

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

Philmont Scout Ranch

Breakfast Trail Food Menu

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

Sweet Annie Brown Snack Stick			
NUTRITION FACTS			
Serving Size: 1 oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	25
		% Daily Value	
Total Fat	3g		4%
	Saturated Fat 1g		5%
	Trans Fat 0mg		
Cholesterol	25mg		8%
Sodium	360mg		15%
Total Carbohydrate	3g		1%
	Dietary Fiber 0g		0%
	Sugars 3g		
Protein	9g		

- **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

Cookies & Cream Bar

NUTRITION FACTS

Serving Size: 1 Bar (55g)

Servings Per Container: 1

Amount Per Serving

Calories	200	Calories from Fat	
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			% Daily Value
Total Fat	2.5g		4%
	Saturated Fat 0.5g		4%
	Trans Fat 0mg		
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Cholesterol	mg		%
Sodium	220mg		10%
Total Carbohydrate	37g		12%
	Dietary Fiber 2g		7%
	Sugars 21g		
Protein	7g		

- **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

Animal Crackers

NUTRITION FACTS

Serving Size: 1 pouch (28g)

Servings Per Container: 1

Amount Per Serving

Calories	120	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	3.5g		4%
	Saturated Fat 0g		%
	Trans Fat 0mg		
<hr/>			
Cholesterol	0mg		%
Sodium	85mg		4%
Total Carbohydrate	22g		8%
	Dietary Fiber 0g		
	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, rockinola.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

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

Ingredients: Raisins.

Nut Free Facility, Gluten Free, NON-GMO



National Food Group, Inc.

1- 800-886-6866

Protein Granola

NUTRITION FACTS

Serving Size: 1 pkg.(42g)

Servings Per Container: 1

Amount Per Serving

Calories	180	
		% Daily Value
Total Fat	6g	8%
	Saturated Fat 0.5g	3%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	50mg	2%
Total Carbohydrate	24g	9%
	Dietary Fiber 4g	14%
	Sugars 8g	
Protein	8g	

Raisins

NUTRITION FACTS

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 Carbohydrate	30g		11%
	Dietary Fiber 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:

Orange Drink Mix

NUTRITION FACTS

Serving Size: 1 Packet (22g)

Servings Per Container: 1

Amount Per Serving

Calories80

% Daily Value

Total Fat

0g

0%

Saturated Fat

0g

0%

Trans Fat

0mg

Cholesterol

0mg

0%

Sodium

380mg

16%

Total Carbohydrate

20g

7%

Dietary Fiber

g

%

Sugars

19g

Protein

g

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:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

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

- **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	200	Calories from Fat	
<hr/>			
		% Daily Value	
Total Fat	5g		6%
	Saturated Fat	g	%
	Trans Fat	0mg	
<hr/>			
Cholesterol	mg		%
Sodium	80mg		3%
Total Carbohydrate	38g		14%
	Dietary Fiber	3g	11%
	Sugars	19g	
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Protein	3g		

Choc Chip Clif Bar

NUTRITION FACTS

Serving Size: 1 Bar (68g)

Servings Per Container: 1

Amount Per Serving

Calories	250		
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		% Daily Value	
Total Fat	5g		7%
	Saturated Fat	1.5 g	7%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		0%
Sodium	140mg		6%
Total Carbohydrate	45g		16%
	Dietary Fiber	4g	15%
	Sugars	21g	
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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 0mg	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	21g	8%
	Dietary Fiber 1g	4%
	Sugars 14g	
Protein	0g	

Chocolate Granola

NUTRITION FACTS

Serving Size: 1 package(28g)

Servings Per Container: 1

Amount Per Serving

Calories	120	
		% Daily Value
Total Fat	2.5g	3%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	45mg	2%
Total Carbohydrate	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, 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](#)

BBQ Beef Stick

NUTRITION FACTS

Serving Size: 1 stick (14g)

Servings Per Container: 1

Amount Per Serving

Calories	35	Calories from Fat	10
		% Daily Value	
Total Fat	1g		2%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	10mg		3%
Sodium	95mg		4%
Total Carbohydrate	1g		%
	Dietary Fiber	g	%
	Sugars	1g	
Protein	4g		

- **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

Calories	120	
		% Daily Value
Total Fat	1g	2%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	200mg	9%
Total Carbohydrate	28g	10%
	Dietary Fiber 3g	10%
	Sugars 15g	
Protein	2g	

Blueberry Lemon Bar

NUTRITION FACTS

Serving Size: 1 package (62g)

Servings Per Container: 1

Amount Per Serving

Calories	260	Calories from Fat
		% Daily Value
Total Fat	8g	10%
	Saturated Fat 2.5g	13%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carbohydrate	41g	15%
	Dietary Fiber 3g	11%
	Sugars 14g	
Protein	4g	

- **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, www.swissmiss.com

Salted Caramel Waffle

NUTRITION FACTS

Serving Size: 1 Waffle (30g)

Servings Per Container: 1

Amount Per Serving

Calories	140	Calories from Fat	
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			% Daily Value
<hr/>			
Total Fat	6g		9%
	Saturated Fat	2.5g	12%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		0%
Sodium	150mg		6%
Total Carbohydrate	21g		7%
	Dietary Fiber	1g	3%
	Sugars	10g	
<hr/>			
Protein	1g		

Swiss Miss Hot Cocoa

NUTRITION FACTS

Serving Size: 1 envelope

Servings Per Container: 1

Amount Per Serving

Calories	90	Calories from Fat	
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			% Daily Value
<hr/>			
Total Fat	2g		3%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
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Cholesterol	0mg		0%
Sodium	150mg		7%
Total Carbohydrate	16g		6%
	Dietary Fiber	g	%
	Sugars	12g	
<hr/>			
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](#)

Banana Chips

NUTRITION FACTS

Serving Size: 1 bar (28g)

Servings Per Container: 1

Amount Per Serving

Calories	140	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat	8g		10%
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Saturated Fat	7g		35%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	0mg		0%
<hr/>			
Sodium	0mg		0%
<hr/>			
Total Carbohydrate	19g		7%
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Dietary Fiber	1g		4%
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Sugars	9g		
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Protein	0g		

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:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

Turkey Sausage Bites

NUTRITION FACTS

Serving Size: 6 pieces (30g)

Servings Per Container: 4

Amount Per Serving

Calories	80	Calories from Fat	45
		% Daily Value	
Total Fat	5g		8%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	25mg		8%
Sodium	280mg		12%
Total Carbohydrate	3g		1%
	Dietary Fiber 0g		0%
	Sugars 2g		
Protein	6g		

- **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	
<hr/>			
			% Daily Value
Total Fat	14g		18%
	Saturated Fat	4g	13%
	Trans Fat	0mg	
<hr/>			
Cholesterol	5mg		2%
Sodium	160mg		7%
Total Carbohydrate	21g		8%
	Dietary Fiber	g	%
	Sugars	14g	
<hr/>			
Protein	16g		

Pop Tarts– Brown Sugar Cinnamon

NUTRITION FACTS

Serving Size: 1 Pouch (96g)

Servings Per Container: 1

Amount Per Serving

Calories	350		
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			% Daily Value
Total Fat	6g		8%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		0%
Sodium	240mg		10%
Total Carbohydrate	73g		27%
	Dietary Fiber	6g	27%
	Sugars	30g	
<hr/>			
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	130	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat			%
<hr/>			
Saturated Fat	g		%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	0mg		0%
<hr/>			
Sodium	30mg		1%
<hr/>			
Total Carbohydrate	31g		11%
<hr/>			
Dietary Fiber	1g		4%
<hr/>			
Sugars	26g		
<hr/>			
Protein	1g		

Fieldstone Granola

NUTRITION FACTS

Serving Size: 1 bar (28g)

Servings Per Container: 1

Amount Per Serving

Calories	120	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat	3g		4%
<hr/>			
Saturated Fat	0.5g		3%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	0mg		0%
<hr/>			
Sodium	70mg		3%
<hr/>			
Total Carbohydrate	20g		7%
<hr/>			
Dietary Fiber	2g		7%
<hr/>			
Sugars	6g		
<hr/>			
Protein	3g		

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:

[Nut Free Bars](#) that you can purchase or a [recipe](#) that you can try making yourself.

