2022 Trail Food Menu

Items in the Meal Bags

Breakfast Items—Menu

Items for a quick start on the trail. Primarily proteins and simple carbohydrates for both a quick burst and lasting energy throughout the morning. Two cooked breakfasts offer a switch from the snacks—make sure that you carry extra water and allow a few extra minutes for rehydrating on those days.

Lunch Items—Menu

Crackers, toppings and jerky offer an easy to prepare meal on the go or on a brief stop on the trail. Grab a pack of tortillas and some extra peanut butter if you are still hungry.

Dinner Items—Menu

A hot, high carbohydrate and protein rich meal is a welcome experience at the end of a long day of hiking at Philmont. A nice mixture of easy to prepare, filling, dehydrated and freeze dried meals will give your body the fuel that it needs to repair and be ready for the coming day. Pay attention to special instructions and wise words from your Ranger.

On the Trail, Other Meal Adventures

Chuckwagon Dinner—Ponil, Beaubien, Clark's Fork

Mexican Homestead Dinner—Abreu

Steps to prepare for handling food allergies and special diets while on the trail.

Additional Information on Kosher, Halal, and Other Food
Substitute Needs

Breakfast Trail Food Menu

Breakfast #1	Breakfast #5	Breakfast #9
Brown Sugar Snack Stick	Honey Brown Sugar Turkey Ends and Curls	Honey Peppered Turkey Stick
Raisins	Fruit Snacks	Cinnamon Granola
Animal Crackers	Strawberry Granola	Frosted Strawberry Pop Tarts
Cookies N Cream Energy Bar	Whole Berry Blast Meal Bar	Orange Energy Bar
Protein Granola	Lemons and Limes Drink Mix	Banana Chips
Orange Drink Mix		Hot Cocoa Mix
Breakfast #2	Breakfast #6	Breakfast #10
Pepperoni	Honey Peppered Beef Stick	Biscuits and Gravy Entrée
Tropical Dried Fruit	Raisins	Chocolate Granola
Chocolate Chip Energy Bar	Cherry Dunkers Bar	Short Stack Energy Waffle
Strawberry Fig Bar	Raspberry & Lemons Bar	Fruit Snacks
Chocolate Granola	Cinnamon Granola	
Breakfast #3	Breakfast #7	
Apples and Cinnamon Oatmeal	Peanut Butter Cups	
Mesquite BBQ Beef Stick	Blueberry Breakfast Biscuit	
Salted Caramel Energy Waffle	Original Smoked Hickory Jerky Stick	
Blueberry Lemon Bar	Granola	
Banana Chips	Cran-Raspberry Drink Mix	
Hot Cocoa Mix	Berry Energy Bar	
Breakfast #4	Breakfast #8	
Turkey Sausage Bites	Turkey Ends and Curls	
Granola	Animal Crackers	
Brown Sugar Cinnamon Pop Tarts	Maple and Brown Sugar Oatmeal	
Almond and Pumpkin Seed Bar	Peanut and Sunflower Seed Bar	
Mixed Dried Fruit	Mixed Dried Fruit	

Breakfast Meal #1

- Consumed for breakfast on calendar days ending in 1: 01, 11, and 21.
- Each bag is designed for **two campers** or "buddies"

• Sweet Annie Brown Snack Stick—Country Meats, Inc., (1 package per camper)

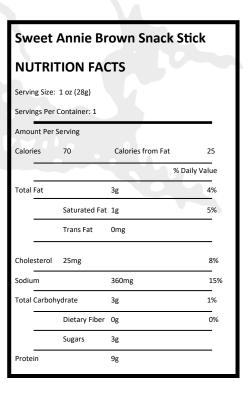
Ingredients: Pork, Brown Sugar, Salt, Honey Flavor (Cane Sugar, Honey), Dextrose, Natural Smoke Flavor (Contains Maltodextrin), Spices (Includes Celery Seed, White Pepper), Hydrolyzed Soy Protein, Garlic Powder, , Autolyzed Yeast, Lactic Acid Starter Culture, Sodium Nitrite, in Collagen Casing.

CONTAINS: SOY

Product Questions: 1.800.277.8989 or www.countrymeats.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Vegan Jerky Recipe, Vegan Jerky Options on Amazon



• Cookies & Cream Bar—PowerBar, (1 package per camper)

Ingredients: Fructose-Glucose Syrup, Oat Bran, Rice Flour, Milk Protein Isolate, Rice Crisps (Rice, Sugar, Wheat Gluten, Palm Oil, Malted Barley Flour), Maltodextrin, Dark Chocolate Biscuits (Wheat Flour, Sugar, Palm Oil, Reduced Fat Cocoa Powder, Canola Oil, Glucose, Skim Milk Powder, Sodium Carbonate, Tartaric Acid, Barley Malt), Ground Almonds, Rolled Oats, And 2% or Less of Glycerol, Sodium Citrate, Fructose, Natural and Artificial Flavors, Magnesium Carbonate, Salt.

CONTAINS: ALMOND, MILK, WHEAT

Made on Equipment that also Processes Coconut, Hazelnut, Peanut, Soy

Distributed by Pivot Nutrition, LLC., powerbar.com, 1-855-71P-OWER

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: thehungrybites.com, glutenfreeonashoestring.com

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

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Sugar, Canola Oil, Yellow Corn Flour, Dextrose, Fructose, Calcium Carbonate (Source of Calcium), Baking Soda, Soy Lecithin, Salt, Natural and Artificial Flavor.

CONTAINS: WHEAT and SOY

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

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: thehungrybites.com, glutenfreeonashoestring.com

Cookies & Cream Bar NUTRITION FACTS Serving Size: 1 Bar (55g) Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Saturated Fat 0.5g 4% Trans Fat Cholesterol mg Sodium 220mg 10% Total Carbohydrate 12% Dietary Fiber 2g Sugars 21g Protein 7g

Animal	Cracker	S	
NUTRI	TION FAC	CTS	
Serving Size:	1 pouch (28g)		
Servings Per	Container: 1		
Amount Per S	Serving		
Calories	120	Calories from Fat	
	•	%	Daily Value
Total Fat		3.5g	4%
	Saturated Fat	Og	%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		85mg	4%
Total Carboh	ydrate	22g	8%
	Dietary Fiber	Og	
	Sugars	7g	
Protein		2g	

• Protein Granola, Rockin' ola Granola, (1 Package Per Camper)

Ingredients: Whole Grain Rolled Oats, Sunflower Seeds, Sugar, Soy Protein Concentrate, Soy Flour, Corn Syrup, Canola Oil, Maltodextrin, Cinnamon, Natural Flavor, Salt, Vitamin E (Mixed Tocopherols) added to protect flavor.

CONTAINS: SOY

Peanut/Tree Nut Free

Tarrier Foods, Columbus, OH, <u>rockinola.com</u>

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: thehungrybites.com, glutenfreeonashoestring.com

Raisins—ZeeZees., (1 package per camper)

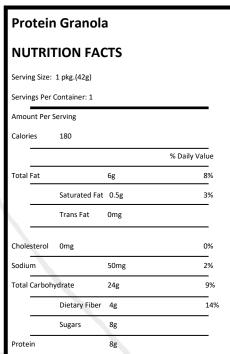
Ingredients: Raisins.

Nut Free Facility, Gluten Free, NON-GMO



National Food Group, Inc.

1-800-886-6866



Raisins	5		
NUTRI	TION FA	CTS	
Serving Size: Servings Per	1.3 oz (37g) Container: 1		
Amount Per	Serving		
Calories	130	Calories from Fat	
		% D	aily Value
Total Fat		g	%
	Saturated Fa	at g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		10mg	0%
Total Carboh	ıydrate	30g	11%
	Dietary Fibe	er 1g	4%
	Sugars	24g	
Protein		1g	

• Hydration Drink Mix with Oranges - Skratch Labs, (1 Package Per Camper)

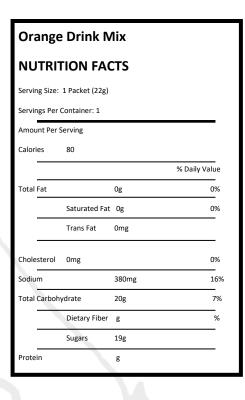
Ingredients: Cane Sugar, Dextrose, Sodium Citrate, Citric Acid, Magnesium Lactate, Calcium Citrate, Orange Oil, Potassium Citrate, Orange Juice, Ascorbic Acid.

Non-GMO, Gluten Free, Dairy Free, Vegan



Skratch Labs, LLC., Boulder, CO 80301, 1.800.735.8904, skratchlabs.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:



Breakfast Meal #2

- Consumed for breakfast on calendar days ending in 2: 02, 12, and 22.
- Each bag is designed for **two campers** or "buddies"

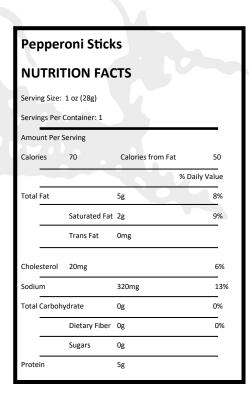
• Pepperoni Stick—Country Meats, Inc., (1 package per camper)

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

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<u>Vegan Jerky Recipe</u>, Vegan Jerky Options on <u>Amazon</u>



Strawberry Fig Bag—Nature's Bakery, (1 package per camper)

Ingredients: Whole Wheat Flour, Cane Sugar, Fig Paste, Brown Rice Syrup, Strawberry Jam (Naturally Milled Sugar, Cane Sugar, Strawberry Puree, Rice Starch, Glycerin, Apple Powder, Natural Flavor, Citric Acid, Pectin, Locust Bean Gum), Canola Oil, Whole Grain Oats, Glycerin, Fruit Juice (for Color), Sea Salt, Natural Flavor, Citric Acid, Baking Soda.

CONTAINS: WHEAT



Nature's Bakery, 1.866.LUV FIGS, naturesbakery.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: thehungrybites.com, glutenfreeonashoestring.com

Chocolate Chip Energy Bar, Clif Bar & Co., (1 package per camper)

Ingredients: Organic Brown Rice Syrup, Organic Rolled Oats, Soy Protein Isolate, Organic Cane Syrup, Organic Roasted Soybeans, Rice Flour, Cane Sugar, Unsweetened Chocolate, Organic Soy Flour, Organic Oat Fiber, Organic High Oleic Sunflower Oil, Cocoa Butter, Barley Malt Extract, Sea Salt, Natural Flavors, Soy Lecithin, Organic Cinnamon, Vitamins and Minerals: Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vitamin C), Di-Alpha Tocopheryl Acetate (Vitamin E), Beta Carotene (Vitamin A), Niacinamide (Vitamin B3), Ergocalciferol (Vitamin D2), Thiamine Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Cyanocobalamin (Vitamin B12).

CONTAINS: Soy

May Contain Peanuts, Other Tree Nuts, Milk, and Wheat.



Distributed by Clif Bar & Co. Emeryville, CA 94608, 1-800-254-3227, clifbar.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: thehungrybites.com, glutenfreeonashoestring.com

Strawberry Fig Bar **NUTRITION FACTS** Serving Size: 1 bar (57g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat Saturated Fat g Trans Fat Cholesterol Sodium 80mg 3% Total Carbohydrate Dietary Fiber 3g 11% Sugars 19g 3g

Choc Chip Clif Bar	
NUTRITION FACTS	
Serving Size: 1 Bar (68g)	
Servings Per Container: 1	
Amount Per Serving	
Calories 250	
% Daily Value	
Total Fat 5g 79	6
Saturated Fat 1.5 g 79	6
Trans Fat Omg	
Chole sterol Omg O %	
Sodiu m 140mg 6 9	6
Total Carbohydrate 45g 16	%
Dietary Eiber 4g 15	%
Sugars 21g	
Protein 9g	

• Tropical Treasures Snacks, Azar, (1 Package Per Camper)

Ingredients: Raisins Coated with Sunflower Oil, Sweetened Banana Chips (Banana, Refined Coconut Oil, Sugar, Natural Banana Flavor), Dehydrated Papaya (Papaya, Cane Sugar), Dehydrated Pineapple (Pineapple, Cane Sugar, Citric Acid, Sulfur Dioxide).

CONTAINS:

This product is manufactured and packaged on shared equipment with Peanuts, Tree Nuts, Milk, Wheat, Soy, and Egg.

Azar Nut Company, El Paso, TX

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://enjoylifefoods.com/

https://www.yummly.com/recipes/energy-bars-without-nuts

• Chocolate Granola, Rockin' ola Granola, (1 Package Per Camper)

Ingredients: Whole Grain Rolled Oats, Sugar, Corn Syrup, Canola Oil, Cocoa (Processed with Alkali), Natural Flavor, Baking Soda, Vitamin E (Mixed Tocopherols) added to protect flavor.

CONTAINS:

Peanut/Tree Nut Free

Tarrier Foods, Columbus, OH, rockinola.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Tropical Treasures NUTRITION FACTS Serving Size: 1 package(28g) Servings Per Container: 1 Amount Per Serving Calories 110 % Daily Value Total Fat 3g 4% Saturated Fat 3g 15% Trans Fat Cholesterol Omg 0% Sodium 15mg 1% Total Carbohydrate 21g 8% Dietary Fiber 1g 4% 14g

Chocol	ate Gran	iola	
NUTRI	TION FA	CTS	
Serving Size:	1 package(28g		
Servings Per	Container: 1		
Amount Per S	Serving		
Calories	120		
		% Daily	Value
Total Fat		2.5g	3%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		45mg	2%
Total Carboh	ydrate	22g	8%
	Dietary Fiber	2g	7%
	Sugars	6g	_
Protein		3g	

Breakfast Meal #3

- Consumed for breakfast on calendar days ending in 3: 03, 13, and 23.
- Each bag is designed for **two campers** or "buddies"

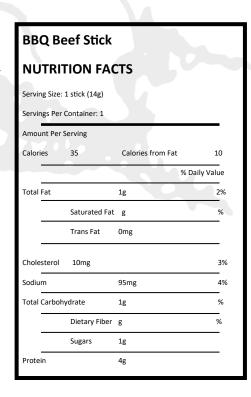
• Mesquite BBQ Beef Stick—Highland Beef Farms, (1 package per camper)

Ingredients: Beef, Brown Sugar, Water, Contains 2% or less of: Maple Sugar, Salt, Spices, Molasses Powder, Lactic Acid Starter Culture, Onion Powder, Garlic Powder, Natural Mesquite Flavor, Paprika, Sodium Erythorbate, Sodium Nitrite.

Highland Beef Farms, <u>highlandbeeffarms.com</u>, 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<u>Vegan Jerky Recipe</u>, Vegan Jerky Options on <u>Amazon</u>



• Instant Oatmeal—Apples and Cinnamon, Malt O Meal, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Sugar, Dried Apples, Salt, Cinnamon, Calcium Carbonate, Guar Gum, Citric Acid, Natural Flavor, Sodium Sulfite (to Maintain Apple Color), Vitamins and Minerals: Niacinamide (Vitamin B3), Vitamin A Palmitate, Reduced Iron, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic acid.

Post Consumer Brands, LLC

Lakeville, MN

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.shape.com/healthy-eating/meal-ideas/8-exciting-oatmeal-alternatives

Blueberry Lemon Nutrition Bar, ZeeZees, (1 package per camper)

Ingredients: Whole Grain Oat Blend (Oats, Whole Oat Flour), Sugar, Corn Syrup, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Palm Oil, Icing (Sugar, Palm Kernel Oil, Soy Lecithin, Corn Starch), Crisp Rice (Brown Rice Flour), Raisin Paste, Blueberry Flavored Bits (Sugar, Vegetable Oil (Palm, Palm Kernel), Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Natural Flavor, Malic Acid, Fruit and Vegetable Juice for Color, Soy Lecithin, Sodium Citrate), Natural Flavors, Salt, Baking Soda, Citric Acid, Soy Lecithin.

CONTAINS: WHEAT AND SOY INGREDIENTS

Nut Free Facility, Gluten Free, NON-GMO



National Food Group, Inc.

1-800-886-6866

Oatmeal - Apples & Cinnamon **NUTRITION FACTS** Serving Size: 1 Pouch (42g) Servings Per Container: 1 Amount Per Serving % Daily Value 2% Saturated Fat og 0% Trans Fat Cholesterol Omg 0% Sodium 200mg 9% Total Carbohydrate 10% 28g Dietary Fiber 10% Sugars 15g

Blueberry Lemon Bar NUTRITION FACTS Serving Size: 1 package (62g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 8g 10% Saturated Fat 2.5g Trans Fat Cholesterol Omg 0% Sodium 75mg 3% Total Carbohydrate 15% 41g Dietary Fiber 3g 11% 14g Sugars 4g Protein

• Salted Caramel Waffle—Honey Stinger, (1 Package Per Camper)

Ingredients: Gluten Free Flour Blend (Organic Rice Flour, Organic Potato Starch, Organic Tapioca Flour), Organic Palm Oil, Organic Brown Rice Syrup, Organic Cane Sugar, Organic Eggs, Organic Soy Flour, Sea Salt, Organic Honey, Natural Flavor, Baking Soda, Soy Lecithin.

CONTAINS: SOY and EGGS.



May contain: Milk

Certified Gluten Free

EN-R-G Foods, LLC. Steamboat Springs, CO 80477, 1.866.464.6639, honeystinger.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Hot Cocoa Mix—Swiss Miss, (1 package per camper)

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

CONTAINS: Milk

May contain Peanuts, Other tree nuts, Milk, and Wheat, Nutshell Fragments.

Distributed by Conagra Brands P.O. Box 3534 Chicago, IL 60654

1.800.457.6649, <u>www.swissmiss.com</u>

Salted Caramel Waffle NUTRITION FACTS Serving Size: 1 Waffle (30g) Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Total Fat 6g 9% Saturated Fat 2.5g 12% Trans Fat Cholesterol 0% Sodium 150mg 6% Total Carbohydrate 21g 7% Dietary Fiber 1g 3% Sugars 10g Protein 1g

Swiss Miss Hot Cocoa NUTRITION FACTS Serving Size: 1 envelope Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Total Fat 2g Saturated Fat 2g 10% Trans Fat 0mg Cholesterol 150mg Sodium 7% Total Carbohydrate 6% Dietary Fiber g 12g Protein 1g

• Banana Chips—Power Snacks, (1 package per camper)

Ingredients: Sweetened Banana Chips (Banana, Refined Coconut Oil, Sugar, Natural Banana Flavor).

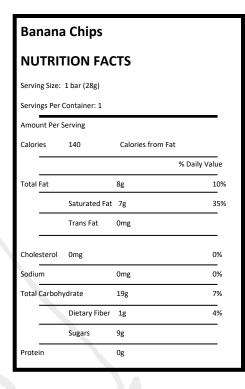
CONTAINS:

This product is manufactured and packaged on shared equipment with peanuts, tree nuts, milk, wheat, soy, and egg.

Distributed by Azar Nut Co. El Paso, TX 79912

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Nut Free Dried Fruits



Breakfast Meal #4

- Consumed for breakfast on calendar days ending in 4: 04, 14, and 24.
- Each bag is designed for **two campers** or "buddies"

• Honey Pepper Turkey Sausage Bites—Highland Beef Farms, (1 Package Shared Between 2 Campers)

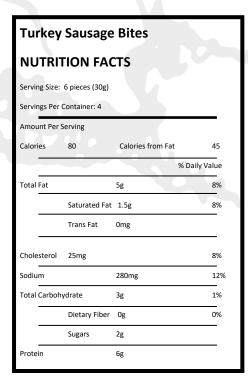
Ingredients: Turkey, Mechanically Separated Turkey, Honey, Contains 2% Or Less Of: Salt, Corn Syrup Solids, Spices including Black Pepper, Mustard, Dextrose, Lactic Acid Starter Culture, Carrageenan, Sodium Erythorbate (Made From Sugar), Garlic Powder, Sodium Nitrite, In Beef Collagen Casing.

GLUTEN FREE

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<u>Vegan Jerky Recipe</u>, Vegan Jerky Options on <u>Amazon</u>



• Almond and Pumpkin Seed Bar, Honey Stinger, (1 package per camper)

Ingredients: Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Almonds (Almonds, Non-GMO Canola Oil), Organic Honey, Peanuts, Pumpkin Seeds (Pepitas, Non-GMO Canola Oil), Caramel Layer (Cane Sugar, Tapioca Syrup, Organic Honey, Sustainable Palm Oil, Reduced Lactose Whey (Milk), Salt, Sunflower Lecithin), Glycerin, Almonds, Salt, Sustainable Palm Oil, Coconut Oil, Fruit and Mushroom Blend (Orange, Banana, Papaya, Shiitake Mushroom), Antioxidant (Canola Oil, Rosemary Extract, Mixed Tocopherols, Sunflower Oil).

