

Philmont Scout Ranch

2019 Breakfast Trail Food Menu

<p><u>Breakfast #1</u></p> <p>Peppered Beef Jerky</p> <p>Butterscotch Oatmeal 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><u>Breakfast #6</u></p> <p>Banana Nut Bread Bar—GF/DF/Vegan</p> <p>Peanut Butter Crunchy Granola Bar—K</p> <p>Raisins—K</p> <p>French Toast Pieces—K</p> <p>Spiced Apple Cider—K</p>
<p><u>Breakfast #2</u></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>Cheez-its—K</p> <p>Lemonade Mix—K</p>	<p><u>Breakfast #7</u></p> <p>Turkey Jerky</p> <p>Instant Oatmeal Maple and Brown Sugar—K</p> <p>Banana Chips</p> <p>Cashew Cookie Bar—K/GF/DF/SF/Vegan</p> <p>Strawberry Pop Tarts</p> <p>Lemonade Mix—K</p>
<p><u>Breakfast #3</u></p> <p>Teriyaki Beef Jerky</p> <p>French Vanilla Granola</p> <p>Dried Fruit Blend—K/PF</p> <p>Fig Newtons—K</p> <p>Cranberry Pomegranate Bar</p> <p>Hydration Mix w/ Lemons & Limes—GF/K/DF/Vegan</p>	<p><u>Breakfast #8</u></p> <p>Maple Flavored Turkey Sausage Breakfast Links—GF</p> <p>Brown Sugar Honey Oat Granola</p> <p>Dried Fruit Blend—K/PF</p> <p>Fruit and Nut Trail Mix Bar</p> <p>Cran-Raspberry Acli-Mate</p>
<p><u>Breakfast #4</u></p> <p>Turkey Deli Bites—GF</p> <p>Caramel Energy Waffle—K</p> <p>Crunchy Peanut Butter Bar—K</p> <p>Cinnamon Pop Tarts</p> <p>Hot Chocolate</p>	<p><u>Breakfast #9</u></p> <p>Cinnamon Raisin Bagel (Fresh) - K</p> <p>Chocolate Hazelnut Butter—GF/Vegan/K</p> <p>Honey Peppered Turkey Stick—GF</p> <p>Strawberry Energy Waffle—K</p> <p>Fig Newtons—K</p> <p>Hot Chocolate</p>
<p><u>Breakfast #5</u></p> <p>Breakfast Skillet Entree</p> <p>Double Chocolate Oatmeal Bar—K</p> <p>Dried Pineapple Chunks</p> <p>Kool Aid—Cherry—K</p>	<p><u>Breakfast #10</u></p> <p>Biscuits and Gravy</p> <p>Oats ‘n Honey Bar—K</p> <p>Sweet N Hot Beef Jerky</p> <p>Banana Chips</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, Brown Sugar, Contains 2% or Less of: Salt, Black Pepper, Flavors, Beef Stock, Soy Sauce (Wheat, Soybeans, Salt), Maltodextrin, Yeast Extract, Hydrolyzed Corn Protein, Citric Acid, Pineapple Powder.

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	70	Calories from Fat 5
		% Daily Value
Total Fat	0.5g	1%
Saturated Fat		g %
Trans Fat		0mg
Cholesterol	20mg	7%
Sodium	460mg	19%
Total Carbohydrate	7g	2%
Dietary Fiber		g %
Sugars		7g
Protein	9g	

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

Ingredients: Whole Grain Oats, Whole Wheat Flour, Sugar, Corn Syrup, Canola Oil, Caramel Flavored Chips (Sugar, Palm Kernel and Palm Oils, Reduced Minerals, Whey, Soy Lecithin, Color (Caramel Color, Vegetable Juice, Annatto Extract), Nonfat Milk Solids, Salt, Natural Flavor), Vegetable Glycerin. Contains 2% or less of: Enzyme Modified Butter, Molasses, Semisweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Natural Flavor), Baking Soda, Salt, Natural Flavor, Dried Egg White, Annatto Extract Added for Color.

