

# Philmont Scout Ranch

## 2019 Lunch Trail Food Menu

<p><b><u>Lunch #1</u></b></p> <p>Rice Crackers—K/GF-Handout</p> <p>Sriracha Peanut Butter-GF</p> <p>Berry Banana Buzz Bar—K</p> <p>Pepperoni Stick</p> <p>Cajun Trail Mix—K</p> <p>Orange Gatorade—K</p>	<p><b><u>Lunch #6</u></b></p> <p>Rice Crackers—K/GF-Handout</p> <p>Original Cheese Wedges</p> <p>Pepperoni Stick</p> <p>Peanut Butter N Honey Stinger Bar— K</p> <p>Nutter Butters—K</p> <p>Orange Gatorade—K</p>
<p><b><u>Lunch #2</u></b></p> <p>Saltines Crackers—K-Handout</p> <p>Chunk Chicken</p> <p>Mountain Mix Bar—K</p> <p>Sunflower Seeds—K/PF/TNF</p> <p>Grandma’s Oatmeal Raisin Cookie—K</p> <p>All Sport Blue Raz Ice —K</p>	<p><b><u>Lunch #7</u></b></p> <p>Club Crackers—K-Handout</p> <p>Chunk Ham</p> <p>Sunflower Seeds—K/PF/TNF</p> <p>Grandma’s Peanut Butter Cookie—K</p> <p>All Sport Blue Raz Ice —K</p>
<p><b><u>Lunch #3</u></b></p> <p>Club Crackers—K-Handout</p> <p>Original Cheese Wedges</p> <p>Jalapeno Beef and Cheese Combo</p> <p>Orange Energy Chews—GF/DF</p> <p>Corn Nuts—K</p> <p>Lemon Lime Gatorade—K</p>	<p><b><u>Lunch #8</u></b></p> <p>Saltines Crackers—K-Handout</p> <p>Sunbutter—K/PF/TNF/DF/Soy Free</p> <p>Turkey N Swiss Combo—GF</p> <p>Dark Chocolate Almond Crunch Coconut Bar—K</p> <p>Ranch Corn Nuts —K</p> <p>Lemon Lime Gatorade—K</p>
<p><b><u>Lunch #4</u></b></p> <p>Plain Bagel Fresh—Handout</p> <p>Honey Peanut Butter—K/GF</p> <p>Chicken Strip</p> <p>Sunflower Seed Trail Mix—K</p> <p>All Sport Orange—K</p>	<p><b><u>Lunch #9</u></b></p> <p>Ritz Crackers—K-Handout</p> <p>Tuna—K/GF</p> <p>Pink Lemonade Energy Chews—GF/DF</p> <p>Sunflower Seed Trail Mix—K</p> <p>Fruit and Nut Trail Mix—K</p> <p>All Sport Orange—K</p>
<p><b><u>Lunch #5</u></b></p> <p>Ritz Crackers - K-Handout</p> <p>Tuna—K/GF</p> <p>Orange Bolt Energy Chews - GF/DF</p> <p>Nut and Chocolate Trail Mix—K</p> <p>Fruit Punch Gatorade—K</p>	<p><b><u>Lunch #10</u></b></p> <p>Club Crackers—K-Handout</p> <p>Pepper Jack Cheese Wedges</p> <p>Rocket Chocolate Bar—K</p> <p>Spam Singles</p> <p>Fruit Punch Gatorade—K</p>

“K” Kosher

“GF” Gluten Free

“PF” Peanut Free

“TNF” Tree Nut Free

“DF” Dairy Free

# PSR Lunch #1

- **Good Thins, Mondelez**, (1 package per camper)

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

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

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

Good Thins			
NUTRITION FACTS			
Serving Size: 1 pack			
Servings Per Container: 1			
Amount Per Serving			
Calories	90	Calories from Fat	15
		% Daily Value	
Total Fat	1.5g		2%
	Saturated Fat 0g		%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	85mg		4%
Total Carbohydrate	19g		6%
	Dietary Fiber 2g		8%
	Sugars <1g		
Protein	1g		

- **Sriracha Peanut Butter, ProBar** (1.5 packages per camper)

Ingredients: Peanut Butter (Peanuts), Date Paste, Coconut Oil, Sea Salt, Vinegar (Maltodextrin, White Distilled Vinegar), Pineapple, Garlic Powder, Red Pepper, Smoked Paprika.