CONTAINS: PEANUTS, TREE NUTS (ALMONDS), & MILK

NON-GMO, GLUTEN FREE



Manufactured in a facility that processes Eggs and Wheat

EN-R-G Foods, LLC. Steamboat Springs, CO 80477, 1.866.464.6639, honeystinger.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://enjoylifefoods.com/

https://www.yummly.com/recipes/energy-bars-without-nuts

Pop Tarts- Frosted Cinnamon , Kellogg Sales Co, (1 package per camper)

Ingredients: Whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 (thiamine mononitrate), vitamin B2 (riboflavin), folic acid), corn syrup, dextrose, soybean and palm oil, bleached wheat flour, polydextrose, glycerin. Contains 2% or less of maltodextrin, molasses, calcium carbonate, salt, leavening (sodium acid pyrophosphate, baking soda), wheat starch, salt, cinnamon, sodium stearoyl lactylate, DATEM, gelatin, xanthan gum, niacinamide, reduced iron, 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.

Battle Creek, MI 1-800-962-1413, poptarts.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Katz Gluten Free Snacks, Gluten Free Pastry from Amazon

Almond/Pumpkin Seed Bar **NUTRITION FACTS** Serving Size: 1 Bar Servings Per Container: 1 Amount Per Serving Calories 260 Calories from Fat % Daily Value 18% Saturated Fat 4g 13% Trans Fat 0mg Cholesterol 5mg 2% Sodium 160mg 7% Total Carbohydrate 21g 8% **Dietary Fiber** Sugars Protein 16g

Pop Ta	rts- Bro	wn Sugar Cinna	mon
NUTRI	TION FA	CTS	
Serving Size:	1 Pouch (96g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	350		
		% Daily	/ Value
Total Fat		6g	8%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		240mg	10%
Total Carboh	ydrate	73g	27%
	Dietary Fiber	6g	27%
	Sugars	30g	
Protein		5g	

Mixzees Dried Fruit, ZeeZees., (1 package per camper)

Ingredients: Raisins, Golden Raisins, Sugar, Dried Pineapple, Cranberries, Dried Apples, Citric Acid, Sunflower Oil, Sulfur Dioxide (Color Retention), Sodium Metabisulfite (Preservative and Color Retention).

Nut Free Facility

May contain seeds and/or seed fragments.



Distributed by National Food Group, Inc. Novi, MI 48377

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Premium Granola - Fieldstone Bakery, (1 package per camper)

Ingredients: Whole Grain Rolled oats, Sugar, Canola oil, Whole grain oat flour, Brown rice syrup, Molasses, Salt, Natural flavor, Baking soda, Mixed tocopherols (added to protect flavor).

May Contain: WHEAT and SOY



Fieldstone Bakery

1-800-251-6346

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.shape.com/healthy-eating/meal-ideas/8-exciting-oatmeal-alternatives

Recipes for gluten free/vegan granola bars: thehungrybites.com, glutenfreeonashoestring.com

Mixed Dried Fruit NUTRITION FACTS Serving Size: 1 box (37g) Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Total Fat Saturated Fat g % Trans Fat Cholesterol Omg 0% 30mg Sodium 1% Total Carbohydrate 11% Dietary Fiber 1g 4% Sugars 1g Protein

Fieldstone Granola NUTRITION FACTS Serving Size: 1 bar (28g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat Saturated Fat 0.5g 3% Trans Fat 0mg Cholesterol 0% Sodium 70mg 3% Total Carbohydrate 20g 7% 7% Dietary Fiber 2g Sugars 6g 3g Protein

Breakfast Meal #5

- Consumed for breakfast on calendar days ending in 5: 05, 15, and 25.
- Each bag is designed for two campers or "buddies"

• Whole Berry Blast Meal Bar—PROBAR, (1 package per Camper)

Ingredients: Brown Rice Syrup, Oats, Dates, Sunflower Seeds, Cashew Butter (Cashews), Almond Butter (Almonds), Cashews, Raisins, Flax Seeds, Sesame Seeds, Almonds, Dried Blueberries, Apple Juice Concentrate, Cane Sugar, Dried Strawberries, Brown Rice Crisp (Brown Rice, Cane Sugar, Sea Salt), Expeller Pressed Canola Oil, Vegetable Glycerine, Oat Flour, Cane Sugar, Brown Rice Flour, Unsweetened Chocolate, Molasses, Pumpkin Seeds, Natural Flavors, Cocoa Butter, Sea Salt, Citric Acid, Sunflower Oil

CONTAINS: Almonds, Cashews

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

PROBAR, 800.921.2294, theprobar.com



Ideas for high protein replacements that you can purchase or try making yourself if you have an allergy to this product:

<u>Nut Free Bars</u> that you can purchase or a <u>recipe</u> that you can try making yourself.

Whole Berry Blast Bar **NUTRITION FACTS** Serving Size: 1 Package Servings Per Container: 1 Amount Per Serving 370 Calories Calories from Fat % Daily Value 16g Total Fat 21% Saturated Fat 2g 10% Trans Fat Cholesterol Sodium 25mg 1% Total Carbohydrate 18% Dietary Fiber 6g 21% 23g Sugars 13% Protein

• Mixed Fruit Snacks, Welch's, (1 package per camper)

Ingredients: Fruit Puree (Grape, Peach, Orange, Strawberry, and Raspberry), Water, Corn Syrup, Sugar, Chicory Root Extract, Modified Corn Starch, Gelatin, Concord Grape Juice from Concentrate, Citric Acid, Lactic Acid, Ascorbic Acid (Vitamin C), Natural and Artificial Flavors, Alpha Tocopherol Acetate (Vitamin E), Vitamin A Palmitate, Sodium Citrate, Coconut Oil, Carnauba Wax, Annatto (Color), Turmeric (Color), Red 40, and Blue 1.

Promotion in Motion Companies, Inc. Parkridge, New Jersey 07656, 1.800.340.6870

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.amazon.com/Pure-Organic-Pineapple-Passionfruit-Strawberry

• Strawberry Granola—Rockin' ola Granola, (1 Package Per Camper)

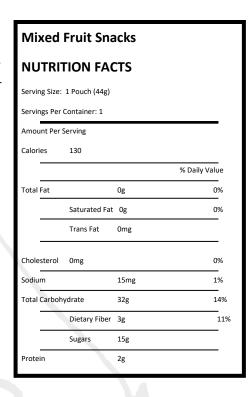
Ingredients: Whole Grain Rolled Oats, Sugar, Corn Syrup, Dried Strawberry (Strawberry, Maltodextrin, Cornstarch, Sunflower Lecithin), Natural Flavor, Vitamin E (Mixed Tocopherols) added to protect flavor.

CONTAINS:

Peanut/Tree Nut Free

Tarrier Foods, Columbus, OH, rockinola.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:



Strawk	erry Gra	anola	
NUTRI	TION FA	CTS	
Serving Size:	1 Pouch (28g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	120		
			% Daily Value
Total Fat		2.5g	3%
	Saturated Fa	t Og	0%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		0mg	0%
Total Carboh	nydrate	21g	8%
	Dietary Fiber	2g	7%
	Sugars	6g	
		3g	

• Honey Brown Sugar Turkey Ends and Curls— Highland Beef Farms, (1 Package Shared Between Two Campers)

Ingredients: Turkey, Mechanically Separated Turkey, Brown Sugar, Blend of Sugar and Honey (Cane Sugar, Honey), Contains 2% or Less of: Salt, Hydrolyzed Corn Protein, Fructose, Lactic Acid Starter Culture, Dextrose, Sodium Erythorbate, Sodium Nitrite. In Beef Collagen Casing.

GLUTEN FREE, NO MSG

CONTAINS:

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Vegan Jerky Recipe, Vegan Jerky Options on Amazon

Hydration Lemon & Lime - Skratch Labs, (1 Package Per Camper)

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

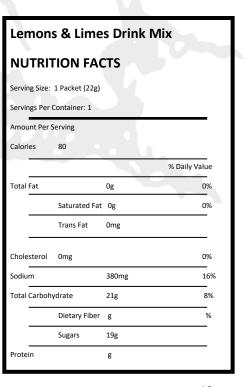
Non-GMO, Gluten Free, Dairy Free, Vegan

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Skratch Labs, LLC., Boulder, CO 80301, 1.800.735.8904, skratchlabs.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Brown Sugar Turkey E&C NUTRITION FACTS Serving Size: 1 Package Servings Per Container: 1 Amount Per Serving 170 Calories from Eat Calories 60 % Daily Value Total Fat 11% Saturated Fat 2.5g 13% Trans Fat Cholesterol 50mg 17 % Sodium 830mg 35% Total Carbohydrate 12g 4% Dietary Fiber Og % Sugars Protein 15g



Breakfast Meal #6

- Consumed for breakfast on calendar days ending in 6: 06, 16, and 26.
- Each bag is designed for **two campers** or "buddies"

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

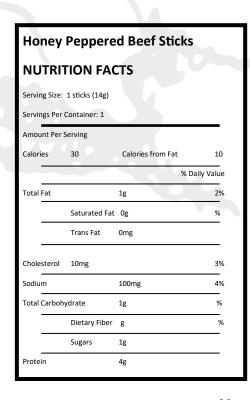
Ingredients: Beef, Honey, Water, Contains 2% or less of: Spices, Corn Syrup Solids, Dextrose, Salt, Natural Flavorings, Lactic Acid Starter Culture, Sodium Erythorbate (Made from Sugar), Sodium Nitrite.

GLUTEN FREE. NO MSG

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<u>Vegan Jerky Recipe</u>, Vegan Jerky Options on <u>Amazon</u>



• Raspberries and Lemons Bar—Skratch Labs, (1 package per camper)

Ingredients: Nut and Seed Butter Blend (Cashew Butter (Cashews, Safflower or Sunflower Oil), Tahini), Oats, Tapioca Syrup Solids, Coconut Nectar, Tapioca Syrup, Macadamia Nuts, Dairy Free White Chips (Sugar, Palm Kernel Oil, Natural Flavor, Sunflower Lecithin, Salt), Candied Lemon Peel (Lemon Peel, Sugar, Citric Acid), Vegetable Glycerin, Brown Rice Crisps, Quinoa Crisps, Dried Raspberries, Raspberry Powder, Oat Flour, Sorghum Flakes, Sunflower Lecithin, Sea Salt, Natural Lemon Flavor.

CONTAINS: TREE NUTS (CASHEWS, MACADAMIA, COCONUT)

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



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

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for Tree Nut Free Bars, Tree Nut Free Bars that you can purchase

• Raisins—ZeeZees., (1 package per camper)

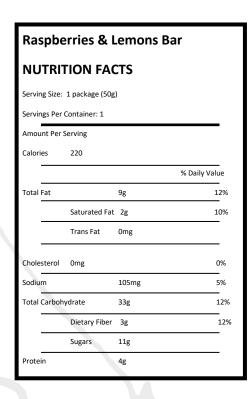
Ingredients: Raisins.

Nut Free Facility, Gluten Free, NON-GMO



National Food Group, Inc.

1-800-886-6866



Raisins	1		
NUTRI	TION FA	CTS	
Serving Size:	1.3 oz (37g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	130	Calories from Fat	
		%	Daily Value
Total Fat		g	%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		10mg	0%
Total Carboh	ydrate	30g	11%
	Dietary Fiber	1g	4%
	Sugars	24g	
Protein		1g	

• Cherry Apple Crunch Snack Bar—Father's Table, (1 package per camper)

Ingredients: whole Grain Blend (Oat Flour, Oats), Glucose, Sugar, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Butter (Pasteurized Cream), Water, Apple Juice Concentrate, Brown Rice Crisps (Brown Rice Flour), Cherry Paste, Raisin Paste, Natural Flavors, Salt, Baking Soda.

CONTAINS: WHEAT, MILK, DAIRY

Free From: Crustaceans, Nuts, Soybeans, Sesame Seeds, Peanuts, Fish, Eggs

The Father's Table, LLC. Sanford, FL 32771, 407.324.1200

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: thehungrybites.com, glutenfreeonashoestring.com

• Cinnamon Granola—Rockin' ola Granola, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Sugar, Corn Syrup, Canola Oil, Natural Flavor, Cinnamon, Vitamin E (Mixed Tocopherols), added to protect flavor.

100% Whole Grain, No Peanuts, No Tree-Nuts

Tarrier Foods, Columbus, OH, rockinola.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Cherry Apple Crunch NUTRITION FACTS Serving Size: 1 bar Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat Saturated Fat 2.5g 13% Trans Fat Cholesterol 10mg Sodium 85mg 4% Total Carbohydrate 43g Dietary Fiber 2g Sugars 17g

		-14	
Cinnan	non Grai	nola	
NUTRI	TION FA	CTS	
Serving Size:	1 ounce pouch	(28g)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	120		
			% Daily Value
Total Fat		2.5g	3%
	Saturated Fa	t Og	0%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		mg	%
Total Carboh	ydrate	21g	8%
	Dietary Fiber	2g	7%
	Sugars	6g	

Breakfast Meal #7

- Consumed for breakfast on calendar days ending in 7: 07, 17, and 27.
- Each bag is designed for two campers or "buddies"

• Berry Energy Bar—PowerBar, (1 package per camper)

Ingredients: Fructose-Glucose Syrup, Fruit Puree (Sugar, Raspberry Juice Concentrate, Cherry Juice Concentrate, Strawberry Juice Concentrate, Fructose, Lactose, Apple Puree, Raspberry, Strawberry, Apple, Pectin, Palm Oil, Ascorbic Acid, Citric Acid, Natural Flavoring), Maltodextrin, Rolled Oats, Milk Protein Isolate, Rice Crisps (Rice, Sugar, Wheat Gluten, Palm Oil, Malted Barley Flour, Salt), Ground Almonds, And 2% or Less of Sodium Citrate, Canola Oil, Beetroot Juice Concentrate (Color), Citric Acid, Magnesium Carbonate, Natural Flavors, Salt.

CONTAINS: ALMOND, MILK, WHEAT

Made on Equipment that also Processes Coconut, Hazelnut, Peanut, Soy

Distributed by Pivot Nutrition, LLC., powerbar.com, 1-855-71P-OWER

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: thehungrybites.com, glutenfreeonashoestring.com

Berry Bar NUTRITION FACTS Serving Size: 1 Bar (55g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat Saturated Fat 0.5g Trans Fat Cholesterol Sodium 190mg 8% Total Carbohydrate 39g 13% Dietary Fiber 1g 24g Sugars Protein

Peanut Butter — JIF, (1 package per camper)

Ingredients: Made from Roasted Peanuts and Sugar, Contains 2% or Less of: Molasses, Fully Hydrogenated Vegetable Oils (Rapeseed and Soybean), Mono and Diglycerides, Salt.



CONTAINS: Peanuts

The J.M. Smucker Company, Orrville, OH 44667. jif.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.amazon.com/Dont-Go-Nuts-

https://lightorangebean.com/4-ingredient-homemade-soy-butter/

• Belvita Blueberry Breakfast Biscuit—Mondelez, (1 Package Per Camper)

Ingredients: Whole Grain Blend (Rolled Oats, Rye Flakes), Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Canola Oil, Whole Grain Wheat Flour, Dried Blueberries, Malt Syrup (From Corn and Barley), Baking Soda, Salt, Soy Lecithin, Disodium Pyrophosphate, Natural Flavor, Datem, Blueberry Juice Concentrate, Ferric Orthophosphate (Iron), Niacinamide, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1).

CONTAINS: WHEAT, SOY



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

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: thehungrybites.com, glutenfreeonashoestring.com

Peanut Butter Cup NUTRITION FACTS Serving Size: 1 package (21g) Servings Per Container: 1 Amount Per Serving 14% Saturated Fat 2.3g 11% Trans Fat 0mg Cholesterol 0mg 90mg 4% Total Carbohydrate 2% 6g Dietary Fiber 1.5g 4% 2g Sugars 4.5g

Bluebe	rry Biscu	iit		
NUTRI	TION FAC	CTS		
Serving Size:	1 pack (4 biscu	its)		
Servings Per	Container: 1			
Amount Per	Serving			
Calories	230			
			% Daily V	alue
Total Fat		8g	<u>, M</u>	10%
	Saturated Fat	0.5g		3%
	Trans Fat	0mg		
				0%
Cholesterol	0mg			070
Cholesterol Sodium	0mg	220mg		_
		220mg 36g		10%
Sodium		36g		109
Sodium	ydrate	36g		10% — 13% — 7%

• Premium Granola - Fieldstone Bakery, (1 package per camper)

Ingredients: Whole Grain Rolled oats, Sugar, Canola oil, Whole grain oat flour, Brown rice syrup, Molasses, Salt, Natural flavor, Baking soda, Mixed tocopherols (added to protect flavor).

May Contain: WHEAT and SOY



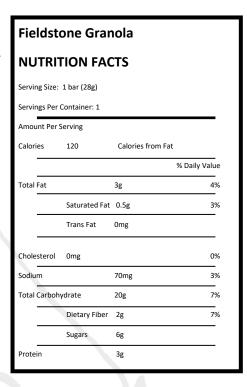
Fieldstone Bakery

1-800-251-6346

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.shape.com/healthy-eating/meal-ideas/8-exciting-oatmeal-alternatives

Recipes for gluten free/vegan granola bars: thehungrybites.com, glutenfreeonashoestring.com



• Cran-Raspberry Drink Mix—Aclimate, (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.com

1-866-641-5361

Ideas for replacements that you can purchase:

https://www.amazon.com/Crystal-Light-Variety-Flavors-Flavor/dp/

• Original Smoked Hickory Snack Stick —Country Meats, Inc., (1 package per camper)

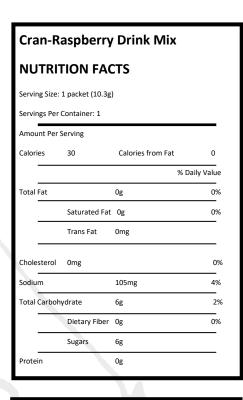
Ingredients: Pork, Salt, Corn Syrup Solids, Dextrose, Water, Spices, Natural Smoke Flavorings, Dehydrated Garlic, Corn Starch, Monosodium Glutamate, Citric Acid, Lactic Acid Starter Culture, Sodium Benzoate (Preservative), Spice Extractives, Sodium Nitrite, Encased in Collagen Casing.

CONTAINS:

Product Questions: 1.800.277.8989 or www.countrymeats.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<u>Vegan Jerky Recipe</u>, Vegan Jerky Options on <u>Amazon</u>



Original Hickory Snack Stick			
NUTRIT	TION FAC	CTS	
Serving Size:	1 oz (28g)		
Servings Per	Container: 1		
Amount Per S	Serving		
Calories	70	Calories from Fat	25
		% D	aily Value
Total Fat		3g	4%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	25mg		8%
Sodium		510mg	21%
Total Carboh	ydrate	1g	0%
	Dietary Fiber	Og	0%
	Sugars	<1g	<u>_</u>
Protein		9g	

Breakfast Meal #8

- Consumed for breakfast on calendar days ending in 8: 08, 18, and 28.
- Each bag is designed for **two campers** or "buddies"

• Turkey Ends and Curls, Highland Beef Farms, (1 package Shared between Two Campers)

Ingredients: Turkey, Mechanically Separated Turkey, Contains 2% or Less of: Salt, Corn Syrup Solids, Spices, Dextrose, Lactic Acid Starter Culture, Carrageenan, Sodium Erythorbate, Garlic Powder, Sodium Nitrite. In Beef Collagen Casing.

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<u>Vegan Jerky Recipe</u>, Vegan Jerky Options on <u>Amazon</u>

Turkey Ends and Curls NUTRITION FACTS Serving Size: 1 pkg (60g) Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Total Fat 15% Saturated Fat 3g Trans Fat Cholesterol 55mg 18% Sodium 640mg 27% Total Carbohydrate 1% Dietary Fiber g Sugars 1g 14g Protein

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

Ingredients: Whole Grain Rolled Oats, Sugar, Salt, Calcium Carbonate, Guar Gum, Molasses, Natural Flavor, Caramel Color, Maple Syrup, Niacinamide (Vitamin B3), Vitamin A Palmitate, Reduced Iron, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Folic acid.

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Post Consumer Brands, LLC Lakeville, MN

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.shape.com/healthy-eating/meal-ideas/8-exciting-oatmeal-alternatives

Peanut and Sunflower Seed Bar, Honey Stinger, (1 package per camper)

Ingredients: Peanuts, Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Organic Honey, Sunflower Seeds (Sunflower Kernels, Non-GMO Canola Oil), Caramel Layer (Cane Sugar, Tapioca Syrup, Organic Honey, Sustainable Palm Oil, Reduced Lactose Whey (Milk), Salt, Sunflower Lecithin), Glycerin, Almonds, Salt, Sustainable Palm Oil, Coconut Oil, Fruit and Mushroom Blend (Orange, Banana, Papaya, Shiitake Mushroom), Antioxidant (Canola Oil, Rosemary Extract, Mixed Tocopherols, Sunflower Oil).

