

# 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](#)

# Philmont Scout Ranch

## Breakfast Trail Food Menu

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

Peppered Bison Jerky		
NUTRITION FACTS		
Serving Size: 1 stick (1.3 oz)		
Servings Per Container: 1		
Amount Per Serving		
Calories	160	Calories from Fat
		% Daily Value
Total Fat	13g	17%
	Saturated Fat 4.5g	23%
	Trans Fat 0mg	
Cholesterol	25mg	8%
Sodium	70mg	3%
Total Carbohydrate	2g	1%
	Dietary Fiber 1g	4%
	Sugars 0g	
Protein	8g	

- **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](http://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](http://thehungrybites.com), [glutenfreeonashoestring.com](http://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](http://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](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

## Cookies & Cream Bar

### NUTRITION FACTS

Serving Size: 1 Bar (55g)

Servings Per Container: 1

Amount Per Serving

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

## Animal Crackers

### NUTRITION FACTS

Serving Size: 1 pouch (28g)

Servings Per Container: 1

Amount Per Serving

Calories	120	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	3.5g		4%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
<hr/>			
Cholesterol	0mg		%
Sodium	85mg		4%
Total Carbohydrate	22g		8%
	Dietary Fiber 0g		
	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](http://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

### Strawberry Granola

#### NUTRITION FACTS

Serving Size: 1 Pouch (28g)

Servings Per Container: 1

Amount Per Serving

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

### Raisins

#### NUTRITION FACTS

Serving Size: 1.3 oz (38g)

Servings Per Container: 1

Amount Per Serving

Calories	110	Calories from Fat	% Daily Value
Total Fat	g		%
Saturated Fat	g		%
Trans Fat	0mg		
Cholesterol	mg		%
Sodium	0mg		0%
Total Carbohydrate	29g		11%
Dietary Fiber	1g		4%
Sugars	22g		
Protein	1g		

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

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

**Non-GMO, Gluten Free, Dairy Free, Vegan**



Skratch Labs, LLC., Boulder, CO 80301, 1.800.735.8904, [skratchlabs.com](https://skratchlabs.com)

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

Orange Drink Mix		
NUTRITION FACTS		
Serving Size: 1 Packet (22g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	80	
		% Daily Value
Total Fat	0g	0%
	Saturated Fat	0g 0%
	Trans Fat	0mg
Cholesterol	0mg	0%
Sodium	380mg	16%
Total Carbohydrate	20g	7%
	Dietary Fiber	0g 0%
	Sugars	19g
Protein	0g	

## 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](http://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

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

- **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](http://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](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

Chocolate PowerBar		
NUTRITION FACTS		
Serving Size: 1 bar (55g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	200	Calories from Fat
		% Daily Value
Total Fat	2.5g	4%
	Saturated Fat 0.5g	4%
	Trans Fat 0mg	
Cholesterol	mg	%
Sodium	230mg	10%
Total Carbohydrate	36g	12%
	Dietary Fiber 2g	7%
	Sugars 21g	
Protein	7g	

- **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:

Mixed Dried Fruit		
NUTRITION FACTS		
Serving Size: 1 box (38g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	Calories from Fat
		% Daily Value
Total Fat		%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	25mg	1%
Total Carbohydrate	31g	11%
	Dietary Fiber 2g	6%
	Sugars 24g	
Protein	1g	



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

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

#### CONTAINS:

Peanut/Tree Nut Free

Tarrier Foods, Columbus, OH, [rockinola.com](http://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](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

[Allergen Free Energy Bars from Amazon](http://Allergen Free Energy Bars from Amazon)



### Chocolate Granola

#### NUTRITION FACTS

Serving Size: 1 package(28g)

Servings Per Container: 1

Amount Per Serving

Calories	120	
		% Daily Value
Total Fat	2.5g	3%
Saturated Fat		g
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	45mg	2%
Total Carbohydrate	22g	8%
Dietary Fiber		2g
Sugars		6g
Protein	3g	

### Blueberry Lemon Bar

#### NUTRITION FACTS

Serving Size: 1 package (62g)

Servings Per Container: 1

Amount Per Serving

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

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

### Cajun Bison Stick

#### NUTRITION FACTS

Serving Size: 1 stick (37g)

Servings Per Container: 1

Amount Per Serving

Calories	140	Calories from Fat	
			% Daily Value
Total Fat	12g		15%
	Saturated Fat	4.5g	23%
	Trans Fat	0mg	
Cholesterol	25mg		8%
Sodium	450mg		20%
Total Carbohydrate	1g		%
	Dietary Fiber	g	%
	Sugars	0g	
Protein	7g		

- **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>

## Oatmeal –Apples & Cinnamon

### NUTRITION FACTS

Serving Size: 1 Pouch (42g)

Servings Per Container: 1

Amount Per Serving

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

- **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](#)

## Honey Bunny Grahams

### NUTRITION FACTS

Serving Size: 1 Packet (35g)

Servings Per Container: 1

Amount Per Serving

Calories	160	
		% Daily Value
Total Fat	6g	7%
Saturated Fat	0.5g	3%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	140mg	6%
Total Carbohydrate	25g	9%
Dietary Fiber	3g	10%
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](http://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, [www.swissmiss.com](http://www.swissmiss.com)

## Salted Caramel Waffle

### NUTRITION FACTS

Serving Size: 1 Waffle (30g)

Servings Per Container: 1

Amount Per Serving

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

## Swiss Miss Hot Cocoa

### NUTRITION FACTS

Serving Size: 1 envelope

Servings Per Container: 1

Amount Per Serving

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

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

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

**CONTAINS:**

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

Distributed by Azar Nut Co. El Paso, TX 79912

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

[Nut Free Dried Fruits](#)



## Banana Chips

### NUTRITION FACTS

Serving Size: 1 pkg (28g)

