2023 Trail Food Menu

Items in the Meal Bags

Breakfast Items—Menu

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

Lunch Items—Menu

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

Dinner Items—Menu

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

On the Trail, Other Meal Adventures

Chuckwagon Dinner—Ponil, Beaubien, Clark's Fork

Mexican Homestead Dinner—Abreu

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

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

Breakfast Trail Food Menu

Breakfast #1	Breakfast #5	<u>Breakfast #9</u>
Peppered Jerky	Honey Brown Sugar Turkey Bites	Turkey Sausage Bites
Raisins	Fruit Snacks	Frosted Strawberry Pop Tarts
Animal Crackers	Fig Bar	Orange Energy Bar
Cookies N Cream Energy Bar	Whole Berry Blast Meal Bar	Banana Chips
Strawberry Granola	Lemons and Limes Drink Mix	Maple and Brown Sugar Oatmeal
Orange Drink Mix		Strawberry Watermelon Drink Mix
Breakfast #2	Breakfast #6	Breakfast #10
Pepperoni	Jalapeno Cheddar Bison Jerky	Landjaeger Jerky
Mixed Dried Fruit	Raisins	Cinnamon Granola
Chocolate Energy Bar	Animal Crackers	Cheez-it
Chocolate Granola	Strawberry Oatmeal Bar	Fruit Snacks
Blueberry Lemon Bar	Cinnamon Granola	Oats N Honey Granola Bar
	Cran-Raspberry Drink Mix	
Breakfast #3	Breakfast #7	
Apples and Cinnamon Oatmeal	Dark Chocolate Sunflower Seed Butter	
Cajun Jerky	Blueberry Breakfast Biscuit	
Salted Caramel Waffle	BBQ Beef Bites	
Graham Snacks	Chocolate Granola	
Banana Chips	Vitamin C Drink Mix	
Hot Cocoa Mix	Berry Energy Bar	
Breakfast #4	Breakfast #8	
Turkey Sausage Bites	Turkey Ends and Curls	
Granola	Vanilla Energy Waffle	
Frosted Cinnamon Pop Tarts	Peanut and Sunflower Seed Bar	
Almond and Pumpkin Seed Bar	Mixed Dried Fruit	
Tropical Dried Fruit	Blueberry Lemon Bar	

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"

Peppered Bison Jerky—Miesfelds, (1 Package Per Camper)

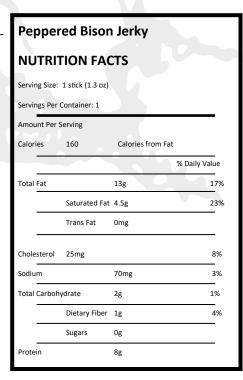
Ingredients: Bison, Pork, Salt, Corn Syrup Solids, Spices, Dextrose, Garlic Powder, Water, Natural Flavoring, Paprika, Sodium Erythorbate, Lactic Acid Starter Culture, Sodium Nitrite, Red 3, and Collagen Casings. Sprayed with Potassium Sorbate to Improve Quality.

CONTAINS:

Product Questions: 920.565.6328, Miesfelds.com

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

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



• 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

Allergen Free Energy Bars from Amazon

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, Soybean and/or 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, 1-855-253-8846, snackworks.com

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

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

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

Anima	Cracker	s	
NUTRI	TION FAC	CTS	
Serving Size:	1 pouch (28g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	120	Calories from Fat	
	•	% Da	ily Valu
Total Fat		3.5g	49
	Saturated Fat	0.5g	35
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		85mg	49
Total Carboh	ydrate	22g	8%
	Dietary Fiber	Og	
	Sugars	7g	
Protein		2g	

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

Ingredients: Whole Grain Rolled Oats, Sugar, Corn Syrup, Canola Oil, 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:

Raisins—ZeeZees., (1 package per camper)

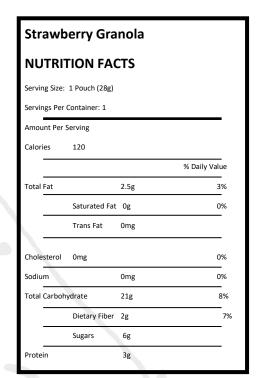
Ingredients: Raisins (Grapes and Sunflower Oil).

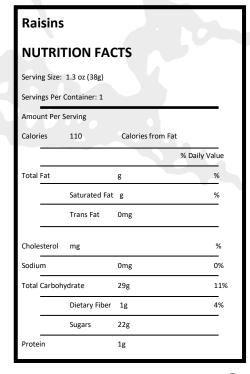
Nut Free Facility, Gluten Free, NON-GMO



National Food Group, Inc.

1-800-886-6866





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

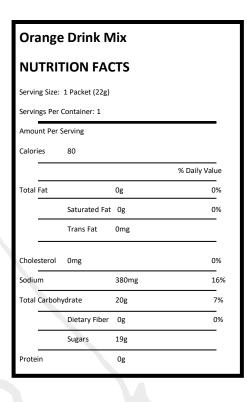
Ingredients: Cane Sugar, Dextrose, Sodium Citrate, Citric Acid, Magnesium Lactate, Calcium Citrate, Orange Oil, Potassium Citrate, Orange Juice, Ascorbic Acid.

Non-GMO, Gluten Free, Dairy Free, Vegan



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

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



Breakfast Meal #2

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

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

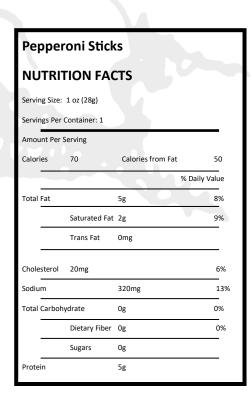
Ingredients: Pork, Salt, Dextrose, Water, Spices, Natural Smoke Flavorings, Lactic Acid, Starter Culture, Garlic Powder, Sodium Erythorbate, Spice Extractives and Sodium Nitrite, in Collagen Casing.

Product Questions: 1.800.277.8989 or www.countrymeats.com

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

Vegan Jerky Recipe, Vegan Jerky Options on Amazon

Jack Links Turkey Jerky Pork-Free Option



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

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

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

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

Ingredients: Dark Raisins, Pineapple (Pineapple, Sugar, Citric Acid, Sodium Metabisulfite), Golden Raisins (Raisins, Sunflower Oil, Sulfur Dioxide), Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Dried Apples

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:

Chocolate PowerBar **NUTRITION FACTS** Serving Size: 1 bar (55g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value 4% Saturated Fat 0.5g Trans Fat 0mg Cholesterol mg 230mg 10% Total Carbohydrate 12% Dietary Fiber 2g 7% Sugars 21g 7g

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Mixed	Dried Fr	uit	
NUTRI	TION FA	стѕ	
Serving Size:	1 box (38g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	120	Calories from Fat	
		% D	aily Value
Total Fat			%
	Saturated Fat	t g	%
	Trans Fat	0mg	
Cholesterol	Trans Fat	0mg	0%
Cholesterol Sodium		Omg 25mg	0%
	0mg		1%
Sodium	0mg	25mg 31g	
Sodium	Omg	25mg 31g	1%

• 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:

• 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



National Food Group, Inc.

1-800-886-6866

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

Allergen Free Energy Bars from Amazon

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

Blueberry Lemon Bar NUTRITION FACTS Serving Size: 1 package (62g) Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Saturated Fat 2.5g 13% Trans Fat Cholesterol Omg 75mg 3% 15% Total Carbohydrate Dietary Fiber 3g 11% 4g Protein

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"

• Cajun Bison Jerky—Miesfelds, (1 Package Per Camper)

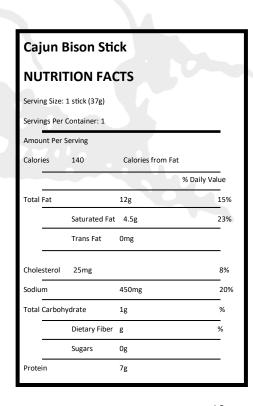
Ingredients: Bison, Pork, Salt, Dextrose, Spices, Onion, Water, Garlic, Sodium Erythorbate, Lactic Acid Starter Culture, Sodium Nitrite, and Collagen Casings. Sprayed with Potassium Sorbate to Improve Quality.

CONTAINS:

Product Questions: 920.565.6328, Miesfelds.com

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

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



• 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

Organic Bunny Grahams Honey—Annie's, (1 package per camper)

Ingredients: Organic Whole Wheat Flour (Graham Flour), Organic Whole Grain Oat Flour, Organic Cane Sugar, Organic Expeller-Pressed Sunflower Oil, Organic Honey, Calcium Carbonate, Organic Natural Flavor, Baking Soda, Sea Salt, Mixed Tocopherols (Vitamin E) To Protect Flavor.

CONTAINS: WHEAT

May Contain: Milk and Soy Ingredients

Annie's, Inc. annies.com, 1.800.288.1089

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

88 Acres Store on Amazon

Oatmeal - Apples & Cinnamon **NUTRITION FACTS** Serving Size: 1 Pouch (42g) Servings Per Container: 1 Amount Per Serving % Daily Value 1g 2% Saturated Fat og 0% Trans Fat Cholesterol Omg 0% Sodium 200mg 9% Total Carbohydrate 28g 10% Dietary Fiber 3g Sugars 15g 2g

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Honey	Bunny G	irahams		
NUTRI	TION FAC	CTS		
Serving Size:	1 Packet (35g)			
Servings Per	Container: 1			
Amount Per	Serving			
Calories	160			
			% Daily V	'alue
Total Fat		6g		7%
	Saturated Fat	0.5g		3%
	Trans Fat	0mg		_
Cholesterol	0mg			0%
Sodium		140mg		6%
Total Carboh	ydrate	25g		9%
	Dietary Fiber	3g		10%
<u> </u>	Sugars	8g		_
Protein		3g		

• 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:

88 Acres Store on Amazon

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

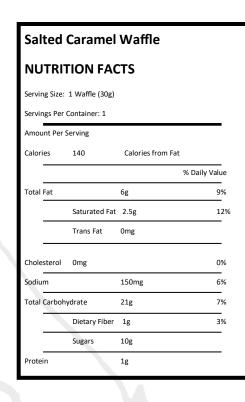
Ingredients: Sugar, Corn Syrup, Modified Whey, Cocoa (Processed with Alkali), Hydrogenated Coconut Oil, Nonfat Milk, Less than 2% of: Salt, Dipotassium Phosphate, Mono– and Diglycerides, Acesulfame Potassium, Sucralose, Artificial Flavor.

CONTAINS: Milk

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

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

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



Swiss N	∕liss Hot	Cocoa		
NUTRI	TION FAC	CTS		
Serving Size:	1 envelope			
Servings Per	Container: 1			
Amount Per S	Serving	•		
Calories	90	Calories from Fat		
-		No	% Daily \	/alue
Total Fat		2g	5	3%
	Saturated Fat	2g		10%
	Trans Fat	0mg		
Cholesterol	0mg			0%
Sodium		150mg		7%
Total Carboh	ydrate	16g		6%
	Dietary Fiber	g		%
	Sugars	12g		_
Protein		1g		
			4	

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

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

CONTAINS:

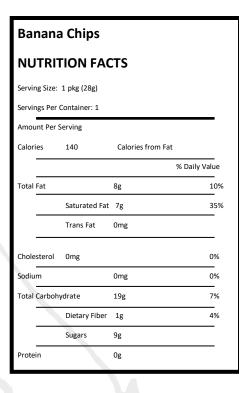


This product is manufactured and packaged on shared equipment with peanuts, tree nuts, milk, wheat, soy, and egg.

Distributed by Azar Nut Co. El Paso, TX 79912

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

Nut Free Dried Fruits



Breakfast Meal #4

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

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

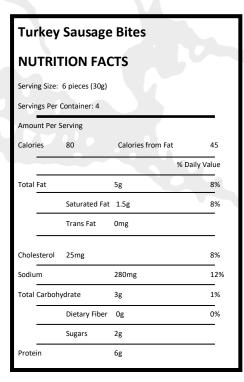
Ingredients: Turkey, Mechanically Separated Turkey, Honey, Contains 2% Or Less Of: Salt, Corn Syrup Solids, Spices including Black Pepper, Mustard, Dextrose, Lactic Acid Starter Culture, Carrageenan, Sodium Erythorbate (Made From Sugar), Garlic Powder, Sodium Nitrite, In Beef Collagen Casing.

GLUTEN FREE

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

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



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

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

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

No Nuts Bars from Amazon

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, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Wheat Starch, Salt, Cinnamon, Sodium Stearoyl Lactylate, DATEM, Gelatin, Xanthan Gum, Niacinamide, Reduced Iron, Vitamin A Palmitate, 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:

Almond/Pumpkin Seed Bar **NUTRITION FACTS** Serving Size: 1 Bar Servings Per Container: 1 Amount Per Serving Calories 260 Calories from Fat % Daily Value Total Fat 21% 16g Saturated Fat 3g 15% Trans Fat 0mg Cholesterol 5mg 2% Sodium 140mg 6% Total Carbohydrate 21g 8% Dietary Fiber 4% 16g Sugars 14g Protein

Pop Tai	rts- Fros	ted Cinnamon	
NUTRIT	ION FAC	CTS	
Serving Size:	1 Pouch (96g)		
Servings Per C	Container: 1		
Amount Per S	erving		_
Calories	350		
		% Daily	Value
Total Fat		6g	8%
	Saturated Fat	2g	10%
	Trans Fat	0mg	_
Cholesterol	0mg		0%
Sodium		240mg	10%
Total Carbohy	drate	73g	27%
	Dietary Fiber	6g	27%
	Sugars	30g	
Protein		5g	

• 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, Sulfur Dioxide), 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 Sesame.