**CONTAINS: PEANUTS, COCONUT.**

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

PROBAR LLC, theprobar.com, 800.921.2294

Sriracha Peanut Butter			
NUTRITION FACTS			
Serving Size: 1 pack (32g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	180	Calories from Fat	130
		% Daily Value	
Total Fat	15g		23%
	Saturated Fat 3.5g		18%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	85mg		4%
Total Carbohydrate	8g		3%
	Dietary Fiber 3g		10%
	Sugars 4g		
Protein	7g		

- **Berry Banana Buzz Energy Bar—En-R-G Foods, (1 package per camper)**

Ingredients: Organic Honey, Organic Almonds, Organic Brown Rice Flour, Organic Apple, White Coating (Sugar, Palm Kernel Oil Natural Flavor, Sunflower Lecithin added as an Emulsifier, and Salt), Isolated Soy Protein, Cranberries (Cranberries, Apple Juice Concentrate, Sunflower Oil), Banana (Banana, Coconut Oil, Natural Flavor), Organic Rolled Oats, Strawberry, Less than 2% of the following: Salt, Dicalcium Phosphate, Dimagnesium Phosphate, Maltodextrin, Ascorbic Acid, Magnesium Oxide, Nicotinamide, Ferric Orthophosphate, D,I-Alpha Tocopherol Acetate, Zinc Oxide, Potassium Iodide, Vitamin A Palmitate, Biotin, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Copper Gluconate, Cholecalciferol, Cyanocobalmin.

**ALLERGENS: CONTAINS: SOY AND ALMONDS. Made in a facility that also processes Peanuts, Tree Nuts, Wheat, Milk and Egg.**

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

<b>Berry Banana Buzz Bar</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 bar (50g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	200	Calories from Fat	60
		% Daily Value	
Total Fat	6g		10%
	Saturated Fat 2g		10%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	55mg		2%
Total Carbohydrate	32g		11%
	Dietary Fiber 2g		8%
	Sugars 20g		
Protein	5g		

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

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

Product Questions: 1.800.277.8989 or www.countrymeats.com

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

- **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

<b>Cajun Trail Mix</b>			
<b>NUTRITION FACTS</b>			
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		

- **Orange Gatorade—The Gatorade Company**, (1 package per camper)

Ingredients: Sugar, Dextrose, Citric Acid, Salt, Sodium Citrate, Monopotassium Phosphate, Natural Flavor, Modified Food Starch, Calcium Silicate, Yellow 6.

The Gatorade Co., 1-800-884-2867, <https://cu.pepsico.com/gatorade?nutrition=>

<b>Orange Gatorade</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Pkg (35g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	130	Calories from Fat	
		% Daily Value	
Total Fat	0g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	230mg		10%
Total Carbohydrate	34g		11%
	Dietary Fiber	g	%
	Sugars	32g	
Protein	g		

## PSR Lunch #2

- **Saltines Crackers—Mondelez**, (1 package shared between 2 campers)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Canola Oil, Palm Oil, Sea Salt, Salt, Malted Barley Flour, Baking Soda, Yeast.

**CONTAINS: WHEAT**

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

<b>Saltine Crackers—K</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 5 Crackers (16g)		
Servings Per Container: 7		
Amount Per Serving		
Calories	70	
		% Daily Value
Total Fat	1.5g	2%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	135mg	6%
Total Carbohydrate	12g	4%
	Dietary Fiber 0g	0%
	Sugars g	
Protein	1g	

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

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

Sweet Sue, LLC. 800-633-3294

<b>CHICKEN BREAST—3OZ POUCH</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 1 Pouch (85g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	80	Calories from Fat 10
		% Daily Value
Total Fat	1.5g	2%
	Saturated Fat 0g	%
	Trans Fat 0mg	
Cholesterol	45 mg	15%
Sodium	270mg	11%
Total Carbohydrate	1g	%
	Dietary Fiber g	%
	Sugars g	
Protein	17g	

- **Mountain Mix Mojo Bar—Clif Bar**, (1 package per camper)

Ingredients: Organic Brown Rice Syrup, Organic Peanuts, Organic Raisins, Almonds, Soy Protein Isolate, Organic Wheat Flour, Organic Peanut Butter, Organic Dried Cane Syrup, Organic Roasted Soybeans, Organic Rice Flour, Organic Unsweetened Chocolate, Organic Pumpkin Seeds, Sunflower Seeds, Organic Oat Syrup Solids, Vegetable Glycerin, Organic High Oleic Sunflower Oil, Sea Salt, Organic Gum Arabic, Organic Cocoa Butter, Salt, Sunflower Oil, Calcium Carbonate, Organic Canola Oil, Organic Soy Lecithin, Organic Vanilla Extract, Mixed Tocopherols (Antioxidant), Organic Malt.

**CONTAINS: SOY, PEANUTS, ALMONDS, WHEAT AND ALMONDS. May contain other tree nuts and traces of milk. May contain nutshell fragments.**

Clif Bar and Company, 1-800-254-3227, [clifbar.com](http://clifbar.com)

<b>Mountain Mix Bar</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Bar (45g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	200	Calories from Fat	80
			% Daily Value
Total Fat	9g		14%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	240mg		10%
Total Carbohydrate	23g		8%
	Dietary Fiber 2g		8%
	Sugars 11g		
Protein	8g		

- **Sunflower Seeds Roasted and Salted —SunGold Foods**, (1 package per camper)

Ingredients: Roasted Sunflower Kernels, Sunflower Oil, Salt

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

Sungold Foods, [sungoldfoods.com](http://sungoldfoods.com), 1-800-437-5539

<b>Sunflower Seeds</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 pkg (30g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	200		
			% Daily Value
Total Fat	17g		22%
	Saturated Fat 1.5g		9%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	120mg		5%
Total Carbohydrate	5g		2%
	Dietary Fiber 2g		9%
	Sugars <1g		
Protein	7g		