Whole Berry Blast Bar		
NUTRITION FACTS		
Serving Size: 1 Package		
Servings Per Container: 1		
Amount Per Serving		
Calories	370	Calories from Fat
		% Daily Value
Total Fat	16g	21%
Saturated Fat		2g 10%
Trans Fat		0mg
Cholesterol	mg	%
Sodium	25mg	1%
Total Carbohydrate	50g	18%
Dietary Fiber		6g 21%
Sugars		23g
Protein	8g	13%

- **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:

Mixed Fruit Snacks

NUTRITION FACTS

Serving Size: 1 Pouch (44g)

Servings Per Container: 1

Amount Per Serving

Calories	130	
		% Daily Value
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	32g	14%
Dietary Fiber	3g	11%
Sugars	15g	
Protein	2g	

Strawberry Granola

NUTRITION FACTS

Serving Size: 1 Pouch (28g)

Servings Per Container: 1

Amount Per Serving

Calories	120	
		% Daily Value
Total Fat	2.5g	3%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	21g	8%
Dietary Fiber	2g	7%
Sugars	6g	
Protein	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



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

Calories	170	Calories from Fat	60
% Daily Value			
Total Fat	7g		11%
	Saturated Fat 2.5g		13%
	Trans Fat 0mg		
Cholesterol	50mg		17%
Sodium	830mg		35%
Total Carbohydrate	12g		4%
	Dietary Fiber 0g		%
	Sugars 12g		
Protein	15g		

Lemons & Limes Drink Mix

NUTRITION FACTS

Serving Size: 1 Packet (22g)

Servings Per Container: 1

Amount Per Serving

Calories	80	% Daily Value	
Total Fat	0g		0%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	380mg		16%
Total Carbohydrate	21g		8%
	Dietary Fiber g		%
	Sugars 19g		
Protein	g		

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:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

Honey Peppered Beef Sticks

NUTRITION FACTS

Serving Size: 1 sticks (14g)

Servings Per Container: 1

Amount Per Serving

Calories	30	Calories from Fat	10
		% Daily Value	
Total Fat	1g		2%
	Saturated Fat 0g		%
	Trans Fat 0mg		
Cholesterol	10mg		3%
Sodium	100mg		4%
Total Carbohydrate	1g		%
	Dietary Fiber g		%
	Sugars 1g		
Protein	4g		

- **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

Raspberries & Lemons Bar

NUTRITION FACTS

Serving Size: 1 package (50g)

Servings Per Container: 1

Amount Per Serving

Calories	220	
		% Daily Value
Total Fat	9g	12%
	Saturated Fat 2g	10%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	105mg	5%
Total Carbohydrate	33g	12%
	Dietary Fiber 3g	12%
	Sugars 11g	
Protein	4g	

Raisins

NUTRITION FACTS

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 Carbohydrate	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	240	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	6g		8%
	Saturated Fat	2.5g	13%
	Trans Fat	0mg	
<hr/>			
Cholesterol	10mg		3%
Sodium	85mg		4%
Total Carbohydrate	43g		16%
	Dietary Fiber	2g	7%
	Sugars	17g	
<hr/>			
Protein	4g		

Cinnamon Granola

NUTRITION FACTS

Serving Size: 1 ounce pouch (28g)

Servings Per Container: 1

Amount Per Serving

Calories	120		
<hr/>			
			% Daily Value
Total Fat	2.5g		3%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		%
Sodium	mg		%
Total Carbohydrate	21g		8%
	Dietary Fiber	2g	7%
	Sugars	6g	
<hr/>			
Protein	3g		

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	200	Calories from Fat
		% Daily Value
Total Fat	2g	3%
Saturated Fat 0.5g		4%
Trans Fat 0mg		
Cholesterol	mg	%
Sodium	190mg	8%
Total Carbohydrate	39g	13%
Dietary Fiber 1g		4%
Sugars 24g		
Protein	6g	

- **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/>

Peanut Butter Cup

NUTRITION FACTS

Serving Size: 1 package (21g)

Servings Per Container: 1

Amount Per Serving

Calories	125	
		% Daily Value
Total Fat	10.5g	14%
	Saturated Fat 2.3g	11%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	90mg	4%
Total Carbohydrate	6g	2%
	Dietary Fiber 1.5g	4%
	Sugars 2g	
Protein	4.5g	

- **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

Blueberry Biscuit

NUTRITION FACTS

Serving Size: 1 pack (4 biscuits)

Servings Per Container: 1

Amount Per Serving

Calories	230	
		% Daily Value
Total Fat	8g	10%
	Saturated Fat 0.5g	3%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	220mg	10%
Total Carbohydrate	36g	13%
	Dietary Fiber 2g	7%
	Sugars 12g	
Protein	4g	

- **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

Fieldstone Granola

NUTRITION FACTS

Serving Size: 1 bar (28g)

Servings Per Container: 1

Amount Per Serving

Calories	120	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	3g		4%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
<hr/>			
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	20g		7%
	Dietary Fiber 2g		7%
	Sugars 6g		
Protein	3g		

- **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/>

Cran-Raspberry Drink Mix

NUTRITION FACTS

Serving Size: 1 packet (10.3g)

Servings Per Container: 1

Amount Per Serving

Calories	30	Calories from Fat	0
% Daily Value			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0mg		
Cholesterol	0mg		0%
Sodium	105mg		4%
Total Carbohydrate	6g		2%
Dietary Fiber	0g		0%
Sugars	6g		
Protein	0g		

- **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:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

Original Hickory Snack Stick

NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 1

Amount Per Serving

Calories	70	Calories from Fat	25
% Daily Value			
Total Fat	3g		4%
Saturated Fat	1g		5%
Trans Fat	0mg		
Cholesterol	25mg		8%
Sodium	510mg		21%
Total Carbohydrate	1g		0%
Dietary Fiber	0g		0%
Sugars	<1g		
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:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

Turkey Ends and Curls

NUTRITION FACTS

Serving Size: 1 pkg (60g)

Servings Per Container: 1

Amount Per Serving

Calories	160	Calories from Fat	
			% Daily Value
Total Fat	10g		15%
	Saturated Fat 3g		15%
	Trans Fat 0mg		
Cholesterol	55mg		18%
Sodium	640mg		27%
Total Carbohydrate	3g		1%
	Dietary Fiber g		%
	Sugars 1g		
Protein	14g		

- **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.