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

Allergen Free Dried Fruit—Bulk on Amazon

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

Allergen Free Granola Bites from Amazon

Tropical Treasures NUTRITION FACTS Serving Size: 1 package(28g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat Saturated Fat 3g 15% Trans Fat Cholesterol Omg 0% Sodium 1% Total Carbohydrate 21g 8% Dietary Fiber 1g 12g

Fieldst	one Grar	nola	
NUTRI	TION FAC	CTS	
Serving Size:	1 bar (28g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	120	Calories from Fat	
			% Daily Value
Total Fat		3g	4%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		70mg	3%
Total Carboh	ydrate	20g	7%
	Dietary Fiber	2g	7%
	Sugars	6g	
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:

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

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

GLUTEN FREE

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

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

https://www.amazon/Pure-Organic-Pineapple PassionFruit-Strawberry/dp/B081Y4TS23

• Fig Newtons - Mondelez, (1 package per camper)

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

CONTAINS: WHEAT, SOY



Mondelez Global LLC, 1-855-253-8846, snackworks.com

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

Gluten Free Fig Bars on Amazon

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 Og 0% Trans Fat Cholesterol 0% Sodium 15mg 1% Total Carbohydrate 14% Dietary Fiber 3g 11% Sugars 15g 2g

Fig Newtons NUTRITION FACTS Serving Size: 1 Pack Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat 5% Saturated Fat 1g Trans Fat Cholesterol 0% Sodium 180mg 8% Total Carbohydrate 15% 41g Dietary Fiber 2g Sugars 24g Protein 2g

• Honey Brown Sugar Turkey Ends and Curls— Highland Beef Farms, (1 Package Per Camper)

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 (68g) Servings Per Container: 1 Amount Per Serving 170 Calories from Fat Calories % Daily Value 7g 11% Saturated Fat 2.5g 13% Trans Fat Cholesterol 50mg 17 % Sodium 830mg 35% Total Carbohydrate 12g 4% Dietary Fiber Og % Sugars Protein 15g

Lemons & Limes Drink Mix NUTRITION FACTS Serving Size: 1 Packet (22g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value 0% Saturated Fat Og Trans Fat 0mg Cholesterol Omg 0% Sodium 380mg 16% Total Carbohydrate 20g 7% Dietary Fiber g 19g Sugars Protein

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"

• Jalapeno Cheddar Bison Jerky—Miesfelds, (1 Package Per Camper)

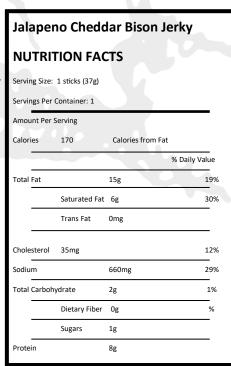
Ingredients: Bison, Pork, Salt, Cheddar Cheese (Cheddar Cheese (Cultured Milk, Salt, Enzymes), Water, Cream, Sodium Phosphates, Salt, and Beta Carotene (Color), Powdered Cellulose (to Prevent Caking), Potassium Sorbate and/or Natamycin (Preservatives), Salt, Corn Syrup Solids, Dried Jalapenos, Spices, Dextrose, Water, Natural Flavoring, Paprika, Sodium Erythorbate, Lactic Acid Starter Culture, Sodium Nitrite, Red 3, and Collagen Casings. Sprayed with Potassium Sorbate to Improve Quality.

CONTAINS:

Product Questions: 920.565.6328, Miesfelds.com

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

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



• Strawberry Oatmeal Bars—Appleways, (1 package per camper)

Ingredients: Whole Grain Blend (Rolled Oats, Whole Grain Wheat Flour), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Invert Sugar, Soybean Oil, Corn Syrup, Canola Oil, Raisin Paste, Strawberry Bits (Sugar, Soybean Oil, Whole Grain Wheat Flour, Strawberry Powder, Citric Acid, Fruit Juice Extract, Natural Flavors), Eggs, Apple Puree (Apples, Ascorbic Acid), Apple Juice Concentrate, Fructose, Apple Fiber, Natural Flavors, Soy Lecithin, Nonfat Dry Milk, Molasses, Cocoa Butter, Salt, Baking Soda.

CONTAINS: WHEAT, SOY, EGGS, & MILK



Produced in a Nut Free Bakery

Darlington Snacks, 1.800.754.2202, Indianapolis, IN 46256, darlingtonsnacks.com

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

88 Acres Allergen Free Granola Bars on Amazon

Raisins—ZeeZees., (1 package per camper)

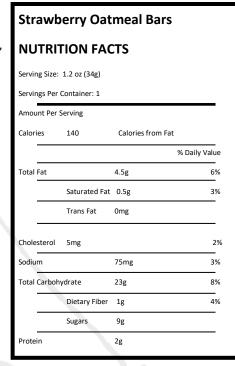
Ingredients: Raisins (Grapes and Sunflower Oil).

Nut Free Facility



National Food Group, Inc.

1-800-886-6866



TION FA	CTS	
1.3 oz (38g)		
Container: 1		
Serving		
110	Calories from Fat	
	% Daily	/ Value
	g	%
Saturated Fat	g	%
Trans Fat	0mg	
mg		%
	0mg	0%
ydrate	29g	11%
Dietary Fiber	1g	4%
Sugars	22g	
	1g	
	1.3 oz (38g) Container: 1 Serving 110 Saturated Fat Trans Fat mg ydrate Dietary Fiber	Container: 1 Serving 110 Calories from Fat % Daily g Saturated Fat g Trans Fat Omg mg Omg ydrate 29g Dietary Fiber 1g Sugars 22g

• Cran-Raspberry Drink Mix—Aclimate, (1 package per camper)

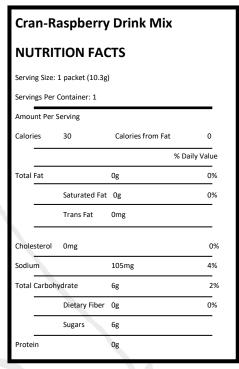
Ingredients: Organic Cane Sugar, Citric Acid, Silicon Dioxide (anti-caking), Natural Raspberry flavoring, Natural Cranberry raspberry flavoring, Vegetable juice color, Stevia leaf extract, Lo Han fruit extract.

Acli-Mate.com

1-866-641-5361

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte



• 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, Soybean and/or 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, 1-855-253-8846, 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

• 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:

Animal Crackers NUTRITION FACTS Serving Size: 1 pouch (28g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 3.5g Saturated Fat 0.5g Trans Fat Cholesterol Omg Sodium 85mg 4% Total Carbohydrate Dietary Fiber 0g Sugars 2g

Cinnan	non Gran	nola	
NUTRI	TION FA	CTS	
Serving Size:	1 ounce pouch	(28g)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	120		
			% Daily Value
Total Fat		2.5g	3%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		mg	%
Total Carboh	ydrate	21g	8%
	Dietary Fiber	2g	7%
	Sugars	6g	
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 Calories from Fat % Daily Value Total Fat Saturated Fat 0.5g Trans Fat Cholesterol Sodium 190mg 8% Total Carbohydrate 39g 13% Dietary Fiber 1g 4% 24g 6g

• Dark Chocolate Sunflower Seed Butter —88 Acres, (1 package Per Camper)

Ingredients: Sunflower Seeds, Powdered Sugar (Cane Sugar, Tapioca Starch), Expeller Pressed Sunflower Oil, Cocoa Powder, Cocoa Butter, Sea Salt.

CONTAINS:

Nut Free, Vegan, Gluten-Free, No Palm Oil



88 Acres, Boston, MA, 88acres.com

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

This item is allergen free

• 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

Choco	late Sunf	lower See	d Butter
NUTRI	TION FAC	CTS	
Serving Size	1 package (33g))	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	190		
			% Daily Value
Total Fat		15g	19%
	Saturated Fat	2.5g	13%
	Trans Fat	0mg	
Cholesterol		0mg	%
Sodium		15mg	1%
Total Carbol	nydrate	11g	4%
	Dietary Fiber	3g	11%
	Sugars	5g	
Protein		5g	

Bluebe	rry Biscu	it		
NUTRI	TION FAC	CTS		
Serving Size:	1 pack (4 biscu	its)		
Servings Per	Container: 1			
Amount Per	Serving			
Calories	230			
			% Daily V	alue
Total Fat		8g		109
	Saturated Fat	0.5g		39
	Trans Fat	0mg		
Cholesterol	0mg			0%
				10
Sodium		220mg		
Sodium Total Carboh	ydrate	220mg 36g		13
	ydrate Dietary Fiber			_
		36g		13

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

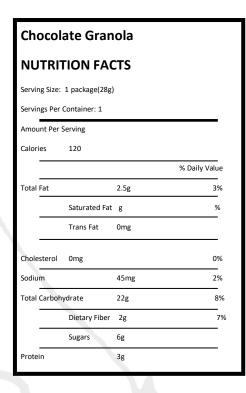
Ingredients: Whole Grain Rolled Oats, Sugar, Corn Syrup, Canola Oil, Cocoa (Processed with Alkali), Natural Flavor, Baking Soda, Vitamin E (Mixed Tocopherols) added to protect flavor.

CONTAINS:

100% whole grain, 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:



• BBQ Flavored Beef Sausage Bites — Highland Beef Farms, (1 Shared Between 2 Campers)

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

CONTAINS:

Gluten Free

Highlandbeeffarms.com, Highland Beef Farms PO BOX 2414 Reston, VA 20195

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

• Super C Drink Mix —The Jel Sert Company, (1 Package per Camper—Meal bags contain an assortment of the flavors)

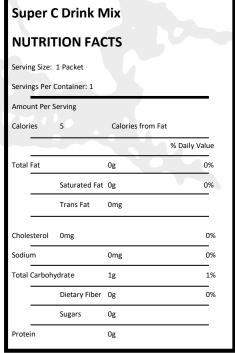
Ingredients: **Orange:** Ascorbic Acid (Vit C), Citric Acid, Potassium Citrate, Maltodextrin, Natural Flavor, Tricalcium Phosphate, Magnesium Oxide, Contains 2% or Less of: Zinc Sulfate, Niacinamide (Vit B3), Manganese Gluconate, D-Calcium Pantothenate (Vit B5), D-Alpha Tocopheryl Acetate (Vit E), Pyridoxine Hydrochloride (Vit B6), Thiamin Hydrochloride (Vit B1), Riboflavin (Vit B2), Sodium Selenate, Chromium Chloride, Cyanocobalamin (Vit B12), Beta-Carotene, Sucralose, Acesulfame Potassium, Vegetable Juice (for Color). **Pink Lemonade:** Citric Acid, Ascorbic Acid (Vit C), Potassium Citrate, Maltodextrin, Natural Flavors, Tricalcium Phosphate, Sucralose, Magnesium Oxide, Contains 2% or less of: Zinc Sulfate, Niacinamide (Vit B3), Manganese Gluconate, D-Calcium Pantothenate (Vit B5), D-Alpha Tocopheryl Acetate (Vit E), Pyridoxine Hydrochloride (Vit B6), Thiamin Hydrochloride (Vit B1), Riboflavin (Vit B2), Sodium Selenate, Chromium Chloride, Cyanocobalamin (Vit B12), Acesulfame Potassium, Colored with Fruit and Vegetable Juice Powder, Natural Flavors, Potassium Citrate, Maltodextrin, Tricalcium Phosphate, Contains 2% or less of: Sucralose, Magnesium Oxide, Zinc Sulfate, Niacinamide (Vit B3), Manganese Gluconate, D-Calcium Pantothenate (Vit B5), D-Alpha Tocolpheryl Acetate (Vit E), Pyridoxine Hydrochloride (Vit B6), Thiamin Hydrochloride (Vit B1), Riboflavin (Vit B2), Sodium Selenate, Chromium Chloride, Cyanocobalamin (Vit B12), Acesulfame Potassium.

CONTAINS:

The Jel Sert Company, West Chicago, IL 60186, https://jelsert.com/collections/super-c



BBQ Beef Sausage Bites NUTRITION FACTS Serving Size: 6 Bites (30g) Servings Per Container: 4 Amount Per Serving 130 Calories from Fat 90 Calories % Daily Value Total Fat 10g 15% Saturated Fat 4.5g 23% Trans Fat Cholesterol 25mg 8% Sodium 380mg 16% Total Carbohydrate 1% Dietary Fiber Og 0% Sugars 2g 6g



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 Per Camper)

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.

Gluten Free, No MSG

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

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

Turkey Ends and Curls NUTRITION FACTS Serving Size: 1 pkg (60g) Servings Per Container: 1 Calories from Fat % Daily Value Total Fat Saturated Fat 3g 15% Trans Fat Cholesterol 55mg Sodium 640mg 27% Total Carbohydrate 1% Dietary Fiber 0g 14g

• Vanilla Waffle—En R G Foods, (1 package per camper)

Ingredients: Organic Wheat Flour, Organic Palm Fruit Oil, Organic Brown Rice Syrup, Organic Sugar, Organic Eggs, Organic Soy Flour, Organic Honey, Sea Salt, Organic Vanilla Extract, 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

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

Ingredients: Peanuts, Organic Honey, Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Sunflower Seeds (Sunflower Kernels, Sunflower Oil), Caramel Layer (Cane Sugar, Tapioca Syrup, Organic Honey, Sustainable Palm Oil, Coconut Oil, Fruit and Mushroom Blend (Orange, Banana, Papaya, Shiitake Mushroom), Antioxidant (Sunflower Oil, Rosemary Extract, Mixed Tocopherols), Pumpkin Seeds.