- **Grandma’s Oatmeal Raisin Cookies—Frito Lay,** (1 package per camper)

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

**CONTAINS: WHEAT AND EGG INGREDIENTS.**

**ALLERGY INFORMATION: This Product is made on Equipment that Processes Peanuts and Tree Nuts.**

Frito Lay North America Inc, 1-800-352-4477, FritoLay.com

<b>Oatmeal Raisin Cookie</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 2 cookie (70.8g)		
Servings Per Container: 1		
Amount Per Serving (2 servings)		
Calories	310	
		% Daily Value
Total Fat	12g	16%
Saturated Fat	4g	20%
Trans Fat	0g	0%
Cholesterol	25mg	8%
Sodium	390mg	17%
Total Carbohydrate	46g	17%
Dietary Fiber	3g	12%
Sugars	24g	
Protein	4g	

- **Blue Raz Ice All Sport Zero—All Sport Inc.,** (1 package per camper)

Ingredients: Citric Acid, Maltodextrin, Salt, Potassium Citrate, Natural and Artificial Flavors, Monopotassium Phosphate, Aspartame, Ascorbic Acid (Vit C), Contains Less than 2% of: Xanthan Gum, Acesulfame Potassium, Calcium Silicate, Blue 1, Yellow 5, Phenylketonurics.

**CONTAINS: PHENYLALANINE**

All Sport, Inc. 1-866-851-7402 [drinkallsport.com](http://drinkallsport.com)

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

# PSR Lunch #3

- **Club Crackers—Kellogg’s**, (1 package shared between 2 campers)

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

**CONTAINS: WHEAT AND SOY INGREDIENTS**

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

<b>Club Crackers</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 4 Crackers (14g)			
Servings Per Container: 10			
Amount Per Serving			
Calories	70	Calories from Fat	25
			% Daily Value
Total Fat	3g		5%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	125mg		5%
Total Carbohydrate	9g		3%
	Dietary Fiber <1g		1%
	Sugars 1g		
Protein	<1g		

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

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

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

<b>Original Cheese Wedges</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 wedge (19g)			
Servings Per Container: 6			
Amount Per Serving (1 Wedge)			
Calories	25	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
	Saturated Fat 1g		5%
	Trans Fat 0g		
Cholesterol	<5mg		1%
Sodium	250mg		10%
Total Carbohydrate	1g		<1%
	Dietary Fiber 0g		0%
	Sugars 1g		
Protein	2g		



- **Jalapeno Sizzle Beef and Cheese Combo-Jack Link’s**, (1 package per camper)

Ingredients: **Beef Stick:** Beef, Salt, Water, Corn Syrup, Contains 2% less of: Flavors, Dextrose, Sugar, Red Pepper, Sodium Erythorbate, Lactic Acid Starter Culture, BHA, BHT, Citric Acid, Maltodextrin, Sodium Nitrite, Colors (Caramel, Red 3)

**Pasteurized Process Cheese Food with Jalapeno Peppers:** Cultured Pasteurized Milk, Water, Red and Green Jalapeno Peppers, Salt, Sodium Phosphate, Sorbic Acid (Preservative), Natural Flavoring, Enzymes.

**CONTAINS: MILK**

Link Snacks Inc., 715-466-6608, jacklinks.com

<b>Jalapeno Beef and Cheese Combo</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 34g			
Servings Per Container: 1			
Amount Per Serving			
Calories	140	Calories from Fat	100
		% Daily Value	
Total Fat	11g		17%
	Saturated Fat 6g		29%
	Trans Fat 0mg		
Cholesterol	30mg		10%
Sodium	510mg		21%
Total Carbohydrate	2g		1%
	Dietary Fiber 0g		%
	Sugars 1g		
Protein	7g		

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

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

**CONTAINS 95% ORGANIC INGREDIENTS**

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

<b>Orange Energy Chews</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 packet			
Servings Per Container: 1			
Amount Per Serving			
Calories	160	Calories from Fat	
		% Daily Value	
Total Fat	g		%
	Saturated Fat g		%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	80mg		3%
Total Carbohydrate	39g		13%
	Dietary Fiber 1g		4%
	Sugars 27g		
Protein	1g		

- **Corn Nuts—KraftHeinz**, (1 package per person)

Ingredients: Corn, Corn Oil, Salt

Kraft Heinz Food Company, 1-800-394-6989 or cornnuts.com

Corn Nuts		
NUTRITION FACTS		
Serving Size: 1 package (39g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	180	
		% Daily Value
Total Fat	6g	8%
	Saturated Fat 1g	4%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	230mg	10%
Total Carbohydrate	28g	9%
	Dietary Fiber 2g	8%
	Sugars 0g	
Protein	3g	

