)), Parmesan Cheese (Parmesan Cheese (Cultured Part Skim Milk, Salt, Enzymes), Disodium Phosphate, Salt), Romano Cheese from Cow's Milk (Cultured Pasteurized Part Skim Milk, Salt, Enzymes, Disodium Phosphate, Salt), RBST Free Whole Milk Powder, Butter Sauce (Modified Corn Starch, Salt, Whey Solids, Non-Fat Dry Milk, Dehydrated Butter, Natural Butter Flavor, Sugar, Xanthan Gum, Lactic Acid), Onion, Sea Salt, Bacon Flavor (Maltodextrin, Bacon Type Flavor (Sunflower Oil, Smoke Flavor, with other Natural Flavors), Rice Starch, Salt, Tocopherol), Black Pepper, Turmeric, Nutmeg.

CONTAINS: WHEAT, EGG, MILK

Product Information: American Outdoor Products, Boulder, CO

Phone No: 800-641-0500

<https://www.dropbox.com/s/o6hxx1ita36wapm/2017BPALLERGINMATRIX.pdf?dl=0>

3 Cheese Mac and Cheese		
NUTRITION FACTS		
Serving Size: 1/2 Package (95g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	410	
		% Daily Value
Total Fat	14g	18%
	Saturated Fat 8g	42%
	Trans Fat 0mg	
Cholesterol	40 mg	14%
Sodium	1070mg	46%
Total Carbohydrate	50g	18%
	Dietary Fiber 2g	6%
	Sugars 4g	
Protein	19g	

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

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

CONTAINS: PEANUT, WHEAT, SESAME SEED.

Manufactured on equipment that handles tree nuts.

Consumer Inquiries: KraftHeinz 1-855-663-5387 or kraftfoodservice.com

Cajun Trail Mix		
NUTRITION FACTS		
Serving Size: 1/4 cup (28g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	150	Calories from Fat 90
		% Daily Value
Total Fat	11g	17%
	Saturated Fat 1.5g	8%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	250mg	10%
Total Carbohydrate	11g	4%
	Dietary Fiber 2g	8%
	Sugars 1g	
Protein	5g	

- **Lorna Doone Shortbread Cookies—Mondelēz**, (1 package per camper)

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

CONTAINS: WHEAT AND SOY INGREDIENTS

Mondelēz Global LLC, snackworks.com, 1-888-982-2649

Lorna Doone Cookies			
NUTRITION FACTS			
Serving Size: 1 pkg (29g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	140	Calories from Fat	60
			% Daily Value
Total Fat	7g		11%
	Saturated Fat 2g		10%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	150mg		6%
Total Carbohydrate	20g		7%
	Dietary Fiber g		%
	Sugars 5g		
Protein	1g		

PSR Dinner #7

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

Ingredients: Instant White Rice, Cooked Chicken Powder, (Cooked Chicken and Natural Flavor, (Extract of Rosemary), Cooked Freeze-Diced Chicken, Potato Starch, Freeze-Dried Peas, Chicken Flavored Broth (Maltodextrin, Salt, Torula Yeast, Dehydrated Vegetables (Onion, Celery, Parsley, Spinach, Garlic, Carrot), Potato Flour, Xanthan Gum, Spices, Extractives of Spice (including Turmeric and Paprika), Soy Lecithin, Not more than 2% Soybean Oil added as a processing aid), Low Sodium Salt (Sodium Salt (Sodium Chloride), Potassium), Onion Granules, Parsley Flakes, Garlic Granules, White Pepper, Rosemary, Sage.