CONTAINS: PEANUTS, TREE NUTS (ALMONDS) & MILK

NON-GMO, GLUTEN FREE



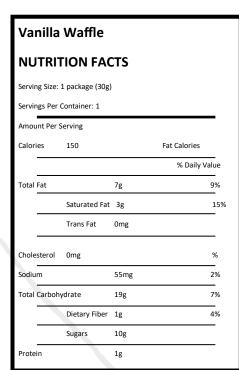
Manufactured in a facility that processes Eggs and Wheat

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:

Nut free bars from amazon

Recipe for shelf stable nut-free energy bar



Peanut/Sunflower Seed Bar **NUTRITION FACTS** Serving Size: 1 Bar(56g) Servings Per Container: 1 Amount Per Serving % Daily Value Total Fat 15g 19% Saturated Fat 3g 15% Trans Fat Cholesterol 5mg 2% Sodium 125mg 5% Total Carbohydrate 8% Dietary Fiber 2g Sugars 16g 14g Protein

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

Ingredients: Dark Raisins, Pineapple (Pineapple, Sugar, Citric Acid, Sodium Metabisulfite), Golden Raisins (Raisins, Sunflower Oil, Sulfur Dioxide), Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Dried Apples

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:

• 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

National Food Group, Inc.



1-800-886-6866

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

Allergen Free Energy Bars from Amazon

Mixed Dried Fruit NUTRITION FACTS Serving Size: 1 pouch (38g) Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Total Fat Saturated Fat g Cholesterol 0% 25mg Sodium 1% Total Carbohydrate 11% Dietary Fiber 2g 4% Sugars 24g 1g

Bluebe	rry Lemo	on Bar	
NUTRI	TION FAC	CTS	
Serving Size:	1 package (62g)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	260	Calories from Fat	
		% Г	aily Value
Total Fat		8g	109
	Saturated Fat	2.5g	139
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		75mg	3%
Total Carboh	ydrate	41g	159
	Dietary Fiber	3g	119
	Sugars	14g	
Protein		4g	

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

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

GLUTEN FREE

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

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

Turkey Sausage Bites NUTRITION FACTS Serving Size: 6 pieces (30g) Servings Per Container: 4 Calories from Fat % Daily Value Total Fat 8% Saturated Fat 1.5g Trans Fat Cholesterol 25mg 8% 280mg Sodium 12% Total Carbohydrate 1% 3g Dietary Fiber 0g 0% Sugars 2g

• 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, <u>kelloggs.com</u>

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

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

Allergen Free Granola Bars on Amazon

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 Citrate, Magnesium Carbonate, Natural Flavoring.

CONTAINS: MILK, WHEAT

May Contain: Peanuts, Hazelnuts, Almonds, Cashews, Soy

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

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

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

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

Pop Tarts-Frosted Strawberry NUTRITION FACTS Serving Size: 1 Pouch (96g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat Saturated Fat 1.5g Trans Fat Cholesterol Omg Sodium 230mg 10% Total Carbohydrate 73g 27% Dietary Fiber Sugars 29g

Orange Energize Bar NUTRITION FACTS					
Servings Per	Container: 1				
Amount Per	Serving				
Calories	202	Calories from Fat			
			% 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			

• 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:

Grain Free Breakfast Cereal

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

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



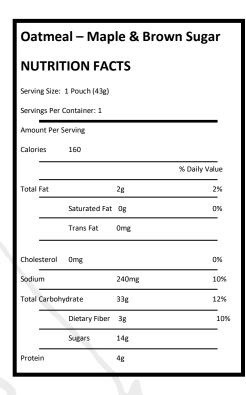
CONTAINS:

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

• Strawberry Watermelon Elite Drink Mix—All Sport, (1 Package Per Camper)

Ingredients: Dextrose, Citric Acid, Salt, Potassium Citrate, Sodium Citrate, Natural Flavors, Contains 2% or Less of: Silicon Dioxide, Steve Leaf Extract, Dicalcium Phosphate, Ascorbic Acid (Vitamin C), Niacinamide (Vitamin B3), D-Calcium Pantothenate (Vitamin B5), Pyridoxine Hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12), Fruit and Vegetable Juice (For Color).

CONTAINS:

Manufactured by The Jel Sert Company, West Chicago, IL 60186

https://drinkallsport.com

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte



Strawberry Watermelon Drink

NUTRITION FACTS Serving Size: 1 packet Servings Per Container: 1 Amount Per Serving 25 Calories from Fat % Daily Value Total Fat 0g 0% Saturated Fat Og 0% Trans Fat Cholesterol Omg 0% 500mg 22% Sodium Total Carbohydrate 3% Dietary Fiber g Sugars 5g Protein 0g

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"

• Landjaeger Beef Jerky—Miesfelds, (1 Package Per Camper)

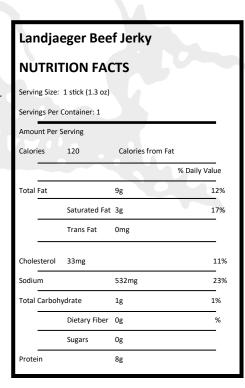
Ingredients: Beef, Pork, Salt, Spices, Dextrose, Corn Syrup Solids, Water, Natural Flavoring, Garlic Powder, Sodium Erythorbate, Lactic Acid Starter Culture, Sodium Nitrite, Red 3, and Collagen Casings. Sprayed with Potassium Sorbate to Improve Quality.

CONTAINS:

Product Questions: 920.565.6328, Miesfelds.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



• 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, welchsfruitsnacks.com,

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

https://www.amazon/Pure-Organic-Pineapple PassionFruit-Strawberry/dp/B081Y4TS23

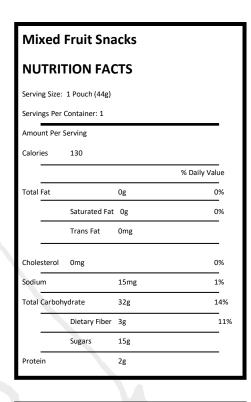
• Cinnamon Granola—Rockin' ola Granola, (1 package per camper)

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:



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 Fa	t Og	0%			
	Trans Fat	0mg				
Cholesterol	0mg		0%			
Sodium		0mg	0%			
Total Carboh	ydrate	21g	8%			
	Dietary Fiber	2g	7%			
	Sugars	6g				
Protein		3g				

• Cheez-It, Kellogg's, (1 Package Per Camper)

Ingredients: Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), White Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Soybean Oil (with TBHQ for Freshness). Contains 2% or Less of: Salt, Paprika, Yeast, Paprika Extract Color, Turmeric Extract Color, Annatto Extract Color, Soy Lecithin.

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS.



Distributed by Kellogg Sales Co. Battle Creek Michigan. www.cheez-it.com, 1.877.453.5837

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

Cauliflower Crackers from Amazon

Oats 'N Honey Granola Bars, Nature Valley, (1 Package Per Camper)

Ingredients: Whole Grain Oats, Sugar, Canola and/or Sunflower Oil, Rice Flour, Honey, Salt, Brown Sugar Syrup, Baking Soda, Soy Lecithin, Natural Flavor.

CONTAINS: SOY

May Contain: Peanut, Almond, and Pecan Ingredients

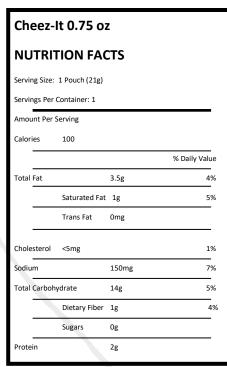


Distributed by General Mills Sales, Inc. Minneapolis, MN., ask.generalmills.com

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

Kind Bar Oats N Honey Granola Bar from Walmart—may contain Soy and traces of peanut

No Nuts Bars from Amazon



NV Oats N Honey Bars NUTRITION FACTS Serving Size: 1 Package (2 Bars) Servings Per Container: 1 Amount Per Serving 190 Calories % Daily Value Total Fat 7g Saturated Fat 1g 4% Trans Fat Cholesterol Omg Sodium 140mg 6% Total Carbohydrate 11% Dietary Fiber 2g Sugars 11g

Philmont Scout Ranch

Lunch Trail Food Menu

<u>Lunch #1</u>	Lunch #5	Lunch #9
Saltines Crackers	Chick In A Biskit Crackers	Fire Roasted Tomato Triscuit Crackers
Chunk Chicken	Sweet & Spicy Tuna	Lemon Pepper Tuna
Cheddar Goldfish	Sweet & Salty Granola Bar	Pink Lemonade Energy Chews
Sea Salted Caramel Energy Bar	Cheezits	Marshmallow Squares
Salted Peanuts	Honey Roasted Sunflower Seeds	Honey Roasted Sunflower Seeds
Orange Drink Mix	Fruit Punch Drink Mix	Strawberry Banana Drink Mix
Lunch #2	Lunch #6	<u>Lunch #10</u>
Graham Crackers	Sea Salt Pita Chips	Pepperjack Cheese Wedges
Peanut Butter	Smoked Gouda Cheese Cup	Beef Salami Slices
Orange Energy Chews	Strawberry Energy Chews	Raspberry or Orange Energy Shots
Sweet BBQ Snack Stick	Pepperoni Sticks	Salt and Vinegar Flavored Corn
Salted Sunflower Seeds	Salted Sunflower Seeds	Fruit Punch Drink Mix
Lemon Lime Drink Mix	Orange Drink Mix	Club Crackers
Lunch #3	<u>Lunch #7</u>	
Original Triscuit Crackers	Wheat Thins Crackers	
Original Cheese Wedges	Chicken Salad	
Cranberry Almond Energy Bar	Carmel Almond Sea Salt Energy Bar	
Spam	Habanero Flavored Corn	
Honey Roasted Peanuts	Salted Peanuts	
Strawberry Banana Drink Mix	Lemon Lime Drink Mix	
Lunch #4	Lunch #8	
Good Thins Crackers	Ritz Crackers	
Chili Con Queso Cheese Cup	Jalapeno Cheese Sauce	
Peanut Butter Chocolate Chip Snack Bar	Chocolate Coconut Energy Bar	
Sea Salt Flavored Corn	Beef Sausage Mini Bites	
Brown Sugar Jerky Stick	Honey Roasted Peanuts	
Blue Raz Ice Drink Mix	Grape Drink Mix	

Philmont Scout Ranch

Lunch Meal #1

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

• Chicken Breast-Starkist (1 pouch per camper)

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

Soy Free, Gluten Free

Starkist, www.starkist.com

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

shelf stable hummus packs on Amazon

CHICKE	N BREAS	ST—2.60	DZ POUCH
NUTRI	ΓΙΟΝ FAC	CTS	
Serving Size:	1 Pouch (74g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	80		
			% Daily Value
Total Fat		2g	3%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	60mg		20%
Sodium		270mg	129
Total Carboh	ydrate	g	%
	Dietary Fiber	g	%
	Sugars	g	
Protein		15g	

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

Ingredients: Peanuts, Peanut Oil, Sea Salt



CONTAINS: PEANUT

May Contain Tree Nuts

Hormel Foods Sales, LLC, 1.855.663.5387, hormelfoodservice.com

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

Protein Bites

No Nuts Bars from Amazon

• 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

Salted Peanuts NUTRITION FACTS Serving Size: 1 oz (28g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value 14g 9% Saturated Fat 2g Trans Fat Cholesterol Sodium Total Carbohydrate 2% 5g Dietary Fiber 2g 1g Protein 7g

Sea Sal	t Caram	el Bar	
NUTRI	TION FAC	CTS	
Serving Size:	1 bar (37g)		
Servings Per	Container: 1		
Amount Per	Serving	0	
Calories	150	Calories from Fat	
		% D	aily Value
Total Fat		6g	8%
	Saturated Fat	2.5g	12%
	Trans Fat	0mg	
	0		0%
Cholesterol	0mg		
Cholesterol	onig	130mg	6%
		130mg 23g	6%
Sodium		-	
Sodium	ydrate	23g	8%

• 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, https://drinkallsport.com

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte

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), Soybean and/or Canola Oil, Palm Oil, Sea Salt, Salt, Malted Barley Flour, Baking Soda, Yeast.

CONTAINS: WHEAT



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

Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

Good Thins Rice Crackers

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

Saltines Crackers NUTRITION FACTS Serving Size: 5 Crackers (16g) Servings Per Container: 24 Amount Per Serving Calories % Daily Value Total Fat 1.5g Saturated Fat Og Trans Fat Cholesterol Sodium 135mg 6% Total Carbohydrate 4% 12g Dietary Fiber Og 0% 0g 1g

• Cheddar Goldfish Baked Snack Crackers—Pepperidge Farm, (1 package per camper)

Ingredients: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese ((Cultured Milk, Salt, Enzymes), Annatto), Vegetable Oils (Canola, Sunflower and/or Soybean), Salt, Contains 2% or Less of: Yeast, Sugar, Autolyzed Yeast Extract, Paprika, Spices, Celery, Onion Powder, Monocalcium Phosphate, Baking Soda.