CONTAINS: PEANUTS, TREE NUTS (ALMONDS) & MILK

NON-GMO, GLUTEN FREE



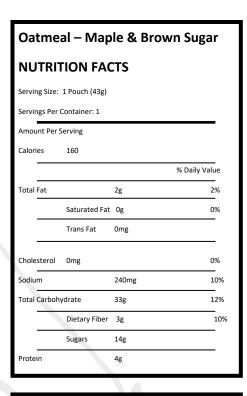
Manufactured in a facility that processes Eggs and Wheat

EN-R-G Foods, LLC. Steamboat Springs, CO 80477, 1.866.464.6639, honeystinger.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://enjoylifefoods.com/

https://www.yummly.com/recipes/energy-bars-without-nuts



Peanut/Sunflower Seed Bar **NUTRITION FACTS** Serving Size: 1 Bar(56g) Servings Per Container: 1 Amount Per Serving % Daily Value Total Fat 18% Saturated Fat 3g 15% Trans Fat Cholesterol 2% Sodium 160mg 7% Total Carbohydrate 8% Dietary Fiber Og 14g Sugars Protein 16g

• Mixzees Dried Fruit, ZeeZees., (1 package per camper)

Ingredients: Raisins, Golden Raisins, Sugar, Dried Pineapple, Cranberries, Dried Apples, Citric Acid, Sunflower Oil, Sulfur Dioxide (Color Retention), Sodium Metabisulfite (Preservative and Color Retention).

Nut Free Facility

May contain seeds and/or seed fragments.



Distributed by National Food Group, Inc. Novi, MI 48377

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

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

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Sugar, Canola Oil, Yellow Corn Flour, Dextrose, Fructose, Calcium Carbonate (Source of Calcium), Baking Soda, Soy Lecithin, Salt, Natural and Artificial Flavor.

CONTAINS: WHEAT and SOY

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

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: thehungrybites.com, glutenfreeonashoestring.com

Mixed Dried Fruit NUTRITION FACTS Serving Size: 1 box (37g) Servings Per Container: 1 Amount Per Serving Calories from Fat Calories % Daily Value Total Fat Saturated Fat g 0mg Trans Fat Cholesterol Omg 0% 1% Total Carbohydrate 31g 11% Dietary Fiber 1g 4% 26g

Animal Crackers NUTRITION FACTS Serving Size: 1 pouch (28g) Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Total Fat 3.5g 4% Saturated Fat Og Trans Fat Cholesterol Omg Sodium 85mg 4% Total Carbohydrate 22g 8% Dietary Fiber Og Sugars 2g Protein

Breakfast Meal #9

- Consumed for breakfast on calendar days ending in 9: 09, 19, and 29.
- Each bag is designed for **two campers** or "buddies"
- Don't forget the add-ons of dried fruit, bagels, or drink mixes.

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

Ingredients: Turkey, Honey, Water, Contains 2% or less of: Corn Syrup Solids, Spices, Salt, Dextrose, Lactic Acid Starter Culture, Carrageenan, Sodium Erythorbate, Garlic Powder, Sodium Nitrite. In Beef Collagen Casing.

GLUTEN FREE. NO MSG

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Vegan Jerky Recipe, Vegan Jerky Options on Amazon

Honey Peppered Turkey Sticks NUTRITION FACTS Serving Size: 1 Stick (17g) Servings Per Container: 1 Calories from Fat 10 % Daily Value Total Fat 1g Saturated Fat Og Trans Fat Cholesterol 10mg 3% 105mg 4% Total Carbohydrate 2g 1% Dietary Fiber g Sugars 1g

• Pop Tarts—Frosted Strawberry, Kellogg Co., (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. Contains 2% or less of: Fructose, Wheat Starch, Calcium Carbonate, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Vegetable Juice for Color, Dried Pears, Dried Apples, Salt, Dried Strawberries, Sodium Stearoyl Lactylate, Citric Acid, DATEM, Gelatin, Cornstarch, Modified Wheat Starch, Xanthan Gum, Brown Rice Syrup, Paprika Extract Color, Soy Lecithin, Niacinamide, Reduced Iron, Vitamin A Palmitate, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1, (Thiamin Hydrochloride).

CONTAINS: WHEAT AND SOY INGREDIENTS

Kellogg NA Co., 1-800-962-1413, kelloggs.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: thehungrybites.com, glutenfreeonashoestring.com

Orange Energize Bar - PowerBar, (1 Package Per Camper)

Ingredients: Dates, **Oat** Flakes, Rice Crispies (Rice Flour, Sugar, **Wheat** Gluten, Sunflower Oil, Malted **Barley** Flour, Salt), Rice Flour, Fructose, Fructose Syrup, Apple Flakes (Apple Pulp, Starch), Rice Syrup, **Coconut** Oil and Fat, Carrot Preparation (Fructose Syrup, Sugar, Carrot Juice Concentrate, Apple Puree Concentrate, Acid (Citric Acid), Skimmed **Milk** Powder, Humectant (Glycerol), Sodium Chloride, Magnesium Carbonate, Natural Flavoring.

CONTAINS: MILK, WHEAT

May Contain: Peanuts, Hazelnuts, Almonds, Soy

Made on Equipment that also Processes Coconut, Hazelnut, Peanut, Soy

Distributed by Pivot Nutrition, LLC., powerbar.com, 1-855-71P-OWER

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: thehungrybites.com, glutenfreeonashoestring.com

Pop Tarts-Frosted Strawberry NUTRITION FACTS Serving Size: 1 Pouch (96g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value Saturated Fat 1.5g Trans Fat Cholesterol Omg 0% Sodium 350mg 15% Total Carbohydrate 73g Dietary Fiber 5g Sugars 29g Protein 4g

Orange Energize Bar NUTRITION FACTS Serving Size: 1 bar (55g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 3g Saturated Fat 1.9g Trans Fat Cholesterol Ome 0% Sodium 121mg 5% Total Carbohydrate 13% Dietary Fiber 3g 20g Sugars Protein 3.4g

• Cinnamon Granola—Rockin' ola Granola, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Sugar, Corn Syrup, Canola Oil, Natural Flavor, Cinnamon, Vitamin E (Mixed Tocopherols), added to protect flavor.

100% Whole Grain, No Peanuts, No Tree-Nuts

Tarrier Foods, Columbus, OH, rockinola.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Banana Chips—Power Snacks, (1 package per camper)

Ingredients: Sweetened Banana Chips (Banana, Refined Coconut Oil, Sugar, Natural Banana Flavor).

CONTAINS:

This product is manufactured and packaged on shared equipment with peanuts, tree nuts, milk, wheat, soy, and egg.

Distributed by Azar Nut Co. El Paso, TX 79912

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Nut Free Dried Fruits

Cinnamon Granola NUTRITION FACTS Serving Size: 1 ounce pouch (28g) Servings Per Container: 1 Amount Per Serving Calories 120 % Daily Value Total Fat 3% Saturated Fat Og 0% Trans Fat Cholesterol Omg Sodium mg Total Carbohydrate 21g 8% Dietary Fiber 2g 7% Sugars 6g Protein 3g

Banana	a Chips		
NUTRI	TION FAC	CTS	
Serving Size:	1 bar (28g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	140	Calories from Fat	
_		% Da	ily Value
Total Fat		8g	10%
	Saturated Fat	7g	35%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		0mg	0%
Total Carboh	ydrate	19g	7%
	Dietary Fiber	1g	4%
	Sugars	9g	
Protein		Og	

• Hot Cocoa Mix—Swiss Miss, (1 package per camper)

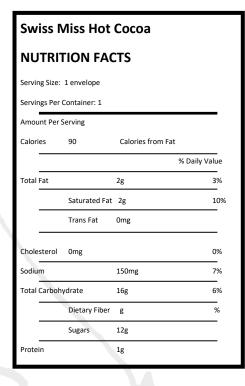
Ingredients: Sugar, Corn Syrup, Modified Whey, Cocoa (Processed with Alkali), Hydrogenated Coconut Oil, Nonfat Milk, Less than 2% of: Salt, Dipotassium Phosphate, Mono— and Diglycerides, Acesulfame Potassium, Sucralose, Artificial Flavor.

CONTAINS: Milk

May contain Peanuts, Other tree nuts, Milk, and Wheat, Nutshell Fragments.

Distributed by Conagra Brands P.O. Box 3534 Chicago, IL 60654

1.800.457.6649, <u>www.swissmiss.com</u>



Breakfast Meal #10

- Consumed for breakfast on calendar days ending in 0: 10, 20, and 30.
- Each bag is designed for two campers or "buddies"

• Biscuits and Gravy—Mountain House, (1 package shared between two Campers)

Ingredients: **Buttermilk Biscuits:** Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin (B3), Iron, Thiamine Mononitrate (B1), Riboflavin (B2), Folic Acid (B9)), Palm Oil (with Mono and Diglycerides), Buttermilk Powder, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Sugar, Salt, **Gravy Mix**: Corn Starch, Sweet Cream Powder, Buttermilk, Nonfat Dry Milk, Cane Sugar, Yeast Extract, Sea Salt, Black Pepper, Sage, White Pepper, Ginger, Thyme, Sunflower Oil, Nutmeg. **Pork Sausage Crumble**: Pork, Sea Salt, Cane Sugar, Spices, Rosemary Extract, Chili Pepper.

CONTAINS: MILK, WHEAT

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

Ideas for high protein replacements that you can purchase or try making yourself if you have an allergy to this product:

Mountain House Scrambled Eggs Entrée, Grain Free Granola that you can portion out yourself.

Biscuits & Gravy Entree NUTRITION FACTS Serving Size: 1 Cup (62g) dry mix Servings Per Container: 2 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 25% Saturated Fat 5g Trans Fat Cholesterol 25mg 8% Sodium 870mg 38% Total Carbohydrate 37g Dietary Fiber Og 6g Sugars 11g Protein

Mixed Fruit Snacks, Welch's, (1 package per camper)

Ingredients: Fruit Puree (Grape, Peach, Orange, Strawberry, and Raspberry), Water, Corn Syrup, Sugar, Chicory Root Extract, Modified Corn Starch, Gelatin, Concord Grape Juice from Concentrate, Citric Acid, Lactic Acid, Ascorbic Acid (Vitamin C), Natural and Artificial Flavors, Alpha Tocopherol Acetate (Vitamin E), Vitamin A Palmitate, Sodium Citrate, Coconut Oil, Carnauba Wax, Annatto (Color), Turmeric (Color), Red 40, and Blue 1.

GLUTEN FREE

Promotion in Motion Companies, Inc. Parkridge, New Jersey 07656, 1.800.340.6870

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.amazon.com/Pure-Organic-Pineapple-Passionfruit-Strawberry

• Short Stack Waffle—En R G Foods (1 package per camper)

Ingredients: Organic Wheat Flour, Organic Palm Oil, Organic Brown Rice Syrup, Organic Sugar, Organic Eggs, Organic Soy Flour, Organic Honey, Sea Salt, Natural Flavor, Soy Lecithin, Organic Rice Extract, Baking Soda.

CONTAINS: WHEAT, SOY, and EGG.

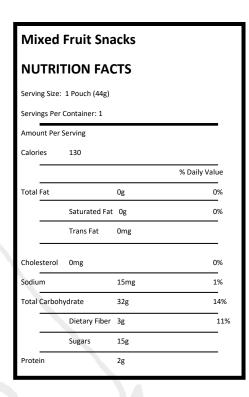


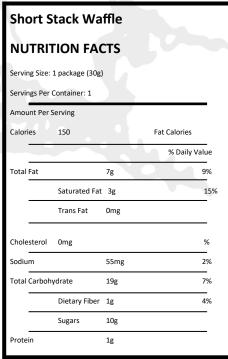
May contain traces of Milk

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

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: thehungrybites.com, glutenfreeonashoestring.com





• Chocolate Granola, Rockin' ola Granola, (1 Package Per Camper)

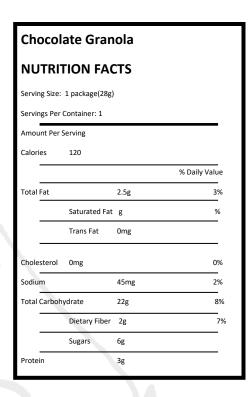
Ingredients: Whole Grain Rolled Oats, Sugar, Corn Syrup, Canola Oil, Cocoa (Processed with Alkali), Natural Flavor, Baking Soda, Vitamin E (Mixed Tocopherols) added to protect flavor.

CONTAINS:

Peanut/Tree Nut Free

Tarrier Foods, Columbus, OH, rockinola.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:



Philmont Scout Ranch

Lunch Trail Food Menu

<u>Lunch #1</u>	Lunch #5	Lunch #9
Saltines Crackers	Sociables Crackers	Ritz Crackers
Chunk Chicken	Sweet & Spicy Tuna	Lemon Pepper Tuna
Cheezits	Chocolate Energy Bar	Raspberry/Orange Energy Chews
Sea Salted Caramel Energy Bar	Cheezits	Nutter Butter Cookies
Salted Sunflower Seeds	Honey Roasted Peanuts	Honey Roasted Sunflower Seeds
Orange Drink Mix	Fruit Punch Drink Mix	Blue Raz Ice Drink Mix
Lunch #2	Lunch #6	Lunch #10
Wheat Thins	Pepper and Olive Oil Triscuit Crackers	Triscuit Crackers
Peanut Butter	Smoked Gouda Cheese Cup	Pepperjack Cheese Wedges
Orange Energy Chews	Strawberry Energy Chews	Beef Salami Slices
Sweet BBQ Snack Stick	Pepperoni Sticks	Pink Lemonade Energy Chews
Honey Roasted Peanuts	Nut and Chocolate Trail Mix	Ranch Chickpeas
Lemon Lime Drink Mix	Orange Drink Mix	Fruit Punch Drink Mix
<u>Lunch #3</u>	Lunch #7	
Ritz Crackers	Wheat Thins	
Original Cheese Wedges	Chicken Salad	
Cranberry Almond Energy Bar	Carmel Almond Sea Salt Energy Bar	
Spam	Chili Lime Chickpeas	
Honey Roasted Sunflower Seeds	Salted Sunflower Seeds	
Strawberry Banana Drink Mix	Lemon Lime Drink Mix	
Lunch #4	Lunch #8	
Chicken in a Biskit	Saltines Crackers	
Chili Con Queso Cheese Cup	Sunflower Seed Butter	
Peanut Butter Chocolate Chip Snack Bar	Chocolate Coconut Energy Bar	
Sea Salt Chickpeas	Beef Sausage Mini Bites	
Teriyaki Snack Stick	Salted Peanuts	
Blue Raz Ice Drink Mix	Grape Drink Mix	

Philmont Scout Ranch

Lunch Meal #1

- Consumed for lunch on calendar days ending in 1: 01, 11, and 21.
- Each bag is designed for **two campers** or "buddies"

• 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

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

 $\underline{\text{https://www.peta.org/living/food/best-vegan-chicken-products/}}$

СНІСКЕ	N BREAS	ST—3OZ POU	СН
NUTRI	TION FAC	CTS	
Serving Size:	1 Pouch (85g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	80	Calories from Fat	10
		% Da	aily Value
Total Fat		1.5g	2%
	Saturated Fat	Og	%
	Trans Fat	0mg	
Cholesterol	45 mg		15%
Sodium		270mg	11%
Total Carboh	ydrate	1g	%
	Dietary Fiber	g	%
	Sugars	g	
Protein		17g	

• 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 (High Oleic, Soybean, (Soybean Palm and/ or Canola 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.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.bestproducts.com/eats/food/g891/tasty-gluten-free-crackers/

Frosted Sea Salt Caramel Bar — ProBar, (1 Package Per Camper)

Ingredients: Tapioca Syrup, Brown Rice Flour, Soluble Tapioca Fiber, Cashew Butter (Cashews), Cane Sugar, Rolled Oats, Palm Kernel Oil, Cashews, Sesame Seeds, Brown Rice Protein, Coconut, Natural Flavors, Vegetable Glycerine, Sea Salt, Sunflower Lecithin.

CONTAINS: CASHEW, SESAME, COCONUT.

Gluten Free



ProBar LLC, 800.921.2294, theprobar.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: thehungrybites.com, glutenfreeonashoestring.com

Cheez-It **NUTRITION FACTS** Serving Size: 1 Pouch (42g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat Saturated Fat 2.5g 13% Trans Fat 0mg Cholesterol Omg Sodium 320mg 14% Total Carbohydrate Dietary Fiber Sugars 4g Protein

Sea Sal	t Caram	el Bar		
NUTRI	TION FAC	CTS		
Serving Size:	1 bar (37g)			
Servings Per	Container: 1			
Amount Per	Serving			_
Calories	150	Calories from Fa	t	
			% Daily V	alue
Total Fat		6g		8%
	Saturated Fat	2.5g		12%
	Trans Fat	0mg		
Cholesterol	0mg			0%
Sodium		130mg		6%
Total Carboh	ydrate	23g		8%
	Dietary Fiber	0g		0%
	Sugars	5g		_
Protein		4g		_

• 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: Phenylalanine



All Sport, Inc. 1-866-851-7402, drinkallsport.com

Ideas for replacements that you can purchase:

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

Ideas for replacements that are available at the initial food pickup in base camp and must be taken to Logistics for distribution into the back-country:

Good Thins Rice Crackers

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

Saltine	Cracker	s	
NUTRI	TION FA	CTS	
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 Carboh	ydrate	12g	4%
	Dietary Fiber	Og	0%
	Sugars	g	
Protein		1g	

Roasted Sunflower Kernels—ZeeZee's, (1 Package Per Camper) **Roasted Sunflower Seeds** Ingredients: Sunflower Kernels, Sunflower Oil, Salt. **NUTRITION FACTS Nut Free Facility** Serving Size: 1.2 oz Servings Per Container: 1 Gluten Free Amount Per Serving Vegan, NON-GMO 200 Calories from Fat Calories % Daily Value Total Fat 17g 22% 10% Saturated Fat 2g National Food Group, Inc. Trans Fat 0mg 1-800-886-6866 Cholesterol Omg 0% Sodium 130mg 6% 3% Total Carbohydrate 8g Dietary Fiber 4g 14% Sugars 1g Protein 7g

Lunch Meal #2

- Consumed for lunch on calendar days ending in 2: 02, 12, and 22.
- Each bag is designed for two campers or "buddies"

Honey Roasted Peanuts—Planters, (1 Package Per Camper)

Ingredients: Peanuts, Sugar, Peanut Oil, Honey, Corn Syrup, Sea Salt, Fructose, Cornstarch, Xanthan Gum.

CONTAINS: PEANUT

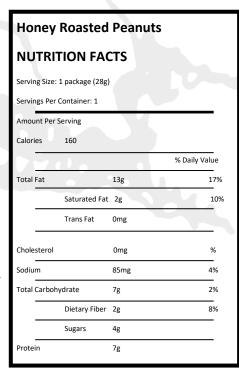
May Contain: Tree Nuts



KraftHeinz or Hormel. 1-855-663-5387, <u>kraftheinz-foodservice.com</u>

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Philmont will provide a nut free alternative for this product upon request. These can be picked up at outfitting services and taken to Logistics, where the staff will coordinate food drops in the backcountry.



• Organic Energy Chews, Orange Blossom—En R G Foods, (1 package per camper)

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

Contains 95% Organic Ingredients.

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

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.amazon.com/Pure-Organic-Pineapple-Passionfruit-Strawberry

Peanut Butter — JIF, (1.5 package per camper)

Ingredients: Made from Roasted Peanuts and Sugar, Contains 2% or Less of: Molasses, Fully Hydrogenated Vegetable Oils (Rapeseed and Soybean), Mono and Diglycerides, Salt.

CONTAINS: Peanuts



The J.M. Smucker Company, Orrville, OH 44667. jif.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.amazon.com/Dont-Go-Nuts-

https://lightorangebean.com/4-ingredient-homemade-soy-butter/

Orange Blossom Chews NUTRITION FACTS Serving Size: 1 package (60g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 0g Saturated Fat g Trans Fat 0mg Cholesterol Omg 65mg Sodium 3% Total Carbohydrate 39g 14% Dietary Fiber 1g 4% 0g

Peanut But	tter Cup	
NUTRITION	N FACTS	
Serving Size: 1 packa	age (21g)	
Servings Per Contain	ner: 1	
Amount Per Serving		
Calories 125		
		% Daily Value
Total Fat	10.5g	14%
Satur	rated Fat 2.3g	11%
Trans	s Fat Omg	
Cholesterol	0mg	%
Sodium	90mg	4%
Total Carbohydrate	6g	2%
Dieta	ary Fiber 1.5g	4%
Sugar	rs 2g	
Protein	4.5g	

• All Sport Zero Drink Mix Stick—Lemon Lime Flavor, All Sport Co., (1 package per camper)

Ingredients: Citric Acid, Monopotassium Phosphate, Salt, Natural and Artificial Flavors, Maltodextrin, Potassium Citrate, Aspartame, Ascorbic Acid (Vitamin C), Contains less than 2% of: Acesulfame, Potassium, Calcium Silicate, Yellow 5.