Servings Per Container: 1

Amount Per Serving

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

## Breakfast Meal #4

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

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

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

### GLUTEN FREE

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

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

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

### Turkey Sausage Bites

#### NUTRITION FACTS

Serving Size: 6 pieces (30g)

Servings Per Container: 4

Amount Per Serving

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

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

Ingredients: 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](https://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](https://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	
<hr/>			
			% Daily Value
Total Fat	16g		21%
	Saturated Fat	3g	15%
	Trans Fat	0mg	
<hr/>			
Cholesterol	5mg		2%
Sodium	140mg		6%
Total Carbohydrate	21g		8%
	Dietary Fiber	1g	4%
	Sugars	16g	
<hr/>			
Protein	14g		

## Pop Tarts– Frosted Cinnamon

### NUTRITION FACTS

Serving Size: 1 Pouch (96g)

Servings Per Container: 1

Amount Per Serving

Calories	350		
<hr/>			
			% Daily Value
Total Fat	6g		8%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		0%
Sodium	240mg		10%
Total Carbohydrate	73g		27%
	Dietary Fiber	6g	27%
	Sugars	30g	
<hr/>			
Protein	5g		

- **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](#)

#### Tropical Treasures

##### NUTRITION FACTS

Serving Size: 1 package(28g)

Servings Per Container: 1

Amount Per Serving

Calories	120	
		% Daily Value
Total Fat	3g	4%
	Saturated Fat 3g	15%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	21g	8%
	Dietary Fiber 1g	4%
	Sugars 12g	
Protein	1g	

- **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](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

[Allergen Free Granola Bites from Amazon](#)

#### Fieldstone Granola

##### NUTRITION FACTS

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 Carbohydrate	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](http://theprobar.com)



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

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

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

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

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

GLUTEN FREE

Promotion in Motion Companies, Inc. Parkridge, New Jersey 07656, 1.800.340.6870, [welchsfruitsnacks.com](http://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](https://www.amazon/Pure-Organic-Pineapple-PassionFruit-Strawberry/dp/B081Y4TS23)

## Mixed Fruit Snacks

### NUTRITION FACTS

Serving Size: 1 Pouch (44g)

Servings Per Container: 1

Amount Per Serving

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

- **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](http://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](#)

## Fig Newtons

### NUTRITION FACTS

Serving Size: 1 Pack

Servings Per Container: 1

Amount Per Serving

Calories	200	
		% Daily Value
Total Fat	4g	5%
Saturated Fat	1g	5%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	180mg	8%
Total Carbohydrate	41g	15%
Dietary Fiber	2g	7%
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](http://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](http://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

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

## Lemons & Limes Drink Mix

### NUTRITION FACTS

Serving Size: 1 Packet (22g)

Servings Per Container: 1

Amount Per Serving

Calories	80	% Daily Value	
Total Fat	0g		0%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	380mg		16%
Total Carbohydrate	20g		7%
	Dietary Fiber g		%
	Sugars 19g		
Protein	g		

## Breakfast Meal #6

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

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

Jalapeno Cheddar Bison Jerky		
NUTRITION FACTS		
Serving Size: 1 sticks (37g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	170	Calories from Fat
		% Daily Value
Total Fat	15g	19%
Saturated Fat	6g	30%
Trans Fat	0mg	
Cholesterol	35mg	12%
Sodium	660mg	29%
Total Carbohydrate	2g	1%
Dietary Fiber	0g	%
Sugars	1g	
Protein	8g	

- **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](http://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



## Strawberry Oatmeal Bars

### NUTRITION FACTS

Serving Size: 1.2 oz (34g)

Servings Per Container: 1

Amount Per Serving

Calories	140	Calories from Fat	
			% Daily Value
Total Fat	4.5g		6%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	5mg		2%
Sodium	75mg		3%
Total Carbohydrate	23g		8%
	Dietary Fiber	1g	4%
	Sugars	9g	
Protein	2g		

## Raisins

### NUTRITION FACTS

Serving Size: 1.3 oz (38g)

Servings Per Container: 1

Amount Per Serving

Calories	110	Calories from Fat	
			% Daily Value
Total Fat	g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	0mg		0%
Total Carbohydrate	29g		11%
	Dietary Fiber	1g	4%
	Sugars	22g	
Protein	1g		

- **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](#)

Cran-Raspberry Drink Mix			
NUTRITION FACTS			
Serving Size: 1 packet (10.3g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	30	Calories from Fat	0
		% Daily Value	
Total Fat	0g		0%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	105mg		4%
Total Carbohydrate	6g		2%
	Dietary Fiber	0g	0%
	Sugars	6g	
Protein	0g		

- **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](https://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](https://thehungrybites.com), [glutenfreeonashoestring.com](https://glutenfreeonashoestring.com)

## Animal Crackers

### NUTRITION FACTS

Serving Size: 1 pouch (28g)

Servings Per Container: 1

Amount Per Serving		
Calories	120	Calories from Fat
% Daily Value		
Total Fat	3.5g	4%
Saturated Fat	0.5g	3%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	85mg	4%
Total Carbohydrate	22g	8%
Dietary Fiber	0g	
Sugars	7g	
Protein	2g	

- **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](https://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 Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	mg	%
Total Carbohydrate	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](http://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](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

### Berry Bar

#### NUTRITION FACTS

Serving Size: 1 Bar (55g)

Servings Per Container: 1

Amount Per Serving

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



- **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](http://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



#### Chocolate Sunflower Seed Butter

##### NUTRITION FACTS

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 Carbohydrate	11g	4%
Dietary Fiber	3g	11%
Sugars	5g	
Protein	5g	

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

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

**CONTAINS: WHEAT, SOY**



Mondelez Global LLC, 1-800-622-4726, [snackworks.com](http://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](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

#### Blueberry Biscuit

##### NUTRITION FACTS

Serving Size: 1 pack (4 biscuits)