CONTAINS: WHEAT AND 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

Cheddar Goldfish NUTRITION FACTS				
Servings Per	Container: 1			
Amount Per	Serving			
Calories	100	Calories from Fat		
			% Daily Value	
Total Fat		3.5g	4%	
	Saturated Fat	0.5g	3%	
	Trans Fat	0mg		
Cholesterol	5mg		2%	
Sodium		180mg	8%	
Total Carboh	ydrate	14g	5%	
	Dietary Fiber	<1g	4%	
	Sugars	0g		
Protein		2g		

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"

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

Ingredients: Sunflower Kernels, Sunflower Oil, Salt.

Nut Free Facility

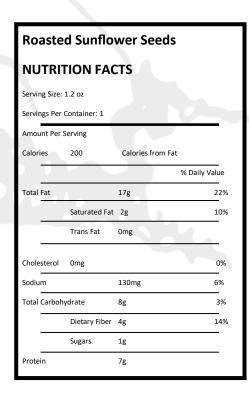
Gluten Free

Vegan, NON-GMO



National Food Group, Inc.

1-800-886-6866



• 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 (Organic Annatto), Organic Flavor, Ascorbic Acid, Potassium Citrate, Organic Sunflower Oil, Organic Carnauba Wax.

Contains 95% Organic Ingredients.

Certified Gluten Free

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/dp/B081Y4TS23

• Peanut Butter —Skippy, (1.5 package per camper)

Ingredients: Roasted Peanuts, Sugar, Hydrogenated Vegetable Oil (Cottonseed, Soybean and Rapeseed Oil), to Prevent Separation, Salt.

CONTAINS: Peanuts

Gluten Free

Hormel Food Sales, LLC, Austin MN 55912, peanutbutter.com



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

Nut Free Butter from Amazon

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

Peanut Butter Cup NUTRITION FACTS Serving Size: 1 package (32g) Servings Per Container: 1 Amount Per Serving 190 % Daily Value Total Fat 16g 21% Saturated Fat 3g 15% Trans Fat Cholesterol Sodium 150mg 7% Total Carbohydrate 2% Dietary Fiber 2g 7% 3g Protein 7g

• 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



Manufactured by The Jel Sert Company, West Chicago, IL 60186

https://drinkallsport.com

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte

• Honey Maid Graham Crackers - Nabisco, (1 Box Shared Between 6 Campers)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Graham Flour (Whole Grain Wheat Flour), Sugar, Soybean and/or Canola Oil, Honey, Leavening (Baking Soda, Calcium Phosphate), Salt, Soy Lecithin, Artificial Flavor.

CONTAINS: WHEAT, SOY



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

Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

Good Thins Rice Crackers

All Sport Lemon Lime NUTRITION FACTS Serving Size: 1 stick (3g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 0g Saturated Fat Og % Trans Fat Cholesterol 0mg Sodium 140mg 6% Total Carbohydrate 1% Dietary Fiber 0g

Grahar	n Cracke	rs		
NUTRI	TION FA	CTS		
Serving Size:	8 Crackers (30g)		
Servings Per	Container: 14			
Amount Per	Serving			
Calories	130	Calories from Fat		
			% Daily \	/alue
Total Fat		3g		4%
	Saturated Fat	Og		%
	Trans Fat	0mg		
Cholesterol	0mg			%
Sodium		130mg		69
Total Carboh	ydrate	24g		99
	Dietary Fiber	1g		49
	Sugars	8g		
Protein		2g		

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

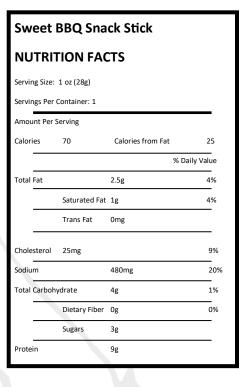
Ingredients: Pork, Sugar, Salt, Water, Dextrose, Spices, Tomato Powder, Onion and Garlic Powder, Corn Starch, Lactic Acid Starter Culture, Hickory Smoke Flavor (Contains Maltodextrin), Citric Acid, Spice Extractives and Sodium Nitrite, In Collagen Casing.

CONTAINS:

Product Questions: 1.800.277.8989 or www.countrymeats.com

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

Vegan Jerky Recipe, Vegan Jerky Options on Amazon



Philmont Scout Ranch

Lunch Meal #3

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

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

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

CONTAINS: MILK

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

shelf stable hummus packs on Amazon

Original Cheese Wedges NUTRITION FACTS Serving Size: 1 wedge (19g) Servings Per Container: 6 Amount Per Serving (1 Wedge) Calories from Fat % Daily Value Total Fat Saturated Fat 1g 5% Trans Fat Cholesterol 2% 240mg 10% Total Carbohydrate 1g <1% Dietary Fiber Og 0% <1g 3g Protein

Spam Single Classic—Hormel, (1 package per camper)	
Ingredients: Pork, Water, Salt, Modified Potato Starch, Sugar, Sodium Nitrite	
Certified GLUTEN FREE	
Hormel Foods, LLC. 1-800-523-4635 or spam.com	
Ideas for replacements that you can purchase :	

• Original Triscuit Crackers—Mondelez, (1 Package Shared Between 6 Campers or 3 Meal Bags)

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



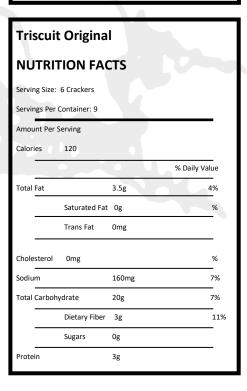
CONTAINS: WHEAT

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

Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

Good Thins Rice Crackers

Spam Single Classic NUTRITION FACTS Serving Size: 1 package Servings Per Container: 1 Amount Per Serving Calories 230 Calories from Fat % Daily Value Total Fat 21g 27% Saturated Fat 7g 35% Trans Fat Cholesterol 50mg 17% Sodium 830mg 36 % Total Carbohydrate 1% Dietary Fiber 0g 0% Sugars 9g Protein



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

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

GLUTEN FREE

CONTAINS: ALMONDS, AND SOY.

May contain: Peanuts, Tree Nuts and Sesame Seeds

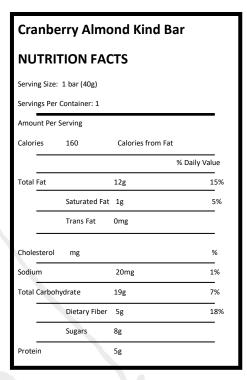


Kind Snacks, 1.855.884.KIND, kindsnacks.com

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

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

No Nuts Bars from Amazon



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

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

CONTAINS: PHENYLALNINE



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

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte

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:

Sunflower Seed Trail Mix from Amazon

Strawberry Banana Ice All Sport NUTRITION FACTS Serving Size: 1 Packet Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat Trans Fat Cholesterol Omg 0% Sodium 140mg 3% Total Carbohydrate 1g Dietary Fiber g Sugars

Honey Roasted	l Peanuts	
NUTRITION FA	CTS	
Serving Size: 1 package (28g	g)	
Servings Per Container: 1		
Amount Per Serving		
Calories 160		
		% Daily Value
Total Fat	13g	17
Saturated Fa	t 2g	10
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	85mg	4%
Total Carbohydrate	7g	2%
Dietary Fiber	2g	8%
Sugars	4g	
Protein	7g	

Philmont Scout Ranch

Lunch Meal #4

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

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

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

CONTAINS: MILK

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

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

shelf stable hummus packs on Amazon

Chili Con Queso Cheese Dip **NUTRITION FACTS** Serving Size: 2 Tbsp (28g) Servings Per Container: 2 Calories Calories from Fat % Daily Value Total Fat 6% 15% Saturated Fat 3g Trans Fat Cholesterol 15mg 5% Sodium 350mg 15% Total Carbohydrate <1g 0% Dietary Fiber 0g Sugars

• 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.

Certified Gluten Free



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 Corn—Love, Corn, (1 Package Per Camper)

Ingredients: Corn, Sunflower Oil, Sea Salt

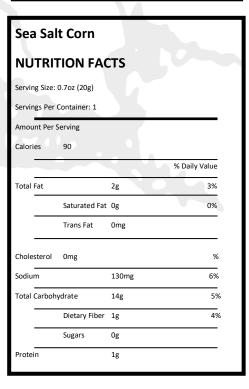
Certified Gluten Free

Made in a shared facility. May contain tree nuts and peanuts.



Distributed by Love Brands, Inc. Ho-Ho-Kus, NJ 07423, <u>loveocorn.com</u>

Peanut Butter Choc Bar NUTRITION FACTS Serving Size: 1 package (37g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat 12% Saturated Fat 2.5g 11% 0mg Trans Fat Cholesterol Omg Sodium 4% Total Carbohydrate 19g 7% Dietary Fiber 1g Sugars 4g



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

Ingredients: Pork, Brown Sugar, Salt, Honey, Honey Flavor (Cane Sugar, Honey), Dextrose, Water, Spices, Natural Smoke Flavorings (Contains Maltodextrin), Spices (Including 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

Jack Links Turkey Jerky Pork-Free Option

Good Thins Rice Crackers Simply Salt—Mondelez, (1 Package Shared Between 6 Campers)

Ingredients: White Rice Flour, High Oleic Safflower Oil, Salt.

CONTAINS:



May Contain: Soy, Sesame Seed, Tree Nuts.

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

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

Good Thins Crackers				
NUTR	TION FAC	CTS		
Serving Size	e: 18 Pieces (31g)			
Servings Pe	r Container: 3.5			
Amount Per	r Serving			
Calories	130	Calories from Fat		
		9	% Daily Value	
Total Fat		1.5g	2%	
	Saturated Fat	0g	0%	
	Trans Fat	0mg		
Cholesterol	0mg		0%	
Sodium		85mg	4%	
Total Carbo	hydrate	26g	9%	
	Dietary Fiber	Og	0%	
	Sugars	Og		
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.

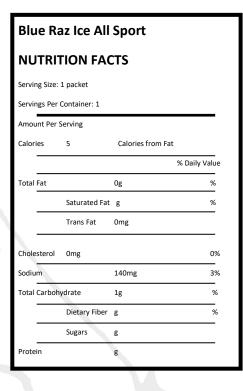
CONTAINS: PHENYLALNINE



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

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte



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)

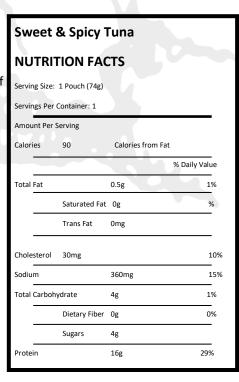
Certified Gluten Free, Soy Free



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 & Salty Nut Almond Granola Bar—Nature Valley, (1 package per camper)

Ingredients: Almonds, Corn Syrup, Whole Grain Oats, Sugar, Rice Flour, Palm Kernel Oil, Vegetable Glycerin, Honey Roasted Almond Butter (Almonds, Honey, Maltodextrin, Palm Oil, Mixed Tocopherols), Fructose, Whey, Canola Oil, Salt, Soy Lecithin, Corn Starch, Barley Malt Extract, Baking Soda, Natural Flavor, Vitamin E (Mixed Tocopherols) Added to Retain Freshness.

CONTAINS: ALMONDS, MILK, AND SOY INGREDIENTS

Distributed by General Mills Sales, INC. Minneapolis MN 55440, ask.generalmills.com

Ideas for replacements that you can purchase:

Allergen Free Granola Bars

No Nuts! Energy Bars on Amazon

• Cheez-It, Kellogg's, (1 Package Per Camper)

Ingredients: Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), White Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Soybean Oil (with TBHQ for Freshness). Contains 2% or Less of: Salt, Paprika, Yeast, Paprika Extract Color, Turmeric Extract Color, Annatto Extract Color, Soy Lecithin.

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS.



Distributed by Kellogg Sales Co. Battle Creek Michigan. www.cheez-it.com, 1.877.453.5837

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

Cauliflower Crackers from Amazon

Sweet & Salty Bar NUTRITION FACTS Serving Size: 1 Bar (34g) Servings Per Container: 1 Amount Per Serving % Daily Value Total Fat 7g 9% Saturated Fat 2g 10% Cholesterol 0% Sodium 140mg 6% Total Carbohydrate 21g 8% Dietary Fiber 2g 8g Sugars Protein

Cheez-	It 0.75 o	Z	
NUTRI	TION FA	CTS	
Serving Size:	1 Pouch (21g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	100		
			% Daily Value
Total Fat		3.5g	4%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	<5mg		1%
Sodium		150mg	7%
Total Carboh	ydrate	14g	5%
-	Dietary Fiber	1g	4%
	Sugars	0g	

• 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, https://drinkallsport.com

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte

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



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

Honey	Roasted	Sunflov	wer Seed	ls
NUTRI	TION FAC	CTS		
Serving Size: Servings Per	1 package (34g Container: 1)		
Amount Per	Serving			
Calories	190			
			% Daily V	alue
Total Fat		15g	5 6	19%
	Saturated Fat	2g		10%
	Trans Fat	0mg		_
Cholesterol	0mg			0%
Sodium		65mg		3%
Total Carboh	ydrate	10g		4%
	Dietary Fiber	3g		11%
	Sugars	5g		_
Protein		6g		_

Chicken in a Biskit—Nabisco/Mondelez, (1 Package Shared Between 6 Campers or 3 Meal Bags)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Soybean and/or 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), Ascorbic Acid, (Disodium Inosinate and Disodium Guanylate) Flavor Enhancers.