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

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

The Gatorade Company, Gatorade.com, 1-800-884-2867

Lemon Lime Gatorade		
NUTRITION FACTS		
Serving Size: 1 2/3 Tbsp (23g)		
Servings Per Container: 2.5		
Amount Per Serving		
Calories	90	Calories from Fat
		% Daily Value
Total Fat	0g	%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	150mg	6%
Total Carbohydrate	22g	7%
	Dietary Fiber g	%
	Sugars 21g	
Protein	g	

# PSR Lunch #4

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

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

**CONTAINS: WHEAT AND SOY**

<b>Plain 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	320	Calories from Fat	10
			% Daily Value
Total Fat	1g		2%
Saturated Fat		0g	%
Trans Fat		0mg	
Cholesterol	0mg		0%
Sodium	490mg		20%
Total Carbohydrate	64g		21%
Dietary Fiber		2g	8%
Sugars		6g	
Protein	11g		

- **Original Chicken Strip—Jack Link’s**, (1 package per camper)

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

**CONTAINS:**

Link Snacks LLC, jacklinks.com, 715-466-6608

<b>Chicken Strip</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 pkg (23g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	10
			% Daily Value
Total Fat	1g		2%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	25mg		8%
Sodium	200mg		8%
Total Carbohydrate	6g		2%
	Dietary Fiber	0g	0%
	Sugars	5g	
Protein	6g		

- **Sunflower Seed Trail Mix —SunGold Foods**, (1 package per camper)

Ingredients: Honey Roasted Sunflower Kernel (Sunflower Kernel, Sunflower Oil, Sugar, Modified Food Starch, Honey, Maltodextrin, Xanthan Gum, Salt), Honey, Roasted Soybeans (Soybean, Sunflower Oil, Sugar, Modified Food Starch, Honey, Maltodextrin, Xanthan Gum), Raisins, Cranberries (Cranberries, Sugar, Sunflower Oil).

**CONTAINS: SOY**

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

Sungold Foods, sungoldfoods.com, 1-800-437-5539

<b>Sunflower Seed Trail Mix</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 pkg (40g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	200		
			% Daily Value
Total Fat	11g		14%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	55mg		2%
Total Carbohydrate	16g		6%
	Dietary Fiber	4g	14%
	Sugars	9g	
Protein	10g		

- **Honey Peanut Butter Blend—Justin’s**, (1.5 packages per camper)

Ingredients: Dry Roasted Peanuts, Organic Honey, Organic Cane Sugar, Peanut Oil, Palm Oil, Sea Salt.

**CONTAINS: PEANUTS.** Produced on equipment that also processes tree nuts and soy.

Justin’s, justins.com, 1-844-448-0302

Honey Peanut Butter		
NUTRITION FACTS		
Serving Size: 1 package (32g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	210	
		% Daily Value
Total Fat	17g	22%
Saturated Fat	3.5g	18%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	90mg	4%
Total Carbohydrate	6g	2%
Dietary Fiber	1g	4%
Sugars	4g	
Protein	7g	

- **Orange All Sport Zero—All Sport Inc.**, (1 package per camper)

Ingredients: Citric Acid, Maltodextrin, Monopotassium Phosphate, Natural and Artificial Flavors, Salt, Potassium Citrate, Ascorbic Acid (Vit C), Aspartame, Contains Less than 2% of: Acesulfame Potassium, Calcium Silicate, Yellow 6, BHA (To Protect Flavor), Phenylketonurics.

**CONTAINS: PHENYLANINE**

All Sport, Inc. 1-866-851-7402, [drinkallsport.com](http://drinkallsport.com)

Orange All Sport		
NUTRITION FACTS		
Serving Size: 1/2 packet		
Servings Per Container: 2		
Amount Per Serving		
Calories	0	Calories from Fat 0
		% Daily Value
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	1g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	0g	

# PSR Lunch #5

- **Ritz Crackers—Mondelez**, (1 package shared between 2 campers)

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

**CONTAINS: WHEAT AND SOY**

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

Ritz Crackers		
NUTRITION FACTS		
Serving Size: 5 Crackers (16g)		
Servings Per Container: 6		
Amount Per Serving		
Calories	80	
		% Daily Value
Total Fat	4.5g	7%
	Saturated Fat 1g	5%
	Trans Fat 0mg	
Cholesterol	mg	%
Sodium	105mg	4%
Total Carbohydrate	10g	3%
	Dietary Fiber 0g	0%
	Sugars 1g	
Protein	1g	

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

Ingredients: Light Tuna, Water, Vegetable Broth (Pea, Carrot), Salt

**CONTAINS: TUNA**      **Certified Gluten Free**

Bumblebee Seafoods      [bumblebee.com](http://bumblebee.com)

Tuna—2.5 oz Pouch		
NUTRITION FACTS		
Serving Size: 1 Pouch (71g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	70	Calories from Fat 5
		% Daily Value
Total Fat	1g	1%
	Saturated Fat 0.5g	0%
	Trans Fat 0mg	
Cholesterol	40mg	13%
Sodium	230mg	10%
Total Carbohydrate	0g	%
	Dietary Fiber 0g	%
	Sugars 0g	
Protein	16g	