Servings Per Container: 1

Amount Per Serving

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

- **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](http://rockinola.com)

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

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

- **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. **Raspberry:** Citric Acid, Ascorbic Acid (Vit C), 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 Tocopheryl 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		
Calories	130	Calories from Fat 90
% Daily Value		
Total Fat	10g	15%
Saturated Fat	4.5g	23%
Trans Fat	0mg	
Cholesterol	25mg	8%
Sodium	380mg	16%
Total Carbohydrate	3g	1%
Dietary Fiber	0g	0%
Sugars	2g	
Protein	6g	

### Super C Drink Mix

#### NUTRITION FACTS

Serving Size: 1 Packet

Servings Per Container: 1

Amount Per Serving		
Calories	5	Calories from Fat
% Daily Value		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	1g	1%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	0g	

## 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](http://highlandbeeffarms.com), 703.435.2497 or 800.869.6320

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

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

### Turkey Ends and Curls

#### NUTRITION FACTS

Serving Size: 1 pkg (60g)

Servings Per Container: 1

Amount Per Serving

Calories	160	Calories from Fat	90
		% Daily Value	
Total Fat	10g		15%
	Saturated Fat 3g		15%
	Trans Fat 0mg		
Cholesterol	55mg		18%
Sodium	640mg		27%
Total Carbohydrate	3g		1%
	Dietary Fiber 0g		%
	Sugars 1g		
Protein	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](http://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](http://thehungrybites.com), [glutenfreeonashoestring.com](http://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](http://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](#)

## Vanilla Waffle

### NUTRITION FACTS

Serving Size: 1 package (30g)

Servings Per Container: 1

Amount Per Serving

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

## Peanut/Sunflower Seed Bar

### NUTRITION FACTS

Serving Size: 1 Bar(56g)

Servings Per Container: 1

Amount Per Serving

Calories	260	% Daily Value
Total Fat	15g	19%
Saturated Fat	3g	15%
Trans Fat	0mg	
Cholesterol	5mg	2%
Sodium	125mg	5%
Total Carbohydrate	21g	8%
Dietary Fiber	2g	7%
Sugars	16g	
Protein	14g	

- **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](http://thehungrybites.com), [glutenfreeonashoestring.com](http://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	120	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat			%
	Saturated Fat	g	%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		0%
Sodium	25mg		1%
Total Carbohydrate	31g		11%
	Dietary Fiber	2g	4%
	Sugars	24g	
<hr/>			
Protein	1g		

#### Blueberry Lemon Bar

#### NUTRITION FACTS

Serving Size: 1 package (62g)

Servings Per Container: 1

Amount Per Serving

Calories	260	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	8g		10%
	Saturated Fat	2.5g	13%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		0%
Sodium	75mg		3%
Total Carbohydrate	41g		15%
	Dietary Fiber	3g	11%
	Sugars	14g	
<hr/>			
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](http://highlandbeeffarms.com), 703.435.2497 or 800.869.6320

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

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

### Turkey Sausage Bites

#### NUTRITION FACTS

Serving Size: 6 pieces (30g)

Servings Per Container: 4

Amount Per Serving

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



- **Pop Tarts—Frosted Strawberry, Kellogg Co.,** (1 package per camper)

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

#### CONTAINS: WHEAT AND SOY INGREDIENTS

Kellogg NA Co., 1-800-962-1413, [kelloggs.com](http://kelloggs.com)

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

Recipes for gluten free/vegan granola bars: [thehungrybites.com](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

[Allergen Free Granola Bars on Amazon](http://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](http://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](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

#### Pop Tarts-Frosted Strawberry

##### NUTRITION FACTS

Serving Size: 1 Pouch (96g)

Servings Per Container: 1

Amount Per Serving

Calories	340	
<hr/>		
		% Daily Value
<hr/>		
Total Fat	5g	6%
<hr/>		
Saturated Fat	1.5g	8%
<hr/>		
Trans Fat	0mg	
<hr/>		
Cholesterol	0mg	0%
<hr/>		
Sodium	230mg	10%
<hr/>		
Total Carbohydrate	73g	27%
<hr/>		
Dietary Fiber	6g	20%
<hr/>		
Sugars	29g	
<hr/>		
Protein	4g	

#### Orange Energize Bar

##### NUTRITION FACTS

Serving Size: 1 bar (55g)

Servings Per Container: 1

Amount Per Serving

Calories	202	Calories from Fat
<hr/>		
		% Daily Value
<hr/>		
Total Fat	3g	5%
<hr/>		
Saturated Fat	1.9g	15%
<hr/>		
Trans Fat	0mg	
<hr/>		
Cholesterol	0mg	0%
<hr/>		
Sodium	121mg	5%
<hr/>		
Total Carbohydrate	39g	13%
<hr/>		
Dietary Fiber	3g	12%
<hr/>		
Sugars	20g	
<hr/>		
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](#)

## Oatmeal – Maple & Brown Sugar

### NUTRITION FACTS

Serving Size: 1 Pouch (43g)

Servings Per Container: 1

Amount Per Serving

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

## Banana Chips

### NUTRITION FACTS

Serving Size: 1 bar (28g)

Servings Per Container: 1

Amount Per Serving

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

- **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

Calories25

Calories from Fat

% Daily Value

Total Fat

0g

0%

Saturated Fat

0g

0%

Trans Fat

0mg

Cholesterol

0mg

0%

Sodium

500mg

22%

Total Carbohydrate

7g

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

Landjaeger Beef Jerky		
NUTRITION FACTS		
Serving Size: 1 stick (1.3 oz)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	Calories from Fat
		% Daily Value
Total Fat	9g	12%
	Saturated Fat 3g	17%
	Trans Fat 0mg	
Cholesterol	33mg	11%
Sodium	532mg	23%
Total Carbohydrate	1g	1%
	Dietary Fiber 0g	%
	Sugars 0g	
Protein	8g	