CONTAINS: WHEAT, MILK, SOY AND EGG INGREDIENTS

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

Butterscotch 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		0mg
Cholesterol	mg	%
Sodium	110mg	4%
Total Carbohydrate	24g	8%
Dietary Fiber		2g 7%
Sugars		9g
Protein	2g	

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- **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

Peanut Butter and Jelly Bar			
NUTRITION FACTS			
Serving Size: 1 bar (48g)			
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

Animal Crackers			
NUTRITION FACTS			
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		

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- **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.

Raisins			
NUTRITION FACTS			
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

Spiced Apple Cider Mix			
NUTRITION FACTS			
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		

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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, Cane Sugar, Apple Juice Concentrate, Blueberries, Blueberry Puree, Strawberries, Expeller Pressed Canola Oil, Cane Sugar, Vegetable Glycerin, Dried Pineapple, 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

Wholeberry Blast Meal Bar			
NUTRITION FACTS			
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

Honey Peppered Beef Sticks			
NUTRITION FACTS			
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		

- **Apples 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,

Apples & Cinnamon Oatmeal			
NUTRITION FACTS			
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
		Sugars	11g
Protein	3g		

- **Cheez It Crackers—Kelloggs**, (1 package per camper)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Vegetable Oil (Soybean Palm Oil with TBHQ for Freshness), Cheese made with Skim Milk (Skim Milk, Whey Protein, Salt, Cheese Cultures, Enzymes, Annatto Extract Color). Contains 2% or less of: Salt, Paprika, Yeast, Paprika Extract Color, Soy Lecithin.

CONTAINS: WHEAT, MILK AND SOY INGREDIENTS

Kellogg NA Co., cheez-it.com, 1-877-453-5837

Cheez-It			
NUTRITION FACTS			
Serving Size: 1 Pouch			
Servings Per Container: 1			
Amount Per Serving			
Calories	210		
		% Daily Value	
Total Fat	11g		14%
		Saturated Fat	2.5g
		Trans Fat	0mg
Cholesterol	0mg		7%
Sodium	320mg		14%
Total Carbohydrate	24g		9%
		Dietary Fiber	g
		Sugars	g
Protein	5g		

- **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

kraftfoodservice.com

Lemonade		
NUTRITION FACTS		
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, Brown Sugar, Soy Sauce (Water, Wheat, Soybeans, Salt), Contains Less than 2% or Less of: Salt, Beef Stock, Flavors, Pineapple Powder.

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 5
		% Daily Value
Total Fat	1g	1%
Saturated Fat		0g %
Trans Fat		0mg
Cholesterol	25mg	7%
Sodium	530mg	22%
Total Carbohydrate	5g	2%
Dietary Fiber		0g 0%
Sugars		5g
Protein	10g	

- **Cranberry and Pomegranate Trail Mix Granola Bar—Nature Valley**, (1 package per camper)

Ingredients: Whole Grain Oats, Corn Syrup, Sugar, Rice Flour, Almonds, Dried Cranberries, Fructose, Vegetable Glycerin, Canola Oil, Corn Starch, Dried Pomegranate, Soy Lecithin, Salt, Barley Malt Extract, Baking Soda, Natural Flavor, Mixed Tocopherols Added to Retain Freshness.

CONTAINS: ALMOND, SOY; May contain Peanut and Sunflower Ingredients

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

Cranberry Pomegranate Bar		
NUTRITION FACTS		
Serving Size: 1 bar (32g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	130	Calories from Fat 25
		% Daily Value
Total Fat	2.5g	4%
Saturated Fat		0g %
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	24g	8%
Dietary Fiber		1g 4%
Sugars		6g
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

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	

- **Fig Newtons—Nabisco/Mondelez**, (1 package per camper)

Ingredients: Figs, Whole Grain Wheat Flour, Sugar, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Corn Syrup, Invert Sugar, Canola Oil, Palm Oil, Salt, Baking Soda, Calcium Lactate, Malic Acid, Soy Lecithin, Sodium Benzoate and Sulfur Dioxide (Sulfites) Added to Preserve Freshness, Natural Flavor, Artificial Flavor.