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>

Oatmeal – Maple & Brown Sugar

NUTRITION FACTS

Serving Size: 1 Pouch (43g)

Servings Per Container: 1

Amount Per Serving

Calories	160	
		% Daily Value
Total Fat	2g	2%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrate	33g	12%
	Dietary Fiber 3g	10%
	Sugars 14g	
Protein	4g	

Peanut/Sunflower Seed Bar

NUTRITION FACTS

Serving Size: 1 Bar(56g)

Servings Per Container: 1

Amount Per Serving

Calories	260	
		% Daily Value
Total Fat	14g	18%
	Saturated Fat 3g	15%
	Trans Fat 0mg	
Cholesterol	5mg	2%
Sodium	160mg	7%
Total Carbohydrate	22g	8%
	Dietary Fiber 0g	%
	Sugars 14g	
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	130	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat			%
<hr/>			
Saturated Fat	g		%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	0mg		0%
<hr/>			
Sodium	30mg		1%
<hr/>			
Total Carbohydrate	31g		11%
<hr/>			
Dietary Fiber	1g		4%
<hr/>			
Sugars	26g		
<hr/>			
Protein	1g		

Animal Crackers

NUTRITION FACTS

Serving Size: 1 pouch (28g)

Servings Per Container: 1

Amount Per Serving

Calories	120	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat	3.5g		4%
<hr/>			
Saturated Fat	0g		%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	0mg		%
<hr/>			
Sodium	85mg		4%
<hr/>			
Total Carbohydrate	22g		8%
<hr/>			
Dietary Fiber	0g		
<hr/>			
Sugars	7g		
<hr/>			
Protein	2g		

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

Amount Per Serving

Calories	30	Calories from Fat	10
		% Daily Value	
Total Fat	1g		2%
Saturated Fat		0g	%
Trans Fat		0mg	
Cholesterol	10mg		3%
Sodium	105mg		4%
Total Carbohydrate	2g		1%
Dietary Fiber		g	%
Sugars		1g	
Protein	4g		

- **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	340	
<hr/>		
		% Daily Value
Total Fat	5g	6%
Saturated Fat	1.5g	8%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	350mg	15%
Total Carbohydrate	73g	27%
Dietary Fiber	5g	19%
Sugars	29g	
Protein	4g	

Orange Energize Bar

NUTRITION FACTS

Serving Size: 1 bar (55g)

Servings Per Container: 1

Amount Per Serving

Calories	202	Calories from Fat
<hr/>		
		% Daily Value
Total Fat	3g	5%
Saturated Fat	1.9g	15%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	121mg	5%
Total Carbohydrate	39g	13%
Dietary Fiber	3g	12%
Sugars	20g	
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	2.5g	3%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	mg	%
Total Carbohydrate	21g	8%
Dietary Fiber	2g	7%
Sugars	6g	
Protein	3g	

Banana Chips

NUTRITION FACTS

Serving Size: 1 bar (28g)

Servings Per Container: 1

Amount Per Serving

Calories	140	Calories from Fat	
		% Daily Value	
Total Fat	8g	10%	
Saturated Fat	7g	35%	
Trans Fat	0mg		
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	19g	7%	
Dietary Fiber	1g	4%	
Sugars	9g		
Protein	0g		

- **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, www.swissmiss.com

Swiss Miss Hot Cocoa

NUTRITION FACTS

Serving Size: 1 envelope

Servings Per Container: 1

Amount Per Serving

Calories	90	Calories from Fat	
		% Daily Value	
Total Fat	2g		3%
	Saturated Fat 2g		10%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	150mg		7%
Total Carbohydrate	16g		6%
	Dietary Fiber g		%
	Sugars 12g		
Protein	1g		

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	280	Calories from Fat	
			% Daily Value
Total Fat	10g		13%
	Saturated Fat 5g		25%
	Trans Fat 0mg		
Cholesterol	25mg		8%
Sodium	870mg		38%
Total Carbohydrate	37g		13%
	Dietary Fiber 0g		%
	Sugars 6g		
Protein	11g		

- **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

Mixed Fruit Snacks

NUTRITION FACTS

Serving Size: 1 Pouch (44g)

Servings Per Container: 1

Amount Per Serving

Calories	130	
		% Daily Value
Total Fat	0g	0%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	32g	14%
	Dietary Fiber 3g	11%
	Sugars 15g	
Protein	2g	

Short Stack Waffle

NUTRITION FACTS

Serving Size: 1 package (30g)

Servings Per Container: 1

Amount Per Serving

Calories	150	Fat Calories
		% Daily Value
Total Fat	7g	9%
	Saturated Fat 3g	15%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	55mg	2%
Total Carbohydrate	19g	7%
	Dietary Fiber 1g	4%
	Sugars 10g	
Protein	1g	

- **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:

Chocolate Granola		
NUTRITION FACTS		
Serving Size: 1 package(28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	
		% Daily Value
Total Fat	2.5g	3%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	45mg	2%
Total Carbohydrate	22g	8%
	Dietary Fiber 2g	7%
	Sugars 6g	
Protein	3g	

Philmont Scout Ranch

Lunch Trail Food Menu

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

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:

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

CHICKEN BREAST—3OZ POUCH

NUTRITION FACTS

Serving Size: 1 Pouch (85g)

Servings Per Container: 1

Amount Per Serving

Calories	80	Calories from Fat	10
		% Daily Value	
Total Fat	1.5g		2%
	Saturated Fat 0g		%
	Trans Fat 0mg		
Cholesterol	45 mg		15%
Sodium	270mg		11%
Total Carbohydrate	1g		%
	Dietary Fiber g		%
	Sugars g		
Protein	17g		

- **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/>

Cheez-It

NUTRITION FACTS

Serving Size: 1 Pouch (42g)

Servings Per Container: 1

Amount Per Serving

Calories	210	
		% Daily Value
Total Fat	11g	14%
Saturated Fat	2.5g	13%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	320mg	14%
Total Carbohydrate	24g	9%
Dietary Fiber	<1g	3%
Sugars	0g	
Protein	4g	

- **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

Sea Salt Caramel Bar

NUTRITION FACTS

Serving Size: 1 bar (37g)

Servings Per Container: 1

Amount Per Serving

Calories	150	Calories from Fat
		% Daily Value
Total Fat	6g	8%
Saturated Fat	2.5g	12%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	130mg	6%
Total Carbohydrate	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	0	Calories from Fat	0
% Daily Value			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0mg		
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	1g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	0g		

Saltine Crackers

NUTRITION FACTS

Serving Size: 5 Crackers (16g)

Servings Per Container: 7

Amount Per Serving

Calories	70		% Daily Value
Total Fat	1.5g		2%
Saturated Fat	g		%
Trans Fat	0mg		
Cholesterol	0mg		%
Sodium	135mg		6%
Total Carbohydrate	12g		4%
Dietary Fiber	0g		0%
Sugars	g		
Protein	1g		

- **Roasted Sunflower Kernels—ZeeZee’s,** (1 Package Per Camper)

Ingredients: Sunflower Kernels, Sunflower Oil, Salt.

Nut Free Facility

Gluten Free

Vegan, NON-GMO



National Food Group, Inc.

1- 800-886-6866

Roasted Sunflower Seeds

NUTRITION FACTS

Serving Size: 1.2 oz

Servings Per Container: 1

Amount Per Serving

Calories	200	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat	17g		22%
<hr/>			
Saturated Fat	2g		10%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	0mg		0%
<hr/>			
Sodium	130mg		6%
<hr/>			
Total Carbohydrate	8g		3%
<hr/>			
Dietary Fiber	4g		14%
<hr/>			
Sugars	1g		
<hr/>			
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

K

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.

Honey Roasted Peanuts

NUTRITION FACTS

Serving Size: 1 package (28g)

Servings Per Container: 1

Amount Per Serving

Calories 160

% Daily Value

Total Fat 13g 17%

Saturated Fat 2g 10%

Trans Fat 0mg

Cholesterol 0mg %

Sodium 85mg 4%

Total Carbohydrate 7g 2%

Dietary Fiber 2g 8%

Sugars 4g

Protein 7g

- **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	160	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	0g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		%
Sodium	65mg		3%
Total Carbohydrate	39g		14%
	Dietary Fiber	1g	4%
	Sugars	27g	
Protein	0g		

Peanut Butter Cup

NUTRITION FACTS

Serving Size: 1 package (21g)

Servings Per Container: 1

Amount Per Serving

Calories	125		
<hr/>			
			% Daily Value
Total Fat	10.5g		14%
	Saturated Fat	2.3g	11%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		%
Sodium	90mg		4%
Total Carbohydrate	6g		2%
	Dietary Fiber	1.5g	4%
	Sugars	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	5	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	0g		%
	Saturated Fat	0g	%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		%
Sodium	140mg		6%
Total Carbohydrate	2g		1%
	Dietary Fiber	0g	%
	Sugars	0g	
Protein	0g		

Wheat Thins

NUTRITION FACTS

Serving Size: 16 Pieces (31g)