CONTAINS: SOY

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

KNA Foods, 1.800.322.6325, alpineaire.com

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

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

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

CONTAINS: WHEAT

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

KNA Foods, 1.800.322.6325, alpineaire.com

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

- **Salted Peanuts**—Frito Lay (1 package per camper)

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

CONTAINS: PEANUT INGREDIENTS

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

Questions: 1-800-352-4477

SALTED PEANUTS		
NUTRITION FACTS		
Serving Size: 1 package		
Servings Per Container: 1		
Amount Per Serving		
Calories	270	
		% Daily Value
Total Fat	24g	31%
	Saturated Fat 3.5g	16%
	Trans Fat 0mg	
Cholesterol	0 mg	%
Sodium	220mg	10%
Total Carbohydrate	8g	3%
	Dietary Fiber 4g	15%
	Sugars 2g	
Protein	12g	

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

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

CONTAINS: MILK AND SOYBEANS

Gluten Free, Contains No High Fructose Corn Syrup

Super Bakery Inc., superbakery.com, 216-426-8989

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

PSR Dinner #8

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

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

CONTAINS: MILK, SOY, WHEAT

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

SPAGHETTI WITH MEAT SAUCE

NUTRITION FACTS

Serving Size: 1 Cup (54g) Dry Mix

Servings Per Container: 3.5

Amount Per Serving

Calories	230	Calories from Fat	45
% Daily Value			
Total Fat	5g		8%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	20 mg		7%
Sodium	600mg		25%
Total Carbohydrate	33g		11%
	Dietary Fiber	3g	12%
	Sugars	5g	
Protein	12g		

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

Ingredients: Wheat Flour, Vegetable Oil (Palm Kernel, Palm Oil, Corn Oil, and/or Hydrogenated Palm Oil), Whey, Maltodextrin, Food Starch-Modified, Salt, Less than 1.5% - Tomato, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Bakers and Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Cream, Soy Lecithin, Spice, Yeast Extract, Citric Acid, Natural and Artificial Flavors, Onion, Caramel Color, Skim Milk, Garlic, Paprika, Beef Fat, Coloring (Red 40 Lake, Yellow 6 Lake), Malic Acid, Sugar, Disodium Inosinate, Disodium Guanylate, Propionic Acid, Hydrolyzed Soy Protein, Paprika Extract (Color).

CONTAINS: WHEAT, MILK, SOY

Mars Chocolate NA, LLC., combos.com, 1-800-556-7881

PEPPERONI PIZZA COMBOS

NUTRITION FACTS

Serving Size: 1 Bag

Servings Per Container: 1

Amount Per Serving

Calories	240	Calories from Fat	100
% Daily Value			
Total Fat	11g		17%
	Saturated Fat	5g	25%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium	510mg		21%
Total Carbohydrate	30g		10%
	Dietary Fiber	1g	4%
	Sugars	6g	
Protein	4g		

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

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

CONTAINS: WHEAT, SOY

Mondelez Global LLC., oreo.com, 1-888-982-2649

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

PSR Dinner #9

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

Ingredients: Instant White Rice, Pinto Bean Flakes, Sharp Cheddar Cheese Powder (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate, Annatto Extract), Parmesan Cheese Powder (Partially Skim Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Chopped Onion, Tomato Flakes, Freeze Dried Cooked Beef, Salt, Tomato Powder (Tomato), Corn Meal, Minced Green Onion, Chili Powder (Chili Pepper, Cumin, Salt, Oregano, Garlic), Jalapeno Pepper Powder, Garlic Granules, Cumin, Oregano, Basil.

CONTAINS: MILK

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

KNA Foods, 1.800.322.6325

alpineaire.com

Southwestern Style Rice with Beef			
NUTRITION FACTS			
Serving Size: 6 oz (170g)			
Servings Per Container: 1			
<hr/>			
Amount Per Serving			
Calories	660	Calories from Fat	100
			% Daily Value
<hr/>			
Total Fat	12g		18%
			<hr/>
	Saturated Fat	6g	30%
			<hr/>
	Trans Fat	mg	
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Cholesterol	40mg		13%
			<hr/>
Sodium	730mg		30%
			<hr/>
Total Carbohydrate	108g		36%
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	Dietary Fiber	15g	60%
			<hr/>
	Sugars	11g	
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Protein	32g		

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

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

CONTAINS: CASHEWS.