CONTAINS: WHEAT, SOY.

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

Fig Newtons		
NUTRITION FACTS		
Serving Size: 1 cookie		
Servings Per Container: 2		
Amount Per Serving		
Calories	100	Calories from Fat 15
		% Daily Value
Total Fat	2g	3%
Saturated Fat		0g 0%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	90mg	4%
Total Carbohydrate	21g	7%
Dietary Fiber		1g 4%
Sugars		12g
Protein	1g	

- **Dried Fruit Blend, Prize Brand, National Food Group, 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		

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

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

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

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

Exercise Hydration Mix w/Lemons & Limes			
NUTRITION FACTS			
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	380mg		15%
Total Carbohydrate	21g		7%
Dietary Fiber		0g	0%
Sugars		19g	

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

Turkey Deli Bites			
NUTRITION FACTS			
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: Whole Wheat Flour, Sugar, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid, Corn Syrup, Dextrose, Soybean and Palm Oil, Bleached White Flour, Polydextrose, Glycerin, Contains 2% or less of: Maltodextrin, Molasses, Calcium Carbonate, Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Wheat Starch, Cinnamon, Sodium Stearoyl Lactylate, DATEM, Gelatin, Xanthan Gum, Vitamin A Palmitate, Niacinamide, Reduced Iron, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Soy Lecithin.

CONTAINS: WHEAT AND SOY INGREDIENTS

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

Cinnamon Pop Tarts			
NUTRITION FACTS			
Serving Size: 1 package (100g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	370	Calories from Fat	50
		% Daily Value	
Total Fat	6g		9%
	Saturated Fat 2g		10%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	400mg		17%
Total Carbohydrate	76		25%
	Dietary Fiber 6g		23%
	Sugars 31g		
Protein	5g		

- **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, milk, and tree nuts

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

Crunchy Peanut Butter Bar			
NUTRITION FACTS			
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		

- **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, Natural Flavor, Soy Lecithin, Organic Spices, Baking Soda.

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

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

Caramel Waffle			
NUTRITION FACTS			
Serving Size: 1 (30g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	150	Calories from Fat	70
			% Daily Value
Total Fat	7g		11%
Saturated Fat		3g	15%
Trans Fat		0mg	
Cholesterol	mg		%
Sodium	60mg		2%
Total Carbohydrate	21g		7%
Dietary Fiber		1g	5%
Sugars		11g	
Protein	1g		

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

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

CONTAINS: MILK

Con Agra Foods, 1-800-457-6649, swissmiss.com

Swiss Miss Hot Cocoa			
NUTRITION FACTS			
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

	Amount	% Daily Value
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	

- **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., ask.generalmills.com, 1-800-767-5404

Chocolate Oatmeal Bar

NUTRITION FACTS

Serving Size: 1 bar (35g)

Servings Per Container: 1

Amount Per Serving

	Amount	% Daily Value
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	

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

Ingredients: Dehydrated Pineapple Chunks.

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

KNA Foods, 1.800.322.6325 alpineaire.com

Pineapple Chunks			
NUTRITION FACTS			
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.

kraftfoodservice.com

Cherry Kool Aid			
NUTRITION FACTS			
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 or Sunflower Oil), Dates, Sunflower Seeds, Sesame Seeds, Banana Chips (Bananas, Coconut Oil, Cane Sugar), Walnuts, Flax Seed, Cashews, Cane Sugar, Crisp Brown Rice (Brown Rice, Cane Sugar, Sea Salt), Expeller Pressed Canola Oil, Glycerin, Coconut, Banana Powder, Rice Syrup, Pumpkin Seeds, Oat Flour, 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

Banana Nut Bread		
NUTRITION FACTS		
Serving Size: 1 Bar (85g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	380	Calories from Fat 180
		% Daily Value
Total Fat	20g	31%
Saturated Fat		4g 20%
Trans Fat		0mg
Cholesterol	mg	%
Sodium	110mg	5%
Total Carbohydrate	44g	15%
Dietary Fiber		5g 22%
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: Salt, Dextrose, Natural Flavor (Contains Milk), Baking Soda, Cinnamon, Soy Lecithin, Rosemary Extract for Freshness.