CONTAINS: PHENYLALANINE



All Sport, Inc. 1-866-851-7402, drinkallsport.com

Ideas for replacements that you can purchase:

https://www.amazon.com/Crystal-Light-Variety-Flavors-Flavor/dp/

• Wheat Thins - Nabisco, (1 Box Shared Between 4 Campers)

Ingredients: Whole Grain Wheat Flour, Canola Oil, Sugar, Cornstarch, Malt Syrup (From Corn and Barley), Salt, Refiner's Syrup, Leavening (Calcium Phosphate and Baking Soda).

BHT Added to Packaging Material to Preserve Freshness.

CONTAINS: WHEAT

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

Ideas for replacements that are available at the initial food pickup in base camp and must be taken to Logistics for distribution into the back-country:

Good Thins Rice Crackers

All Sport Lemon Lime Zero Stick NUTRITION FACTS Serving Size: 1 stick (3g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat Saturated Fat Og Trans Fat Cholesterol Omg Sodium 140mg 6% Total Carbohydrate 1% Dietary Fiber Og

Wheat	Thins		
NUTRI	TION FAC	CTS	
Serving Size:	16 Pieces (31g)		
Servings Per	Container: 8		
Amount Per	Serving		
Calories	140	Calories from Fat	
		4 7 7	% Daily Value
Total Fat		5g	6%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		200mg	9%
Total Carboh	ydrate	22g	8%
	Dietary Fiber	3g	119
	Sugars	5g	
Protein		2g	

• Sweet BBQ Snack Stick —Country Meats, Inc., (1 package per camper)

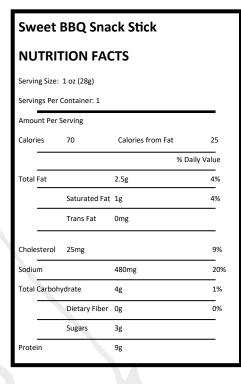
Ingredients: Pork, Sugar, Salt, Water, Dextrose, Spices, Tomato Powder, Onion and Garlic Powder, Corn Starch, Lactic Acid Starter Culture, Hickory Smoke Flavor (Contains Maltodextrin), Citric Acid, Spice Extractives and Sodium Nitrite, In Collagen Casing.

CONTAINS:

Product Questions: 1.800.277.8989 or www.countrymeats.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Vegan Jerky Recipe, Vegan Jerky Options on Amazon



Philmont Scout Ranch

Lunch Meal #3

- Consumed for lunch on calendar days ending in 3: 03, 13, and 23.
- Each bag is designed for **two campers** or "buddies"

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

Ingredients: Reduced Fat Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Water, Skim Milk, Sodium Phosphate, Natural Swiss Cheese Flavor, Milk Protein Concentrate, Salt, Sorbic Acid (Preservative), Carageenan, Locust Bean Gum, Lactic Acid, Potassium Chloride.

CONTAINS: MILK

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://fieldroast.com/

https://simpleveganblog.com/vegan-cheese/

Original Cheese Wedges NUTRITION FACTS Serving Size: 1 wedge (19g) Servings Per Container: 6 Calories from Fat % Daily Value 1.5g Saturated Fat 1g 5% Trans Fat 1% Cholesterol 240mg 10% Total Carbohydrate <1% Dietary Fiber Og 0% Sugars <1g 3g Protein

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

Ingredients: Pork, Water, Salt, Modified Potato Starch, Sugar, Sodium Nitrite

Certified GLUTEN FREE

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

Ideas for replacements that you can purchase:

https://www.livekindly.co/11-vegan-meat-brands-that-taste-better-than-the-real-thing/

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

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.bestproducts.com/eats/food/g891/tasty-gluten-free-crackers/

Spam Single Classic NUTRITION FACTS Serving Size: 1 package Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Total Fat 21g 27% Saturated Fat 7g 35% Trans Fat Cholesterol 50mg 17% 830mg Sodium 36 % Total Carbohydrate 1% Dietary Fiber Og Sugars 1g 9g

Ritz Crackers NUTRITION FACTS Serving Size: 5 Crackers (16g) Servings Per Container: 6 Amount Per Serving Calories % Daily Value 4.5g 6% Saturated Fat 1g 5% Cholesterol mg % 130mg Sodium 6% Total Carbohydrate 4% Dietary Fiber Og Sugars 1g Protein

• Cranberry Almond Bar — Kind, (1 Package Per Camper)

Ingredients: Almonds, Cranberries, Chicory Root Fiber, Sugar, Honey, Rice Flour, Glucose Syrup, Soy Lecithin, Sea Salt.

GLUTEN FREE

CONTAINS: ALMONDS AND SOY.

May contain: Peanuts, Tree Nuts and Sesame Seeds

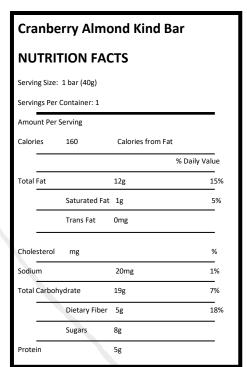


Kind Snacks, 1.855.884.KIND, kindsnacks.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://enjoylifefoods.com/

https://www.yummly.com/recipes/energy-bars-without-nuts



• Strawberry Banana All Sport Zero—All Sport Inc., (1 package per camper)

Ingredients: Citric Acid, Monopotassium Phosphate, Salt, Aspartame, Natural and Artificial Flavors, Malic Acid, Potassium Citrate, Ascrobic Acid (Vit C), Contains Less than 2% of: Monocalcium Phosphate, Acesulfame Potassium, Magnesium Oxide, Calcium Silicate, Artificial Color, Red 40, Blue 1, Yellow 5, Phenylketonurics.

CONTAINS: PHENYLALNINE



All Sport, Inc. 1-866-851-7402 drinkallsport.com

Ideas for replacements that you can purchase:

https://www.amazon.com/Crystal-Light-Variety-Flavors-Flavor/dp/

Honey Roasted Sunflower Kernels, ZeeZee's (1 Package Per Camper)

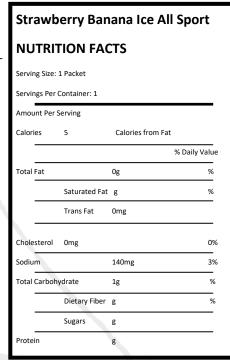
Ingredients: Sunflower Kernels, Sugar, Sunflower Oil, Honey Powder (Sugar, Honey), Water, Salt, Maltodextrin, Xanthan Gum.

Nut Free Facility, Gluten Free, NON-GMO



National Food Group, Inc.

1-800-886-6866



Honey Roasted Sunflower Seeds NUTRITION FACTS Serving Size: 1 package (34g) Servings Per Container: 1 Amount Per Serving Calories 190 % Daily Value 19% Saturated Fat 2g 10% Trans Fat 0mg Cholesterol Omg 0% Sodium 65mg 3% Total Carbohydrate 10g 4% 11% Dietary Fiber 3g Sugars 5g Protein 6g

Philmont Scout Ranch

Lunch Meal #4

- Consumed for lunch on calendar days ending in 4: 04, 14, and 24.
- Each bag is designed for **two campers** or "buddies"

• Chili Con Queso Cheese Dip—Highland Beef Farms, (1 Package Per Camper)

Ingredients: Pepper Jack Cheese (Pasteurized Milk, Jalapeno Peppers, Cheese Culture, Salt, Enzymes), Water, Milkfat, Sodium Phosphate, Jalapeno Peppers, Green Chile Peppers, Lactic Acid, Sorbic Acid (Preservative), Sodium Alginate, Red Bell Peppers, Color Added.

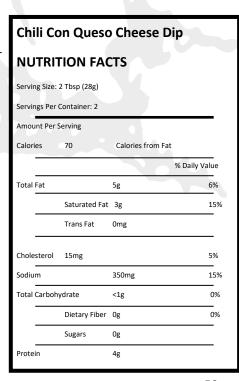
CONTAINS: MILK

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://fieldroast.com/

https://simpleveganblog.com/vegan-cheese/



• Peanut Butter Chocolate Bar—ProBar, LLC (1 Package Per Camper)

Ingredients: Tapioca Syrup, Peanuts, Soluble Tapioca Fiber, Brown Rice Flour, Peanut Butter (Peanuts), Sugar, Rolled Oats, Peanut Extract, Sesame Seeds, Palm Kernel Oil, Brown Rice Protein, Cocoa, Natural Flavor, Vegetable Glycerine, Sea Salt, Sunflower Lecithin, Salt.

CONTAINS: PEANUT, SESAME.



PROBAR, 800.921.2294, theprobar.com

Ideas for high protein replacements that you can purchase or try making yourself if you have an allergy to this product:

Nut Free Bars that you can purchase or a recipe that you can try making yourself.

• Sea Salt Chickpeas—ZeeZees, (1 Package Per Person)

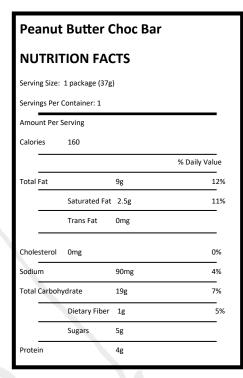
Ingredients: Chickpeas, Sunflower and or Safflower Oil, Contains 2% or less of: Sea Salt.

Nut Free Facility, Gluten Free, NON-GMO, Vegan



National Food Group, Inc.

1-800-886-6866



Sea Sal	t Chickp	eas	
NUTRI	TION FAC	CTS	
Serving Size:	0.75oz (21g)		
Servings Per	Container: 1		
Amount Per S	Serving		
Calories	90		
			% Daily Value
Total Fat		3g	3%
	Saturated Fat	Og	0%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		140mg	6%
Total Carboh	ydrate	14g	6%
	Dietary Fiber	4g	14%
	Sugars	1g	
Protein		5g	

• Bold Teriyaki Snack Stick —Country Meats, Inc., (1 package per camper)

Ingredients: Pork, Brown Sugar, Honey Flavor (Refiner's Syrup, Honey), Hydrolyzed Soy and Corn Protein, Salt, Soy Sauce Powder (Soy Sauce (Wheat, Soybeans, Salt), Maltodextrin, Salt), Water, Natural Smoke Flavor, Lactic Acid Starter Culture, Hickory Smoke Powder, Orange Juice Powder (Corn Syrup Solids, Orange Juice Solids), Sherry Wine Flavor (Maltodextrin, Sherry Wine Solids, Sulfur Dioxide), Citric Acid, Flavoring, Sodium Nitrite, In Collagen Casing.

CONTAINS: SOY AND WHEAT

Product Questions: 1.800.277.8989 or www.countrymeats.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Vegan Jerky Recipe, Vegan Jerky Options on Amazon

• Chicken in a Biskit—Nabisco/Mondelez, (1 Package Shared Between 6 Campers)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Canola Oil, Sugar, Salt, Dextrose, Monosodium Glutamate, Baking Soda, Soy Lecithin, Onion Powder, Dehydrated Cooked Chicken, Hydrolyzed Corn and Yeast Protein, Spice Extractives (Includes Celery), Disodium Inosinate and Disodium Guanylate (Flavor Enhancers).

CONTAINS: WHEAT and SOY

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

Ideas for replacements that are available at the initial food pickup in base camp and must be taken to Logistics for distribution into the back-country:

Good Thins Rice Crackers

Teriyaki Snack Stick **NUTRITION FACTS** Serving Size: 1 oz (28g) Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Total Fat 2.5g 4% 4% Saturated Fat 1g Trans Fat Cholesterol 25mg 8% Sodium 450mg 19% Total Carbohydrate 1% Dietary Fiber Og Sugars 3g Protein 9g

Chicken in a Biskit Crackers NUTRITION FACTS Serving Size: 12 Crackers (31g) Servings Per Container: 11 Amount Per Serving Calories % Daily Value Saturated Fat 0.5g Trans Fat Cholesterol Omg Sodium 230mg 10% Total Carbohydrate Dietary Fiber Sugars 2g 2g Protein

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

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

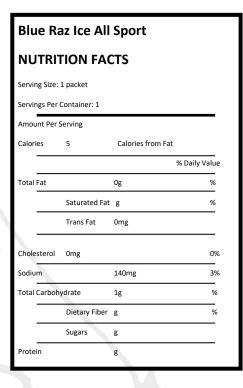
CONTAINS: PHENYLALNINE



All Sport, Inc. 1-866-851-7402 drinkallsport.com

Ideas for replacements that you can purchase:

https://www.amazon.com/Crystal-Light-Variety-Flavors-Flavor/dp/



Lunch Meal #5

- Consumed for lunch on calendar days ending in 5: 05, 15, and 25.
- Each bag is designed for **two campers** or "buddies"

• Sweet & Spicy Tuna—Starkist, (1 package per camper)

Ingredients: Light Tuna, Water, Sugar, Contains 2% or less of the following: White Vinegar, Tomatoes, Dehydrated Red Bell Peppers, Chili Powder, Salt, Dehydrated Garlic, Dehydrated Onion, Natural Flavors (Including Yeast Extract), Vegetable Broth, Corn Syrup, Extractives of Paprika.

CONTAINS: FISH (TUNA)

Certified Gluten Free, Soy Free



Distributed by Starkist Co, starkist.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://lovingitvegan.com/vegan-tuna/

Sweet	& Spicy 1	<u></u> Гипа	
NUTRI	TION FAC	CTS	
Serving Size:	1 Pouch (74g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	90	Calories from Fat	
			% Daily Value
Total Fat		0.5g	1%
	Saturated Fat	Og	%
	Trans Fat	0mg	
Cholesterol	30mg		10%
Sodium		360mg	15%
Total Carboh	ydrate	4g	1%
	Dietary Fiber	Og	0%
	Sugars	4g	
Protein		16g	29%

Chocolate Energy Bar—PowerBar, (1 package per camper)

Ingredients: Fructose-Glucose Syrup, Oat Bran, Rice Flour, Milk Protein Isolate, Rice Crisps (Rice, Sugar, Wheat Gluten, Palm Oil, Malted Barley Flour), Maltodextrin, Dark Chocolate Biscuits (Wheat Flour, Sugar, Palm Oil, Reduced Fat Cocoa Powder, Canola Oil, Glucose, Skim Milk Powder, Sodium Carbonate, Tartaric Acid, Barley Malt), Ground Almonds, Rolled Oats, And 2% or Less of Glycerol, Sodium Citrate, Fructose, Natural and Artificial Flavors, Magnesium Carbonate, Salt.

CONTAINS: ALMOND, MILK, WHEAT

Made on Equipment that also Processes Coconut, Hazelnut, Peanut, Soy

Distributed by Pivot Nutrition, LLC., powerbar.com, 1-855-71P-OWER

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: thehungrybites.com, glutenfreeonashoestring.com

• 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 (High Oleic, Soybean, (Soybean Palm and/ or Canola 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.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.bestproducts.com/eats/food/g891/tasty-gluten-free-crackers/

Chocolate PowerBar NUTRITION FACTS Serving Size: 1 bar (55g) Servings Per Container: 1 Amount Per Serving Calories Calories from Eat % Daily Value Total Fat Saturated Fat 0.5g Trans Fat Cholesterol Sodium 220mg 10% Total Carbohydrate 37g Dietary Fiber 2g Sugars 21g

Cheez-It **NUTRITION FACTS** Serving Size: 1 Pouch (42g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat 11g Saturated Fat 2.5g 13% Trans Fat Cholesterol Ome 0% Sodium 320mg 14% Total Carbohydrate 9% Dietary Fiber <1g 0g Sugars 4g Protein

• Fruit Punch Drink Mix—All Sport Company, (1 package per camper)

Ingredients: Citric Acid, Monopotassium Phosphate, Salt, Natural and Artificial Flavors, Maltodextrin, Potassium Citrate, Aspartame, Ascorbic Acid (Vitamin C), Contains less than 2% of : Red 40, Xanthan gum, Acesulfame Potassium, Calcium Silicate.

CONTAINS: PHENYLANINE



All Sport, Inc. 1-866-851-7402, drinkallsport.com

Ideas for replacements that you can purchase:

https://www.amazon.com/Crystal-Light-Variety-Flavors-Flavor/dp/

Honey Roasted Peanuts—Planters, (1 Package Per Camper)

Ingredients: Peanuts, Sugar, Peanut Oil, Honey, Corn Syrup, Sea Salt, Fructose, Cornstarch, Xanthan Gum.

CONTAINS: PEANUT

May Contain: Tree Nuts

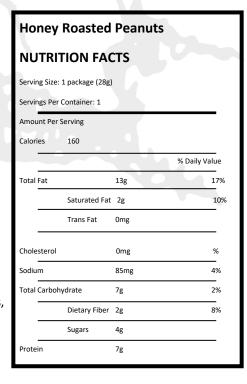


KraftHeinz or Hormel. 1-855-663-5387, kraftheinz-foodservice.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Philmont will provide a nut free alternative for this product upon request. These can be picked up at outfitting services and taken to Logistics, where the staff will coordinate food drops in the backcountry.

All Sport Zero Drink -Fruit Punch **NUTRITION FACTS** Serving Size: 1 Packet (3g) Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Total Fat 0g Saturated Fat Og Trans Fat Cholesterol Sodium 140mg 6% Total Carbohydrate 1% Dietary Fiber Og Sugars 0g 0g Protein



• Sociables Crackers - Nabisco, (1 Box Shared Between 4 Campers)

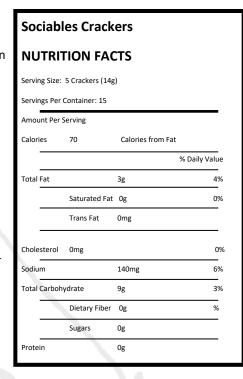
Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Canola Oil, Whole Grain Wheat Flour, Sugar, Salt, Poppy Seeds, Leavening (Calcium Phosphate, Baking Soda), High Fructose Corn Syrup, Soy Lecithin, Hydrolyzed Corn and Yeast Protein, Spices, Natural Flavor.

CONTAINS: WHEAT, SOY

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

Ideas for replacements that are available at the initial food pickup in base camp and must be taken to Logistics for distribution into the back-country:

Good Thins Rice Crackers



Philmont Scout Ranch

Lunch Meal #6

- Consumed for lunch on calendar days ending in 6: 06, 16, and 26.
- Each bag is designed for **two campers** or "buddies"

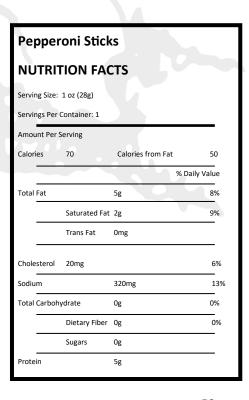
• Pepperoni Stick—Country Meats, Inc., (1 package per camper)

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

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Vegan Jerky Recipe, Vegan Jerky Options on Amazon



Bolt Strawberry Energy Chews—ProBar, LLC, (1 package per camper)

Ingredients: Tapioca Syrup, Cane Sugar, Tapioca Syrup Solids, Water, Pectin, Potassium Citrate, Citric Acid, Natural Flavor, Black Carrot Concentrate (Color), Ascorbic Acid, Sunflower Oil, Vitamin B3, Fruit Blend (Apple (Apple, Rice Flour), Acai, Blueberry, Pomegranate Fruit Extract), Salt, Carnauba Wax, Vitamin B6, Vitamin B12.

Certified Organic

Gluten Free

ProBar, LLC, 1-800-921-2294, theprobar.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.amazon.com/Pure-Organic-Pineapple-Passionfruit-Strawberry

• Smoked Gouda Cheese Dip—Highland Beef Farms, (1 Package Per Camper)

Ingredients: Gouda cheese (pasteurized milk, cheese cultures, salt, enzymes, color added), water, milkfat, milk, sodium phosphate, calcium propionate (preservative), salt, lactic acid, color added.

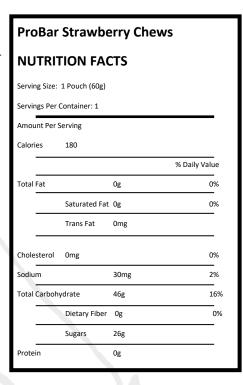
CONTAINS: MILK

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://fieldroast.com/

https://simpleveganblog.com/vegan-cheese/



Smoke	d Gouda	Chee	se Di	р	
NUTRI	TION FAC	CTS			
Serving Size:	2 Tbsp (28g)				
Servings Per	Container: 2				
Amount Per	Serving	0			
Calories	70				
				% Daily	Value
Total Fat		6g			8%
	Saturated Fat	3.5g			18%
	Trans Fat	0mg			
Cholesterol	20mg				7%
Sodium		390mg			17%
Total Carboh	ydrate	<1g			0%
	Dietary Fiber	0g			0%
	Sugars	<1g			_
Protein		4g			_

• Cracked Pepper and Olive Oil Triscuit Crackers—Mondelez, (1 Package Shared Between 4 Campers or 2 Meal Bags)

Ingredients: Whole Grain Wheat, Canola Oil, Salt, Rice Starch, Black Pepper, Onion Powder, Garlic Powder, Extra Virgin Olive Oil, Natural Flavor (Contains Celery).