- **Orange Bolt Energy Chews—ProBar**, (1 package per camper)

Ingredients: Organic Tapioca Syrup, Organic Sugar, Organic Tapioca Syrup Solids, Pectin, Citric Acid, Potassium Citrate, Ascorbic Acid, Organic Fruit Blend (Organic Apple Powder, Organic Acai Powder, Organic Blueberry Powder, Organic Pomegranate Powder), Natural Flavor, Vitamin Blend (Vitamin B3, B6 and B12), Color Added (Organic Black Carrot Concentrate), Sea Salt, Organic Sunflower Oil, Carnauba Wax

PROBAR LLC, theprobar.com, 800.921.2294

<b>Orange Bolt Energy Chews</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 4-5 Chews (30g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	90	Calories from Fat	0
			% Daily Value
Total Fat	0g		0%
	Saturated Fat	0g	0%
	Trans Fat	mg	
Cholesterol	mg		%
Sodium	60mg		3%
Total Carbohydrate	24g		8%
	Dietary Fiber	0g	0%
	Sugars	12g	
Protein	0g		

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

Ingredients: Peanuts, Raisins, M&Ms Milk Chocolate Candies (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

<b>NUT AND CHOCOLATE TRAIL MIX</b>			
<b>NUTRITION FACTS</b>			
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		

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

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

The Gatorade Company, Gatorade.com, 1-800-884-2867

<b>Fruit Punch Gatorade</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 1 2/3 Tbsp		
Servings Per Container: 2.5		
Amount Per Serving		
Calories	90	Calories from Fat
		% Daily Value
Total Fat	0g	%
Saturated Fat		0g %
Trans Fat		0mg
Cholesterol	mg	%
Sodium	160mg	6%
Total Carbohydrate	22g	7%
Dietary Fiber		g %
Sugars		21g
Protein	g	



# PSR Lunch #6

- **Good Thins, Mondelez,** (1 package per camper)

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

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

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

Good Thins			
NUTRITION FACTS			
Serving Size: 1 pack			
Servings Per Container: 1			
Amount Per Serving			
Calories	90	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	85mg		4%
Total Carbohydrate	19g		6%
	Dietary Fiber	2g	8%
	Sugars	<1g	
Protein	1g		

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

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

**ALLERGENS: CONTAINS: PEANUTS, SOY, AND MILK. May contain: Tree Nuts, Wheat and Egg.**

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

Peanut Butter N' Honey			
NUTRITION FACTS			
Serving Size: 1 bar (50g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	50
			% Daily Value
Total Fat	5g		8%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	140mg		6%
Total Carbohydrate	27g		9%
	Dietary Fiber	2g	8%
	Sugars	17g	
Protein	5g		

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

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

Product Questions: 1.800.277.8989 or [www.countrymeats.com](http://www.countrymeats.com)

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

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

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

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

<b>Original Cheese Wedges</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 wedge (19g)			
Servings Per Container: 6			
Amount Per Serving (1 Wedge)			
Calories	25	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
	Saturated Fat 1g		5%
	Trans Fat 0g		
Cholesterol	<5mg		1%
Sodium	250mg		10%
Total Carbohydrate	1g		<1%
	Dietary Fiber 0g		0%
	Sugars 1g		
Protein	2g		

- **Nutter Butter Cookies—Mondelez**, (1 package per camper)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Peanut Butter (Peanuts, Corn Syrup Solids, Hydrogenated Rapeseed and/or Cottonseed and/or Soybean Oils, Salt, Peanut Oil), Canola Oil, Whole Grain Wheat Flour, Palm Oil, High Fructose Corn Syrup, Salt, Leavening (Baking Soda and/or Calcium Phosphate), Cornstarch, Soy Lecithin, Artificial Flavor.

**CONTAINS: WHEAT, PEANUT, SOY**

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

<b>Nutter Butters</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 pack (56g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	270	Calories from Fat	100
			% Daily Value
Total Fat	11g		17%
	Saturated Fat	2.5g	13%
	Trans Fat	mg	
Cholesterol	mg		%
Sodium	210mg		9%
Total Carbohydrate	39g		13%
	Dietary Fiber	1g	4%
	Sugars	17g	
Protein	4g		

- **Orange Gatorade—The Gatorade Company**, (1 package per camper)

Ingredients: Sugar, Dextrose, Citric Acid, Salt, Sodium Citrate, Monopotassium Phosphate, Natural Flavor, Modified Food Starch, Calcium Silicate, Yellow 6.