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS.

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

French Toast		
NUTRITION FACTS		
Serving Size: 1 package (50g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	210	
		% Daily Value
Total Fat	7g	9%
	Saturated Fat 2g	10%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	190mg	8%
Total Carbohydrate	38g	14%
	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., ask.generalmills.com, 1-800-248-7310

Peanut Butter Nature Valley Bar			
NUTRITION FACTS			
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.

Raisins			
NUTRITION FACTS			
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

Spiced Apple Cider Mix			
NUTRITION FACTS			
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, Contains Less than 2%: Sea Salt, Brown Sugar, Refiners Syrup, Flavors, Hydrolyzed Corn Protein, Soy Sauce (Wheat, Soybeans, Salt), Turkey Flavor (Autolyzed Yeast Extract, Turkey Broth Powder, Natural Flavors, Salt), Molasses, Maltodextrin, 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	0.5g		1%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	25mg		9%
Sodium	490mg		20%
Total Carbohydrate	4g		1%
	Dietary Fiber	g	%
	Sugars	4g	
Protein	11g		

- **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: Whole Wheat Flour, Sugar, Corn Syrup, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Dextrose, Soybean and Palm Oil, Bleached Wheat Flour, Polydextrose, Glycerin, Fructose, Contains 2% or less of: Wheat Starch, Salt, Dried Strawberries, Dried Pears, Dried Apples, Calcium Carbonate, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Sodium Stearoyl Lactylate, Citric Acid, Modified Wheat Starch, DATEM, Cornstarch, Gelatin, Xathan Gum, Brown Rice Syrup, Vegetable Juice Concentrate for Color, Beet Juice for Color, Paprika Extract Color, Annato Color, Vitamin A Palmitate, Niacinamide, Reduced Iron, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Soy Lecithin.

CONTAINS: WHEAT AND SOY INGREDIENTS

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

Strawberry Pop Tarts			
NUTRITION FACTS			
Serving Size: 1 package (100g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	360	Calories from Fat	50
			% Daily Value
Total Fat	5g		8%
	Saturated Fat 2g		10%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	370mg		15%
Total Carbohydrate	76g		25%
	Dietary Fiber 6g		22%
	Sugars 30g		
Protein	4g		

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

Ingredients: Cashews, Dates.

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

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

Cashew Cookie Bar			
NUTRITION FACTS			
Serving Size: 1 bar (48g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	220	Calories from Fat	
			% Daily Value
Total Fat	12g		16%
	Saturated Fat 2.5g		12%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	5mg		0%
Total Carbohydrate	25g		9%
	Dietary Fiber 2g		9%
	Sugars 15g		
Protein	5g		

- **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

Banana Chips			
NUTRITION FACTS			
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

kraftfoodservice.com

Lemonade			
NUTRITION FACTS			
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		

- **Dried Fruit Blend, Prize Brand, National Food Group, 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		

- **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

Brown Sugar Honey Oat Granola			
NUTRITION FACTS			
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		

- **Fruit and Nut Trail Mix Granola Bar—, Nature Valley**, (1 package per camper)

Ingredients: Whole Grain Oats, Corn Syrup, Almonds, Raisins, Sugar, Roasted Peanuts, Rice Flour, Vegetable Glycerin, Cranberries, Canola Oil, Fructose, Corn Starch, Soy Lecithin, Salt, Barley Malt Extract, Baking Soda, Natural Flavor, Mixed Tocopherols Added to Preserve Freshness.