CONTAINS: WHEAT and SOY

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

Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

Good Thins Rice Crackers

Chicken in a Biskit Crackers NUTRITION FACTS Serving Size: 12 Crackers (31g) Servings Per Container: 7 Amount Per Serving Calories % Daily Value Saturated Fat 1g 5% Trans Fat Cholesterol Omg 230mg Sodium 10% Total Carbohydrate 19g 7% Dietary Fiber Og Sugars 2g

Philmont Scout Ranch

Lunch Meal #6

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

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

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

Product Questions: 1.800.277.8989 or www.countrymeats.com

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

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

Jack Links Turkey Jerky Pork-Free Option

Peppei	roni Stick	(S		
NUTRI [*]	TION FAC	CTS		
Serving Size:	1 oz (28g)			
Servings Per	Container: 1			
Amount Per	Serving			
Calories	70	Calories from Fat		50
			% Daily	/alue
Total Fat		5g		8%
	Saturated Fat	2g		9%
	Trans Fat	0mg		
Cholesterol	20mg			6%
Sodium		320mg		13%
Total Carboh	ydrate	Og		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, Contains 1% or Less of: Sodium Citrate, Citric Acid, Natural Flavor, Colored with Extracts (Carrot, Blackcurrant), Ascorbic Acid, Vitamin B3, Sunflower Oil, Fruit Blend (Apple, Acai, Blueberry, Pomegranate Fruit Extract), Sea 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/dp/B081Y4TS23

• 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.

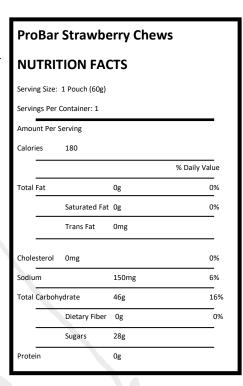
CONTAINS: MILK

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://simpleveganblog.com/vegan-cheese/

shelf stable hummus packs on Amazon



Smoked Gouda Cheese Dip NUTRITION FACTS Serving Size: 2 Tbsp (28g) Servings Per Container: 2 Amount Per Serving % Daily Value Total Fat Saturated Fat 3.5g 18% Trans Fat Cholesterol Sodium 390mg 17% 0% Total Carbohydrate Dietary Fiber Og 0% Sugars Protein 4g

• Sea Salt Pita Crackers—Kellogg's, (1 Package Shared Between 6 Campers or 3 Meal Bags)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Soybean and/or Canola Oil (with TBHQ for Freshness), Rice Flour, Sugar, Oat Fiber, Sea Salt. Contains 2% or less of: Yeast, Whey, Soy Lecithin.

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS



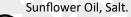
Distributed by Kellogg Sales Co. Battle Creek MI, 49016, 1-800-962-1413, kelloggs.com

Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

Good Thins Rice Crackers

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

Ingredients: Sunflower Kernels,



Nut Free Facility

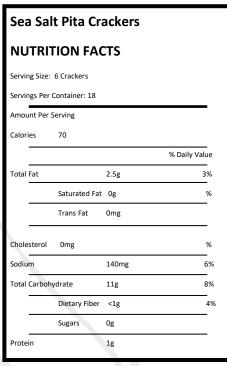


Gluten Free

Vegan, NON-GMO

National Food Group, Inc.

1-800-886-6866



Roaste	d Sunflo	wer Seeds	
NUTRI	TION FA	CTS	
Serving Size:	1.2 oz		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	200	Calories from Fat	
		% Dai	ily Value
Total Fat		17g	22%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		130mg	6%
Total Carboh	ydrate	8g	3%
	Dietary Fiber	4g	14%
	Sugars	1g	
Protein		7g	

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

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

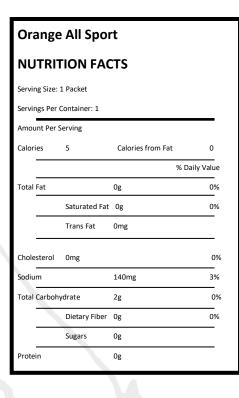
CONTAINS: PHENYLANINE



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

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte



Philmont Scout Ranch

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 6 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).

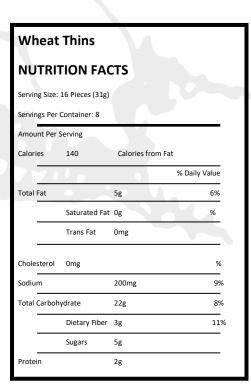
BHT Added to Packaging Material to Preserve Freshness.

CONTAINS: WHEAT

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

Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

Good Thins Rice Crackers



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

Ingredients: Almonds, Cranberries, 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://www.yummly.com/recipes/energy-bars-without-nuts

No Nuts Bars from Amazon

Habanero Chili Corn , Love, Corn, (1 Package Per Camper)

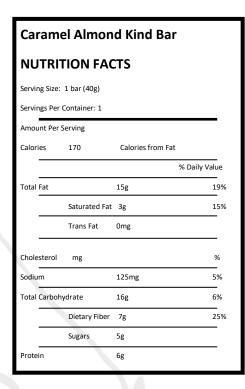
Ingredients: Corn, Sunflower Oil, Habanero Chili, Sea Salt

Certified Gluten Free

Made in a shared facility. May contain tree nuts and peanuts.



Distributed by Love Brands, Inc. Ho-Ho-Kus, NJ 07423, loveocorn.com



Haban	ero Chili	Corn	
NUTRI	TION FA	стѕ	
Serving Size:	1 package 0.7 d	oz (20g)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	90		
			% Daily Value
Total Fat		2g	3%
	Saturated Fat	t g	%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		190mg	8%
Total Carbohydrate		13g	5%
	Dietary Fiber	1g	4%
	Sugars	0g	

• Chicken Salad—Starkist, (1 Package Per Camper)

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

CONTAINS: EGGS

Soy Free, Gluten Free

Distributed by Starkist Co. starkist.com, 1.800.252.1587

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

shelf stable hummus packs on Amazon

88 Acres Nut Free Snacks on Amazon

• 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

CONTAINS:



Manufactured by The Jel Sert Company, West Chicago, IL 60186

https://drinkallsport.com

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte

Chicken Salad—2.6oz Pouch **NUTRITION FACTS** Serving Size: 1 Pouch (74g) Servings Per Container: 1 Amount Per Serving Calories 70 Calories from Fat % Daily Value Total Fat 1.5g Saturated Fat 0.5g 3% Trans Fat Cholesterol Sodium 350mg 15% Total Carbohydrate 1% Dietary Fiber Og 0%

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

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

Ingredients: Peanuts, Peanut Oil, Sea Salt

CONTAINS: PEANUT



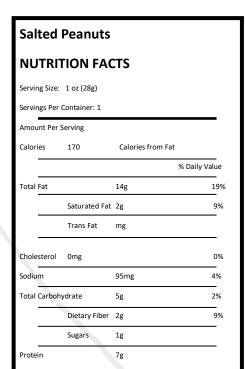
May Contain Tree Nuts

Hormel Foods Sales, LLC, 1.855.663.5387, hormelfoodservice.com

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

Protein Bites

No Nuts Bars from Amazon



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"

Velveeta Jalapeno Cheese Sauce—KraftHeinz, (1 package shared between 2 campers)

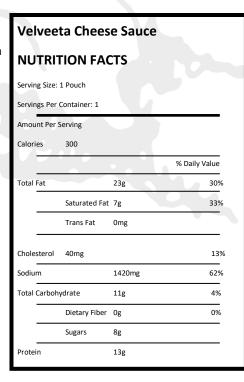
Ingredients: Whey, Milk, Canola Oil, Milk Protein Concentrate, Whey Protein Concentrate, Contains Less than 2% of: Salt, Sodium Phosphate, Jalapeno Peppers, Potassium Phosphate, Lactic Acid, Sodium Alginate, Vinegar, Dried Green Peppers, Sorbic Acid as a Preservative, Annatto and Oleoresin Paprika (Color), Enzymes, Cheese Culture.

CONTAINS: MILK

KraftHeinz Foods Company, Chicago IL, Velveeta.com, 1.800.634.1984

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:

shelf stable hummus packs on Amazon



• 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.

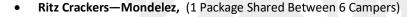


Certified Gluten Free, Non GMO

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.



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

CONTAINS: WHEAT, SOY



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

Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

Good Thins Rice Crackers

Chocolate Coconut Bar NUTRITION FACTS Serving Size: 1 package (37g) Servings Per Container: 1 Amount Per Serving Calories 160 % Daily Value Total Fat 11% Saturated Fat 2.5g 14% Trans Fat 0mg Cholesterol Omg Sodium 75mg 3% Total Carbohydrate 19g 7% Dietary Fiber 2g 7% Protein

Ritz Crackers NUTRITION FACTS Serving Size: 5 Crackers Servings Per Container: 21 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 4.5g 6% 8% Saturated Fat 1.5g Trans Fat 0mg Cholesterol 0mg 0% Sodium 130mg 6% Total Carbohydrate 10g 4% Dietary Fiber Og Sugars 1g Protein <1g

• 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, https://drinkallsport.com

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte

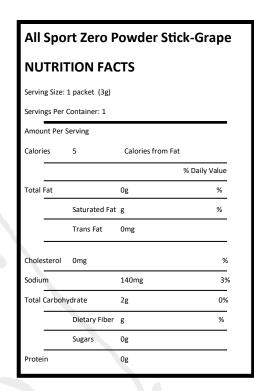
• Beef Sausage Bites—Highland Beef Farms, (1 Package Per Camper)

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

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

Vegan Jerky Recipe, Vegan Jerky Options on Amazon



Beef Sa	ausage B	ites	
NUTRI	TION FAC	CTS	
Serving Size: Servings Per	1 Container: 1 (35	ig)	
Amount Per	Serving		
Calories	150		
		- 77	% Daily Value
Total Fat		12g	18%
	Saturated Fat	5g	25%
	Trans Fat	0mg	
Cholesterol	30mg		10%
Sodium		520mg	22%
Total Carboh	ydrate	2g	1%
	Dietary Fiber	Og	0%
	Dietal y Fibel	~B	
	Sugars	<1g	

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

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

CONTAINS: PEANUT

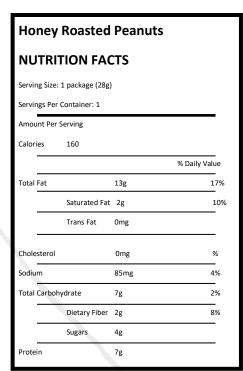
May Contain: Tree Nuts

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Hormel. 1-855-663-5387, hormelfoodservice.com

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

Sunflower Seed Trail Mix from Amazon



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)

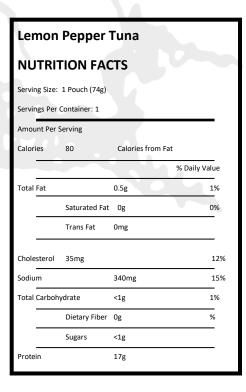
Certified Gluten Free, Soy Free



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/



• Fire Roasted Tomato and Olive Oil Triscuit Crackers—Mondelez, (1 Package Shared Between 6 Campers or 3 Meal Bags)

Ingredients: Whole Grain Wheat, Canola Oil, Rice Starch, Salt, Ground Dried Tomatoes, Onion Powder, Spices, Garlic Powder, Paprika, Natural Flavor, Malted Barley Flour, Extra Virgin Olive Oil.



CONTAINS: WHEAT

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

Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

Good Thins Rice Crackers

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:

 $\underline{https://www.amazon.com/pure-organic-pineapple-passionfruit-strawberry/dp/B081Y4TS23}$

Fire Roasted Triscuits NUTRITION FACTS Serving Size: 6 Crackers (29g) Servings Per Container: 8 Amount Per Serving Calories % Daily Value Total Fat 5% Saturated Fat Og Trans Fat Cholesterol mg % Sodium 150mg 7% Total Carbohydrate 21g 8% Dietary Fiber 3g Sugars 0g

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

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

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

CONTAINS: PHENYLALNINE



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

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte

• 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, Dairy Free, Contains No Artificial Flavors or Preservatives

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:

 $\frac{\text{https://www.houseofkosher.com/\#!/hb/c/387-0/c/565-387/c/580-565/r/77938/he/Philadelphia/kosher-grocery/kosher-snacks/kosher-rice}{-cakes/snack-delite-marshmallow-crisp-rice-treats-fruity-8-wrapped-bars-62-oz}$

Strawberry Banana Ice All Sport NUTRITION FACTS Serving Size: 1 Packet Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat % Trans Fat Cholesterol Omg 0% Sodium 140mg 3% Total Carbohydrate Dietary Fiber g Sugars

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%

0mg

35mg

21g

2g

Dietary Fiber 0g

Trans Fat

Cholesterol 0 mg

Total Carbohydrate

Sodium

Protein

MARSHMALLOW SQUARES

0%

2%

8%

%

ZeeZee's Honey Roasted Sunflower Kernels, National Food Group, Inc.
 Ingredients: Sunflower Kernels, Sugar, Sunflower Oil, Honey Powder (Sugar, Honey), Water, Salt, Maltodextrin, Xanthan Gum.
 Nut Free Facility, Gluten Free, NON-GMO

National Food Group, Inc.