Servings Per Container: 8

Amount Per Serving

Calories	140	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	5g		6%
	Saturated Fat	0g	%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		%
Sodium	200mg		9%
Total Carbohydrate	22g		8%
	Dietary Fiber	3g	11%
	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](#)

Sweet BBQ Snack Stick

NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 1

Amount Per Serving

Calories	70	Calories from Fat	25
		% Daily Value	
Total Fat	2.5g		4%
Saturated Fat		1g	4%
Trans Fat		0mg	
Cholesterol	25mg		9%
Sodium	480mg		20%
Total Carbohydrate	4g		1%
Dietary Fiber		0g	0%
Sugars		3g	
Protein	9g		

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

Amount Per Serving (1 Wedge)

Calories	35	Calories from Fat	15
% Daily Value			
Total Fat	1.5g		2%
	Saturated Fat 1g		5%
	Trans Fat 0g		
Cholesterol	<5mg		1%
Sodium	240mg		10%
Total Carbohydrate	1g		<1%
	Dietary Fiber 0g		0%
	Sugars <1g		
Protein	3g		

- **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	230	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	21g		27%
	Saturated Fat 7g		35%
	Trans Fat 0mg		
<hr/>			
Cholesterol	50mg		17%
Sodium	830mg		36 %
Total Carbohydrate	2g		1%
	Dietary Fiber 0g		0%
	Sugars 1g		
Protein	9g		

Ritz Crackers

NUTRITION FACTS

Serving Size: 5 Crackers (16g)

Servings Per Container: 6

Amount Per Serving

Calories	80		
<hr/>			
			% Daily Value
Total Fat	4.5g		6%
	Saturated Fat 1g		5%
	Trans Fat 0mg		
<hr/>			
Cholesterol	mg		%
Sodium	130mg		6%
Total Carbohydrate	10g		4%
	Dietary Fiber 0g		0%
	Sugars 1g		
Protein	1g		

- **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>

Cranberry Almond Kind Bar

NUTRITION FACTS

Serving Size: 1 bar (40g)

Servings Per Container: 1

Amount Per Serving

Calories	160	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat	12g		15%
<hr/>			
Saturated Fat	1g		5%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	mg		%
<hr/>			
Sodium	20mg		1%
<hr/>			
Total Carbohydrate	19g		7%
<hr/>			
Dietary Fiber	5g		18%
<hr/>			
Sugars	8g		
<hr/>			
Protein	5g		

- **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, Ascorbic 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: 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/>

Strawberry Banana Ice All Sport

NUTRITION FACTS

Serving Size: 1 Packet

Servings Per Container: 1

Amount Per Serving

Calories	5	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	0g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		0%
Sodium	140mg		3%
Total Carbohydrate	1g		%
	Dietary Fiber	g	%
	Sugars	g	
Protein	g		

- **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		
<hr/>			
			% Daily Value
Total Fat	15g		19%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		0%
Sodium	65mg		3%
Total Carbohydrate	10g		4%
	Dietary Fiber	3g	11%
	Sugars	5g	
Protein	6g		

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/>

Chili Con Queso Cheese Dip

NUTRITION FACTS

Serving Size: 2 Tbsp (28g)

Servings Per Container: 2

Amount Per Serving

Calories	70	Calories from Fat	
			% Daily Value
Total Fat	5g		6%
Saturated Fat	3g		15%
Trans Fat	0mg		
Cholesterol	15mg		5%
Sodium	350mg		15%
Total Carbohydrate	<1g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	4g		

- **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

Peanut Butter Choc Bar

NUTRITION FACTS

Serving Size: 1 package (37g)

Servings Per Container: 1

Amount Per Serving

Calories	160	
		% Daily Value
Total Fat	9g	12%
Saturated Fat	2.5g	11%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	90mg	4%
Total Carbohydrate	19g	7%
Dietary Fiber	1g	5%
Sugars	5g	
Protein	4g	

Sea Salt Chickpeas

NUTRITION FACTS

Serving Size: 0.75oz (21g)

Servings Per Container: 1

Amount Per Serving

Calories	90	
		% Daily Value
Total Fat	3g	3%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	140mg	6%
Total Carbohydrate	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	70	Calories from Fat	25
% Daily Value			
Total Fat	2.5g		4%
Saturated Fat	1g		4%
Trans Fat	0mg		
Cholesterol	25mg		8%
Sodium	450mg		19%
Total Carbohydrate	3g		1%
Dietary Fiber	0g		0%
Sugars	3g		
Protein	9g		

Chicken in a Biskit Crackers

NUTRITION FACTS

Serving Size: 12 Crackers (31g)

Servings Per Container: 11

Amount Per Serving

Calories	160		
% Daily Value			
Total Fat	8g		10%
Saturated Fat	0.5g		3%
Trans Fat	0mg		
Cholesterol	0mg		%
Sodium	230mg		10%
Total Carbohydrate	19g		7%
Dietary Fiber	0g		0%
Sugars	2g		
Protein	2g		

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

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

CONTAINS: PHENYLALANINE

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

Ideas for replacements that you can purchase:

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



Blue Raz Ice All Sport

NUTRITION FACTS

Serving Size: 1 packet

Servings Per Container: 1

Amount Per Serving

Calories	5	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	0g		%
<hr/>			
Saturated Fat	g		%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	0mg		0%
<hr/>			
Sodium	140mg		3%
<hr/>			
Total Carbohydrate	1g		%
<hr/>			
Dietary Fiber	g		%
<hr/>			
Sugars	g		
<hr/>			
Protein	g		

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 Tuna

NUTRITION FACTS

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		0g	%
Trans Fat		0mg	
Cholesterol	30mg		10%
Sodium	360mg		15%
Total Carbohydrate	4g		1%
Dietary Fiber		0g	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

Chocolate PowerBar

NUTRITION FACTS

Serving Size: 1 bar (55g)

Servings Per Container: 1

Amount Per Serving

Calories	200	Calories from Fat	
			% Daily Value
Total Fat	2.5g		4%
	Saturated Fat	0.5g	4%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	220mg		10%
Total Carbohydrate	37g		12%
	Dietary Fiber	2g	7%
	Sugars	21g	
Protein	7g		

- **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/>

Cheez-It

NUTRITION FACTS

Serving Size: 1 Pouch (42g)

Servings Per Container: 1

Amount Per Serving

Calories	210		
			% Daily Value
Total Fat	11g		14%
	Saturated Fat	2.5g	13%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	320mg		14%
Total Carbohydrate	24g		9%
	Dietary Fiber	<1g	3%
	Sugars	0g	
Protein	4g		

- **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	5	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat	0g		%
Saturated Fat	0g		%
Trans Fat	0mg		
<hr/>			
Cholesterol	mg		%
Sodium	140mg		6%
Total Carbohydrate	2g		1%
Dietary Fiber	0g		%
Sugars	0g		
<hr/>			
Protein	0g		

Honey Roasted Peanuts

NUTRITION FACTS

Serving Size: 1 package (28g)

Servings Per Container: 1

Amount Per Serving

Calories	160		
<hr/>			
			% Daily Value
<hr/>			
Total Fat	13g		17%
Saturated Fat	2g		10%
Trans Fat	0mg		
<hr/>			
Cholesterol	0mg		%
Sodium	85mg		4%
Total Carbohydrate	7g		2%
Dietary Fiber	2g		8%
Sugars	4g		
<hr/>			
Protein	7g		

- **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](https://www.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](#)

Sociables Crackers

NUTRITION FACTS

Serving Size: 5 Crackers (14g)

Servings Per Container: 15

Amount Per Serving

Calories	70	Calories from Fat	
		% Daily Value	
Total Fat	3g		4%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	140mg		6%
Total Carbohydrate	9g		3%
	Dietary Fiber 0g		%
	Sugars 0g		
Protein	0g		

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](#)