Manufactured on equipment that processes peanuts, other tree nuts.

Consumer Inquiries: KraftHeinz 1-855-663-5387 or kraftfoodservice.com

Honey Roasted Cashews			
NUTRITION FACTS			
Serving Size: 1 pack (42g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	220	Calories from Fat	140
		% Daily Value	
Total Fat	17g		26%
	Saturated Fat 3g		15%
	Trans Fat mg		
Cholesterol	mg		%
Sodium	115mg		5%
Total Carbohydrate	15g		5%
	Dietary Fiber 1g		4%
	Sugars 5g		
Protein	7g		

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

Ingredients: Bleached and Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), High Fructose Corn Syrup, Soybean and Palm Oil, Sugar, Chocolate Flavored Chips (Sugar, Partially Hydrogenated Palm Kernel Oil, Cocoa, Cocoa Pressed with Alkali, Dextrose, Soy Lecithin), Semi-Sweet Chocolate (Sugar, Chocolate, Cocoa Butter, Dextrose, Soy Lecithin, Natural and Artificial Flavor, Salt), Contains 2% or less of: Modified Corn Starch, Leavening (Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Natural Flavor (Contains Milk), Soy Lecithin, Salt, Cornstarch, Caramel Color, Yellow 6, Eggs).

CONTAINS: WHEAT, SOY, MILK AND EGG INGREDIENTS.

May contain Peanuts and Tree Nuts.

Kellogg Sales Co, 1-877-453-5837, Keebler.com

Soft Batch Cookies			
NUTRITION FACTS			
Serving Size: 4 cookies (64g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	300		
		% Daily Value	
Total Fat	14g		18%
	Saturated Fat 6g		30%
	Trans Fat mg		
Cholesterol	mg		%
Sodium	230mg		10%
Total Carbohydrate	42g		15%
	Dietary Fiber 1g		4%
	Sugars 23g		
Protein	2g		

PSR Dinner #10

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

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

CONTAINS: WHEAT, SOY

KraftHeinz 1-800-431-1003 or kraftheinzcompany.com

SAVORY HERB STUFFING MIX			
NUTRITION FACTS			
Serving Size: 1/6 Box (28g) (Makes 1/2 Cup)			
Servings Per Container: 6			
Amount Per Serving (As Prepared)			
Calories	150	Calories from Fat	50
			% Daily Value
Total Fat	1g		9%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium	450mg		22%
Total Carbohydrate	21g		7%
	Dietary Fiber	<1g	3%
	Sugars	2g	
Protein	4g		

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

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

Sweet Sue, 800.633.3294

CHICKEN BREAST—7 OZ POUCH			
NUTRITION FACTS			
Serving Size: 1/4 Cup (56g)			
Servings Per Container: 3.5			
Amount Per Serving			
Calories	50	Calories from Fat	10
			% Daily Value
Total Fat	1g		2%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	30 mg		10%
Sodium	180mg		8%
Total Carbohydrate	1g		%
	Dietary Fiber	g	%
	Sugars	g	
Protein	11g		

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

Ingredients: Cranberries, Sugar, Sunflower Oil

Packaged in a facility that also packages tree nuts.

Fresh Gourmet Company LLC. 1-888-958-6921

DRIED CRANBERRIES			
NUTRITION FACTS			
Serving Size: 1 packet (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	100	Calories from Fat	5
			% Daily Value
Total Fat	g		%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium	mg		%
Total Carbohydrate	24g		8%
	Dietary Fiber	1g	4%
	Sugars	21g	
Protein	g		

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

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

CONTAINS: MILK, SOY, WHEAT

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

CHIPS AHOY!			
NUTRITION FACTS			
Serving Size: 1 Pack (44g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	210	Calories from Fat	90
			% Daily Value
Total Fat	10g		15%
	Saturated Fat	3.5g	18%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium	140mg		6%
Total Carbohydrate	29g		10%
	Dietary Fiber	g	%
	Sugars	14g	
Protein	2g		