The Gatorade Co., 1-800-884-2867, <https://cu.pepsico.com/gatorade?nutrition=>

<b>Orange Gatorade</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Pkg (35g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	130	Calories from Fat	
			% Daily Value
Total Fat	0g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	230mg		10%
Total Carbohydrate	34g		11%
	Dietary Fiber	g	%
	Sugars	32g	
Protein	g		

# PSR Lunch #7

- **Club Crackers—Kellogg’s**, (1 package shared between 2 campers)

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

**CONTAINS: WHEAT AND SOY INGREDIENTS**

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

Club Crackers			
NUTRITION FACTS			
Serving Size: 4 Crackers (14g)			
Servings Per Container: 10			
Amount Per Serving			
Calories	70	Calories from Fat	25
			% Daily Value
Total Fat	3g		5%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	125mg		5%
Total Carbohydrate	9g		3%
	Dietary Fiber <1g		1%
	Sugars 1g		
Protein	<1g		

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

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

**CONTAINS: SOY**

Sweet Sue, LLC. 800-633-3294

Chunk Ham			
NUTRITION FACTS			
Serving Size: 1/4 cup (56g)			
Servings Per Container: 3.5			
Amount Per Serving			
Calories	70	Calories from Fat	10
			% Daily Value
Total Fat	1g		2%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
Cholesterol	40mg		13%
Sodium	650mg		27%
Total Carbohydrate	2g		1%
	Dietary Fiber 0g		%
	Sugars 1g		
Protein	10g		

- **Sunflower Seeds Roasted and Salted —SunGold Foods, (1 package per camper)**

Ingredients: Roasted Sunflower Kernels, Sunflower Oil, Salt

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

Sungold Foods, sungoldfoods.com, 1-800-437-5539

<b>Sunflower Seeds</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 1 pkg (30g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	200	
		% Daily Value
Total Fat	17g	22%
	Saturated Fat 1.5g	9%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	120mg	5%
Total Carbohydrate	5g	2%
	Dietary Fiber 2g	9%
	Sugars <1g	
Protein	7g	

- **Grandma’s Peanut Butter Cookie—Frito Lay, (1 package per camper)**

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

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

Frito Lay North America Inc, 1-800-352-4477, FritoLay.com

<b>Peanut Butter Cookie</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 2 cookie (70.8g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	340	
		% Daily Value
Total Fat	17g	22%
	Saturated Fat 4.5g	24%
	Trans Fat 0mg	
Cholesterol	10mg	3%
Sodium	330mg	14%
Total Carbohydrate	38g	14%
	Dietary Fiber 4g	13%
	Sugars 20g	
Protein	7g	

- **Blue Raz Ice All Sport Zero—All Sport Inc.**, (1 package per camper)

Ingredients: Citric Acid, Maltodextrin, Salt, Potassium Citrate, Natural and Artificial Flavors, Monopotassium Phosphate, Aspartame, Ascorbic Acid (Vit C), Contains Less than 2% of: Xanthan Gum, Acesulfame Potassium, Calcium Silicate, Blue 1, Yellow 5, Phenylketonurics.

**CONTAINS: PHENYLALANINE**

All Sport, Inc. 1-866-851-7402 [drinkallsport.com](http://drinkallsport.com)

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

# PSR Lunch #8

- **Saltines Crackers—Mondelez**, (1 package shared between 2 campers)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Canola Oil, Palm Oil, Sea Salt, Salt, Malted Barley Flour, Baking Soda, Yeast.

**CONTAINS: WHEAT**

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

Saltine Crackers—K		
NUTRITION FACTS		
Serving Size: 5 Crackers (16g)		
Servings Per Container: 7		
Amount Per Serving		
Calories	70	
		% Daily Value
Total Fat	1.5g	2%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	135mg	6%
Total Carbohydrate	12g	4%
	Dietary Fiber 0g	0%
	Sugars g	
Protein	1g	

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

Ingredients: Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salt, and Natural Mixed Tocopherols to preserve freshness.

**Made in a Peanut and Tree Nut Free Facility.**

Sunbutter LLC, 877-873-4501, sunbutter.com

Sun-butter		
NUTRITION FACTS		
Serving Size: 2 Tbsp (32g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	200	Calories from Fat 140
		% Daily Value
Total Fat	16g	25%
	Saturated Fat 2g	11%
	Trans Fat 0mg	
Cholesterol	mg	%
Sodium	120mg	5%
Total Carbohydrate	7g	2%
	Dietary Fiber 4g	17%
	Sugars 3g	
Protein	7g	

- **Corn Nuts, Ranch Flavored—KraftHeinz, (1 package per person)**

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

Kraft Heinz Food Company, Cornnuts.com, 1-800-394-6989

<b>Corn Nuts—Ranch</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 1 package (39g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	180	
		% Daily Value
Total Fat	6g	9%
	Saturated Fat 1g	4%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	280mg	12%
Total Carbohydrate	28g	9%
	Dietary Fiber 2g	8%
	Sugars 0g	
Protein	3g	

- **Turkey ‘n Swiss Combo—Highland Beef Farms, (1 package per camper)**

Ingredients: Turkey Sticks: Turkey, Mechanically Separated Turkey, Honey, Contains 2% or less of: Salt, Corn Syrup Solids, Spices, Dextrose, Lactic Acid Starter Culture, Carrageenan, Sodium Erythorbate (made from sugar), Garlic Powder, Sodium Nitrite, in Collagen Casing. Pasteurized Process Swiss Cheese Food: Natural American and Swiss Cheeses (Cultured Milk, Salt, Enzymes), Cream, Water, Sodium Phosphate, Natural Flavoring, Salt, Sorbic Acid (Preservative).