Pepperoni Sticks

NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 1

Amount Per Serving

Calories	70	Calories from Fat	50
		% Daily Value	
Total Fat	5g		8%
	Saturated Fat 2g		9%
	Trans Fat 0mg		
Cholesterol	20mg		6%
Sodium	320mg		13%
Total Carbohydrate	0g		0%
	Dietary Fiber 0g		0%
	Sugars 0g		
Protein	5g		

- **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>

ProBar Strawberry Chews

NUTRITION FACTS

Serving Size: 1 Pouch (60g)

Servings Per Container: 1

Amount Per Serving

Calories	180	
<hr/>		
		% Daily Value
Total Fat	0g	0%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
<hr/>		
Cholesterol	0mg	0%
Sodium	30mg	2%
Total Carbohydrate	46g	16%
	Dietary Fiber 0g	0%
	Sugars 26g	
Protein	0g	

- **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/>

Smoked Gouda Cheese Dip

NUTRITION FACTS

Serving Size: 2 Tbsp (28g)

Servings Per Container: 2

Amount Per Serving

Calories	70	
<hr/>		
		% Daily Value
Total Fat	6g	8%
	Saturated Fat 3.5g	18%
	Trans Fat 0mg	
<hr/>		
Cholesterol	20mg	7%
Sodium	390mg	17%
Total Carbohydrate	<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](https://www.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/>



Pepper & Olive Oil Triscuit

NUTRITION FACTS

Serving Size: 6 Crackers

Servings Per Container: 8

Amount Per Serving

Calories 120

% Daily Value

Total Fat 4g 5%

Saturated Fat 0g %

Trans Fat 0mg

Cholesterol mg %

Sodium 140mg 6%

Total Carbohydrate 21g 8%

Dietary Fiber 3g 11%

Sugars 0g

Protein 3g

- **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	5	Calories from Fat	0
% Daily Value			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0mg		
Cholesterol	0mg		0%
Sodium	140mg		3%
Total Carbohydrate	2g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	0g		

NUT AND CHOCOLATE TRAIL MIX

NUTRITION FACTS

Serving Size: 1 Pkg

Servings Per Container: 1

Amount Per Serving

Calories	280	Calories from Fat	
% Daily Value			
Total Fat	17g		22%
Saturated Fat	3.5g		17%
Trans Fat	0mg		
Cholesterol	0 mg		%
Sodium	60mg		3%
Total Carbohydrate	26g		9%
Dietary Fiber	4g		13%
Sugars	18g		
Protein	8g		

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](https://www.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](#)

Wheat Thins

NUTRITION FACTS

Serving Size: 16 Pieces (31g)

Servings Per Container: 8

Amount Per Serving

Calories	140	Calories from Fat	
			% Daily Value
Total Fat	5g		6%
		Saturated Fat	0g
			%
		Trans Fat	0mg
Cholesterol	0mg		%
Sodium	200mg		9%
Total Carbohydrate	22g		8%
		Dietary Fiber	3g
			11%
		Sugars	5g
Protein	2g		

- **Caramel 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

Caramel Almond Kind Bar

NUTRITION FACTS

Serving Size: 1 bar (40g)

Servings Per Container: 1

Amount Per Serving

Calories	170	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	15g		19%
	Saturated Fat	3g	15%
	Trans Fat	0mg	
<hr/>			
Cholesterol	mg		%
Sodium	125mg		5%
Total Carbohydrate	16g		6%
	Dietary Fiber	7g	25%
	Sugars	5g	
Protein	6g		

Chili Lime Cruncherz

NUTRITION FACTS

Serving Size: 1 package (21g)

Servings Per Container: 1

Amount Per Serving

Calories	100		
<hr/>			
			% Daily Value
Total Fat	3g		3%
	Saturated Fat	g	%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		%
Sodium	120mg		6%
Total Carbohydrate	12g		4%
	Dietary Fiber	4g	14%
	Sugars	1g	
Protein	5g		

- **Chicken Salad , Starkist**, (1 package per camper)

Ingredients: Chicken (White Chicken Meat, Water, Modified Food Starch (Corn), Salt, Sodium Phosphate), Water, Water Chest-nuts, 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, Aspar-tame, 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 Fat	
<hr/>			
			% Daily Value
Total Fat	1.5g		2%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
<hr/>			
Cholesterol	35mg		12%
Sodium	350mg		15%
Total Carbohydrate	4g		1%
	Dietary Fiber	0g	0%
	Sugars	1g	
Protein	10g		18%

All Sport Lemon Lime Zero Stick

NUTRITION FACTS

Serving Size: 1 stick (3g)

Servings Per Container: 1

Amount Per Serving

Calories	5	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	0g		%
	Saturated Fat	0g	%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		%
Sodium	140mg		6%
Total Carbohydrate	2g		1%
	Dietary Fiber	0g	%
	Sugars	0g	
Protein	0g		

• **Roasted Sunflower Kernels—ZeeZee’s,** (1 Package Per Camper)

Ingredients: Sunflower Kernels, Sunflower Oil, Salt.

Nut Free Facility

Gluten Free

Vegan, NON-GMO



National Food Group, Inc.

1- 800-886-6866

Roasted Sunflower Seeds

NUTRITION FACTS

Serving Size: 1.2 oz

Servings Per Container: 1

Amount Per Serving

Calories	200	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	17g		22%
<hr/>			
Saturated Fat	2g		10%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	0mg		0%
<hr/>			
Sodium	130mg		6%
<hr/>			
Total Carbohydrate	8g		3%
<hr/>			
Dietary Fiber	4g		14%
<hr/>			
Sugars	1g		
<hr/>			
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](https://www.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/>

Sun-butter

NUTRITION FACTS

Serving Size: 2 Tbsp (32g)

Servings Per Container: 1

Amount Per Serving

Calories	200	Calories from Fat	140
		% Daily Value	
Total Fat	16g		25%
	Saturated Fat 2g		11%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	120mg		5%
Total Carbohydrate	7g		2%
	Dietary Fiber 4g		17%
	Sugars 3g		
Protein	7g		

- **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:

[Nut Free Bars](#) that you can purchase or a [recipe](#) that you can try making yourself.

Saltine Crackers

NUTRITION FACTS

Serving Size: 5 Crackers (16g)

Servings Per Container: 7

Amount Per Serving

Calories 70

% Daily Value

Total Fat 1.5g 2%

Saturated Fat g %

Trans Fat 0mg

Cholesterol 0mg %

Sodium 135mg 6%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Sugars g

Protein 1g

Chocolate Coconut Bar

NUTRITION FACTS

Serving Size: 1 package (37g)

Servings Per Container: 1

Amount Per Serving

Calories 160

% Daily Value

Total Fat 9g 11%

Saturated Fat 2.5g 14%

Trans Fat 0mg

Cholesterol 0mg 0%

Sodium 75mg 3%

Total Carbohydrate 19g 7%

Dietary Fiber 2g 7%

Sugars 4g

Protein 4g

- **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](#)

All Sport Zero Powder Stick-Grape

NUTRITION FACTS

Serving Size: 1 packet (3g)

Servings Per Container: 1

Amount Per Serving

Calories5

Calories from Fat

% Daily Value

Total Fat

0g

%

Saturated Fat

g

%

Trans Fat

0mg

Cholesterol

0mg

%

Sodium

140mg

3%

Total Carbohydrate

2g

0%

Dietary Fiber

g

%

Sugars

0g

Protein

0g

Beef Sausage Bites—Waiting on In-

formation from Vendor

NUTRITION FACTS

Serving Size: 0

Servings Per Container: 0

Amount Per Serving

Calories0

% Daily Value

Total Fat

0g

0%

Saturated Fat

0g

0%

Trans Fat

0mg

Cholesterol

0mg

0%

Sodium

0mg

0%

Total Carbohydrate

0g

0%

Dietary Fiber

0g

0%

Sugars

0g

- **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](#)