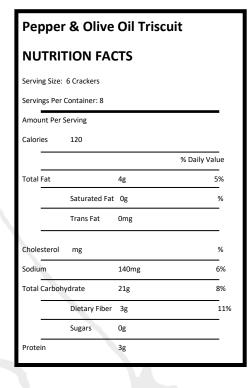
CONTAINS: WHEAT



Mondelez Global, LLC. East Hanover, NJ 07936, 1.800.622.4726, triscuit.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.bestproducts.com/eats/food/g891/tasty-gluten-free-crackers/



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

Ideas for replacements that you can purchase:

https://www.amazon.com/Crystal-Light-Variety-Flavors-Flavor/dp/

• Nut and Chocolate Trail Mix—Planters, (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: Hormel/Planters, 1-855-663-5387 or planters.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Nut Free Trail Mix from Amazon

Orange All Sport NUTRITION FACTS Serving Size: 1 Packet Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Total Fat 0% Saturated Fat Og 0% Trans Fat Cholesterol 0% Sodium 140mg 3% Total Carbohydrate 2g 0% Dietary Fiber Og Sugars 0g Protein 0g

NUTRITION FACTS Serving Size: 1 Pkg Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 17g 22% Saturated Fat 3.5g 17% Trans Fat 0mg Cholesterol 3% Total Carbohydrate 9% Dietary Fiber 4g 13%

Sugars

Protein

NUT AND CHOCOLATE TRAIL MIX

Lunch Meal #7

- Consumed for lunch on calendar days ending in 7: 07, 17, and 27.
- Each bag is designed for **two campers** or "buddies"

• Wheat Thins - Nabisco, (1 Box Shared Between 4 Campers)

Ingredients: Whole Grain Wheat Flour, Canola Oil, Sugar, Cornstarch, Malt Syrup (From Corn and Barley), Salt, Refiner's Syrup, Leavening (Calcium Phosphate and Baking Soda).

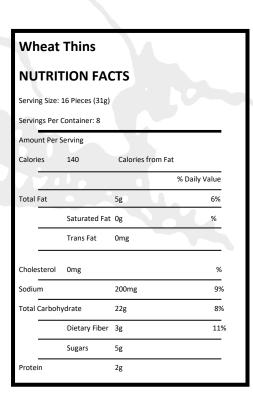
BHT Added to Packaging Material to Preserve Freshness.

CONTAINS: WHEAT

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

Ideas for replacements that are available at the initial food pickup in base camp and must be taken to Logistics for distribution into the backcountry:

Good Thins Rice Crackers



• Carmel Almond & Sea Salt Bar— Kind, (1 Package Per Camper)

Ingredients: Almonds, Chicory Root Fiber, Honey, Glucose Syrup, Palm Kernel Oil, Sugar, Rice Flour, Milk Powder, Sea Salt, Carob Powder, Soy Lecithin, Natural Flavor, Annatto.

GLUTEN FREE



CONTAINS: ALMONDS, MILK, AND SOY.

May contain: Peanuts, Tree Nuts and Sesame Seeds and Nut Shell Fragments.

Kind Snacks, 1.855.884.KIND, kindsnacks.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://enjoylifefoods.com/

https://www.yummly.com/recipes/energy-bars-without-nuts

• Chili Lime Cruncherz Chickpeas , ZeeZees, (1 package per camper)

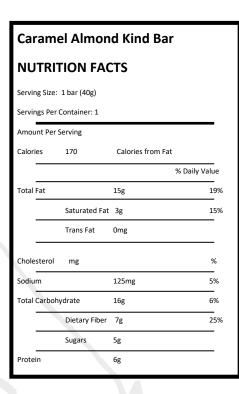
Ingredients: Chickpeas, Sunflower and or Safflower Oil, Contains 2% or less of: Spices, Salt, Citric Acid, Lime Juice Powder (Citric Acid, Lime Oil, Lime Juice, Ascorbic Acid), Cane Sugar, Gum Arabic, with Silicon Dioxide and Calcium Stearate added to prevent caking.

Nut Free Facility, Gluten Free, Vegan, Non-GMO



National Food Group, Inc.

1-800-886-6866



Chili Lime Cruncherz **NUTRITION FACTS** Serving Size: 1 package (21g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat 3g 3% % Saturated Fat g Trans Fat Cholesterol Omg % 120mg 6% Total Carbohydrate 12g 4% Dietary Fiber 4g 14% Sugars Protein

• Chicken Salad , Starkist, (1 package per camper)

Ingredients: Chicken (White Chicken Meat, Water, Modified Food Starch (Corn), Salt, Sodium Phosphate), Water, Water Chestnuts, Red Bell Peppers, Celery, Modified Food Starch (Corn), Contains less than 2% of the following: Cured Cucumbers, Egg Yolk, Distilled Vinegar, Sugar, Onion Powder, Mustard Flour, Xanthan Gum, Salt, Calcium Chloride, Natural Flavors, Microcrystalline Cellulose, Titanium Dioxide, Guar Gum, Sodium Carboxymethylcellulose, Carageenan, Sodium Benzoate and Potassium Sorbate, Phosphoric Acid, Calcium Disodium EDTA.

CONTAINS: EGGS

Distributed by Starkist Co. starkist.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.peta.org/living/food/best-vegan-chicken-products/

• All Sport Zero Drink Mix Stick—Lemon Lime Flavor, All Sport Co., (1 package per camper)

Ingredients: Citric Acid, Monopotassium Phosphate, Salt, Natural and Artificial Flavors, Maltodextrin, Potassium Citrate, Aspartame, Ascorbic Acid (Vitamin C), Contains less than 2% of : Acesulfame, Potassium, Calcium Silicate, Yellow 5.

CONTAINS: PHENYLALANINE

All Sport, Inc. 1-866-851-7402, drinkallsport.com



Ideas for replacements that you can purchase:

https://www.amazon.com/Crystal-Light-Variety-Flavors-Flavor/dp/

Chicken Salad—2.6oz Pouch **NUTRITION FACTS** Serving Size: 1 Pouch (74g) Servings Per Container: 1 Amount Per Serving Calories 70 Calories from Eat % Daily Value Total Fat Saturated Fat 0.5g 3% Trans Fat Cholesterol 35mg 12% Sodium 350mg 15% Total Carbohydrate 1% Dietary Fiber Og 0% 18%

NUTRITION FACTS Serving Size: 1 stick (3g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat Saturated Fat Og Trans Fat Cholesterol Omg Sodium 140mg Total Carbohydrate 1% Dietary Fiber 0g

Sugars

Protein

0g

All Sport Lemon Lime Zero Stick

Roasted Sunflower Seeds Roasted Sunflower Kernels—ZeeZee's, (1 Package Per Camper) **NUTRITION FACTS** Ingredients: Sunflower Kernels, Sunflower Oil, Salt. **Nut Free Facility** Serving Size: 1.2 oz Servings Per Container: 1 Gluten Free Amount Per Serving Vegan, NON-GMO Calories from Fat Calories % Daily Value Total Fat 17g 22% 10% Saturated Fat 2g National Food Group, Inc. Trans Fat 1-800-886-6866 Cholesterol Omg Sodium 130mg 6% 3% Total Carbohydrate 8g Dietary Fiber 4g 14% Sugars 1g Protein 7g

Lunch Meal #8

- Consumed for lunch on calendar days ending in 8: 08, 18, and 28.
- Each bag is designed for two campers or "buddies"

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

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

MADE in a Peanut and TREE NUT FREE Facility.

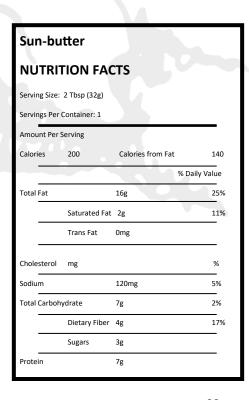


Sunbutter LLC, 877-873-4501, sunbutter.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.amazon.com/Dont-Go-Nuts-

https://lightorangebean.com/4-ingredient-homemade-soy-butter/



• 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

Ideas for replacements that are available at the initial food pickup in base camp and must be taken to Logistics for distribution into the back-country:

Good Thins Rice Crackers

• Chocolate Coconut Chewy Snack Bar—PROBAR, (1 Package Per Camper)

Ingredients: Tapioca Syrup, Brown Rice Flour, Soluble Tapioca Fiber, Almond Butter (Almonds), Sugar, Rolled Oats, Coconut, Sesame Seeds, Palm Kernel Oil, Brown Rice Protein, Cocoa, Vegetable Glycerine, Natural Flavor, Sea Salt, Sunflower Lecithin, Salt.

CONTAINS: ALMOND, SESAME, COCONUT

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

PROBAR, LLC, 800.921.2294, theprobar.com



Ideas for high protein replacements that you can purchase or try making yourself if you have an allergy to this product:

<u>Nut Free Bars</u> that you can purchase or a <u>recipe</u> that you can try making yourself.

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

Chocol	ate Coco	onut Bar	
NUTRI	TION FAC	CTS	
Serving Size:	1 package (37g	:)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	160		
		% D	aily Value
Total Fat		9g	119
	Saturated Fat	2.5g	149
	Trans Fat	0mg	
Cholesterol	0mg		0%
Cholesterol Sodium	0mg	75mg	3%
		75mg 19g	3%
Sodium		19g	3%
Sodium	ydrate	19g	

• All Sport Zero Powder Hydration Sticks, Grape—All Sport Co. (1 package per camper)

Ingredients: Citric Acid, Maltodextrin, Monopotassium Phosphate, Salt, Natural and Artificial flavors, Potassium Citrate, ascorbic acid (Vitamin C), Aspartame, Contains less than 2% of: Acesulfame Potassium, Xantan Gum, Calcium Silicate, Red 40, Blue 1.

CONTAINS: Phenylalanine



All Sport, Inc. 1-866-851-7402, drinkallsport.com

Ideas for replacements that you can purchase:

https://www.amazon.com/Crystal-Light-Variety-Flavors-Flavor/dp/

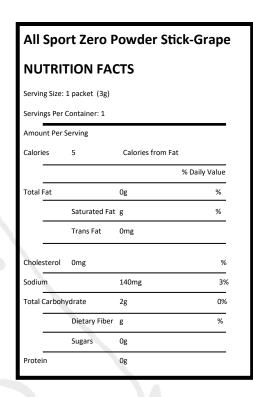
• Beef Sausage Bites—Highland Beef Farms, (1 Package Per Camper)

Ingredients: Beef, Salt, Contains 2% or less of: Corn Syrup Solids, Spices, Dextrose, Lactic Acid Starter Culture, Natural Flavorings, Sodium Erythorbate, Garlic Powder, Sodium Nitrite, Water.

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Vegan Jerky Recipe, Vegan Jerky Options on Amazon



Beef Sausage Bites-Waiting on Information from Vendor **NUTRITION FACTS** Serving Size: 0 Servings Per Container: 0 Amount Per Serving Calories % Daily Value Total Fat 0% Saturated Fat Og 0% Trans Fat Cholesterol Omg 0% Sodium 0% Total Carbohydrate 0% Dietary Fiber Og 0% Sugars

• Salted Peanuts—Planters, (1 Package Per Camper)

Ingredients: Peanuts, Oil, Salt

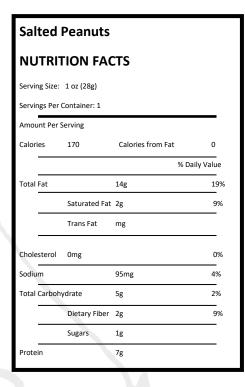
CONTAINS: PEANUT



KraftHeinz, 1.855.663.5387, kraftheinz-foodservice.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Protein Bites



Lunch Meal #9

- Consumed for lunch on calendar days ending in 9: 09, 19, and 29.
- Each bag is designed for **two campers** or "buddies"

• Lemon Pepper Tuna—Starkist, (1 package per camper)

Ingredients: Light Tuna, Water, Contains 2% or less of: Sugar, Vegetable Broth, Salt, Citric Acid, Black Pepper, Natural Lemon Flavor, Lemon Puree, Lemon Juice, Extractives of Turmeric (Color).

CONTAINS: FISH (TUNA)

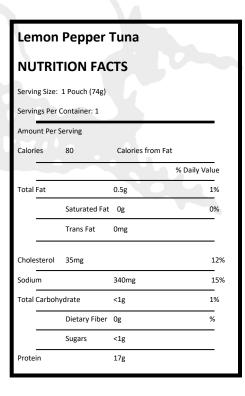
Certified Gluten Free, Soy Free



Distributed by Starkist Co, starkist.com

 $Ideas\ for\ replacements\ that\ you\ can\ purchase\ or\ try\ making\ yourself\ if\ you\ have\ an\ allergy\ to\ this\ product:$

https://lovingitvegan.com/vegan-tuna/



• 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

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.bestproducts.com/eats/food/g891/tasty-gluten-free-crackers/

• Nutter Butter Cookies—Nabisco (1 Package Per Camper)

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

CONTAINS: WHEAT, PEANUT, SOY.

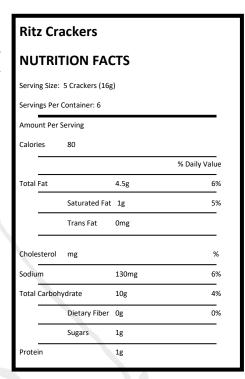


Mondelez Global, LLC, 1-800-622-4726, snackworks.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://enjoylifefoods.com/pages/allergy-friendly-soft-baked-cookies

https://www.texanerin.com/20-gluten-free-cookies/



Nutter	Butter C	ookies		
NUTRI	TION FAC	CTS		
Serving Size:	1 Package (56g)		
Servings Per	Container: 1			
Amount Per	Serving			
Calories	260			
_				
			% Daily	Value
Total Fat		11g		14%
	Saturated Fat	2.5 g		13%
	Trans Fat	0mg		
Cholesterol	0mg			0%
Sodium		200mg		9%
Total Carboh	ydrate	39g		14%
	Dietary Fiber	1 g		4%
	Sugars	16g	Protein	4g

• Power Gel Shots—Orange/Raspberry, Pivot Nutrition, (1 package per camper)

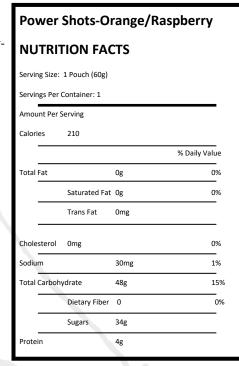
Ingredients: C2Max Dual Source Carb Mix (Glucose Syrup, Sugar, Invert Sugar), Water, Gelatin and 2% or less of: Citric Acid, Tartaric Acid, Malic Acid, Glycerin, Orange Juice Concentrate, Raspberry Puree, Raspberry Juice, Sodium Citrate, Sodium Ascorbate, Palm Oil, Carnauba Wax, Carrageenan, Locust Bean gum, Natural Flavors, Curcumin (Color), Carrot Juice (Color), Pyridoxine Hydrochloride (Vit. B6).

Pivot Nutrition, LLC, Made in the Czech Republic

1-855-71POWER

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.amazon.com/Pure-Organic-Pineapple-Passionfruit-Strawberry



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

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

CONTAINS: PHENYLALNINE



All Sport, Inc. 1-866-851-7402 drinkallsport.com

Ideas for replacements that you can purchase:

https://www.amazon.com/Crystal-Light-Variety-Flavors-Flavor/dp/

ZeeZee's Honey Roasted Sunflower Kernels, National Food Group, Inc.

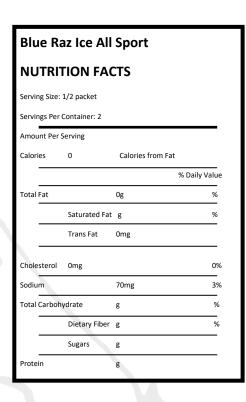
Ingredients: Sunflower Kernels, Sugar, Sunflower Oil, Honey Powder (Sugar, Honey), Water, Salt, Maltodextrin, Xanthan Gum.

Nut Free Facility, Gluten Free, NON-GMO

National Food Group, Inc.



1-800-886-6866



Honey Roasted Sunflower Seeds NUTRITION FACTS Serving Size: 1 package (34g) Servings Per Container: 1 Amount Per Serving 190 % Daily Value 19% Total Fat 10% Saturated Fat 2g Trans Fat Cholesterol Omg 0% Sodium 65mg 3% Total Carbohydrate 4% Dietary Fiber 3g 11% Sugars 5g Protein 6g

Lunch Meal #10

- Consumed for lunch on calendar days ending in 0: 10, 20, and 30.
- Each bag is designed for two campers or "buddies"

Pepper Jack Cheese Wheel, Highland Beef Farms, (1 Package Shared Between Two Campers)

Ingredients: Reduced Fat Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Water, Skim Milk, Jalapeno Peppers, Sodium Phosphate, Milk Protein Concentrate, Salt, Sorbic Acid (Preservative), Carrageenan, Locust Bean Gum, Lactic Acid, Potassium Chloride.

CONTAINS: MILK

Highland Beef Farms, Reston, VA.

1-800-869-6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://fieldroast.com/

https://simpleveganblog.com/vegan-cheese/

Pepper Jack Cheese Wheel NUTRITION FACTS Serving Size: 1 Wedge Servings Per Container: 6 Amount Per Serving Calories % Daily Value Total Fat Saturated Fat 1g 5% Trans Fat Cholesterol 5mg 230mg 10% 1g Dietary Fiber 0g Sugars <1g 3g Protein

• Beef Salami Slices, Highland Beef Farms, (1 package per camper)

Ingredients: Beef, Salt, Dextrose, Lactic Acid Starter Culture, Spices, Natural Flavor, Sodium Ascorbate, Garlic Powder, Sodium Nitrite.

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<u>Vegan Jerky Recipe</u>, Vegan Jerky Options on <u>Amazon</u>

• Pink Lemonade Energy Chews—Honey Stinger, (1 package per camper)

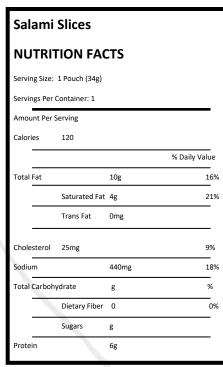
Ingredients: Organic Tapioca Syrup, Organic Sugar, Organic Honey, Organic Grape Juice Concentrate, Pectin, Citric Acid, Organic Colors (Organic Black Carrot Juice Concentrate), Organic Flavor, Ascorbic Acid, Potassium Citrate, Organic Sunflower Oil, Organic Carnauba Wax.

Certified Gluten Free

EN-R-G Foods, LLC. Steamboat Springs, CO 80477, 1.866.464.6639, honeystinger.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.amazon.com/Pure-Organic-Pineapple-Passionfruit-Strawberry



Pink Lemonade Chews					
NUTRITION FAC	CTS				
Serving Size: 1 Pouch (60g)					
Servings Per Container: 1					
Amount Per Serving					
Calories 160					
	% Daily	Value			
Total Fat	0g	0%			
Saturated Fat	Og	0%			
Trans Fat	0mg				
Cholesterol Omg		0%			
Sodium	65mg	3%			
Total Carbohydrate	39g	14%			
Dietary Fiber	1g	4%			
Sugars	27g				
Protein	Og				

• Ranch Cruncherz Chickpeas—ZeeZees, (1 package per camper)

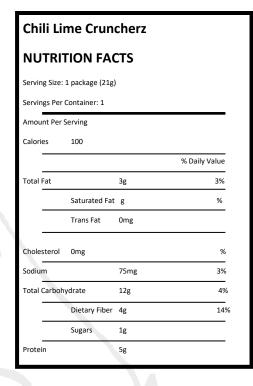
Ingredients: Chickpeas, Sunflower Oil and or Safflower Oil, Salt, Maltodextrin, Onion and Garlic Powder, Sugar, Yeast Extract, Tomato Powder, Citric Acid, Natural Flavors, Parsley and Silicon Dioxide added to prevent caking.

Nut Free Facility, Gluten Free, Vegan, Non-GMO



National Food Group, Inc.

1-800-886-6866





• All Sport Zero Drink Mix Stick-Fruit Punch flavor, All Sport Company, (1 package per camper)

Ingredients: Citric Acid, Monopotassium Phosphate, Salt, Natural and Artificial Flavors, Maltodextrin, Potassium Citrate, Aspartame, Ascorbic Acid (Vitamin C), Contains less than 2% of : Red 40, Xanthan gum, Acesulfame Potassium, Calcium Silicate.