CONTAINS: ALMOND, PEANUT AND SOY. May contain sunflower ingredients

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

Fruit and Nut Bar			
NUTRITION FACTS			
Serving Size: 1 Bar (35g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	140	Calories from Fat	35
			% Daily Value
Total Fat	4g		6%
	Saturated Fat 0.5g		2%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	65mg		3%
Total Carbohydrate	25g		8%
	Dietary Fiber 2g		8%
	Sugars 7g		
Protein	3g		

- **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)**

Fresh Handed out in packs of 6 at the commissaries.

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

Cinn Raisin Bagel			
NUTRITION FACTS			
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, hbfpowersnacks.com, 703.435.2497 or 800.869.6320

Honey Peppered Turkey Sticks			
NUTRITION FACTS			
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 package per camper)

Ingredients: Dry Roasted Hazelnuts, Dry Roasted Almonds, Organic Powdered Sugar (Organic Cane Sugar, Organic Tapioca Starch), Organic Cocoa Powder, Organic Cocoa Butter, Palm Oil, 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

Chocolate Hazelnut Butter		
NUTRITION FACTS		
Serving Size: 1 package (32g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	200	
		% Daily Value
Total Fat	16g	21%
Saturated Fat	3g	15%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	90mg	4%
Total Carbohydrate	11g	4%
Dietary Fiber	2g	7%
Sugars	8g	
Protein	4g	

- **Strawberry Waffle, Honey Stinger, 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, Soy Lecithin, Organic Spices, Baking Soda.

CONTAINS: WHEAT, SOY. May contain Egg and Milk

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

Strawberry Waffle		
NUTRITION FACTS		
Serving Size: 1 package (30g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	150	Fat Calories 70
		% Daily Value
Total Fat	7g	11%
Saturated Fat	3g	15%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	60mg	2%
Total Carbohydrate	21g	7%
Dietary Fiber	<1g	3%
Sugars	11g	
Protein	1g	

- **Fig Newtons—Nabisco/Mondelez**, (1 package per camper)

Ingredients: Figs, Whole Grain Wheat Flour, Sugar, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Corn Syrup, Invert Sugar, Canola Oil, Palm Oil, Salt, Baking Soda, Calcium Lactate, Malic Acid, Soy Lecithin, Sodium Benzoate and Sulfur Dioxide (Sulfites) Added to Preserve Freshness, Natural Flavor, Artificial Flavor.

CONTAINS: WHEAT, SOY.

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

Fig Newtons			
NUTRITION FACTS			
Serving Size: 1 cookie			
Servings Per Container: 2			
Amount Per Serving			
Calories	100	Calories from Fat	15
		% Daily Value	
Total Fat	2g		3%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	90mg		4%
Total Carbohydrate	21g		7%
	Dietary Fiber 1g		4%
	Sugars 12g		
Protein	1g		

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

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

CONTAINS: MILK

Con Agra Foods, 1-800-457-6649, swissmiss.com

Swiss Miss Hot Cocoa			
NUTRITION FACTS			
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

Biscuits and Gravy			
NUTRITION FACTS			
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, Brown Sugar, Contains Less than 2% of Flavors, Salt, Beef Stock, Yeast Extract, Citric Acid, Pineapple Powder.

CONTAINS:

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

Sweet & Hot Beef Jerky			
NUTRITION FACTS			
Serving Size: 1 package (26g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	80	Calories from Fat	5
		% Daily Value	
Total Fat	0.5g		1%
	Saturated Fat 0g		%
	Trans Fat 0mg		
Cholesterol	20mg		7%
Sodium	270mg		11%
Total Carbohydrate	7g		2%
	Dietary Fiber g		%
	Sugars 7g		
Protein	9g		

- **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, 1-800-248-7310

Nature Valley Oats N Honey Bars			
NUTRITION FACTS			
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		

- **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

Banana Chips			
NUTRITION FACTS			
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		

- **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

Cherry Kool Aid			
NUTRITION FACTS			
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		