- **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](http://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](https://www.amazon/Pure-Organic-Pineapple-PassionFruit-Strawberry/dp/B081Y4TS23)

Mixed Fruit Snacks		
NUTRITION FACTS		
Serving Size: 1 Pouch (44g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	130	
		% Daily Value
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	32g	14%
Dietary Fiber	3g	11%
Sugars	15g	
Protein	2g	

- **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](http://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 Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	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](http://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](#)

Cheez-It 0.75 oz		
NUTRITION FACTS		
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 Carbohydrate	14g	5%
	Dietary Fiber 1g	4%
	Sugars 0g	
Protein	2g	

- **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](http://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		
Calories	190	
		% Daily Value
Total Fat	7g	9%
	Saturated Fat 1g	4%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	140mg	6%
Total Carbohydrate	29g	11%
	Dietary Fiber 2g	8%
	Sugars 11g	
Protein	3g	

# Philmont Scout Ranch

## Lunch Trail Food Menu

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

## Lunch Meal #1

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

- **Chicken Breast– 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](http://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](#)

### CHICKEN BREAST—2.6OZ POUCH

#### NUTRITION FACTS

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 12%

Total Carbohydrate 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](http://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](#)

## Salted Peanuts

### NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 1

Amount Per Serving

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

- **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](http://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](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

## Sea Salt Caramel Bar

### NUTRITION FACTS

Serving Size: 1 bar (37g)

Servings Per Container: 1

Amount Per Serving

Calories	150	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	6g		8%
	Saturated Fat	2.5g	12%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		0%
Sodium	130mg		6%
Total Carbohydrate	23g		8%
	Dietary Fiber	0g	0%
	Sugars	5g	
Protein	4g		



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

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

**CONTAINS: Phenylalanine**



All Sport, Inc. 1-866-851-7402, <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](http://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	0	Calories from Fat	0
%			
Total Fat			
Saturated Fat			
Trans Fat			
Cholesterol			
Sodium			
Total Carbohydrate			
Dietary Fiber			
Sugars			
Protein			

Saltines Crackers			
NUTRITION FACTS			
Serving Size: 5 Crackers (16g)			
Servings Per Container: 24			
Amount Per Serving			
Calories	70		
%			
Total Fat			
Saturated Fat			
Trans Fat			
Cholesterol			
Sodium			
Total Carbohydrate			
Dietary Fiber			
Sugars			
Protein			

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

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 0mg		
Cholesterol	5mg		2%
Sodium	180mg		8%
Total Carbohydrate	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



### Roasted Sunflower Seeds

#### NUTRITION FACTS

Serving Size: 1.2 oz

Servings Per Container: 1

Amount Per Serving

Calories	200	Calories from Fat	
			% Daily Value
Total Fat	17g		22%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	130mg		6%
Total Carbohydrate	8g		3%
	Dietary Fiber	4g	14%
	Sugars	1g	
Protein	7g		

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

Ingredients: Organic Tapioca Syrup, Organic Sugar, Organic Honey, Organic Grape Juice Concentrate, Pectin, Citric Acid, Organic Color (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](http://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](http://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](http://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	0mg	%
Sodium	65mg	3%
Total Carbohydrate	39g	14%
Dietary Fiber		1g 4%
Sugars		27g
Protein	0g	

## Peanut Butter Cup

### NUTRITION FACTS

Serving Size: 1 package (32g)

Servings Per Container: 1

Amount Per Serving		
Calories	190	
		% Daily Value
Total Fat	16g	21%
Saturated Fat		3g 15%
Trans Fat		0mg
Cholesterol	0mg	%
Sodium	150mg	7%
Total Carbohydrate	6g	2%
Dietary Fiber		2g 7%
Sugars		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](https://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	5	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	0g		%
	Saturated Fat	0g	%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		%
Sodium	140mg		6%
Total Carbohydrate	2g		1%
	Dietary Fiber	0g	%
	Sugars	0g	
Protein	0g		

## Graham Crackers

### NUTRITION FACTS

Serving Size: 8 Crackers (30g)

Servings Per Container: 14

Amount Per Serving

Calories	130	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	3g		4%
	Saturated Fat	0g	%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		%
Sodium	130mg		6%
Total Carbohydrate	24g		9%
	Dietary Fiber	1g	4%
	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](http://www.countrymeats.com)

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

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

**Sweet BBQ Snack Stick**

**NUTRITION FACTS**

Serving Size: 1 oz (28g)

Servings Per Container: 1

Amount Per Serving

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

## Lunch Meal #3

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

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

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

**CONTAINS: MILK**

Highland Beef Farms, [highlandbeeffarms.com](http://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	35	Calories from Fat	15
% Daily Value			
Total Fat	1.5g		2%
	Saturated Fat 1g		5%
	Trans Fat 0g		
Cholesterol	5mg		2%
Sodium	240mg		10%
Total Carbohydrate	1g		<1%
	Dietary Fiber 0g		0%
	Sugars <1g		
Protein	3g		

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

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

Certified GLUTEN FREE

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

Ideas for replacements that you can purchase :

- **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](https://www.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	
<hr/>			
			% Daily Value
<hr/>			
Total Fat	21g		27%
	Saturated Fat 7g		35%
	Trans Fat 0mg		
<hr/>			
Cholesterol	50mg		17%
Sodium	830mg		36 %
Total Carbohydrate	2g		1%
	Dietary Fiber 0g		0%
	Sugars 1g		
<hr/>			
Protein	9g		

## Triscuit Original

### NUTRITION FACTS

Serving Size: 6 Crackers

Servings Per Container: 9

Amount Per Serving

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





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



## Cranberry Almond Kind Bar

### NUTRITION FACTS

Serving Size: 1 bar (40g)