CONTAINS: PHENYLANINE

All Sport, Inc. 1-866-851-7402, drinkallsport.com



Ideas for replacements that you can purchase:

https://www.amazon.com/Crystal-Light-Variety-Flavors-Flavor/dp/

Original Triscuit Crackers—Mondelez, (1 Package Shared Between 4 Campers or 2 Meal Bags)

Ingredients: Whole Grain Wheat, Canola Oil, Sea Salt.

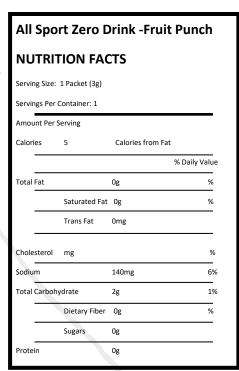


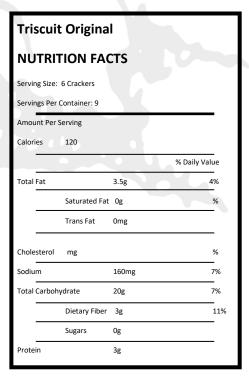


Mondelez Global, LLC. East Hanover, NJ 07936, 1.800.622.4726, triscuit.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.bestproducts.com/eats/food/g891/tasty-gluten-free-crackers/





Dinner Trail Food Menu

Dinner #1	Dinner #6
Beef Stroganoff	3-Cheese Macaroni and Cheese
Goldfish Pretzel Pieces	Goldfish Pretzel Pieces
Marshmallow Squares	Sweet N Spicy Trail Mix
Salted Peanuts	Oreos
Dinner #2	Dinner #7
Santa Fe Style Rice and Beans with Chicken	Butter & Herb Rice Mix with Salmon
Buffalo Blue Cheese Pretzel Pieces	Buffalo Blue Cheese Pretzels
Sweet N Spicy Trail Mix	Fruit and Nut Trail Mix
Teddy Grahams	Lorna Doone Shortbread Cookies
Dinner #3	Dinner #8
Teriyaki Noodles with Salmon	Spaghetti with Meat Sauce
Nut and Chocolate Trail Mix	Pepperoni Pretzel Pieces
Spicy Honey Mustard Pretzels Pieces	Honey Roasted Peanuts
Sandies Shortbread Cookies	Oreos
<u>Dinner #4</u>	<u>Dinner #9</u>
Four Cheese Mashed Potatoes	Southwestern Style Veggie Bowl with Rice and Beans
with Chicken & Soup Mix	Cheddar Cheese Bread Pieces
Salted Peanuts	Nut and Chocolate Trail Mix
Chocolate Chip Cookies	Sandies Shortbread Cookies
<u>Dinner #5</u>	Dinner #10
Creamy Pesto Italian Sides with Summer Sausage	Stuffing Mix with Chicken & Gravy Mix
Cheddar Cheese Bread Pieces	Chocolate Chip Cookies
Marshmallow Squares	

Dinner Meal #1

- Consumed for dinner on calendar days: 01, 11, and 21.
- Each bag is designed for two campers or "buddies"

• Beef Stroganoff with Noodles—Mountain House, (1 package per camper)

Ingredients: **Beef Stroganoff:** Beef: (Beef, Rosemary Extract, Salt), Corn Starch, High Oleic Sunflower Oil, Sour Cream (Cultured Milk, Cream, Skim Milk, Enzymes), Nonfat Dry Milk, Onion, Sea Salt, Beef Flavor (Yeast Extract, Salt), Less than 2% of: Mushroom, Brown Sugar (Cane Sugar, Cane Syrup), Yeast Extract, White Pepper, Lemon Juice (Lemon Juice Concentrate, Lemon Oil, Potassium Metabisulfite), Garlic Powder, **Precooked Noodles**: Durum Semolina, Whole Egg, Salt.

CONTAINS: MILK, WHEAT, EGG

Mountain House—Oregon Freeze Dry, Albany OR, 877.366.3877, mountainhouse.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Food for the Sole, AlpineAire Meals

Beef Stroganoff with Noodles NUTRITION FACTS Serving Size: 3 cups (122g) Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Total Fat Saturated Fat 8g 40% Trans Fat Cholesterol 27% 1440mg Sodium 63% Total Carbohydrate 25% Dietary Fiber 8g 29% 6g 21%

• Goldfish Pretzels, Pepperidge Farm, Inc., (1 package per camper)

Ingredients: Whole Wheat flour, Enriched Wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Canola and/or Sunflower oil, salt, contains 2% or less of baking powder (Sodium acid pyrophosphate, baking soda, monocalcium phosphate), Malted barley flour, Nonfat milk.

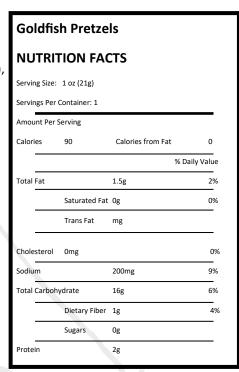
CONTAINS: WHEAT, MILK.

Pepperidge Farm, Inc.

1-888-737-7374, pepperidgefarm.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.bestproducts.com/eats/food/g891/tasty-gluten-free-crackers/, Gluten Free Pretzels



Teddy Grahams NUTRITION FACTS Serving Size: 1 Pouch (28g) Servings Per Container: 1 Amount Per Serving % Daily Value 4g 5% 0% Saturated Fat Og Trans Fat Cholesterol 0% Sodium 90mg 4% Total Carbohydrate 21g 8% Dietary Fiber 1g 7g Sugars 2g Protein

• Salted Peanuts, Planters, (1 Package Per Camper)

Ingredients: Peanuts, Oil, Salt

CONTAINS: PEANUT

K

KraftHeinz, 1.855.663.5387, kraftheinz-foodservice.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Protein Bites

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

Ingredients: Organic Whole Grain Crisp Rice, Corn Syrup, Sugar, Vegetable Oil (Soybean Oil, Palm Oil), Crystalline Fructose, Water, Contains less than 2% of each of the following: Glycerin, Gelatin, Natural Flavors, Soybean Vegetable Oil, Capric/Caprylic Triglycerides, Baking Soda, Mono and Diglycerides, Soy Lecithin, Salt, Annatto (Color), Vitamin A Palmitate.

CONTAINS: SOY

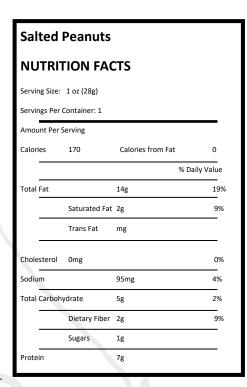
Gluten Free, Contains No High Fructose Corn Syrup

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

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://thesugarfreediva.com/make-sugar-free-rice-krispie-treats/

https://happilyunprocessed.com/crispy-rice-treats-sugar-free-gluten-free-marshmallow-free/



MARSH	HMALLO	W SQUARE	:S				
NUTRITION FACTS							
Serving Size:	1 bar (45g/1.6o	z)					
Servings Per	Container: 1						
Amount Per	Serving						
Calories	180	Calories from Fat					
_			% Daily Value				
Total Fat		4.5g	6%				
	Saturated Fat	1.5g	8%				
	Trans Fat	0mg					
Cholesterol	0 mg		0%				
Sodium		35mg	2%				
Total Carboh	ydrate	21g	8%				
	Dietary Fiber	0g	%				
	Sugars	12g					
Protein		2g					

Dinner Meal #2

- Consumed for dinner on calendar days: 02, 12, and 22.
- Each bag is designed for **two campers** or "buddies"

Santa Fe Style Rice with Chicken—Backpacker's Pantry, (1 package shared between 2 campers)

Ingredients: Dried Black Beans, Precooked Parboiled Brown Rice, Freeze-Dried Pre-Cooked White Meat Chicken, Freeze-Dried Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto (Coloring), Tomato Powder, Corn, Dried Onion, Tomato, Nonfat Dry Milk, Potato Starch, Maltodextrin, Sea Salt, Green Chili Pepper, Granulated Sugar, Torula Yeast, New Mexico Chili Pepper Powder, Dehydrated Garlic, Savory Soup Base (Maltodextrin, Salt, Yeast Extract, Onion Powder, Turmeric Extract, Sunflower Oil), Dextrose, Cumin Powder, Ground Oregano, Tamari Powder (Tamari Soy Sauce (Soybeans, Salt), Maltodextrin), Cayenne Pepper Powder

CONTAINS: MILK, SOY

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

Product Information: American Outdoor Products, Boulder, CO

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Food for the Sole, AlpineAire Meals

SANTA FE STYLE RICE AND BEANS NUTRITION FACTS Serving Size: 1/2 Package (95g) Servings Per Container: 2 Amount Per Serving Calories 360 Calories from Fat	_						
Serving Size: 1/2 Package (95g)	SANTA FE STYLE RICE AND BEANS						
Servings Per Container: 2	NUTRI	TION FAC	CTS				
Amount Per Serving Calories 360 Calories from Fat Water Water Water Water	Serving Size:	1/2 Package (9	95g)				
Calories 360 Calories from Fat % Daily Value Total Fat 6g 8% Saturated Fat 2.5g 13% Trans Fat 0mg Cholesterol 30mg 10% Sodium 970mg 42% Total Carbohydrate 57g 21% Dietary Fiber 12g 41% Sugars 10g	Servings Per	Container: 2					
% Daily Value	Amount Per S	Serving					
Total Fat 6g 8% Saturated Fat 2.5g 13% Trans Fat 0mg 10% Cholesterol 30mg 10% Sodium 970mg 42% Total Carbohydrate 57g 21% Dietary Fiber 12g 41% Sugars 10g	Calories	360	Calories from Fat				
Saturated Fat 2.5g 13% Trans Fat 0mg			% Dail	y Value			
Trans Fat Omg Cholesterol 30mg 10% Sodium 970mg 42% Total Carbohydrate 57g 21% Dietary Fiber 12g 41% Sugars 10g	Total Fat		6g	8%			
Cholesterol 30mg 10% Sodium 970mg 42% Total Carbohydrate 57g 21% Dietary Fiber 12g 41% Sugars 10g		Saturated Fat	2.5g	13%			
Sodium 970mg 42% Total Carbohydrate 57g 21% Dietary Fiber 12g 41% Sugars 10g		Trans Fat	0mg				
Total Carbohydrate 57g 21% Dietary Fiber 12g 41% Sugars 10g	Cholesterol	30mg		10%			
Dietary Fiber 12g 41% Sugars 10g	Sodium		970mg	42%			
Sugars 10g	Total Carboh	ydrate	57g	21%			
		Dietary Fiber	12g	41%			
Protein 20g		Sugars	10g	_			
	Protein		20g	_			

• Buffalo Blue Cheese Pretzels—Combos, (1 Package Shared Between 4 Campers)

Ingredients: Wheat Flour, Vegetable Oil (Palm Kernel Oil, Palm Oil and/or Hydrogenated Palm Oil), Whey, Maltodextrin, Modified Corn Starch, Less than 2% of: Salt, Buttermilk, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Tomato Powder, Soy Lecithin, Sodium Diacetate, Garlic Powder, Cayenne Red Pepper Sauce (Cayenne Red Peppers, Vinegar, Salt, Garlic), Autolyzed Yeast Extract, Onion Powder, Spice, Sugar, Artificial and Natural Flavors, Vinegar Powder, Paprika Extract (Color), Acetic Acid.

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS

Mars Wrigley Confectionery US, LLC. Hackettstown, NJ 07840-1503, 1.800.556.7881, combos.com

Ideas for replacements that you can purchase or try making yourself or purchasing if you have an allergy to this product:

https://www.bestproducts.com/eats/food/g891/tasty-gluten-free-crackers/, Gluten Free Pretzels

Teddy Grahams—Nabisco, (1 package per camper)

Ingredients: Graham flour (Whole grain wheat flour), Enriched Unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine monoitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Canola oil, Dextrose, Calcium carbonate, (source of Calcium), Baking soda, Maltodextrin, Salt, Cinnamon, Soy lecithin, Natural flavor.

CONTAINS: WHEAT and SOY

Mondelez International

1-800-622-4726

Ideas for replacements that you can purchase if you have an allergy to this product:

https://www.amazon.com/s?k=gluten+free+graham+crackers

Buffalo Blue Cheese Pretzels NUTRITION FACTS Serving Size: 1 oz (28g) Servings Per Container: 6 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 6% Saturated Fat 3g 15% Trans Fat Cholesterol 0 mg % Sodium 340mg 15% Total Carbohydrate 19g 7% Dietary Fiber Og % Sugars 2g

Teddy Graham Cookies NUTRITION FACTS Serving Size: 1 pack Servings Per Container: 1 Amount Per Serving Calories % Daily Value 4g Saturated Fat Og 0% Trans Fat Cholesterol 0% 90mg Sodium 4% Total Carbohydrate 8% 21g Dietary Fiber 1g 4% Sugars 7g 2g Protein

• Sweet 'N Spicy Mix—Kar's, —(1 Package Per Camper)

Ingredients: Butter Toffee Peanuts (Roasted Peanuts (Peanuts, Corn Oil), Sugar, Salted Butter (Pasteurized Cream (Milk), Salt), Hot Peanuts (Peanuts (Peanuts, Sunflower Oil), Hot Seasoning (Salt, Sugar, Spices, Corn Syrup Solids, Onion Powder, Garlic Powder, Extractive of Paprika, Spice Extractive with not more than 2% Silicon Dioxide—A Processing Aid), Honey Roasted Peanuts (Peanuts, Sugar, Peanut Oil, Tapioca Dextrin, Honey, Salt), Honey Sesame Sticks (Yellow Corn Masa, Soybean Oil, Sesame Seeds, Honey Coating (Sugar, Corn Starch, Honey), Tack Blend (Maltodextrin, Xanthan Gum), Potato Starch, Salt, Beet Powder (Color), Turmeric (Color), Hot Cajun Corn Sticks (Yellow Corn Masa, Soybean Oil, Cajun Seasoning (Maltodextrin, Salt, Spices & Herbs, Onion Powder, Tomato Powder, Garlic Powder, Natural Flavoring, Green Pepper Powder, Cornstarch-Modified)).

GLUTEN FREE

CONTAINS: MILK AND PEANUTS



May Contain: Soy and Tree Nuts

Kar Nut Products, LLC. 800.527.6887, karsnuts.com

Ideas for replacements that you can purchase if you have an allergy to this product:

https://glutenfreeonashoestring.com/the-best-gluten-free-pretzels/

Sweet 'N Spicy Mix NUTRITION FACTS Serving Size: 1 package (1.75oz) Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Total Fat 19g 24% 15% Saturated Fat 3g Trans Fat Cholesterol 0 mg 0% Sodium 230mg 10% Total Carbohydrate 18g 7% Dietary Fiber 3g 11% Sugars 9g 9g

Dinner Meal #3

- Consumed for dinner on calendar days: 03, 13, and 23.
- Each bag is designed for **two campers** or "buddies"

• Teriyaki Noodles—Knorr, Unilever (1 package per camper)

Ingredients: Pasta (Semolina and Durum Wheat Flour), Sugar, Maltodextrin, Soy Sauce (Fermented Soybeans, Wheat and Salt), Sesame Oil, Leek, Salt, Cornstarch, Onion Powder, Carrots, Potassium Chloride, Caramel Color (Contains Sulfites), Ginger, Worcestershire Sauce (Vinegar, Molasses, Corn Syrup, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Tamarind, Natural Flavor), Disodium Guanylate, Disodium Inosinate, Garlic Powder, Natural Flavors (Milk), Vinegar, Yeast Extract, Vitamins and Minerals: Niacin, Ferrous Sulfate (Iron), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid.

CONTAINS: WHEAT, SOY, SESAME

Distributed by Unilever, Knorr Teriyaki Noodles, 1.800.457.7082

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.trail.recipes/recipe-collection/dairy-free/

https://outdoorherbivore.com/backpacking-meal-sampler-pasta/

Teriyaki Noodles Asian Sides NUTRITION FACTS Serving Size: 1 package 4.6oz Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value 3.5g 4% 3% Saturated Fat 0.5g Trans Fat 0mg Cholesterol Omg % Sodium 1240mg 54% Total Carbohydrate 111g 40% Dietary Fiber 4g 14% Sugars 13g Protein 16g

• Pink Salmon, Starkist—(1 package shared between two campers)

Ingredients: Pink Salmon, Water, Vegetable Broth, Salt

CONTAINS: Fish (Salmon)

Certified Soy Free, Gluten Free



Product may contain Bones

Starkist, 1.800.252.1587, www.starkist.com

Ideas for replacements that you can purchase if you have an allergy to this product:

Shelf stable Tofu

https://www.peta.org/living/food/best-vegan-chicken-products/

Spicy Honey Mustard Pretzels—Combos, (1 Package Shared Between 4 Campers)

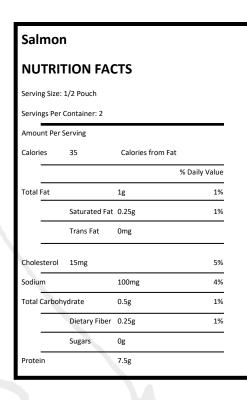
Ingredients: Wheat Flour, Palm Oil, Dairy Product Solids, Maltodextrin, Modified Corn Starch, Less than 2% of: Salt, Sugar, Fructose, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Vinegar Powder, Soy Lecithin, Spices, Yeast Extract, Sodium Diacetate, Onion Powder, Natural and Artificial Flavors, Turmeric Oleoresin.

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS

Mars Wrigley Confectionery US, LLC. Hackettstown, NJ 07840-1503, 1.800.556.7881, combos.com

Ideas for replacements that you can purchase or try making yourself or purchasing if you have an allergy to this product:

https://www.bestproducts.com/eats/food/g891/tasty-gluten-free-crackers/, Gluten Free Pretzels



Spicy Honey Mustard Pretzels NUTRITION FACTS Serving Size: 1 oz (28g) Servings Per Container: 6 Amount Per Serving Calories from Fat Calories % Daily Value 5g Saturated Fat 2.5g 13% 0mg Trans Fat Cholesterol 0 mg Sodium 320mg 14% Total Carbohydrate 7% Dietary Fiber Og % Protein

• Nut and Chocolate Trail Mix—Planters, (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: Hormel/Planters, 1-855-663-5387 or planters.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Nut Free Trail Mix from Amazon

• Sandies Shortbread Minis—Keebler Co. (1 package per camper)

Ingredients: Enriched flour (wheat flour, Niacin, Reduced iron, Vitamin B1 (thiamin mononitrate), Vitamin B2 (riboflavin), Folic Acid), Sugar, Soybean and Palm oil, Cornstarch, Butter (cream, salt), Contains 2% or less of Whey, Salt, Natural flavors, Soy lecithin, Baking soda, Datem, Vanilla flavoring, Distilled monoglycerides

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS



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

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://enjoylifefoods.com/pages/allergy-friendly-soft-baked-cookies

https://www.texanerin.com/20-gluten-free-cookies/

NUT AND CHOCOLATE TRAIL MIX NUTRITION FACTS Servings Size: 1 Pkg Servings Per Container: 1 Amount Per Serving Calories 280 Calories from Fat % Daily Value Total Fat 17g 229

	Saturated Fat	3.5g	17%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium		60mg	3%
Total Carboh	ydrate	26g	9%
	Dietary Fiber	4g	13%
	Sugars	18g	
Protein		8g	
		M	

Sandies Shortbread Minis							
NUTRITION FACTS							
Serving Size:	1 package (28g)						
Servings Per	Container: 1						
Amount Per	Serving						
Calories	130	Calories from Fat					
			% Daily Value				
Total Fat		4.5g	6%				
	Saturated Fat	2g	109				
	Trans Fat	0mg					
Cholesterol	<5 mg		1%				
Sodium		125mg	5%				
Total Carboh	ydrate	21g	8%				
	Dietary Fiber	0g	%				
	Sugars	7g					
Protein		1g					

Dinner Meal #4

- Consumed for dinner on calendar days: 04, 14, and 24.
- Each bag is designed for **two campers** or "buddies"

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

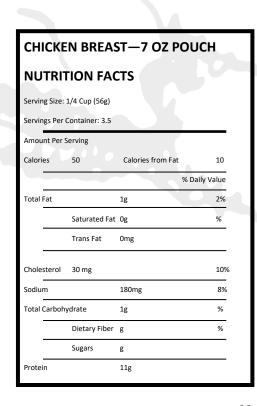
Ingredients: Chicken Breast (Chicken Breast, Water, Modified Food Starch, Salt, Sodium Phosphates).

Sweet Sue, 800.633.3294

Ideas for vegetarian replacements that you can purchase if you are unable to consume this product:

Shelf stable Tofu

https://www.peta.org/living/food/best-vegan-chicken-products/



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

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

CONTAINS: WHEAT, SOY, MILK

Lipton Consumer Advisor: 1-800-372-0240, <u>lipton.com</u>

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.pamelasproducts.com

https://www.godairyfree.org/product-reviews/namaste-foods-soup-cups

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

Ingredients: Idaho Potatoes, Cheddar/Parmesan/Blue/Romano Cheeses (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Salt, Vegetable Oil (Coconut, Sunflower, Soybean), Whey, Maltodextrin, Sugar, Nonfat Dry Milk, Buttermilk Powder, Monoglycerides, Calcium Stearoyl Lactylate, Natural Flavors, Yeast Extract, Paprika Extract (Color), Annatto Extract (Color), Freshness Preserved By Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, and Mixed Tocopherols.