Salted Peanuts

NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 1

Amount Per Serving

Calories170

Calories from Fat0

% Daily Value

Total Fat14g

19%

Saturated Fat2g

9%

Trans Fatmg

Cholesterol0mg

0%

Sodium95mg

4%

Total Carbohydrate5g

2%

Dietary Fiber2g

9%

Sugars1g

Protein7g

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/>

Lemon Pepper Tuna

NUTRITION FACTS

Serving Size: 1 Pouch (74g)

Servings Per Container: 1

Amount Per Serving

Calories	80	Calories from Fat	
		% Daily Value	
Total Fat	0.5g		1%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	35mg		12%
Sodium	340mg		15%
Total Carbohydrate	<1g		1%
	Dietary Fiber 0g		%
	Sugars <1g		
Protein	17g		

- **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/>



Ritz Crackers

NUTRITION FACTS

Serving Size: 5 Crackers (16g)

Servings Per Container: 6

Amount Per Serving

Calories	80	
		% Daily Value
Total Fat	4.5g	6%
Saturated Fat	1g	5%
Trans Fat	0mg	
Cholesterol	mg	%
Sodium	130mg	6%
Total Carbohydrate	10g	4%
Dietary Fiber	0g	0%
Sugars	1g	
Protein	1g	

Nutter Butter Cookies

NUTRITION FACTS

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 Carbohydrate	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, Car-nauba 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>

Power Shots-Orange/Raspberry

NUTRITION FACTS

Serving Size: 1 Pouch (60g)

Servings Per Container: 1

Amount Per Serving

Calories	210	
		% Daily Value
Total Fat	0g	0%
Saturated Fat		0g 0%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	30mg	1%
Total Carbohydrate	48g	15%
Dietary Fiber		0 0%
Sugars		34g
Protein	4g	

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

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

CONTAINS: PHENYLALANINE

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

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



Blue Raz Ice All Sport

NUTRITION FACTS

Serving Size: 1/2 packet

Servings Per Container: 2

Amount Per Serving

Calories	0	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	0g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	g		%
	Dietary Fiber	g	%
	Sugars	g	
Protein	g		

Honey Roasted Sunflower Seeds

NUTRITION FACTS

Serving Size: 1 package (34g)

Servings Per Container: 1

Amount Per Serving

Calories	190		
<hr/>			
			% Daily Value
Total Fat	15g		19%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		0%
Sodium	65mg		3%
Total Carbohydrate	10g		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 35

% Daily Value

Total Fat 1.5g 2%

Saturated Fat 1g 5%

Trans Fat 0mg

Cholesterol 5mg 2%

Sodium 230mg 10%

Total Carbohydrate 1g %

Dietary Fiber 0g 0%

Sugars <1g

Protein 3g

- **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:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

Salami Slices

NUTRITION FACTS

Serving Size: 1 Pouch (34g)

Servings Per Container: 1

Amount Per Serving

Calories	120	
		% Daily Value
Total Fat	10g	16%
Saturated Fat	4g	21%
Trans Fat	0mg	
Cholesterol	25mg	9%
Sodium	440mg	18%
Total Carbohydrate	g	%
Dietary Fiber	0	0%
Sugars	g	
Protein	6g	

- **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 FACTS

Serving Size: 1 Pouch (60g)

Servings Per Container: 1

Amount Per Serving

Calories	160	
		% Daily Value
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	65mg	3%
Total Carbohydrate	39g	14%
Dietary Fiber	1g	4%
Sugars	27g	
Protein	0g	

- **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



Chili Lime Cruncherz

NUTRITION FACTS

Serving Size: 1 package (21g)

Servings Per Container: 1

Amount Per Serving

Calories 100

% Daily Value

Total Fat 3g 3%

Saturated Fat g %

Trans Fat 0mg

Cholesterol 0mg %

Sodium 75mg 3%

Total Carbohydrate 12g 4%

Dietary Fiber 4g 14%

Sugars 1g

Protein 5g

- **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/>



All Sport Zero Drink -Fruit Punch

NUTRITION FACTS

Serving Size: 1 Packet (3g)

Servings Per Container: 1

Amount Per Serving

Calories	5	Calories from Fat	
		% Daily Value	
Total Fat	0g		%
Saturated Fat	0g		%
Trans Fat	0mg		
Cholesterol	mg		%
Sodium	140mg		6%
Total Carbohydrate	2g		1%
Dietary Fiber	0g		%
Sugars	0g		
Protein	0g		

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

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

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/>



Triscuit Original

NUTRITION FACTS

Serving Size: 6 Crackers

Servings Per Container: 9

Amount Per Serving

Calories	120		
		% Daily Value	
Total Fat	3.5g		4%
Saturated Fat	0g		%
Trans Fat	0mg		
Cholesterol	mg		%
Sodium	160mg		7%
Total Carbohydrate	20g		7%
Dietary Fiber	3g		11%
Sugars	0g		
Protein	3g		

Philmont Scout Ranch

Dinner Trail Food Menu

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

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](https://www.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	580	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	22g		28%
<hr/>			
Saturated Fat	8g		40%
<hr/>			
Trans Fat	mg		
<hr/>			
Cholesterol	80mg		27%
<hr/>			
Sodium	1440mg		63%
<hr/>			
Total Carbohydrate	68g		25%
<hr/>			
Dietary Fiber	8g		29%
<hr/>			
Sugars	6g		
<hr/>			
Protein	22g		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](#)

Goldfish Pretzels			
NUTRITION FACTS			
Serving Size: 1 oz (21g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	90	Calories from Fat	0
		% Daily Value	
Total Fat	1.5g		2%
	Saturated Fat 0g		0%
	Trans Fat mg		
Cholesterol	0mg		0%
Sodium	200mg		9%
Total Carbohydrate	16g		6%
	Dietary Fiber 1g		4%
	Sugars 0g		
Protein	2g		

Teddy Grahams			
NUTRITION FACTS			
Serving Size: 1 Pouch (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	120		
		% Daily Value	
Total Fat	4g		5%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	90mg		4%
Total Carbohydrate	21g		8%
	Dietary Fiber 1g		4%
	Sugars 7g		
Protein	2g		

- **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/>

Salted Peanuts

NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 1

Amount Per Serving

Calories	170	Calories from Fat	0
% Daily Value			
Total Fat	14g		19%
Saturated Fat	2g		9%
Trans Fat	mg		
Cholesterol	0mg		0%
Sodium	95mg		4%
Total Carbohydrate	5g		2%
Dietary Fiber	2g		9%
Sugars	1g		
Protein	7g		

MARSHMALLOW SQUARES

NUTRITION FACTS

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

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 Carbohydrate	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	
<hr/>			
			% Daily Value
Total Fat	6g		8%
<hr/>			
Saturated Fat	2.5g		13%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	30mg		10%
<hr/>			
Sodium	970mg		42%
<hr/>			
Total Carbohydrate	57g		21%
<hr/>			
Dietary Fiber	12g		41%
<hr/>			
Sugars	10g		
<hr/>			
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](#)

Buffalo Blue Cheese Pretzels

NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 6

Amount Per Serving

Calories	130	Calories from Fat	
			% Daily Value
Total Fat	5g		6%
	Saturated Fat 3g		15%
	Trans Fat 0mg		
Cholesterol	0 mg		%
Sodium	340mg		15%
Total Carbohydrate	19g		7%
	Dietary Fiber 0g		%
	Sugars 3g		
Protein	2g		

- **Teddy Grahams—Nabisco**, (1 package per camper)

Ingredients: Graham flour (Whole grain wheat flour), Enriched Unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate (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>

Teddy Graham Cookies

NUTRITION FACTS

Serving Size: 1 pack

Servings Per Container: 1

Amount Per Serving

Calories	120		% Daily Value
Total Fat	4g		5%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	0 mg		0%
Sodium	90mg		4%
Total Carbohydrate	21g		8%
	Dietary Fiber 1g		4%
	Sugars 7g		
Protein	2g		