Servings Per Container: 1

Amount Per Serving

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

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

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

**CONTAINS: PHENYLALANINE**



All Sport, Inc. 1-866-851-7402 <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](http://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	5	Calories from Fat	
			% Daily Value
Total Fat	0g		%
Saturated Fat	g		%
Trans Fat	0mg		
Cholesterol	0mg		0%
Sodium	140mg		3%
Total Carbohydrate	1g		%
Dietary Fiber	g		%
Sugars	g		
Protein	g		

## Honey Roasted Peanuts

### NUTRITION FACTS

Serving Size: 1 package (28g)

Servings Per Container: 1

Amount Per Serving

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

## 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](https://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

Amount Per Serving

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

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

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

**CONTAINS: PEANUT, SESAME.**

**Certified Gluten Free**

PROBAR, 800.921.2294, [theprobar.com](http://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, [loveocorn.com](http://loveocorn.com)

## Peanut Butter Choc Bar

### NUTRITION FACTS

Serving Size: 1 package (37g)

Servings Per Container: 1

Amount Per Serving

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

## Sea Salt Corn

### NUTRITION FACTS

Serving Size: 0.7oz (20g)

Servings Per Container: 1

Amount Per Serving

Calories	90	
		% Daily Value
Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	130mg	6%
Total Carbohydrate	14g	5%
Dietary Fiber	1g	4%
Sugars	0g	
Protein	1g	

- **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](http://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](http://goodthins.com)



Sweet Annie Brown Jerky

NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 1

Amount Per Serving

Calories	70	Calories from Fat	25
% Daily Value			
Total Fat	3g		4%
Saturated Fat	1g		5%
Trans Fat	0mg		
Cholesterol	25mg		8%
Sodium	360mg		15%
Total Carbohydrate	3g		1%
Dietary Fiber	0g		0%
Sugars	3g		
Protein	9g		

Good Thins Crackers

NUTRITION FACTS

Serving Size: 18 Pieces (31g)

Servings Per Container: 3.5

Amount Per Serving

Calories	130	Calories from Fat	
% Daily Value			
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0mg		
Cholesterol	0mg		0%
Sodium	85mg		4%
Total Carbohydrate	26g		9%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	2g		

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

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

**CONTAINS: PHENYLALANINE**

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

Ideas for replacements that you can purchase:

[A more natural electrolyte replacement drink mix—Pedialyte](#)



**Blue Raz Ice All Sport**

**NUTRITION FACTS**

Serving Size: 1 packet

Servings Per Container: 1

Amount Per Serving

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

## Lunch Meal #5

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

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

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

**CONTAINS: FISH (TUNA)**

**Certified Gluten Free, Soy Free**



Distributed by Starkist Co, [starkist.com](https://starkist.com)

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

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

### Sweet & Spicy Tuna

#### NUTRITION FACTS

Serving Size: 1 Pouch (74g)

Servings Per Container: 1

Amount Per Serving

Calories	90	Calories from Fat	
			% Daily Value
Total Fat	0.5g		1%
	Saturated Fat 0g		%
	Trans Fat 0mg		
Cholesterol	30mg		10%
Sodium	360mg		15%
Total Carbohydrate	4g		1%
	Dietary Fiber 0g		0%
	Sugars 4g		
Protein	16g		29%

- **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](http://ask.generalmills.com)

Ideas for replacements that you can purchase:

[Allergen Free Granola Bars](#)

[No Nuts! Energy Bars on Amazon](#)

## Sweet & Salty Bar

### NUTRITION FACTS

Serving Size: 1 Bar (34g)

Servings Per Container: 1

Amount Per Serving

Calories	160	
		% Daily Value
Total Fat	7g	9%
	Saturated Fat 2g	10%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	140mg	6%
Total Carbohydrate	21g	8%
	Dietary Fiber 2g	6%
	Sugars 8g	
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](http://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](#)

## Cheez-It 0.75 oz

### NUTRITION FACTS

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 Carbohydrate	14g	5%
	Dietary Fiber 1g	4%
	Sugars 0g	
Protein	2g	



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

## Honey Roasted Sunflower Seeds

### NUTRITION FACTS

Serving Size: 1 package (34g)

Servings Per Container: 1

Amount Per Serving

Calories	190		
<hr/>			
		% Daily Value	
<hr/>			
Total Fat	15g		19%
<hr/>			
Saturated Fat	2g		10%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	0mg		0%
<hr/>			
Sodium	65mg		3%
<hr/>			
Total Carbohydrate	10g		4%
<hr/>			
Dietary Fiber	3g		11%
<hr/>			
Sugars	5g		
<hr/>			
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](https://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	160	
		% Daily Value
Total Fat	8g	10%
Saturated Fat		1g 5%
Trans Fat		0mg
Cholesterol	0mg	%
Sodium	230mg	10%
Total Carbohydrate	19g	7%
Dietary Fiber		0g 0%
Sugars		2g
Protein	2g	

## 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](http://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

### Pepperoni Sticks

#### NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 1

Amount Per Serving

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

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

Ingredients: Tapioca Syrup, Cane Sugar, Tapioca Syrup Solids, Water, Pectin, 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](http://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](http://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](#)

## ProBar Strawberry Chews

### NUTRITION FACTS

Serving Size: 1 Pouch (60g)

Servings Per Container: 1

Amount Per Serving

Calories	180	
<hr/>		
		% Daily Value
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	150mg	6%
Total Carbohydrate	46g	16%
Dietary Fiber	0g	0%
Sugars	28g	
Protein	0g	

## Smoked Gouda Cheese Dip

### NUTRITION FACTS

Serving Size: 2 Tbsp (28g)

Servings Per Container: 2

Amount Per Serving

Calories	70	
<hr/>		
		% Daily Value
Total Fat	6g	8%
Saturated Fat	3.5g	18%
Trans Fat	0mg	
Cholesterol	20mg	7%
Sodium	390mg	17%
Total Carbohydrate	<1g	0%
Dietary Fiber	0g	0%
Sugars	<1g	
Protein	4g	

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

Ingredients: Enriched Flour (Wheat 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](http://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](#)

## Sea Salt Pita Crackers

### NUTRITION FACTS

Serving Size: 6 Crackers

Servings Per Container: 18

Amount Per Serving

Calories	70	
		% Daily Value
Total Fat	2.5g	3%
Saturated Fat	0g	%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	140mg	6%
Total Carbohydrate	11g	8%
Dietary Fiber	<1g	4%
Sugars	0g	
Protein	1g	

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

Ingredients: Sunflower Kernels, Sunflower Oil, Salt.