**CONTAINS: MILK. GLUTEN FREE**

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

<b>Turkey ‘n Swiss Combo</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 package (57g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	180	Calories from Fat	110
			% Daily Value
Total Fat	12g		18%
	Saturated Fat 7g		35%
	Trans Fat 0mg		
Cholesterol	45mg		15%
Sodium	660mg		28%
Total Carbohydrate	2g		1%
	Dietary Fiber g		%
	Sugars 4g		
Protein	13g		



- **Dark Chocolate Almond Coconut Mojo Bar — Clif Bar** (1 package per camper)

Ingredients: Organic Brown Rice Syrup, Organic Almonds, Organic Coconut, Soy Protein Isolate, Organic Dried Cane Syrup, Organic Rice Flour, Almond Butter, Organic Unsweetened Chocolate, Organic Roasted Soybeans, Organic Oat Syrup Solids, Vegetable Glycerin, Organic Virgin Coconut Oil, Organic Gum Arabic, Sea Salt, Organic Cocoa Butter, Soy Lecithin, Organic Vanilla Extract, Calcium Carbonate, Natural Flavors, Mixed Tocopherols (Antioxidant).

**CONTAINS: SOY, ALMONDS, AND COCONUT. May contain wheat, other tree nuts, and traces of milk. May contain nutshell fragments. We do not source genetically modified ingredients.**

Clif Bar and Company, [clifbar.com](http://clifbar.com), 1-800-254-3227

<b>Mojo Almond Coconut Bar</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Bar (45g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	210	Calories from Fat	110
			% Daily Value
Total Fat	12g		18%
	Saturated Fat 5g		25%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	170mg		7%
Total Carbohydrate	20g		7%
	Dietary Fiber 3g		12%
	Sugars 10g		
Protein	8g		

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

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

The Gatorade Company, [Gatorade.com](http://Gatorade.com), 1-800-884-2867

<b>Lemon Lime Gatorade</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 2/3 Tbsp (23g)			
Servings Per Container: 2.5			
Amount Per Serving			
Calories	90	Calories from Fat	
			% Daily Value
Total Fat	0g		%
	Saturated Fat g		%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	150mg		6%
Total Carbohydrate	22g		7%
	Dietary Fiber g		%
	Sugars 21g		
Protein	g		

# PSR Lunch #9

- **Ritz Crackers—Mondelez**, (1 package shared between 2 campers)

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

**CONTAINS: WHEAT AND SOY**

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

Ritz Crackers		
NUTRITION FACTS		
Serving Size: 5 Crackers (16g)		
Servings Per Container: 6		
Amount Per Serving		
Calories	80	
		% Daily Value
Total Fat	4.5g	7%
	Saturated Fat 1g	5%
	Trans Fat 0mg	
Cholesterol	mg	%
Sodium	105mg	4%
Total Carbohydrate	10g	3%
	Dietary Fiber 0g	0%
	Sugars 1g	
Protein	1g	

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

Ingredients: Light Tuna, Water, Vegetable Broth (Pea, Carrot), Salt

**CONTAINS: TUNA**      **Certified Gluten Free**

Bumblebee Seafoods      [bumblebee.com](http://bumblebee.com)

Tuna—2.5 oz Pouch		
NUTRITION FACTS		
Serving Size: 1 Pouch (71g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	70	Calories from Fat 5
		% Daily Value
Total Fat	1g	1%
	Saturated Fat 0.5g	0%
	Trans Fat 0mg	
Cholesterol	40mg	13%
Sodium	230mg	10%
Total Carbohydrate	0g	%
	Dietary Fiber 0g	%
	Sugars 0g	
Protein	16g	

- **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.

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

FRUIT AND NUT TRAIL MIX		
NUTRITION FACTS		
Serving Size: 3 Tbsp (27g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	140	Calories from Fat 80
		% 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	

- **Organic Energy Chews—Pink Lemonade—En R G Foods**, (1 package per camper)

Ingredients: Organic Tapioca Syrup, Organic Sugar, Organic Honey, Concentrated Organic Grape Juice (Ascorbic Acid), Pectin, Citric Acid, Natural Flavour, Potassium Citrate, Concentrated Organic Black Carrot Juice (Colour), Organic Sunflower Oil, Carnauba Wax.

**Contains 95% Organic Ingredients.**

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

Pink Lemonade Chews		
NUTRITION FACTS		
Serving Size: 1 package (50g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	160	Calories from Fat
		% Daily Value
Total Fat	0g	%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	80mg	3%
Total Carbohydrate	39g	13%
	Dietary Fiber 1g	4%
	Sugars 27g	
Protein	1g	

- **Sunflower Seed Trail Mix —SunGold Foods**, (1 package per camper)

Ingredients: Honey Roasted Sunflower Kernel (Sunflower Kernel, Sunflower Oil, Sugar, Modified Food Starch, Honey, Maltodextrin, Xanthan Gum, Salt), Honey, Roasted Soybeans (Soybean, Sunflower Oil, Sugar, Modified Food Starch, Honey, Maltodextrin, Xanthan Gum), Raisins, Cranberries (Cranberries, Sugar, Sunflower Oil).