- **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	260	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat	19g		24%
<hr/>			
Saturated Fat	3g		15%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	0 mg		0%
<hr/>			
Sodium	230mg		10%
<hr/>			
Total Carbohydrate	18g		7%
<hr/>			
Dietary Fiber	3g		11%
<hr/>			
Sugars	9g		
<hr/>			
Protein	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	540	Calories from Fat	
			% Daily Value
Total Fat	3.5g		4%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	0mg		%
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](#)

Salmon

NUTRITION FACTS

Serving Size: 1/2 Pouch

Servings Per Container: 2

Amount Per Serving

Calories	35	Calories from Fat	
% Daily Value			
Total Fat	1g		1%
Saturated Fat	0.25g		1%
Trans Fat	0mg		
Cholesterol	15mg		5%
Sodium	100mg		4%
Total Carbohydrate	0.5g		1%
Dietary Fiber	0.25g		1%
Sugars	0g		
Protein	7.5g		

Spicy Honey Mustard Pretzels

NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 6

Amount Per Serving

Calories	130	Calories from Fat	
% Daily Value			
Total Fat	5g		6%
Saturated Fat	2.5g		13%
Trans Fat	0mg		
Cholesterol	0 mg		%
Sodium	320mg		14%
Total Carbohydrate	20g		7%
Dietary Fiber	0g		%
Sugars	4g		
Protein	2g		

- **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](#)

NUT AND CHOCOLATE TRAIL MIX

NUTRITION FACTS

Serving Size: 1 Pkg

Servings Per Container: 1

Amount Per Serving

Calories	280	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	17g		22%
	Saturated Fat 3.5g		17%
	Trans Fat 0mg		
<hr/>			
Cholesterol	0 mg		%
Sodium	60mg		3%
Total Carbohydrate	26g		9%
	Dietary Fiber 4g		13%
	Sugars 18g		
<hr/>			
Protein	8g		

- **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	
<hr/>			
			% Daily Value
Total Fat	4.5g		6%
	Saturated Fat 2g		10%
	Trans Fat 0mg		
<hr/>			
Cholesterol	<5 mg		1%
Sodium	125mg		5%
Total Carbohydrate	21g		8%
	Dietary Fiber 0g		%
	Sugars 7g		
<hr/>			
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/>

CHICKEN BREAST—7 OZ POUCH

NUTRITION FACTS

Serving Size: 1/4 Cup (56g)

Servings Per Container: 3.5

Amount Per Serving

Calories	50	Calories from Fat	10
		% Daily Value	
Total Fat	1g		2%
Saturated Fat		0g	%
Trans Fat		0mg	
Cholesterol	30 mg		10%
Sodium	180mg		8%
Total Carbohydrate	1g		%
Dietary Fiber		g	%
Sugars		g	
Protein	11g		

- **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, lipton.com

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	70	Calories from Fat	15
% Daily Value			
Total Fat	1.5g		2%
Saturated Fat	1.5g		8%
Trans Fat	0mg		
Cholesterol	0mg		%
Sodium	620mg		26%
Total Carbohydrate	12g		4%
Dietary Fiber	g		%
Sugars	1g		
Protein	0g		

Four Cheese Mashed Potatoes

NUTRITION FACTS

Serving Size: 1/4 cup Dry Mix (28g), 1/2 cup Prepared Mix

Servings Per Container: 4

Amount Per Serving

Calories	110	Calories from Fat	
% Daily Value			
Total Fat	2.5g		4%
Saturated Fat	1.5g		8%
Trans Fat	0mg		
Cholesterol	5mg		2%
Sodium	580mg		25%
Total Carbohydrate	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/>

Salted Peanuts

NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 1

Amount Per Serving

Calories	170	Calories from Fat	0
% Daily Value			
Total Fat	14g		19%
Saturated Fat	2g		9%
Trans Fat	mg		
Cholesterol	0mg		0%
Sodium	95mg		4%
Total Carbohydrate	5g		2%
Dietary Fiber	2g		9%
Sugars	1g		
Protein	7g		

Chips Ahoy 4pk

NUTRITION FACTS

Serving Size: 1 package

Servings Per Container: 1

Amount Per Serving

Calories	220	% Daily Value	
Total Fat	10g		13%
Saturated Fat	3.5g		18%
Trans Fat	0mg		
Cholesterol	0mg		0%
Sodium	140mg		6%
Total Carbohydrate	30g		11%
Dietary Fiber	<1g		3%
Sugars	14g		
Protein	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](#)

Creamy Pesto Sides

NUTRITION FACTS

Serving Size: 1 Package

Servings Per Container: 1

Amount Per Serving

Calories	450	Calories from Fat	
			% Daily Value
Total Fat	3.5g		4%
	Saturated Fat 1g		5%
	Trans Fat mg		
Cholesterol	<5mg		1%
Sodium	1350mg		59%
Total Carbohydrate	87g		32%
	Dietary Fiber 4g		14%
	Sugars 3g		
Protein	16g		

- **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](#)

Combos—Cheddar Cheese

NUTRITION FACTS

Serving Size: 1 Pouch (51g)

Servings Per Container: 1

Amount Per Serving

Calories	240	
		% Daily Value
Total Fat	9g	12%
Saturated Fat	5g	25%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	540mg	23%
Total Carbohydrate	35g	13%
Dietary Fiber	<1g	3%
Sugars	8g	
Protein	4g	

- **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://thesugarediva.com/make-sugar-free-rice-krispie-treats/>

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

MARSHMALLOW SQUARES

NUTRITION FACTS

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

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 Carbohydrate	21g		8%
Dietary Fiber	0g		%
Sugars	12g		
Protein	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/>

Beef Summer Sausage

NUTRITION FACTS

Serving Size: 2 oz (56g)

Servings Per Container: 2.5

Amount Per Serving

Calories	190	
		% Daily Value
Total Fat	17g	26%
	Saturated Fat 7g	35%
	Trans Fat 0mg	
Cholesterol	40mg	13%
Sodium	750mg	31%
Total Carbohydrate	1g	0%
	Dietary Fiber g	%
	Sugars g	
Protein	9g	

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, www.backpackerspantry.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](#)

3 Cheese Mac and Cheese

NUTRITION FACTS

Serving Size: 1/2 Package (95g)

Servings Per Container: 2

Amount Per Serving

Calories	410	
		% Daily Value
Total Fat	14g	18%
	Saturated Fat 8g	42%
	Trans Fat 0mg	
Cholesterol	40 mg	14%
Sodium	1070mg	46%
Total Carbohydrate	50g	18%
	Dietary Fiber 2g	6%
	Sugars 4g	
Protein	19g	

- **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](#)

Goldfish Pretzels

NUTRITION FACTS

Serving Size: 1 oz (21g)

Servings Per Container: 1

Amount Per Serving

Calories	90	Calories from Fat	0
% Daily Value			
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	mg		
Cholesterol	0mg		0%
Sodium	200mg		9%
Total Carbohydrate	16g		6%
Dietary Fiber	1g		4%
Sugars	0g		
Protein	2g		

- **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>

Oreo Cookies

NUTRITION FACTS

Serving Size: 1 Package (68g)

Servings Per Container: 1

Amount Per Serving

Calories	320		
% Daily Value			
Total Fat	13g		17%
Saturated Fat	3.5g		18%
Trans Fat	0mg		
Cholesterol	0mg		0%
Sodium	260mg		11%
Total Carbohydrate	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



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	260	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat	19g		24%
	Saturated Fat	3g	15%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0 mg		0%
Sodium	230mg		10%
Total Carbohydrate	18g		7%
	Dietary Fiber	3g	11%
	Sugars	9g	
<hr/>			
Protein	9g		

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 Grain 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	575	Calories from Fat
		% Daily Value
Total Fat	2.5g	2.5%
	Saturated Fat 0g	%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	1550mg	67.5%
Total Carbohydrate	127.5g	47.5%
	Dietary Fiber 5g	17.5%
	Sugars 7.5g	
Protein	15g	