Nut Free Facility

Gluten Free

Vegan, NON-GMO

National Food Group, Inc.

1- 800-886-6866

## Roasted Sunflower Seeds

### NUTRITION FACTS

Serving Size: 1.2 oz

Servings Per Container: 1

Amount Per Serving

Calories	200	Calories from Fat
		% Daily Value
Total Fat	17g	22%
Saturated Fat	2g	10%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	130mg	6%
Total Carbohydrate	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](#)



**Orange All Sport**

**NUTRITION FACTS**

Serving Size: 1 Packet

Servings Per Container: 1

Amount Per Serving

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

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

Wheat Thins		
NUTRITION FACTS		
Serving Size: 16 Pieces (31g)		
Servings Per Container: 8		
Amount Per Serving		
Calories	140	Calories from Fat
		% Daily Value
Total Fat	5g	6%
	Saturated Fat 0g	%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	200mg	9%
Total Carbohydrate	22g	8%
	Dietary Fiber 3g	11%
	Sugars 5g	
Protein	2g	

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

Ingredients: Almonds, 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](https://www.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](#)

## Caramel Almond Kind Bar

### NUTRITION FACTS

Serving Size: 1 bar (40g)

Servings Per Container: 1

Amount Per Serving

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

- **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](https://www.loveocorn.com)

## Habanero Chili Corn

### NUTRITION FACTS

Serving Size: 1 package 0.7 oz (20g)

Servings Per Container: 1

Amount Per Serving

Calories	90		
<hr/>			
			% Daily Value
Total Fat	2g		3%
	Saturated Fat	g	%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		%
Sodium	190mg		8%
Total Carbohydrate	13g		5%
	Dietary Fiber	1g	4%
	Sugars	0g	
Protein	1g		



- **Chicken Salad—Starkist, (1 Package Per Camper)**

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

**CONTAINS: EGGS**

**Soy Free, Gluten Free**

Distributed by Starkist Co. [starkist.com](http://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, Aspar-tame, 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	2%
Saturated Fat	0.5g	3%
Trans Fat	0mg	
Cholesterol	35mg	12%
Sodium	350mg	15%
Total Carbohydrate	4g	1%
Dietary Fiber	0g	0%
Sugars	1g	
Protein	10g	18%

**All Sport Lemon Lime Zero Stick**

**NUTRITION FACTS**

Serving Size: 1 stick (3g)

Servings Per Container: 1

Amount Per Serving		
Calories	5	Calories from Fat
% Daily Value		
Total Fat	0g	%
Saturated Fat	0g	%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	140mg	6%
Total Carbohydrate	2g	1%
Dietary Fiber	0g	%
Sugars	0g	
Protein	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](http://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](#)



## Salted Peanuts

### NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 1

Amount Per Serving

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

## Lunch Meal #8

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

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

Velveeta Cheese Sauce		
NUTRITION FACTS		
Serving Size: 1 Pouch		
Servings Per Container: 1		
Amount Per Serving		
Calories	300	
		% Daily Value
Total Fat	23g	30%
	Saturated Fat 7g	33%
	Trans Fat 0mg	
Cholesterol	40mg	13%
Sodium	1420mg	62%
Total Carbohydrate	11g	4%
	Dietary Fiber 0g	0%
	Sugars 8g	
Protein	13g	

- **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](http://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.

- **Ritz Crackers—Mondelez**, (1 Package Shared Between 6 Campers)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), 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](http://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	9g	11%
	Saturated Fat 2.5g	14%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carbohydrate	19g	7%
	Dietary Fiber 2g	7%
	Sugars 4g	
Protein	4g	

## Ritz Crackers

### NUTRITION FACTS

Serving Size: 5 Crackers

Servings Per Container: 21

Amount Per Serving

Calories	80	Calories from Fat	
			% Daily Value
Total Fat	4.5g		6%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	130mg		6%
Total Carbohydrate	10g		4%
	Dietary Fiber 0g		%
	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](#)

All Sport Zero Powder Stick-Grape		
NUTRITION FACTS		
Serving Size: 1 packet (3g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	5	Calories from Fat
% Daily Value		
Total Fat	0g	%
Saturated Fat	g	%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	140mg	3%
Total Carbohydrate	2g	0%
Dietary Fiber	g	%
Sugars	0g	
Protein	0g	

- **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](http://highlandbeeffarms.com), 703.435.2497 or 800.869.6320

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

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

Beef Sausage Bites		
NUTRITION FACTS		
Serving Size: 1		
Servings Per Container: 1 (35g)		
Amount Per Serving		
Calories	150	
% Daily Value		
Total Fat	12g	18%
Saturated Fat	5g	25%
Trans Fat	0mg	
Cholesterol	30mg	10%
Sodium	520mg	22%
Total Carbohydrate	2g	1%
Dietary Fiber	0g	0%
Sugars	<1g	
Protein	7g	

- **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**

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](#)

### Honey Roasted Peanuts

#### NUTRITION FACTS

Serving Size: 1 package (28g)

Servings Per Container: 1

Amount Per Serving	
Calories	160
	<div>% Daily Value</div>
Total Fat	13g17%
	Saturated Fat 2g10%
	Trans Fat 0mg
Cholesterol	0mg%
Sodium	85mg4%
Total Carbohydrate	7g2%
	Dietary Fiber 2g8%
	Sugars 4g
Protein	7g