1-800-886-6866

Honey Roasted Sunflower Seeds NUTRITION FACTS Serving Size: 1 package (34g) Servings Per Container: 1 Amount Per Serving Calories 190 % Daily Value Total Fat 15g 19% 10% Saturated Fat 2g Trans Fat 0% Cholesterol Omg 65mg 3% Sodium Total Carbohydrate 10g 4% Dietary Fiber 3g 11% Sugars

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.

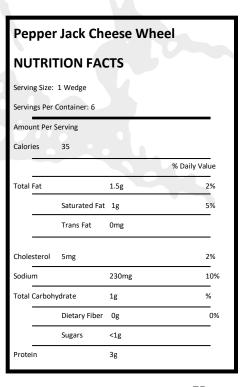
CONTAINS: MILK

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:

shelf stable hummus packs on Amazon



• 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

Power Gel Shots—Orange/Raspberry—Powerbar, (1 package per camper)

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

Pivot Nutrition, LLC, Made in the Czech Republic

1-855-71POWER

Salami Slices **NUTRITION FACTS** Serving Size: 1 Pouch (34g) Servings Per Container: 1 Amount Per Serving Calories 120 % Daily Value Total Fat 16% 21% Saturated Fat 4g Trans Fat Cholesterol 25mg 9% Sodium 440mg 18% Total Carbohydrate % Dietary Fiber Og Sugars 0g Protein 6g

Power Shots-Orange/Raspberry **NUTRITION FACTS** Serving Size: 1 Pouch (60g) Servings Per Container: 1 % Daily Value Total Fat 0% Saturated Fat Og Trans Fat 0mg Cholesterol 0% Sodium 30mg 1% Total Carbohydrate 48g 15% Dietary Fiber 0 0% 36g Protein 4g

• Club Crackers—Kellogg's, (1 Package Shared Between 6 Campers)

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

CONTAINS: WHEAT AND SOY INGREDIENTS



Kellogg Sales Co. Battle Creek MI 49016, 1.877.453.5837, clubcrackers.com

Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

Good Thins Rice Crackers

• Salt and Vinegar Corn—Love, Corn, (1 Package Per Camper)

Ingredients: Corn, Sunflower Oil, Dried Vinegar, Sea Salt, Sugar, Citric Acid, Malic Acid, Yeast Extract

Certified Gluten Free, Vegan, Non GMO

Made in a shared facility. May contain tree nuts and peanuts.



Distributed by Love Brands, Inc. Ho-Ho-Kus, NJ 07423, loveocorn.com

Club Crackers NUTRITION FACTS Serving Size: 4 Crackers Servings Per Container: 28 Calories 70 % Daily Value Total Fat 3g 4% Saturated Fat g % Trans Fat Cholesterol Sodium 125mg 5% Total Carbohydrate 3% Dietary Fiber Og 0% Sugars 1g <1g

Sea Sal	t & Vine	gar Corn	
NUTRI	TION FA	CTS	
Serving Size:	1 package 0.7 d	oz (20g)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	90		
			% Daily Value
Total Fat		2g	3%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		130mg	6%
Total Carboh	ydrate	14g	5%
	Dietary Fiber	1g	4%
	Sugars	0g	
Protein		1g	

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, https://drinkallsport.com



Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte

All Sport Zero Drink -Fruit Punch NUTRITION FACTS

Serving Size: 1 Packet (3g)

0g

Sugars

Dinner Trail Food Menu

Dinner #1	Dinner #6
Beef Stroganoff	3-Cheese Macaroni and Cheese
Goldfish Pretzels	Goldfish Pretzel
Chocolate Chip Cookies	Nut and Chocolate Trail Mix
Fruit and Nut Trail Mix	Nutter Butter Cookies
Dinner #2	Dinner #7
Santa Fe Style Rice and Beans with Chicken	Butter & Herb Rice Mix with Chicken
Hot Buffalo Wings Pretzel Pieces	Honey Mustard and Onion Pretzel Pieces
Spicy and Cajun Sticks Trail Mix	Fruit and Nut Trail Mix
Oreos Cookies	Lorna Doone Shortbread Cookies
Dinner #3	Dinner #8
Cheddar Broccoli Rice with Salmon	Spaghetti with Meat Sauce
Nut and Chocolate Trail Mix	Pepperoni Pretzel Pieces
Cheddar Cheese Crackers	Spicy and Cajun Sticks Trail Mix
Graham Cookies	Oreos
Dinner #4	Dinner #9
Four Cheese Mashed Potatoes	Southwestern Style Veggie Bowl with Rice and Beans
with Chicken & Soup Mix	Cheddar Cheese Bread Pieces
Nut and Chocolate Trail Mix	Nut and Chocolate Trail Mix
Marshmallow Squares	Chocolate Chip Waffles
Dinner #5	Dinner #10
Rice and Chicken with Summer Sausage	Stuffing Mix with Chicken and Cranberries
Jalapeno Bread Pieces	Cinnamon Grahams Cookies
Cinnamon Grahams Cookies	

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), Mushroom, Brown Sugar (Cane Sug-Cane Syrup), Yeast Extract, White Pepper, Lemon Juice (Lemon Juice Concentrate, Lemon Oil, Potassium Metabisulfite), Garlic Powder, **Precooked Noodles:** Durum Semolina, Whole Egg, Salt.

CONTAINS: MILK, WHEAT, EGG

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

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

Food for the Sole, AlpineAire Meals

Beef St	roganof	f with Noodl	es	
NUTRI	TION FAC	CTS		
Serving Size:	1 Package			ar,
Servings Per	Container: 1			
Amount Per	Serving			
Calories	580	Calories from Fat		
		% I	Daily Value	
Total Fat		22g	28%	
	Saturated Fat	8g	40%	b
	Trans Fat	0mg		
Cholesterol	80mg		27%	
Sodium		1440mg	63%	
Total Carboh	ydrate	68g	25%	
	Dietary Fiber	8g	29%	
	Sugars	6g		
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:

Gluten Free Pretzels

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:

Gluten Free Cookies on Amazon

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

Chips A	hoy 4pk		
NUTRI	TION FAC	CTS	
Serving Size:	1 package		
Servings Per	Container: 1		
Amount Per S	Serving		
Calories	220		
		% Daily	v Value
Total Fat		10g	13%
	Saturated Fat	3.5g	18%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		140mg	6%
Total Carboh	ydrate	30g	11%
	Dietary Fiber	<1g	3%
	Sugars	14g	_
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.

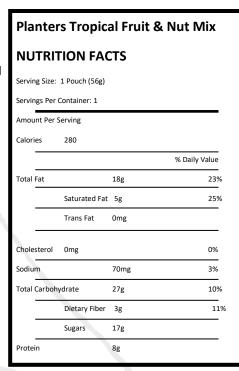
May contain other Tree Nuts, Wheat.



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



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 Brown Rice, Freeze-Dried Pre-Cooked White Meat Chicken, Smoked Green Hatch Chile Pepper Flake, Corn, Tomato Powder, Smoked Green Hatch Chile Pepper Powder, Sea Salt, Dehydrated Garlic, Cumin Powder, Dehydrated Roasted Garlic, Oregano, Mesquite Smoke Powder (Maltodextrin, Mesquite Smoke Flavor).

CONTAINS:

Gluten Free

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:

https://backpackerspantry.com/collections/vegan-meals

SANTA FE STYLE RICE AND BEANS NUTRITION FACTS Serving Size: 1/2 Package (81g) Servings Per Container: 2 Calories from Fat % Daily Value Total Fat 4g Saturated Fat 1g 5% Trans Fat 0mg 10% Cholesterol 640mg 28% Sodium Total Carbohydrate 47g 17% Dietary Fiber 13g 46% Sugars 6g 20g Protein

• Hot Buffalo Wing Pretzel Pieces— Snyders of Hanover, (1 Package Per Camper)

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

CONTAINS: WHEAT

Made in a Facility that Does Not Process Peanuts

Snyders-Lance, Inc Charlotte, NC 28277, snydersofhanover.com



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

Snyders Gluten Free Pretzels

Gluten Free Pretzels on Amazon

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 Oil, Soybean 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, oreo.com 1-855-253-8846

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

Gluten Free Oreos on Amazon

Hot Buffalo Wing Pretzels NUTRITION FACTS Serving Size: 2.25 oz Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 16g 21% Saturated Fat 8g 40% Trans Fat Cholesterol 0 mg % Sodium 830mg 36% Total Carbohydrate 13% Dietary Fiber 1g 4% Sugars 4g

Oreo C	ookies, 4	4 Pack	
NUTRI	TION FA	CTS	
Serving Size:	1 Package (45g	g)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	220		
			% Daily Value
Total Fat		9g	12%
	Saturated Fat	2.5g	13%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		180mg	8%
Total Carboh	ydrate	33g	12%
	Dietary Fiber	<1g	3%
	Sugars	18g	

• Spicy Nuts and Cajun Sticks Trail Mix—Planters, (1 Package Per Camper)

Ingredients: Peanuts, Corn, Corn Flour, Soybean Oil, Wheat Flour, Sesame Seeds, Bulgur Wheat, Salt, Contains 2% or less of: Peanut Oil, Corn Oil, Dextrose, Dried Chili Peppers, Maltodextrin, Spice (Contains Mustard), Onion Powder, Garlic Powder, Potato Flour, Monosodium Glutamate, Tomato Powder, Tortilla Yeast, Dried Green Pepper, Cocoa Processed with Alkali, Canola Oil, Sugar, Sodium Diacetate, Natural and Artificial Flavor, Modified Corn Starch, Malic Acid, Lactic Acid, Sodium Phosphate, Sodium Citrate, Citric Acid, Disodium Inosinate and Disodium Guanylate, Vinegar Powder, Red 40, with Beet Powder, Turmeric Extract and Oleoresin Paprika added for Color.

CONTAINS: PEANUT, WHEAT, SESAME SEED

May Contain: Tree Nuts

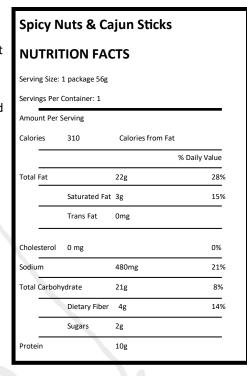


Distributed by Hormel Food Sales, LLC, 1.855.663.5387, https://www.planters.com/

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

Nut Free Protein Bars from Amazon

Nut Free Trail Mixes



Dinner Meal #3

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

Cheddar Broccoli Rice Sides—Knorr, Unilever (1 package per camper)

Ingredients: Parboiled Long Grain Rice, Vermicelli (Wheat Flour, Durum Flour), Less Than 2% of: Salt, Yeast Extract, Whey Protein Concentrate, Maltodextrin (Corn), Sugar, Onion Powder, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Broccoli, Asiago Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Potassium Chloride, Natural Flavors, Lactic Acid, Olive Oil, Disodium Inosinate, Disodium Guanylate, Parsley, Annatto (For Color), Vitamins and Minerals: Niacin, Ferric Orthophosphate (Iron), Ferrous Sulfate (Iron), Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1), Folic Acid.

May Contain: Soy and Sulfites

Distributed by Unilever, 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.heatherschoice.com/products/spinach-curry-with-chicken-and-rice?vari

https://www.katadyngroup.com

Cheddar Broccoli Sides NUTRITION FACTS Serving Size: 1 package 5.7oz Servings Per Container: 2.5 Amount Per Serving Calories from Fat % Daily Value 8% 8% Saturated Fat 1.5g Trans Fat 0mg Cholesterol <5mg 2% Sodium 660mg 29% Total Carbohydrate 51g 19% Dietary Fiber 2g Sugars Protein

• 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

• Grahamz Cookies—Zee Zee's, (1 Package Per Camper)

Ingredients: Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Palm Oil, Molasses, Salt, Malted Barley Flour, Spices, Soy Lecithin, Baking Soda.

CONTAINS: WHEAT AND SOY

Made in a nut free facility

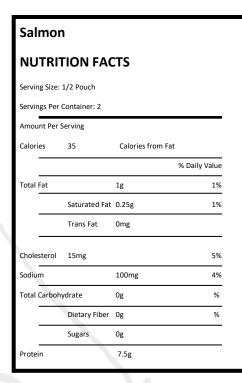


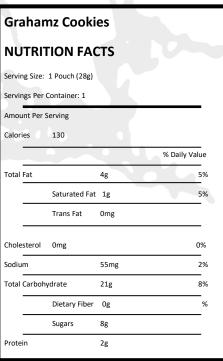
National Food Group, Inc.

1-800-886-6866

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

Gluten Free Cookies on Amazon





• Cheddar Goldfish Baked Snack Crackers—Pepperidge Farm, (1 package per camper)

Ingredients: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese ((Cultured Milk, Salt, Enzymes), Annatto), Vegetable Oils (Canola, Sunflower and/or Soybean), Salt, Contains 2% or Less of: Yeast, Sugar, Autolyzed Yeast Extract, Paprika, Spices, Celery, Onion Powder, Monocalcium Phosphate, Baking Soda.

CONTAINS: WHEAT AND 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:

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% of 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), Carnauba Wax, Gum Acacia), Almonds, Peanut Oil, Sea Salt, Sunflower Oil.