**CONTAINS: SOY**

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

Sungold Foods, [sungoldfoods.com](http://sungoldfoods.com), 1-800-437-5539

<b>Sunflower Seed Trail Mix</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 1 pkg (40g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	200	
		% Daily Value
Total Fat	11g	14%
Saturated Fat	2g	10%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	55mg	2%
Total Carbohydrate	16g	6%
Dietary Fiber	4g	14%
Sugars	9g	
Protein	10g	

- **Orange All Sport Zero—All Sport Inc.**, (1 package per camper)

Ingredients: Citric Acid, Maltodextrin, Monopotassium Phosphate, Natural and Artificial Flavors, Salt, Potassium Citrate, Ascorbic Acid (Vit C), Aspartame, Contains Less than 2% of: Acesulfame Potassium, Calcium Silicate, Yellow 6, BHA (To Protect Flavor), Phenylketonurics.

**CONTAINS: PHENYLANINE**

All Sport, Inc. 1-866-851-7402, [drinkallsport.com](http://drinkallsport.com)

<b>Orange All Sport</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 1/2 packet		
Servings Per Container: 2		
Amount Per Serving		
Calories	0	Calories from Fat 0
		% Daily Value
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	1g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	0g	

# PSR Lunch #10

- **Club Crackers—Kellogg’s**, (1 package shared between 2 campers)

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

**CONTAINS: WHEAT AND SOY INGREDIENTS**

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

<b>Club Crackers</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 4 Crackers (14g)			
Servings Per Container: 10			
Amount Per Serving			
Calories	70	Calories from Fat	25
			% Daily Value
Total Fat	3g		5%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	125mg		5%
Total Carbohydrate	9g		3%
	Dietary Fiber <1g		1%
	Sugars 1g		
Protein	<1g		

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

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

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

<b>Pepper Jack Cheese Wedges</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 wedge (19g)			
Servings Per Container: 6			
Amount Per Serving			
Calories	25	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
	Saturated Fat 1g		5%
	Trans Fat 0mg		
Cholesterol	<5mg		1%
Sodium	250mg		10%
Total Carbohydrate	1g		<1%
	Dietary Fiber 0g		0%
	Sugars 1g		
Protein	2g		

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

Ingredients: Organic Honey, Organic Brown Rice Flour, Chocolatey Coating (Sugar, Palm Kernel Oil, Cocoa Powder, Sunflower Lecithin added as an Emulsifier, and Salt), Organic Almonds, Organic Rolled Oats, Cocoa, Organic Dark Chocolate (Organic Sugar, Organic Chocolate Liquor, Organic Cocoa Butter, Organic Soy Lecithin added as an Emulsifier, and Organic Vanilla), Isolated Soy Protein, Less than 2% of the following: Salt, Dicalcium Phosphate, Dimagnesium Phosphate, Maltodextrin, Ascorbic Acid, Magnesium Oxide, Niacinamide, Ferric Orthophosphate, D,l-Alpha Tocopheryl Acetate, Zinc Oxide, Potassium Iodide, Vitamin A Palmitate, Biotin, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Copper Gluconate, Cholecalciferol, Cyanocobalamin.

**CONTAINS: SOY, and Almonds. Made in a facility that also processes Peanuts, Tree Nuts, Wheat Milk and Egg.**

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

<b>Rocket Chocolate Bar</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Bar (50g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	200	Calories from Fat	60
			% Daily Value
Total Fat	7g		10%
	Saturated Fat	3g	14%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	45mg		2%
Total Carbohydrate	32g		11%
	Dietary Fiber	3g	10%
	Sugars	18g	
Protein	5g		

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

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

The Gatorade Company, Gatorade.com, 1-800-884-2867

<b>Fruit Punch Gatorade</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 2/3 Tbsp			
Servings Per Container: 2.5			
Amount Per Serving			
Calories	90	Calories from Fat	
			% Daily Value
Total Fat	0g		%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	160mg		6%
Total Carbohydrate	22g		7%
	Dietary Fiber	g	%
	Sugars	21g	
Protein	g		

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

Ingredients: Pork, Water, Salt, Modified Potato Starch, Sugar,  
Potassium Chloride, Sodium Nitrite  
Certified GLUTEN FREE

Hormel Foods, LLC. 1-800-523-4635 or spam.com

<b>Spam Single Classic</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 package			
Servings Per Container: 1			
Amount Per Serving			
Calories	210	Calories from Fat	160
			% Daily Value
Total Fat	18g		28%
	Saturated Fat 7g		35%
	Trans Fat 0mg		
Cholesterol	50mg		17%
Sodium	830mg		35 %
Total Carbohydrate	2g		1%
	Dietary Fiber 0g		0%
	Sugars 1g		
Protein	9g		