## 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](https://starkist.com)

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

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

### Lemon Pepper Tuna

#### NUTRITION FACTS

Serving Size: 1 Pouch (74g)

Servings Per Container: 1

Amount Per Serving

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

- **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](https://www.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](https://www.honeystinger.com)

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

<https://www.amazon.com/pure-organic-pineapple-passionfruit-strawberry/dp/B081Y4TS23>

#### Fire Roasted Triscuits

##### NUTRITION FACTS

Serving Size: 6 Crackers (29g)

Servings Per Container: 8

Amount Per Serving

Calories	120	
		% Daily Value
Total Fat	4g	5%
Saturated Fat	0g	%
Trans Fat	0mg	
Cholesterol	mg	%
Sodium	150mg	7%
Total Carbohydrate	21g	8%
Dietary Fiber	3g	0%
Sugars	0g	
Protein	3g	

#### Pink Lemonade Chews

##### NUTRITION FACTS

Serving Size: 1 Pouch (60g)

Servings Per Container: 1

Amount Per Serving

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



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

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

**CONTAINS: PHENYLALANINE**

All Sport, Inc. 1-866-851-7402 <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](http://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>

## Strawberry Banana Ice All Sport

### NUTRITION FACTS

Serving Size: 1 Packet

Servings Per Container: 1

Amount Per Serving

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

## MARSHMALLOW SQUARES

### NUTRITION FACTS

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

Servings Per Container: 1

Amount Per Serving

Calories	180	Calories from Fat	
			% Daily Value
Total Fat	4.5g		6%
	Saturated Fat	1.5g	8%
	Trans Fat	0mg	
Cholesterol	0 mg		0%
Sodium	35mg		2%
Total Carbohydrate	21g		8%
	Dietary Fiber	0g	%
	Sugars	12g	
Protein	2g		

- **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

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Amount Per Serving

Calories	190	
		% Daily Value
Total Fat	15g	19%
	Saturated Fat 2g	10%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	65mg	3%
Total Carbohydrate	10g	4%
	Dietary Fiber 3g	11%
	Sugars 5g	
Protein	6g	

## Lunch Meal #10

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

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

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

### CONTAINS: MILK

Highland Beef Farms, Reston, VA.

1-800-869-6320

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

[shelf stable hummus packs on Amazon](#)

### Pepper Jack Cheese Wheel

#### NUTRITION FACTS

Serving Size: 1 Wedge

Servings Per Container: 6

Amount Per Serving

Calories 35

% Daily Value

Total Fat 1.5g 2%

Saturated Fat 1g 5%

Trans Fat 0mg

Cholesterol 5mg 2%

Sodium 230mg 10%

Total Carbohydrate 1g %

Dietary Fiber 0g 0%

Sugars <1g

Protein 3g

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

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

Highland Beef Farms, [highlandbeeffarms.com](http://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	10g	16%
Saturated Fat	4g	21%
Trans Fat	0mg	
Cholesterol	25mg	9%
Sodium	440mg	18%
Total Carbohydrate	0g	%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	6g	

## Power Shots-Orange/Raspberry

### NUTRITION FACTS

Serving Size: 1 Pouch (60g)

Servings Per Container: 1

Amount Per Serving

Calories	210	
		% Daily Value
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	30mg	1%
Total Carbohydrate	48g	15%
Dietary Fiber	0	0%
Sugars	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](http://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](http://loveocorn.com)



## Club Crackers

### NUTRITION FACTS

Serving Size: 4 Crackers

Servings Per Container: 28

Amount Per Serving

Calories	70	
		% Daily Value
Total Fat	3g	4%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	125mg	5%
Total Carbohydrate	9g	3%
	Dietary Fiber 0g	0%
	Sugars 1g	
Protein	<1g	

## Sea Salt & Vinegar Corn

### NUTRITION FACTS

Serving Size: 1 package 0.7 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 Carbohydrate	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)

Servings Per Container: 1

Amount Per Serving

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

# Philmont Scout Ranch

## Dinner Trail Food Menu

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

## Dinner Meal #1

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

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

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

**CONTAINS: MILK, WHEAT, EGG**

Mountain House—Oregon Freeze Dry, Albany OR, 877.366.3877, [mountainhouse.com](https://www.mountainhouse.com)

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

[Food for the Sole](#), [AlpineAire Meals](#)

### Beef Stroganoff with Noodles

#### NUTRITION FACTS

Serving Size: 1 Package

Servings Per Container: 1

Amount Per Serving

Calories	580	Calories from Fat	
		% Daily Value	
Total Fat	22g		28%
Saturated Fat	8g		40%
Trans Fat	0mg		
Cholesterol	80mg		27%
Sodium	1440mg		63%
Total Carbohydrate	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](http://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	90	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	1.5g		2%
<hr/>			
Saturated Fat	0g		0%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	0mg		0%
<hr/>			
Sodium	200mg		9%
<hr/>			
Total Carbohydrate	16g		6%
<hr/>			
Dietary Fiber	1g		4%
<hr/>			
Sugars	0g		
<hr/>			
Protein	2g		

- **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](http://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](#)



## Chips Ahoy 4pk

### NUTRITION FACTS

Serving Size: 1 package

Servings Per Container: 1

Amount Per Serving

Calories	220		% Daily Value
<hr/>			
Total Fat	10g		13%
<hr/>			
Saturated Fat	3.5g		18%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	0mg		0%
<hr/>			
Sodium	140mg		6%
<hr/>			
Total Carbohydrate	30g		11%
<hr/>			
Dietary Fiber	<1g		3%
<hr/>			
Sugars	14g		
<hr/>			
Protein	2g		

- **Tropical Fruit and Nut Trail Mix—Planters,** (1 package per camper)

Ingredients: Peanuts, Raisins, Sugar, Dried Bananas, Cashews, Vegetable Oil (Coconut, Palm, Palm Kernel, Peanut, High Oleic Sunflower and Sunflower Oil), Dried Pineapple, Contains Less than 2% of: Skim Milk, Whey Powder, Sea Salt, Cultured Milk, Citric Acid, Natural Flavor, Artificial Color, Soy Lecithin, Lactic Acid, Gum Arabic, Lac Resin, Corn Syrup, Sulfur Dioxide (Sulfites), Added to Preserve Color.