CONTAINS: PEANUT, MILK, SOY, ALMOND

May Contain: Other Tree Nuts



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

Cheddar Goldfish NUTRITION FACTS Serving Size: 1 package (28g) Servings Per Container: 1 Amount Per Serving Calories 100 Calories from Fat % Daily Value Total Fat 3.5g 4% Saturated Fat 0.5g 3% Trans Fat Cholesterol 2% Sodium 180mg 8% Total Carbohydrate 5% Dietary Fiber <1g Sugars 2g

NUT AND CHOCOLATE TRAIL MIX NUTRITION FACTS Serving Size: 1 Pkg (56g) Servings Per Container: 1 Amount Per Serving 290 Calories Calories from Fat % Daily Value Total Fat 17g 22% Saturated Fat 3.5g 18% Trans Fat Cholesterol % 60mg 3% Total Carbohydrate 9% Dietary Fiber 3g 11% Sugars 18g 8g Protein

Dinner Meal #4

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

• Chicken Breast-Starkist (1 pouch per camper)

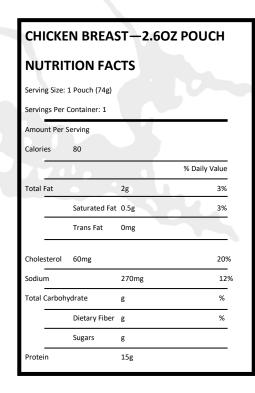
Ingredients: Chicken (White Chicken Meat, Water, Modified Food Starch (Corn), Salt, Sodium Phosphate).

Soy Free, Gluten Free

Starkist, www.starkist.com

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

Shelf stable Tofu on Amazon



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

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

CONTAINS: MILK, SOY

May Contain: Wheat and Sulfites

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

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

Momsplaceglutenfree.com

• 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://www.amazon.com/Idahoan-Flake-Original-Mashed-Potatoes/dp/B01K4M6FH0/ref=sr 1 47? keywords=idahoan+original+4+oz&qid=1676330514&sr=8-47

Cup a Soup **NUTRITION FACTS** Serving Size: 1 envelope (17g) Servings Per Container: 4 Amount Per Serving Calories % Daily Value Saturated Fat 1.5g Trans Fat Sodium 640mg Total Carbohydrate 5% 13g Dietary Fiber 0g

Four Cl	neese M	ashed Potato	oes			
NUTRITION FACTS						
Serving Size:	1/4 cup Dry Mi	x (28g), 1/2 cup Prepare	ed 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	259			
Total Carboh	ydrate	19g	7%			
	Dietary Fiber	1g	4%			
	Sugars	2g				
Protein		3g				

• 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, Dairy Free, Contains No Artificial Flavors or Preservatives

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://www.houseofkosher.com/#!/hb/c/387-0/c/565-387/c/580-565/r/77938/he/Philadelphia/kosher-grocery/kosher-snacks/kosher-rice-cakes/snack-delite-marshmallow-crisp-rice-treats-fruity-8-wrapped-bars-62-oz

• 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% of 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), Carnauba Wax, Gum Acacia), Almonds, Peanut Oil, Sea Salt, Sunflower Oil.

CONTAINS: PEANUT, MILK, SOY, ALMOND

May Contain: Other Tree Nuts

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

MARSHMALLOW SQUARES NUTRITION FACTS Serving Size: 1 bar (45g/1.6oz) Servings Per Container: 1 Calories from Fat % Daily Value Total Fat 4.5g Saturated Fat 1.5g 8% Trans Fat Cholesterol 0 mg 0% 35mg 2% Total Carbohydrate 8% Dietary Fiber Og Sugars 12g 2g

NUT AND CHOCOLATE TRAIL MIX

NUTRITION FACTS

Serving Size: 1 Pkg (56g)
Servings Per Container: 1

Protein

Amount Per Serving

Calories 290 Calories from Fat

			% Daily Value
Total Fat		17g	22
	Saturated Fat	3.5g	18
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium		60mg	3%
Total Carboh	ydrate	26g	9%
	Dietary Fiber	3g	11
	Sugars	18g	

8g

Dinner Meal #5

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

• Chicken Flavor Rice Sides—Knorr, Unilever, (1 Package Per Camper)

Ingredients: Parboiled Long Grain Rice, Vermicelli (Wheat Flour, Durum Flour), Maltodextrin, Corn Starch, Less than 2% of: Hydrolyzed Soy Protein, Chicken Fat, Salt, Chicken Powder, Onion Powder, Sugar, Potassium Chloride, Carrots, Parsley, Yeast Extract, Turmeric (For Color), Disodium Inosinate, Disodium Guanylate, Natural Flavors, Vitamins and Minerals: Ferrous Sulfate (Iron), Ferric Orthophosphate (Iron), Riboflavin (Vitamin B2), Niacin, Thiamine Mononitrate (Vit B1), Folic Acid.

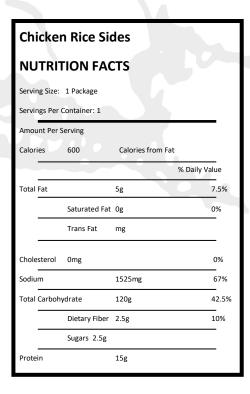
CONTAINS: SOY

CO111741113. 3C

May Contain: Milk 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



Jalapeno Pretzel Pieces — Snyders of Hanover, (1 Package Per Camper)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Salt, Dextrose, Onion Powder, Monosodium Glutamate, Dehydrated Jalapeno Peppers, Garlic Powder, Vinegar, Yeast Extract, Yeast Dehydrated Parsley, Natural and Artificial Flavors, Disodium Inosinate and Disodium Guanylate, Citric Acid, Paprika Extract (Color), Canola Oil, Soda.

CONTAINS: WHEAT

Made in a Facility that Does Not Process Peanuts

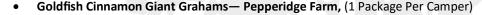


Snyders-Lance, Inc Charlotte, NC 28277, snydersofhanover.com

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

Snyders Gluten Free Pretzels

Gluten Free Pretzels on Amazon



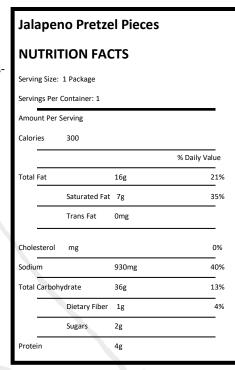
Ingredients: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean and Palm Oils, Fructose, Contains 2% or Less of: Cinnamon, Salt, Calcium Carbonate, Baking Soda, Cornstarch, Ferric Orthophosphate, Vitamin A Palmitate.

CONTAINS: WHEAT

Distributed by: Pepperidge Farm, Inc. Norwalk, CT 06856, pepperidgefarm.com, 1.888.737.7374

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

Gluten Free Cookies on Amazon



Cinnan	non Grah	nams	
NUTRI	TION FA	CTS	
Serving Size:	1 Package		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	120		
		9,44	% Daily Value
Total Fat		4g	5%
	Saturated Fat	: 1g	5%
	Trans Fat	0mg	
Cholesterol	mg		0%
Sodium		140mg	6%
Total Carboh	ydrate	19g	7%
	Dietary Fiber	1g	4%
	Sugars	7g	
Protein		1g	

• 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.

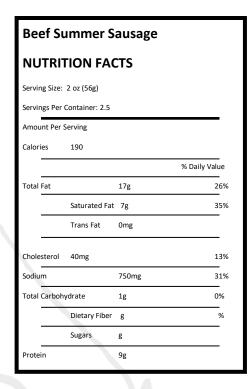
CONTAINS:

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



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)

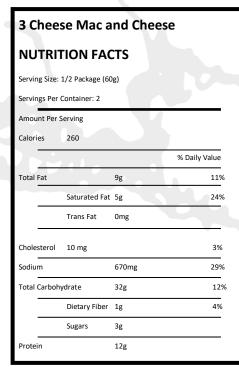
Ingredients: Freeze-Dried Pasta Elbow (Ground Durum Wheat Semolina, Water, Egg Albumen and Salt), Freeze-Dried Cheddar Cheese (RBGH-Free Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Potato Starch (As Anit-Caking), Freeze-Dried Parmesan Cheese (Parmesan Cheese (Cultured Part-Skim Milk, Salt, Enzymes), Disodium Phosphate, Salt), Freeze-Dried Romano Cheese from Cow's Milk (Cultured Pasteurized Part Skim Milk, Salt, Enzymes, Disodium Phosphate, Salt), Whole Milk Solids, Butter Sauce Flavor (Modified Corn Starch, Salt, Whey Solids, Non-Fat Dry Milk, Dehydrated Butter, Butter Flavor, Sugar, Xanthan Gum, Lactic Acid), Dehydrated Onion, Sea Salt, Black Pepper, Organic Turmeric, Nutmeg.

CONTAINS: WHEAT, EGG, MILK

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



• 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:

Gluten Free Pretzels

Goldfish Pretzels NUTRITION FACTS Serving Size: 1 oz (21g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value 1.5g 2% Saturated Fat Og 0% Trans Fat Cholesterol Omg Sodium 200mg 9% Total Carbohydrate 16g 6% Dietary Fiber 1g 4% 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% of 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), Carnauba Wax, Gum Acacia), Almonds, Peanut Oil, Sea Salt, Sunflower Oil.

CONTAINS: PEANUT, MILK, SOY, ALMOND

May Contain: Other Tree Nuts

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

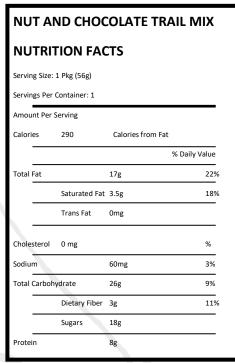
Nutter Butter Cookies—Nabisco (1 Package Per Camper)

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

CONTAINS: WHEAT, PEANUT, SOY.



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



Nutter	Butter C	ookies		
NUTRI	TION FAC	CTS		
Serving Size: Servings Per	1 Package (56g Container: 1	()		
Amount Per	Serving	0		
Calories	260			
			61	
			% Daily	/ Value
Total Fat		11g		14%
	Saturated Fat	3g		13%
	Trans Fat	0mg		
Cholesterol	0mg			0%
Sodium		200mg		9%
Total Carboh	ydrate	39g		14%
	Dietary Fiber	1 g		4%
	Sugars	16g	Protein	4g

Dinner Meal #7

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

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

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

CONTAINS: WHEAT, SOY, MILK

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

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

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

Herb & Butter Rice Sides NUTRITION FACTS Serving Size: 1 pouch (160g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 11.25g 15% 12.5% Saturated Fat 2.5g Trans Fat Cholesterol Omg % Sodium 1650mg 72.5% Total Carbohydrate 127.5g 47.5% Dietary Fiber 5g 17.5% Sugars 7.5g 15g

• Chicken Breast-Starkist (1 pouch per camper)

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

Soy Free, Gluten Free

Starkist, www.starkist.com

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

Shelf stable Tofu on Amazon

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:

Gluten Free Cookies on Amazon

CHICKEN BREAST—2.60Z POUCH **NUTRITION FACTS** Serving Size: 1 Pouch (74g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat 2g 3% 3% Saturated Fat 0.5g Cholesterol 60mg 20% 270mg Sodium 12% Total Carbohydrate % % Dietary Fiber g Sugars 15g

Lorna I	Doone Co	ookies	
NUTRI	TION FAC	CTS	
Serving Size:	1 Package (29g		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	140		
		10	% Daily Value
Total Fat		7g	9%
	Saturated Fat	1.5g	8%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		150mg	7%
	ydrate	20g	7%
Total Carboh			30
Total Carboh	Dietary Fiber	<1g	31
Total Carboh	Dietary Fiber Sugars	<1g	

• Honey Mustard and Onion Pretzel Pieces— Snyders of Hanover, (1 Package Per Camper)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Sugar, Onion Powder, Dextrose, Salt, Whey (Milk), Honey Powder, Hydrolyzed Soy Protein, Mustard Powder (Mustard (Vinegar, Mustard, Salt, Turmeric), Maltodextrin, Starch), Wheat Starch, Vinegar Powder (Maltodextrin, Modified Food Starch, Vinegar), Yeast, Canola Oil, Citric Acid, Natural Flavor, Horseradish, Spice, Turmeric Extract (Color), Soda.

CONTAINS: WHEAT, MILK, SOY

Made in a Facility that Does Not Process Peanuts

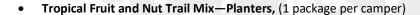
Snyders-Lance, Inc Charlotte, NC 28277, snydersofhanover.com



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

Snyders Gluten Free Pretzels

Gluten Free Pretzels on Amazon



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

Honey Mustard & Onion Pretzels NUTRITION FACTS Serving Size: 63g Servings Per Container: 1 Amount Per Serving Calories 310 Calories from Fat % Daily Value Total Fat 16g 21% Saturated Fat 8g 40% Trans Fat Cholesterol 0 mg % Sodium 420mg 18% Total Carbohydrate 13% Dietary Fiber 1g 4% Sugars Protein 4g

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

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 (Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid), Cane Sugar, Sea Salt, Onion Powder, Garlic Powder, Seasoning (Yeast Extract, Yeast), Herbs (Oregano, Rosemary, Savory, Basil, Thyme, Marjoram, Sage), Red Pepper Powder.