- **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/>

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

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Sugar, Canola oil, 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	35	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	1g		1%
	Saturated Fat 0.25g		1%
	Trans Fat 0mg		
<hr/>			
Cholesterol	15mg		5%
Sodium	100mg		4%
Total Carbohydrate	0.5g		1%
	Dietary Fiber 0.25g		1%
	Sugars 0g		
<hr/>			
Protein	7.5g		

Lorna Doone Cookies

NUTRITION FACTS

Serving Size: 1 Package (29g)

Servings Per Container: 1

Amount Per Serving

Calories	140		
<hr/>			
			% Daily Value
Total Fat	7g		9%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
<hr/>			
Cholesterol	0mg		0%
Sodium	150mg		7%
Total Carbohydrate	20g		7%
	Dietary Fiber <1g		3%
	Sugars 5g		
<hr/>			
Protein	1g		

- **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](#)

Buffalo Blue Cheese Pretzels		
NUTRITION FACTS		
Serving Size: 1 oz (28g)		
Servings Per Container: 6		
Amount Per Serving		
Calories	130	Calories from Fat
		% Daily Value
Total Fat	5g	6%
	Saturated Fat 3g	15%
	Trans Fat 0mg	
Cholesterol	0 mg	%
Sodium	340mg	15%
Total Carbohydrate	19g	7%
	Dietary Fiber 0g	%
	Sugars 3g	
Protein	2g	

- **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](#)

Planters Tropical Fruit & Nut Mix		
NUTRITION FACTS		
Serving Size: 1 Pouch (56g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	280	
		% Daily Value
Total Fat	18g	23%
	Saturated Fat 5g	25%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	27g	10%
	Dietary Fiber 3g	11%
	Sugars 17g	
Protein	8g	

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](https://www.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	470	Calories from Fat	
		% Daily Value	
Total Fat	6g		8%
	Saturated Fat 2.5g		13%
	Trans Fat 0mg		
Cholesterol	15 mg		5%
Sodium	1120mg		49%
Total Carbohydrate	81g		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

K

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.

Honey Roasted Peanuts

NUTRITION FACTS

Serving Size: 1 package (28g)

Servings Per Container: 1

Amount Per Serving

Calories	160	
		% Daily Value
Total Fat	13g	17%
	Saturated Fat 2g	10%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	85mg	4%
Total Carbohydrate	7g	2%
	Dietary Fiber 2g	8%
	Sugars 4g	
Protein	7g	

- **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

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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>

Oreo Cookies

NUTRITION FACTS

Serving Size: 1 Package (68g)

Servings Per Container: 1

Amount Per Serving

Calories	320	
		% Daily Value
Total Fat	13g	17%
	Saturated Fat 3.5g	18%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	260mg	11%
Total Carbohydrate	49g	18%
	Dietary Fiber 1g	4%
	Sugars 27g	
Protein	3g	

- **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/>

Pepperoni Pizza Combos

NUTRITION FACTS

Serving Size: 1 Pouch (51g)

Servings Per Container: 1

Amount Per Serving

Calories	240	
		% Daily Value
Total Fat	11g	14%
Saturated Fat	5g	25%
Trans Fat	0mg	
Cholesterol	<5mg	0%
Sodium	490mg	21%
Total Carbohydrate	30g	11%
Dietary Fiber	<1g	3%
Sugars	5g	
Protein	4g	

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

Calories	310	Calories from Fat	
			% Daily Value
Total Fat	3g		4%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	5 mg		2%
Sodium	640mg		28%
Total Carbohydrate	27g		10%
	Dietary Fiber 4g		14%
	Sugars 5g		
Protein	12g		

- **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	12%
Saturated Fat	5g	25%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	540mg	23%
Total Carbohydrate	35g	13%
Dietary Fiber	<1g	3%
Sugars	8g	
Protein	4g	

NUT AND CHOCOLATE TRAIL MIX

NUTRITION FACTS

Serving Size: 1 Pkg

Servings Per Container: 1

Amount Per Serving

Calories	280	Calories from Fat	
			% Daily Value
Total Fat	17g		22%
Saturated Fat	3.5g		17%
Trans Fat	0mg		
Cholesterol	0 mg		%
Sodium	60mg		3%
Total Carbohydrate	26g		9%
Dietary Fiber	4g		13%
Sugars	18g		
Protein	8g		



- **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
Total Fat	4.5g	6%
Saturated Fat		2g 10%
Trans Fat		0mg
Cholesterol	<5 mg	1%
Sodium	125mg	5%
Total Carbohydrate	21g	8%
Dietary Fiber		0g %
Sugars		7g
Protein	1g	

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

Amount Per Serving

Calories	80	Calories from Fat	
			% Daily Value
Total Fat	2g		3%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
Cholesterol	60 mg		20%
Sodium	270mg		12%
Total Carbohydrate	0g		%
	Dietary Fiber g		%
	Sugars g		
Protein	15g		

- **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	110	Calories from Fat	
			% Daily Value
Total Fat	1g		1%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium	390mg		17%
Total Carbohydrate	21g		7%
	Dietary Fiber	<1g	3%
	Sugars	2g	
Protein	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

Calories	20	
		% Daily Value
Total Fat		0%
	Saturated Fat	0%
	Trans Fat	0mg
Cholesterol	0mg	0%
Sodium	320mg	14%
Total Carbohydrate	4g	1%
	Dietary Fiber	g
	Sugars	g
Protein	g	

Chips Ahoy 4pk

NUTRITION FACTS

Serving Size: 1 package

Servings Per Container: 1

Amount Per Serving

Calories	220	
		% Daily Value
Total Fat	10g	13%
	Saturated Fat	3.5g
	Trans Fat	0mg
Cholesterol	0mg	0%
Sodium	140mg	6%
Total Carbohydrate	30g	11%
	Dietary Fiber	<1g
	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)

White Milk, 2%

NUTRITION FACTS

Serving Size: 8 oz

Servings Per Container: 1

Amount Per Serving

Calories	130	Calories from Fat	45
<hr/>			
		% Daily Value	
<hr/>			
Total Fat	5g		8%
<hr/>			
Saturated Fat	3g		15%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	20mg		7%
<hr/>			
Sodium	120mg		5%
<hr/>			
Total Carbohydrate	12g		4%
<hr/>			
Dietary Fiber	0g		0%
<hr/>			
Sugars	13g		
<hr/>			
Protein	9g		

Chocolate Flavored Milk

NUTRITION FACTS

Serving Size: 8oz

Servings Per Container: 1

Amount Per Serving

Calories	200	Calories from Fat	45
		% Daily Value	
Total Fat	5g		8%
Saturated Fat		3g	%15
Trans Fat		0mg	
Cholesterol	20mg		7%
Sodium	100mg		4%
Total Carbohydrate	30g		10%
Dietary Fiber		0g	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

Flour Tortilla, 12"

NUTRITION FACTS

Serving Size: 1 tortilla

Servings Per Container: 1

Amount Per Serving

Calories	300	Calories from Fat	30
		% Daily Value	
Total Fat	7g		11%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	810mg		34%
Total Carbohydrate	52g		17%
Dietary Fiber	2g		8%
Sugars	1g		
Protein	8g		

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

- **CHILI with BEANS**—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.**
- **PEACHES** – peaches, water, corn syrup, sugar.
- **BISCUIT MIX** - 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, salt, 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)

- **Brownie Cup** - 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

- **Cornbread**— 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

- **Tortilla** – 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.
- **Taco Meat** – 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.
- **Churro** – 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
23-Jul	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug
	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-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug
	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-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug
	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-Jul	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug
	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
27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug
	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
28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug
	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
29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug
	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
30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug	9-Aug
	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	10-Aug
	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
1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug	9-Aug	10-Aug	11-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