CONTAINS: MILK

Certified Gluten Free

Idahoan Foods, LLC. 800.746.7999, Idahoan.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://store.veganessentials.com

https://www.amazon.com/Instant-Mashed-Potatoes-Creamy

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

Four Ch	Four Cheese Mashed Potatoes						
NUTRI	TION FAC	CTS					
Serving Size:	1/4 cup Dry Mix	(28g), 1/2 cup Prep	pared Mix				
Servings Per	Container: 4						
Amount Per S	Serving						
Calories	110	Calories from Fat					
			% Daily Value				
Total Fat		2.5g	4%				
	Saturated Fat	1.5g	8%				
	Trans Fat	0mg					
Cholesterol	5mg		2%				
Sodium		580mg	25%				
Total Carboh	ydrate	19g	7%				
	Dietary Fiber	1g	4%				
	Sugars	2g					
Protein		3g					

Salted Peanuts—Planters, (1 Package Per Camper)

Ingredients: Peanuts, Oil, Salt

CONTAINS: PEANUT



KraftHeinz, 1.855.663.5387, kraftheinz-foodservice.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Protein Bites

Chips Ahoy 4pk, Mondelez Global, (1 package per camper)

Ingredients: Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic acid), Semisweet chocolate chips (sugar, chocolate, cocoa butter, dextrose, milk, soy lecithin), sugar canola oil, palm oil, high fructose corn syrup, leavening (baking soda, ammonium phosphate), salt, artificial flavor, caramel color, natural flavor.

CONTAINS: WHEAT, MILK AND SOY INGREDIENTS

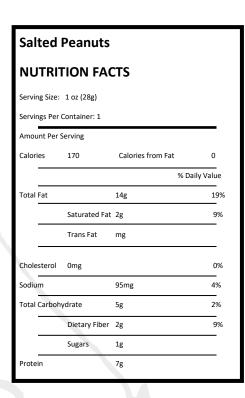


Mondelez Global, LLC, 1-200-622-4726, snackworks.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://enjoylifefoods.com/pages/allergy-friendly-soft-baked-cookies

https://www.texanerin.com/20-gluten-free-cookies/



Chips Ahoy 4pk NUTRITION FACTS Serving Size: 1 package Servings Per Container: 1 % Daily Value Total Fat 10g 13% Saturated Fat 3.5g Trans Fat Cholesterol Omg 0% 140mg 6% Total Carbohydrate 11% 30g Dietary Fiber <1g 14g Sugars 2g

Dinner Meal #5

- Consumed for dinner on calendar days: 05, 15, and 25.
- Each bag is designed for **two campers** or "buddies"

• Creamy Pesto Italian Sides—Knorr, Unilever, (1 package Per Camper)

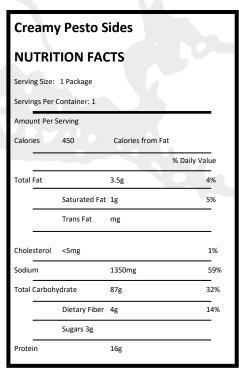
Ingredients: Pasta (Durum Flour (Wheat), Cornstarch, Garlic Powder, Salt, Maltodextrin, Parmesan and Romano Cheeses (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Parsley, Spinach Powder, High Oleic Sunflower Oil, Sodium Citrate, Basil, Whey, Natural Flavors, Disodium Guanylate, Disodium Inosinate, Vitamins and Minerals: Niacin, Ferrous Sulfate (Iron), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid.

CONTAINS: WHEAT, MILK

May Contain: Soy and Sulfites

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Food for the Sole, AlpineAire Meals



• Cheddar Cheese Baked Pretzel, Combos (1 package per camper)

Ingredients: Wheat Flour, Palm Oil, Dairy Product Solids, Maltodextrin, Modified Corn Starch, Less than 2%: Salt, Cheese Blend (Bakers, Cheddar, Parmesan, and Romano (Milk, Cheese Cultures, Salt, Enzymes, Annatto), Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Soy Lecithin, Yeast Extract, Skim Milk, Hydrolyzed Wheat Gluten, Natural Flavor, Colors (Yellow 5 Lake, Yellow 6 Lake, Blue 1 Lake), Lactic Acid, Citric Acid, Lactose, Sodium Caseinate, Whey.

CONTAINS: WHEAT, MILK AND SOY INGREDIENTS

Mars Wrigley Confectionery US, LLC. Hackettstown, NJ 07840, combos.com, 1.800.556.7881

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Gluten Free Pretzels

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

Ingredients: Organic Whole Grain Crisp Rice, Corn Syrup, Sugar, Vegetable Oil (Soybean Oil, Palm Oil), Crystalline Fructose, Water, Contains less than 2% of each of the following: Glycerin, Gelatin, Natural Flavors, Soybean Vegetable Oil, Capric/Caprylic Triglycerides, Baking Soda, Mono and Diglycerides, Soy Lecithin, Salt, Annatto (Color), Vitamin A Palmitate.

CONTAINS: SOY

Gluten Free, Contains No High Fructose Corn Syrup

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

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://thesugarfreediva.com/make-sugar-free-rice-krispie-treats/

https://happilyunprocessed.com/crispy-rice-treats-sugar-free-gluten-free-marshmallow-free/

Combos—Cheddar Cheese **NUTRITION FACTS** Serving Size: 1 Pouch (51g) Servings Per Container: 1 Amount Per Serving Calories 240 % Daily Value Total Fat Saturated Fat 5g 25% Trans Fat Cholesterol Omg 540mg Sodium 23% Total Carbohydrate 13% Dietary Fiber <1g Sugars 8g Protein 4g

MARSHMALLOW SQUARES

NUTRITION FACTS

Sugars

Protein

Serving Size: 1 bar (45g/1.6oz)
Servings Per Container: 1

Amount Per Serving

Calories 180 Calories from Fat

12g

2g

• Beef Summer Sausage, Highland Beef Farms, (1 package shared between two campers)

Ingredients: Beef, Salt, Contains 2% or less of: Spices, Mustard, Dextrose, Lactic Acid Starter Culture, Natural Flavor, Sodium Erythorbate, Sodium Nitrite.

CONTAINS:

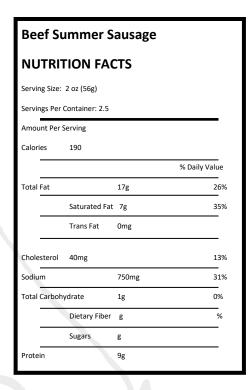
Designed to be cut up into pieces and cooked with the pasta dinner.

Highland Beef Farms, Reston, VA 20195, highlandbeeffarms.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Shelf stable Tofu

https://www.peta.org/living/food/best-vegan-chicken-products/



Dinner Meal #6

- Consumed for dinner on calendar days: 06, 16, and 26.
- Each bag is designed for two campers or "buddies"

• Three Cheese Macaroni and Cheese —Backpacker's Pantry, (1 package shared between 2 campers)

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

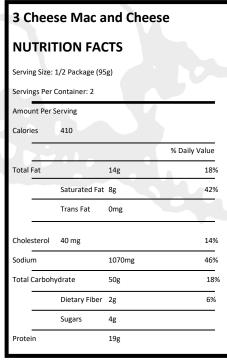
CONTAINS: WHEAT, EGG, MILK

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

Product Information: American Outdoor Products, Boulder, CO, <u>www.backpackerspantry.com</u>

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Food for the Sole, AlpineAire Meals



• Goldfish Pretzels, Pepperidge Farm, Inc., (1 package per camper)

Ingredients: Whole Wheat flour, Enriched Wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Canola and/or Sunflower oil, salt, contains 2% or less of baking powder (Sodium acid pyrophosphate, baking soda, monocalcium phosphate). Malted barley flour, Nonfat milk.

CONTAINS: WHEAT, MILK.

Pepperidge Farm, Inc.

1-888-737-7374, pepperidgefarm.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.bestproducts.com/eats/food/g891/tasty-gluten-free-crackers/, Gluten Free Pretzels

Oreo Sandwich Cookies—Nabisco, (1 Package Per Camper)

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

CONTAINS: WHEAT AND SOY



Mondelez International

1-800-253-8846

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://enjoylifefoods.com/pages/allergy-friendly-soft-baked-cookies

Goldfish Pretzels NUTRITION FACTS Serving Size: 1 oz (21g) Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value 1.5g 2% Saturated Fat Og 0% Trans Fat Cholesterol Omg 200mg Sodium Total Carbohydrate 16g 6% Dietary Fiber 1g 2g

Oreo C	ookies		
NUTRI	TION FA	CTS	
Serving Size:	1 Package (68g	g)	
Servings Per	Container: 1		
Amount Per S	Serving		
Calories	320		
			% Daily Value
Total Fat		13g	17%
	Saturated Fat	3.5g	18%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		260mg	11%
Total Carboh	ydrate	49g	18%
	Dietary Fiber	1g	4%
	Sugars	27g	
Protein		3g	

• Sweet 'N Spicy Mix—Kar's, —(1 Package Per Camper)

Ingredients: Butter Toffee Peanuts (Roasted Peanuts (Peanuts, Corn Oil), Sugar, Salted Butter (Pasteurized Cream (Milk), Salt), Hot Peanuts (Peanuts (Peanuts, Sunflower Oil), Hot Seasoning (Salt, Sugar, Spices, Corn Syrup Solids, Onion Powder, Garlic Powder, Extractive of Paprika, Spice Extractive with not more than 2% Silicon Dioxide—A Processing Aid), Honey Roasted Peanuts (Peanuts, Sugar, Peanut Oil, Tapioca Dextrin, Honey, Salt), Honey Sesame Sticks (Yellow Corn Masa, Soybean Oil, Sesame Seeds, Honey Coating (Sugar, Corn Starch, Honey), Tack Blend (Maltodextrin, Xanthan Gum), Potato Starch, Salt, Beet Powder (Color), Turmeric (Color), Hot Cajun Corn Sticks (Yellow Corn Masa, Soybean Oil, Cajun Seasoning (Maltodextrin, Salt, Spices & Herbs, Onion Powder, Tomato Powder, Garlic Powder, Natural Flavoring, Green Pepper Powder, Cornstarch-Modified)).

GLUTEN FREE

WD

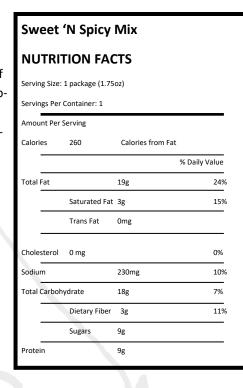
CONTAINS: MILK AND PEANUTS

May Contain: Soy and Tree Nuts

Kar Nut Products, LLC. 800.527.6887, karsnuts.com

Ideas for replacements that you can purchase if you have an allergy to this product:

https://glutenfreeonashoestring.com/the-best-gluten-free-pretzels/



Dinner Meal #7

- Consumed for dinner on calendar days ending in 7: 07, 17, and 27.
- Each bag is designed for two campers or "buddies"

• Herb & Butter Rice Sides—Knorr, Unilever (1 package per camper)

Ingredients: Parboiled Long Gran Rice, Vermicelli (Wheat Flour, Durum Flour), Maltodextrin, Whey, Protein Concentrate, Corn Starch, Less than 2% of: Sugar, Salt, Hydrolyzed Soy Protein, Onion Powder, Herbs and Spices, Potassium Chloride, Olive Oil, Disodium Guanylate, Disodium Inosinate, Natural Flavors, Yeast Extract, Turmeric (For Color), Skim Milk Powder, Vitamins and Minerals: Niacin, Ferric Orthophosphate (Iron), Thiamine Mononitrate (Vitamin B1), Folic Acid, Riboflavin (Vitamin B2), Ferrous Sulfate (Iron). May Contain Sulfites.

CONTAINS: WHEAT, SOY, MILK

Distributed by Unilever, https://www.knorr.com/us/en/products/sides/herb-butter-rice.html, 1.800.457.7082

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Backpacking Entrees that are free from milk and/or wheat: AlpineAireFoods

Herb & Butter Rice Sides NUTRITION FACTS Serving Size: 1 pouch (160g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 2.5g 2.5% Saturated Fat Og Trans Fat Cholesterol Omg % Sodium 1550mg 67.5% Total Carbohydrate 127.5g 47.5% Dietary Fiber 5g 17.5% 7.5g Sugars

• Pink Salmon, Starkist—(1 package shared between two campers)

Ingredients: Pink Salmon, Water, Vegetable Broth, Salt

CONTAINS: Fish (Salmon)

Certified Soy Free, Gluten Free

Intended to be included with the Rice Entree



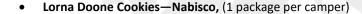
Product may contain Bones

Starkist, 1.800.252.1587, www.starkist.com

Ideas for replacements that you can purchase if you have an allergy to this product:

Shelf stable Tofu

https://www.peta.org/living/food/best-vegan-chicken-products/



Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Sugar, Canola oil, Palm oil, Corn Flour, Salt, High Fructose Corn syrup, Baking soda, Soy Lecithin, Cornstarch, Artificial flavor.

CONTAINS: WHEAT, SOY



Mondelez Global, LLC, 1-200-622-4726, snackworks.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://enjoylifefoods.com/pages/allergy-friendly-soft-baked-cookies

https://www.texanerin.com/20-gluten-free-cookies/

Salmon **NUTRITION FACTS** Serving Size: 1/2 Pouch Servings Per Container: 2 Amount Per Serving Calories from Fat % Daily Value 1g 1% 1% Saturated Fat 0.25g Trans Fat Cholesterol 15mg 5% 4% Sodium 100mg Total Carbohydrate 0.5g 1% Dietary Fiber 0.25g 1% Sugars 0g 7.5g

Lorna [Doone Co	ookies	
NUTRI	TION FAC	CTS	
Serving Size: Servings Per	1 Package (29g Container: 1		
Amount Per	Serving		
Calories	140		
			% Daily Value
Total Fat		7g	9%
	Saturated Fat	1.5g	8%
	Trans Fat	Omg	
Cholesterol	0mg		0%
Sodium		150mg	7%
Total Carboh	ydrate	20g	7%
-	Dietary Fiber	<1g	39
	Sugars	5g	

• Buffalo Blue Cheese Pretzels—Combos, (1 Package Shared Between 4 Campers)

Ingredients: Wheat Flour, Vegetable Oil (Palm Kernel Oil, Palm Oil and/or Hydrogenated Palm Oil), Whey, Maltodextrin, Modified Corn Starch, Less than 2% of: Salt, Buttermilk, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Tomato Powder, Soy Lecithin, Sodium Diacetate, Garlic Powder, Cayenne Red Pepper Sauce (Cayenne Red Peppers, Vinegar, Salt, Garlic), Autolyzed Yeast Extract, Onion Powder, Spice, Sugar, Artificial and Natural Flavors, Vinegar Powder, Paprika Extract (Color), Acetic Acid.

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS

Mars Wrigley Confectionery US, LLC. Hackettstown, NJ 07840-1503, 1.800.556.7881, combos.com

Ideas for replacements that you can purchase or try making yourself or purchasing if you have an allergy to this product:

https://www.bestproducts.com/eats/food/g891/tasty-gluten-free-crackers/, Gluten Free Pretzels

• Tropical Fruit and Nut Trail Mix—Planters, (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 Less than 2% of: Skim Milk, Whey Powder, Sea Salt, Cultured Milk, Citric Acid, Natural Flavor, Artificial Color, Soy Lecithin, Lactic Acid, Gum Arabic, Lac Resin, Corn Syrup, Sulfur Dioxide (Sulfites), Added to Preserve Color.

CONTAINS: PEANUT, TREE NUTS (CASHEW), MILK, SOY.

May contain other Tree Nuts, Wheat.



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

Ideas for replacements that you can purchase if you have an allergy to this product:

Protein Puffs from Amazon, Allergen Friendly Protein Snacks

Buffalo Blue Cheese Pretzels NUTRITION FACTS Serving Size: 1 oz (28g) Servings Per Container: 6 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 5g 6% Saturated Fat 3g 15% Trans Fat Cholesterol 0 mg % 340mg Sodium 15% Total Carbohydrate 19g 7% Dietary Fiber Og Sugars 2g Protein

Planters Tropical Fruit & Nut Mix NUTRITION FACTS Serving Size: 1 Pouch (56g) Servings Per Container: 1 Calories % Daily Value Total Fat 18g 23% Saturated Fat 5g 25% Trans Fat Cholesterol Omg 0% Sodium 70mg 3% Total Carbohydrate 10% Dietary Fiber 3g 11% 17g Sugars

Dinner Meal #8

- Consumed for dinner on calendar days: 08, 18, and 28.
- Each bag is designed for **two campers** or "buddies"

• Spaghetti with Meat Sauce—Mountain House, (1 package per camper)

Ingredients: Enriched Spaghetti (Durum Semolina, Niacin (B3), Ferrous Sulfate (Iron), Thiamine Mononitrate (B1), Riboflavin(B2), Folic Acid (B9)), Tomato Paste), Beef (Beef, Salt, Rosemary Extract), Tomatoes (Tomato, Tomato Juice, Calcium Chloride, Citric Acid), Cane Sugar, Less than 2% of: Sea Salt, Onion Powder, Garlic Powder, Seasoning (Yeast Extract, Yeast), Herbs (Oregano, Rosemary, Savory, Basil, Thyme, Marjoram, Sage), Red Pepper Powder.

CONTAINS: WHEAT

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

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Food for the Sole, AlpineAire Meals

SPAGHETTI WITH MEAT SAUCE NUTRITION FACTS. Serving Size: 1.5 Cup (60g) Dry Mix Servings Per Container: 2 Amount Per Serving Calories from Fat % Daily Value Total Fat 6g 8% 13% Saturated Fat 2.5g Trans Fat Cholesterol 15 mg 5% 1120mg 49% Sodium Total Carbohydrate 29% Dietary Fiber 7g 25% Sugars 18g Protein 19g

• Honey Roasted Peanuts—Planters, (1 Package Per Camper)

Ingredients: Peanuts, Sugar, Peanut Oil, Honey, Corn Syrup, Sea Salt, Fructose, Cornstarch, Xanthan Gum.

CONTAINS: PEANUT

May Contain: Tree Nuts



KraftHeinz or Hormel. 1-855-663-5387, kraftheinz-foodservice.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Philmont will provide a nut free alternative for this product upon request. These can be picked up at outfitting services and taken to Logistics, where the staff will coordinate food drops in the backcountry.

• Oreo Sandwich Cookies—Nabisco, (1 Package Per Camper)

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

CONTAINS: WHEAT AND SOY



Mondelez International

1-800-253-8846

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://enjoylifefoods.com/pages/allergy-friendly-soft-baked-cookies

Honey Roasted Peanuts NUTRITION FACTS Serving Size: 1 package (28g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat 13g 17% Saturated Fat 2g 10% 0mg Trans Fat Cholesterol 0mg Sodium 85mg 4% Total Carbohydrate 2% Dietary Fiber 2g 8% Sugars 4g

Oreo Cookies NUTRITION FACTS Serving Size: 1 Package (68g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value 17% Saturated Fat 3.5g 18% Trans Fat Cholesterol Omg 0% Sodium 260mg 11% Total Carbohydrate 18% Dietary Fiber 1g 27g Sugars 3g Protein

• Pepperoni Pizza Pretzel Pieces—Combos, (1 package per camper)

Ingredients: Wheat flour, Vegetable oil (palm kernel oil, palm oil, hydrogenated palm oil and/or hydrogenated palm kernel oil), whey, maltodextrin, modified corn starch, salt, less than 2%- salt, tomato powder, bakers and cheddar cheese (milk, cheese cultures, salt, enzymes), leavening (baking soda, sodium acid pyrophosphate), cream, dextrose, soy lecithin, spices, yeast extract, artificial and natural flavors, onion powder, caramel color, skim milk, paprika extract (color), beef fat, garlic powder, coloring (red 40 lake, yellow 6 lake), citric acid, malic acid, sugar, disodium inosinate, disodium guanylate, hydrolyzed soy protein, lactic acid.