CONTAINS: WHEAT

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

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

Food for the Sole, AlpineAire Meals

SPAGHETTI WITH MEAT SAUCE NUTRITION FACTS. Serving Size: 1 Package 4.2 oz Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value 9% 15% Saturated Fat 3g Trans Fat Cholesterol 20 mg 7% 1180mg 51% Sodium Total Carbohydrate 30% Dietary Fiber 10g 36% 18g 22g

• Spicy Nuts and Cajun Sticks Trail Mix—Planters, (1 Package Per Camper)

Ingredients: Peanuts, Corn, Corn Flour, Soybean Oil, Wheat Flour, Sesame Seeds, Bulgur Wheat, Salt, Contains 2% or less of: Peanut Oil, Corn Oil, Dextrose, Dried Chili Peppers, Maltodextrin, Spice (Contains Mustard), Onion Powder, Garlic Powder, Potato Flour, Monosodium Glutamate, Tomato Powder, Tortilla Yeast, Dried Green Pepper, Cocoa Processed with Alkali, Canola Oil, Sugar, Sodium Diacetate, Natural and Artificial Flavor, Modified Corn Starch, Malic Acid, Lactic Acid, Sodium Phosphate, Sodium Citrate, Citric Acid, Disodium Inosinate and Disodium Guanylate, Vinegar Powder, Red 40, with Beet Powder, Turmeric Extract and Oleoresin Paprika added for Color.

CONTAINS: PEANUT, WHEAT, SESAME SEED

May Contain: Tree Nuts



Distributed by Hormel Food Sales, LLC, 1.855.663.5387, https://www.planters.com/

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

Nut Free Protein Bars from Amazon

Nut Free Trail Mixes

• 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 Oil, Soybean 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, oreo.com 1-855-253-8846

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

Gluten Free Oreos on Amazon

Spicy Nuts & Cajun Sticks NUTRITION FACTS Serving Size: 1 package 56g Servings Per Container: 1 Amount Per Serving Calories 310 Calories from Fat % Daily Value Total Fat 22g 28% Saturated Fat 3g 15% Trans Fat Cholesterol 0 mg 0% Sodium 480mg 21% Total Carbohydrate 8% 21g Dietary Fiber 4g 14% Sugars 10g

Oreo C	ookies, 4	4 Pack	
NUTRI	TION FA	CTS	
Serving Size:	1 Package (45g	g)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	220		
			% Daily Value
Total Fat		9g	12%
	Saturated Fat	2.5g	13%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		180mg	8%
Total Carboh	ydrate	33g	12%
	Dietary Fiber	<1g	3%
	Sugars	18g	

• 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:

Pepperoni Pizza Combos **NUTRITION FACTS** Serving Size: 1 Pouch (51g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value 11g 14% Saturated Fat 5g 25% Cholesterol <5mg 0% Sodium 490mg 21% Total Carbohydrate 30g 11% Dietary Fiber <1g Sugars 5g

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), Sweet Corn, Cheese Monterey Jack Shredded Freeze Dried (Pasteurized Milk, Salt, Enzymes, Potato Starch added to prevent caking), Tomato Flakes, Bell Pepper Red and Green Combo, Shallots, Potato Starch, Sea Salt, Crystalized Lime (Citric Acid, Lime Oil, Lime Juice), Garlic Granulated, Pepperjack Cheese (Pasteurized Milk, Cheese Cultures, Salt, Jalapeno Peppers, Enzymes), Powdered Cellulose (Added to prevent caking), Natural Flavor (Contains Baker's Yeast Extract, Salt, Canola Oil (Anti-Dusting)), Black Pepper, Cilantro, Jalapeno.

CONTAINS: MILK

GLUTEN FREE, VEGETARIAN

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 Saturated Fat 1.5g 8% Trans Fat Cholesterol 5 mg 2% Sodium 640mg 28% Total Carbohydrate 27g 10% 14% Dietary Fiber 4g Sugars 5g 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% of 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), Carnauba Wax, Gum Acacia), Almonds, Peanut Oil, Sea Salt, Sunflower Oil.

CONTAINS: PEANUT, MILK, SOY, ALMOND

May Contain: Other Tree Nuts



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

NUT AND CHOCOLATE TRAIL MIX				
NUTRI	TION FAC	CTS		
Serving Size:	1 Pkg (56g)			
Servings Per	Container: 1			
Amount Per	Serving			
Calories	290	Calories from Fat		
			% Daily Value	
Total Fat		17g	22%	
	Saturated Fat	3.5g	18%	
	Trans Fat	0mg		
Cholesterol	0 mg		%	
Sodium		60mg	3%	
Total Carboh	ydrate	26g	9%	
	Dietary Fiber	3g	11%	
	Sugars	18g		
Protein		8g		

Waffle Snaps—Appleways/Darlington, (1 package per camper)

Ingredients: Whole Grain Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Dextrose, Apple Puree (Apples, Ascorbic Acid), Natural Flavors, Baking Soda, Sodium Ascorbate, Salt, Apple Fiber.

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS



Produced in a nut-free bakery

Darlington Snacks, 1.800.754.2202, www.darlingtonsnacks.com

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

https://www.amazon.com/Nunbelievable-Cookies-Healthy-Diabetic-Friendly/dp/B095VTGX3N/ref=sr 1 12? keywords=gluten+free+dessert+snack&qid=1676320751&sr=8-12

Choc Chip Waffles NUTRITION FACTS Serving Size: 1 package (54g) Servings Per Container: 1 Amount Per Serving Calories 230 Calories from Fat % Daily Value Saturated Fat 1.5g 8% Trans Fat Cholesterol 0 mg 0% 180mg 8% Total Carbohydrate 40g 15% Dietary Fiber 3g 11% 16g Sugars 3g

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)

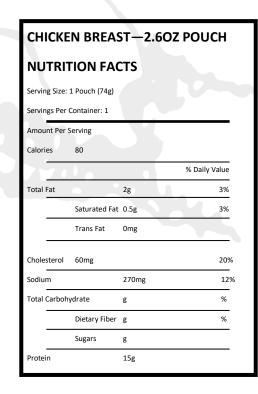
Ingredients: Chicken (White Chicken Meat, Water, Modified Food Starch (Corn), Salt, Sodium Phosphate).

Soy Free, Gluten Free

Starkist, www.starkist.com

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

Shelf stable Tofu on Amazon



• Cornbread Stuffing Mix—Food Club Brand (1 pouch shared between 4 campers)

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

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:

Aleia's Gluten Free Stuffing

• Goldfish Cinnamon Giant Grahams— Pepperidge Farm, (1 Package Per Camper)

Ingredients: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean and Palm Oils, Fructose, Contains 2% or Less of: Cinnamon, Salt, Calcium Carbonate, Baking Soda, Cornstarch, Ferric Orthophosphate, Vitamin A Palmitate.

CONTAINS: WHEAT

istributed by: Pepperidge Farm, Inc. Norwalk, CT 06856, pepperidgefarm.com, 1.888.737.7374

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

Gluten Free Cookies on Amazon

CORNBREAD STUFFING MIX **NUTRITION FACTS** Serving Size: 1/6 Package Servings Per Container: 6 Amount Per Serving (As Prepared) Calories 110 Calories from Fat % Daily Value Total Fat 1g 1% Saturated Fat Og % Cholesterol 0 mg % Sodium 400mg 18% Total Carbohydrate 7% Dietary Fiber <1g 3% Sugars 2g 4g

Cinnamon Grahams **NUTRITION FACTS** Serving Size: 1 Package Servings Per Container: 1 Amount Per Serving Calories % Daily Value Saturated Fat 1g 5% Trans Fat Omg Cholesterol Sodium 140mg 6% Total Carbohydrate 7% 19g Dietary Fiber 1g 4% 1g

• Craisins Dried Cranberries— Ocean Spray, (1 Package Shared Between 2 Campers)

Ingredients: Dried Cranberries (Sugar, Cranberries). Refined Sunflower Oil is used as a processing aid.

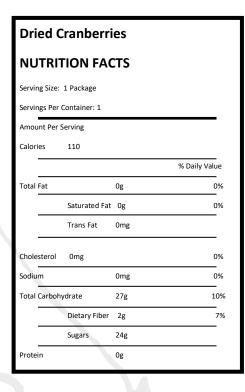
CONTAINS:



Gluten Free, Peanut Free

Distributed by: Ocean Spray Cranberries, INC. Lakeville-Middleboro, MA, oceanspray.com, 1.800.662.63263

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



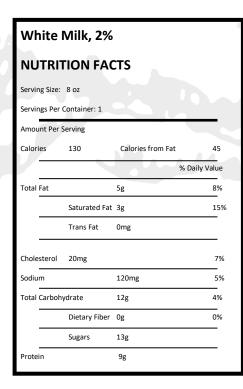
Commissary Supplemental Items

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

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

• White Shelf Stable Milk, 2%

Ingredients: 2% Reduced fat Milk (shelf stable)



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

AVAILABLE FOR RESUPPLY AT COMMISSARY LOCATIONS:

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

- Electrolyte Replenshipment Drink Mixes
- Salt
- Pepper
- Sugar
- Micropur

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

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

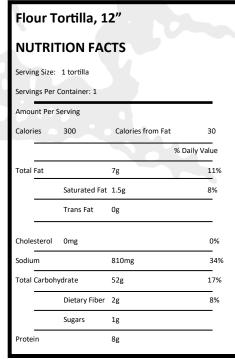
Ingredients: Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Azodicarbonamide, Tricalcium Phosphate), Water, Vegetable Shortening (Partially Hydrogenated Soybean and Cottonseed oil), Salt, Baking Powder (Baking Soda, Corn Starch, Sodium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

CONTAINS: GLUTEN, WHEAT, SOYBEANS.

Foods of New Mexico

Albuquerque, NM

1-505-888-0104



On the Trail, Other Meal Adventures

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

Chuck-Wagon Dinners

Beaubien, Clark's Fork, Ponil

- <u>CHILI with BEANS</u>—Water, Beef, Beans, Tomatoes, Food Starch—Modified, Textured Vegetable Protein (Soy Flour, Caramel Color), Salt, Spices, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Sugar, Onion Powder, Dehydrated Green Pepper, Garlic Powder, Oleoresin Paprika. **CONTAINS: SOY, WHEAT.**
- PEACHES peaches, water, corn syrup, sugar.
- <u>BISCUIT MIX</u> Enriched bleached wheat flour, (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid and containing malted barley flour), vegetable shortening (containing palm oil), leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate), buttermilk, dextrose, whey, salt, sugar, wheat starch, and artificial flavor. **Contains: Wheat, milk**.
- <u>YELLOW CAKE MIX -</u> 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.
- All Sport Drink Mix Bulk-

Blue Raz Ice CITRIC ACID, MALTODEXTRIN*, SALT, POTASSIUM CITRATE, NATURAL AND ARTIFICIAL FLAVORS, MONOPOTASSIUM PHOSPHATE, ASPARTAME†, ASCORBIC ACID (VITAMIN C), CONTAINS 2% OR LESS OF THE FOLLOWING: XANTHAN GUM, ACESULFAME POTASSIUM, CALCIUM SILICATE, BLUE 1. * ADDS A TRIVIAL AMOUNT OF SUGAR

Fruit Punch CITRIC ACID, MONOPOTASSIUM PHOSPHATE, SALT, NATURAL AND ARTIFICIAL FLAVORS, MALTODEXTRIN*, POTASSIUM CITRATE, ASPARTAME+, ASCORBIC ACID (VITAMIN C), CONTAINS 2% OR LESS OF THE FOLLOWING: XANTHAN GUM, ACESULFAME POTASSIUM, CALCIUM SILICATE, RED 40. * ADDS A TRIVIAL AMOUNT OF SUGAR

Lemon Lime CITRIC ACID, MONOPOTASSIUM PHOSPHATE, SALT, NATURAL AND ARTIFICIAL FLAVORS, MALTODEXTRIN*, POTASSIUM CITRATE, ASPARTAME†, ASCORBIC ACID (VITAMIN C), CONTAINS 2% OR LESS OF THE FOLLOWING: ACESULFAME POTASSIUM, CALCIUM SILICATE, YELLOW 5. * ADDS A TRIVIAL AMOUNT OF SUGAR

Grape CITRIC ACID, MALTODEXTRIN*, NATURAL AND ARTIFICIAL FLAVORS, MONOPOTASSIUM PHOSPHATE, SALT, ASPARTAME†, POTASSIUM CITRATE, ASCORBIC ACID (VITAMIN C), CONTAINS 2% OR LESS OF THE FOLLOWING: ACESULFAME POTASSIUM, CALCIUM SILICATE, YELLOW 6. * ADDS A TRIVIAL AMOUNT OF SUGAR

• <u>SHORTENING-</u> soybean oil.

Chuck Wagon Menu and Ingredients List

When Extreme Fire Restrictions are in Place

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

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

CONTAINS: WHEAT, EGG, SOYBEAN, MILK

Manufactured in a Peanut Free Facility

On the Trail, Other Meal Adventures

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

Mexican Homestead Dinner

Abreu

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

How can I eat Kosher or Halal at Philmont?:

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

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

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

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

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

Arrival Date	Trail Day 1	Trail Day 2	Trail Day 3	Trail Day 4	Trail Day 5	Trail Day 6	Trail Day 7	Trail Day 8	Trail Day 9	Trail Day 10
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