CONTAINS: WHEAT, MILK AND SOY INGREDIENTS

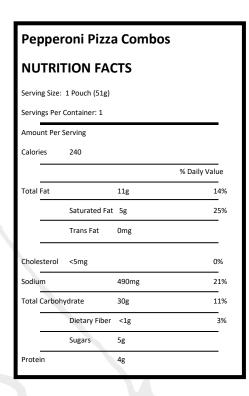
Mars Wrigley Confectionery, LLC

1-800-556-7881

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.delish.com/cooking/g4464/gluten-free-snacks/

https://www.tasteofhome.com/collection/gluten-free-snacks-amazon/



Dinner Meal #9

- Consumed for dinner on calendar days: 09, 19, and 29.
- Each bag is designed for two campers or "buddies"

Mexican Style Veggie Bowl—AlpineAire Foods (1 package shared between 2 campers)

Ingredients: Instant White Rice, Black Beans, Taco Seasoning (Paprika, Corn Meal, Salt, Onion, Spices, Garlic, Tomato, Citric Acid, Soybean Oil (as a processing aid)), Sweet Corn, Pepper Jack Cheese (Pasteurized Milk, Cheese Cultures, Salt, Jalapeno Peppers, Enzymes), Powdered Cellulose (added to prevent caking), Tomato Flakes, Bell Pepper Red and Green Combo, Red Onion, Potato Starch, Sea Salt, Crystallized Lime (Citric Acid, Lime Oil, Lime Juice), Garlic Granulated, Black Pepper, Natural Flavor (Contains Baker's Yeast Extract, Salt, Canola Oil (anti-dusting), Cilantro, Jalapeno.

CONTAINS: MILK

GLUTEN FREE

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

AlpineAire Foods, Inc. Katadyn North American Foods, Inc. 1-800-755-9701, alpineaire.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Food for the Sole, AlpineAire Meals

MEXICAN VEGGIE BOWL NUTRITION FACTS Serving Size: 3.14 OZ (89g) Servings Per Container: 2 Amount Per Serving 310 Calories Calories from Fat % Daily Value Total Fat 3g Saturated Fat 1.5g 8% Trans Fat Cholesterol 5 mg 2% Sodium 640mg 28% Total Carbohydrate 27g 10% Dietary Fiber 4g 14% 5g Sugars 12g Protein

• Cheddar Cheese Baked Pretzel, Combos (1 package per camper)

Ingredients: Wheat Flour, Palm Oil, Dairy Product Solids, Maltodextrin, Modified Corn Starch, Less than 2%: Salt, Cheese Blend (Bakers, Cheddar, Parmesan, and Romano (Milk, Cheese Cultures, Salt, Enzymes, Annatto), Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Soy Lecithin, Yeast Extract, Skim Milk, Hydrolyzed Wheat Gluten, Natural Flavor, Colors (Yellow 5 Lake, Yellow 6 Lake, Blue 1 Lake), Lactic Acid, Citric Acid, Lactose, Sodium Caseinate, Whey.

CONTAINS: WHEAT, MILK AND SOY INGREDIENTS

Mars Wrigley Confectionery US, LLC. Hackettstown, NJ 07840, combos.com, 1.800.556.7881

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Gluten Free Pretzels

• Nut and Chocolate Trail Mix—Planters, (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: Hormel/Planters, 1-855-663-5387 or planters.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Nut Free Trail Mix from Amazon

Combos—Cheddar Cheese **NUTRITION FACTS** Serving Size: 1 Pouch (51g) Servings Per Container: 1 Amount Per Serving Calories 240 % Daily Value Total Fat 9g Saturated Fat 5g 25% Trans Fat Cholesterol Omg 540mg Sodium 23% Total Carbohydrate 13% Dietary Fiber <1g 3% Sugars Protein 4g

NUT AND CHOCOLATE TRAIL MIX NUTRITION FACTS Serving Size: 1 Pkg Servings Per Container: 1 Amount Per Serving 280 Calories from Fat Calories % Daily Value Total Fat 17g 22% Saturated Fat 3.5g 17% Trans Fat 0mg Cholesterol % 60mg 3% Total Carbohydrate 9% Dietary Fiber 4g 13% Sugars 18g 8g Protein

• Sandies Shortbread Minis—Keebler Co. (1 package per camper)

Ingredients: Enriched flour (wheat flour, Niacin, Reduced iron, Vitamin B1 (thiamin mononitrate), Vitamin B2 (riboflavin), Folic Acid), Sugar, Soybean and Palm oil, Cornstarch, Butter (cream, salt), Contains 2% or less of Whey, Salt, Natural flavors, Soy lecithin, Baking soda, Datem, Vanilla flavoring, Distilled monoglycerides

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS



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

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://enjoylifefoods.com/pages/allergy-friendly-soft-baked-cookies

https://www.texanerin.com/20-gluten-free-cookies/

Sandies Shortbread Minis NUTRITION FACTS Serving Size: 1 package (28g) Servings Per Container: 1 Amount Per Serving Calories 130 Calories from Fat % Daily Value 6% Saturated Fat 2g 10% Trans Fat Cholesterol <5 mg 1% 125mg Sodium 5% Total Carbohydrate 21g 8% Dietary Fiber Og % Sugars

Dinner Meal #10

- Consumed for dinner on calendar days: 10, 20, and 30.
- Each bag is designed for **two campers** or "buddies"

Chicken Breast, Starkist (1 pouch per camper)

Ingredients: Chicken (White Chicken Meat, Water, Modified Food Starch (Corn), Salt, Sodium Phosphate).

CONTAINS:

CERTIFIED GLUTEN FREE, SOY FREE

Starkist Co, starkist.com

Ideas for vegetarian replacements that you can purchase if you are unable to consume this product:

Shelf stable Tofu

https://www.peta.org/living/food/best-vegan-chicken-products/

CHICKEN BREAST—2.6 OZ POUCH NUTRITION FACTS Serving Size: 1 Pouch (74g) Servings Per Container: 1 Calories from Fat % Daily Value Total Fat 3% 3% Saturated Fat 0.5g Trans Fat Cholesterol 60 mg 20% 270mg 12% Total Carbohydrate % Dietary Fiber g %

• Stuffing Mix for Turkey—Food Club Brand (1 pouch shared between 2 campers)

Ingredients: Bread Crumbs (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Shortening (High Oleic Soybean Oil and/or Soybean Oil), Salt, Yeast, Grain Vinegar, Natural Flavor, Soy Lecithin), Dehydrated Onion, Maltodextrin, Contains 2% or less of each of the following: Dehydrated Celery, Hydrolyzed Corn and Soy Protein Salt, Spice, Sugar, Soy Flour, Autolyzed Yeast Extract, Potassium Chloride, Corn Starch, Turmeric (Color), Chicken Fat, Dehydrated Turkey Broth, Natural Flavor, Dehydrated Garlic, Caramel (Color), Dehydrated Turkey Meat, Calcium Lactate, Disodium Inosinate, Disodium Guanylate, Citric Acid.

CONTAINS: WHEAT, SOY

Distributed by Tapco Associates LLC, 1.888.423.0139 or foodclubbrand.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://www.amazon.com/Aleias-Gluten-Free-Foods-

https://www.glutenfreepalate.com/gluten-free-stuffing/

Stuffing/

STUFFING MIX NUTRITION FACTS Serving Size: 1/6 Box (28g) (Makes 1/2 Cup) Servings Per Container: 6 Amount Per Serving (As Prepared) Calories from Fat % Daily Value Total Fat 1g 1% Saturated Fat Og % Trans Fat Cholesterol 0 mg 390mg 17% Sodium Total Carbohydrate 21g 7% Dietary Fiber <1g 3% Sugars 2g 4g

• Turkey Gravy Mix, Food Club (1 Package Shared Between 2 Campers)

Ingredients: Wheat Flour, Food Starch-Modified, Corn Syrup Solids, Salt, Maltodextrin, Chicken Fat, Sugar, Onion, Yeast Extract, Contains 2% or Less of: Cooked Turkey, Dextrose, Natural and Artificial Flavors (Milk), Spice, Disodium Guanylate, Disodium Inosinate, Gum Arabic, Caramel Color Added.

CONTAINS: WHEAT, MILK

May Contain: Egg, Soy.

Intended to be mixed together with the stuffing, chicken, and cranberries in a one-pot meal.

Tapco Associates, LLC, 1.888.423.0139, foodclubbrand.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Gluten Free and Vegetarian Gravy Mix from McCormick

• Chips Ahoy 4pk, Mondelez Global, (1 package per camper)

Ingredients: Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic acid), Semisweet chocolate chips (sugar, chocolate, cocoa butter, dextrose, milk, soy lecithin), sugar canola oil, palm oil, high fructose corn syrup, leavening (baking soda, ammonium phosphate), salt, artificial flavor, caramel color, natural flavor.

CONTAINS: WHEAT, MILK AND SOY INGREDIENTS



Mondelez Global, LLC, 1-200-622-4726, snackworks.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

https://enjoylifefoods.com/pages/allergy-friendly-soft-baked-cookies

https://www.texanerin.com/20-gluten-free-cookies/

Turkey Gravy Mix NUTRITION FACTS Serving Size: 1 Tbsp (6g) Servings Per Container: 3.5 Amount Per Serving % Daily Value Total Fat Saturated Fat 0% Trans Fat Cholesterol Omg 0% 320mg Sodium 14% Total Carbohydrate 1% Dietary Fiber g Sugars g

Chips A	Ahoy 4pk		
NUTRI	TION FAC	CTS	
Serving Size:	1 package		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	220		
			% Daily Value
Total Fat		10g	13%
	Saturated Fat	3.5g	189
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		140mg	6%
Total Carboh	ydrate	30g	11%
	Dietary Fiber	<1g	3%
	Sugars	14g	
Protein		2g	

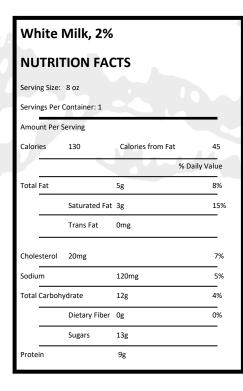
Commissary Supplemental Items

- Supplemental Items are meant to be decided on and consumed at the commissary food pickup location by the campers.
- Apples
- Oranges
- Pears or Peaches
- Shelf Stable Milk
 - Chocolate Flavored Milk, Shelf Stable

Ingredients: Reduced fat milk, Sugar, Contains 1% or less of each of the following: Cocoa (Processed with Alkali), Cocoa, Carrageenan, Salt, Artificial flavor, Vitamin A Palmitate and Vitamin D3.

• White Shelf Stable Milk, 2%

Ingredients: 2% Reduced fat Milk (shelf stable)



Chocolate Flavored Milk						
NUTRIT	TION FAC	CTS				
Serving Size:	8oz					
Servings Per (Container: 1					
Amount Per S	erving					
Calories	200	Calories from Fat	45			
	1 0	% Daily	Value			
Total Fat	•	5g	8%			
	Saturated Fat	3g	%15			
	Trans Fat	0mg				
Cholesterol	20mg		7%			
Sodium		100mg	4%			
Total Carbohy	/drate	30g	10%			
	Dietary Fiber	Og	0%			
	Sugars	28g				
Protein		8g				

AVAILABLE FOR RESUPPLY AT COMMISSARY LOCATIONS:

- Toilet Paper
- Zip Lock Bags
- Trash Bags
- Green Scrubbies
- Camp Suds
- Hand Sanitizer

- Gatorade
- Salt
- Pepper
- Sugar
- Micropur

- Mayonnaise
- Mustard
- Pickle Relish
- Fresh Tortillas
- Oatmeal Packets (Flavored & Plain)

• Flour Tortilla, 12" - Foods of New Mexico (12 Per Pack—Meant to be an extra for dinner or a swap out for crackers at lunch).

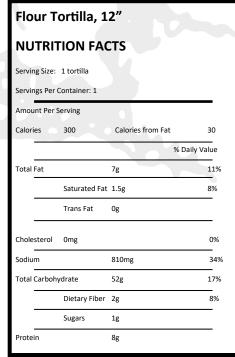
Ingredients: Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Azodicarbonamide, Tricalcium Phosphate), Water, Vegetable Shortening (Partially Hydrogenated Soybean and Cottonseed oil), Salt, Baking Powder (Baking Soda, Corn Starch, Sodium Aluminum Sulfate), Calcium Sulfate, Monocalcium Phosphate), Mono and Diglycerides, Wheat gluten, Xanthan Gum, Locust bean gum, Fumaric acid, Lecithin, Calcium Propionate, Fumaric acid, Sodium Propionate (mold inhibitor), Citric acid, Corn starch, Salt, Potassium sorbate (mold inhibitor), Sodium metabisulfite

CONTAINS: GLUTEN, WHEAT, SOYBEANS.

Foods of New Mexico

Albuquerque, NM

1-505-888-0104



On the Trail, Other Meal Adventures

- Chuckwagon Dinners are an opportunity for the crew to eat something that is not freeze-dried or dehydrated while on the trail.
- All staffed camps that offer Chuckwagon Dinners have the supplies necessary to accommodate special food allergies including: gluten free options, vegetarian, and nut allergies. Please, check in with the camp staff upon arrival at the particular camp so that they can ensure there is a meal prepared for you.

Chuck-Wagon Dinners

Beaubien, Clark's Fork, Ponil

- <u>CHILI with BEANS</u>—Water, Beef, Beans, Tomatoes, Food Starch—Modified, Textured Vegetable Protein (Soy Flour, Caramel Color), Salt, Spices, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Sugar, Onion Powder, Dehydrated Green Pepper, Garlic Powder, Oleoresin Paprika. **CONTAINS: SOY, WHEAT.**
- <u>PEACHES</u> peaches, water, corn syrup, sugar.
- <u>BISCUIT MIX</u> Enriched bleached wheat flour, (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid and containing malted barley flour), vegetable shortening (containing palm oil), leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate), buttermilk, dextrose, whey, salt, sugar, wheat starch, and artificial flavor. **Contains: Wheat, milk**.
- YELLOW CAKE MIX sugar, enriched bleached flour (wheat flour, niacin, iron, thiamin nononitrate, riboflavin, folic acid), partially hydrogenated soybean oil, wheat starch, baking powder (baking soda, sodium aluminum phosphate, monocalcium phosphate, dicalcium phosphate), contains 2% or less of :dextrose, corn starch, salt, artificial flavor, propylene glycol monoesters, mono-and diglycerides, cellulose, colored with yellow 5 and red 40, xanthan gum cellulose gum, polysorbate 60, TBHQ, and citric acid. Contains: milk and wheat ingredients. May contain soybean ingredients.

On the Trail, Other Meal Adventures

- HOT SAUCE tomato concentrate (water and tomato paste), jalapeno peppers, green chilies, dehydrated onions, distilled vinegar, salt, spices.
- GATORADE- sucrose, dextrose, citric acid, slat, sodium citrate, natural lemon and lime flavors with other natural flavors, monopotassium phosphate, yellow
 5.
- SHORTENING- soybean oil.

Chuck Wagon Menu and Ingredients List

When Extreme Fire Restrictions are in Place

(The brownie will replace the cobbler. The premade cornbread will replace the dutch-oven cooked biscuits)

• <u>Brownie Cup</u> - Whole Grain Wheat Flour, Enriched Wheat Flour (Contains Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Cocoa, Egg White, Unsweetened Applesauce, Corn Syrup, Caramel Color, Artificial Flavor, Salt.

CONTAINS: WHEAT, EGG, SOYBEAN, MILK

Manufactured in a Peanut Free Facility

• <u>Cornbread</u>— Whole Grain Wheat Flour, Enriched Wheat Flour (Contains Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Grain Cornmeal Flour, Water, Vegetable Oil (Cottonseed Oil), Sugar, Nonfat Milk, Dextrose, Egg Yolk, Soy Flour, Baking Powder, Corn Flour, Salt, Potato Flour, Lecithin, Potassium Sorbate, Starch.

CONTAINS: WHEAT, EGG, SOYBEAN, MILK

Manufactured in a Peanut Free Facility

On the Trail, Other Meal Adventures

- The Mexican Homestead Dinner is an opportunity for the crew to eat something that is not freeze-dried or dehydrated while on the trail.
- Abreu Staffed Camp has the supplies necessary to accommodate special food allergies including: gluten free options, vegetarian, and nut allergies. Please, check in with the camp staff upon arrival so that they can ensure there is a meal prepared for you.

Mexican Homestead Dinner

Abreu

- <u>Tortilla</u> Enriched flour (wheat flour, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin, (vitamin B2), water, non-hydrogenated soybean oil, baking powder (sodium bicarbonate, sodium aluminum sulfate, corn starch, calcium sulfate, mono calcium phosphate), salt, fumaric acid, mono and diglycerides, sodium propionate, potassium sorbate (to preserve freshness) Allergens: Contains **Wheat, Gluten and Soy**
- Refried Beans Pinto Beans (dry), lard (preserved with bht and citric acid), salt, caramel color, carmine color, bha.
- <u>Taco Meat</u> Beef, Water, Textured vegetable protein product (soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (vitamin B1), pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), cyanocobalamin (vitamin B12), tomato paste, chili powder (chili pepper, cumin, salt, garlic, oregano), salt, paprika, onion powder, spices, garlic powder, sugar, dehydrated onions.
- <u>Churro</u> Wheat starch, vegetable oil (contains one or more of the following: canola oil, cottonseed oil, palm oil, soy bean oil), yellow corn flour, water, sodium caseinate, eggs, egg white, egg yolk, cinnamon, salt, leavening (sodium acid pyrophosphate, baking soda), guar gum, propylene glycol mono and diesters of fatty acids, sugar, mono and diglycerides, soy lecithin, bht (preservative), artificial flavor. Contains **Wheat, Milk, Egg and Soy** ingredients.

How can I eat Kosher or Halal at Philmont?:

Crews or individuals that require a Kosher or Halal trail menu will be provided a replacement dinner entrée (My Own Meals or J&M Meals) for each of their dinner meals. It will be up to the individual to provide their own substitute items for all other breakfast, lunch, and dinner components that do not meet their needs.

My Own Meals products (*see links below*) are available at Philmont as a substitute for the entree in the dinners and need only to be immersed in boiling water for 5 minutes to be ready. All of the products used in My Own Meals are Glatt Kosher. All of the products used in J&M Meals are Halal. Individuals that require a vegetarian diet as apart of their religious practices can double up on the five vegetarian My Own Meals entrees provided. Philmont has Kosher vessels (i.e. new and not used) available for campers. We recommend that Jewish and Muslim Scouts either bring their own trail stove or purchase one at Philmont, so that they can coordinate cooking their meals at the same time as other trek members.

https://www.myownmeals.com/products/meal-descriptions-and-ingredients/

https://www.halalcertified.com/products/meal-descriptions-ingredients/

How the Meal Rotation Works if the Crew is on the Trail Over the 31st of July

Arrival Date	Trail Day 1	Trail Day 2	Trail Day 3	Trail Day 4	Trail Day 5	Trail Day 6	Trail Day 7	Trail Day 8	Trail Day 9	Trail Day 10
	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug
23-Jul	L, D -4	B, L, D -5	B, L, D -6	B, L, D -7	B, L, D -8	B, L, D -9	B, L, D -10	B, L, D - 01	B, L, D - 02	B, L - 03
24 1	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug
24-Jul	L, D -5	B, L, D -6	B, L, D -7	B, L, D -8	B, L, D -9	B, L, D -10	B, L, D - 01	B, L, D - 02	B, L, D - 03	B, L - 04
25.1.1	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug
25-Jul	L, D -6	B, L, D -7	B, L, D -8	B, L, D -9	B, L, D -10	B, L, D - 01	B, L, D - 02	B, L, D - 03	B, L, D - 04	B, L - 05
26.1.1	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug
26-Jul	L, D -7	B, L, D -8	B, L, D -9	B, L, D -10	B, L, D - 01	B, L, D - 02	B, L, D - 03	B, L, D - 04	B, L, D - 05	B, L - 06
	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug
27-Jul	L, D -8	B, L, D -9	B, L, D -10	B, L, D - 01	B, L, D - 02	B, L, D - 03	B, L, D - 04	B, L, D - 05	B, L, D - 06	B, L - 07
20.1.1	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug
28-Jul	L, D -9	B, L, D -10	B, L, D - 01	B, L, D - 02	B, L, D - 03	B, L, D - 04	B, L, D - 05	B, L, D - 06	B, L, D - 07	B, L - 08
	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug
29-Jul	L, D - 10	B, L, D - 01	B, L, D - 02	B, L, D - 03	B, L, D - 04	B, L, D - 05	B, L, D - 06	B, L, D - 07	B, L, D - 08	B, L - 09
	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug	9-Aug
30-Jul	L, D - 10	B, L, D - 01	B, L, D - 02	B, L, D - 03	B, L, D - 04	B, L, D - 05	B, L, D - 06	B, L, D - 07	B, L, D - 08	B, L - 09
	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug	9-Aug	10-Aug
31-Jul	L, D - 01	B, L, D - 02	B, L, D - 03	B, L, D - 04	B, L, D - 05	B, L, D - 06	B, L, D - 07	B, L, D - 08	B, L, D - 09	B, L - 10
	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug
1-Aug	L, D - 02	B, L, D - 03	B, L, D - 04	B, L, D - 05	B, L, D - 06	B, L, D - 07	B, L, D - 08	B, L, D - 09	B, L, D - 10	B, L - 01