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

**May contain other Tree Nuts, Wheat.**

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

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

[Protein Puffs from Amazon](#), [Allergen Friendly Protein Snacks](#)



## Planters Tropical Fruit & Nut Mix

### NUTRITION FACTS

Serving Size: 1 Pouch (56g)

Servings Per Container: 1

Amount Per Serving

Calories	280	
		% Daily Value
Total Fat	18g	23%
	Saturated Fat 5g	25%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	27g	10%
	Dietary Fiber 3g	11%
	Sugars 17g	
Protein	8g	

## Dinner Meal #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

Amount Per Serving

Calories	300	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	4g		5%
<hr/>			
Saturated Fat	1g		5%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	30mg		10%
<hr/>			
Sodium	640mg		28%
<hr/>			
Total Carbohydrate	47g		17%
<hr/>			
Dietary Fiber	13g		46%
<hr/>			
Sugars	6g		
<hr/>			
Protein	20g		

- **Hot Buffalo Wing Pretzel Pieces— Snyder's 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

Snyder's-Lance, Inc Charlotte, NC 28277, [snydersofhanover.com](https://www.snydersofhanover.com)

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

[Snyder's 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](https://www.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	300	Calories from Fat	
			% Daily Value
Total Fat	16g		21%
	Saturated Fat 8g		40%
	Trans Fat 0mg		
Cholesterol	0 mg		%
Sodium	830mg		36%
Total Carbohydrate	36g		13%
	Dietary Fiber 1g		4%
	Sugars 1g		
Protein	4g		

### Oreo Cookies, 4 Pack

#### NUTRITION FACTS

Serving Size: 1 Package (45g)

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 Carbohydrate	33g		12%
	Dietary Fiber <1g		3%
	Sugars 18g		
Protein	2g		

- **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](#)

## Spicy Nuts & Cajun Sticks

### NUTRITION FACTS

Serving Size: 1 package 56g

Servings Per Container: 1

Amount Per Serving

Calories	310	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat	22g		28%
	Saturated Fat 3g		15%
	Trans Fat 0mg		
<hr/>			
Cholesterol	0 mg		0%
Sodium	480mg		21%
<hr/>			
Total Carbohydrate	21g		8%
	Dietary Fiber 4g		14%
	Sugars 2g		
<hr/>			
Protein	10g		

## 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	280	Calories from Fat	
			% Daily Value
Total Fat	6g		8%
	Saturated Fat	1.5g	8%
	Trans Fat	0mg	
Cholesterol	<5mg		2%
Sodium	660mg		29%
Total Carbohydrate	51g		19%
	Dietary Fiber	2g	7%
	Sugars	4g	
Protein	8g		

- **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](http://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](#)

## Salmon

### NUTRITION FACTS

Serving Size: 1/2 Pouch

Servings Per Container: 2

Amount Per Serving

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

## Grahamz Cookies

### NUTRITION FACTS

Serving Size: 1 Pouch (28g)

Servings Per Container: 1

Amount Per Serving

Calories	130		% Daily Value
Total Fat	4g		5%
Saturated Fat	1g		5%
Trans Fat	0mg		
Cholesterol	0mg		0%
Sodium	55mg		2%
Total Carbohydrate	21g		8%
Dietary Fiber	0g		%
Sugars	8g		
Protein	2g		

- **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](http://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](http://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	0mg	
Cholesterol	5mg	2%
Sodium	180mg	8%
Total Carbohydrate	14g	5%
Dietary Fiber	<1g	4%
Sugars	0g	
Protein	2g	

## NUT AND CHOCOLATE TRAIL MIX

### NUTRITION FACTS

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 Carbohydrate	26g	9%
Dietary Fiber	3g	11%
Sugars	18g	
Protein	8g	



## 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](http://www.starkist.com)

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

[Shelf stable Tofu](#) on Amazon

### CHICKEN BREAST—2.6OZ POUCH

#### NUTRITION FACTS

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 12%

Total Carbohydrate g %

Dietary Fiber g %

Sugars g

Protein 15g

- **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, [liptonkitchens.com](https://liptonkitchens.com)

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

[Momsplaceglutenfree.com](https://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](https://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](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	70	
<hr/>		
		% Daily Value
Total Fat	2g	3%
	Saturated Fat 1.5g	8%
	Trans Fat 0mg	
<hr/>		
Cholesterol	0mg	%
Sodium	640mg	28%
Total Carbohydrate	13g	5%
	Dietary Fiber g	%
	Sugars 1g	
Protein	0g	

## Four Cheese Mashed Potatoes

### NUTRITION FACTS

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

Servings Per Container: 4

Amount Per Serving

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

## MARSHMALLOW SQUARES

### NUTRITION FACTS

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

Servings Per Container: 1

Amount Per Serving		
Calories	180	Calories from Fat
% Daily Value		
Total Fat	4.5g	6%
Saturated Fat	1.5g	8%
Trans Fat	0mg	
Cholesterol	0 mg	0%
Sodium	35mg	2%
Total Carbohydrate	21g	8%
Dietary Fiber	0g	%
Sugars	12g	
Protein	2g	

- **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](http://planters.com)

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

[Nut Free Trail Mix from Amazon](#)

## NUT AND CHOCOLATE TRAIL MIX

### NUTRITION FACTS

Serving Size: 1 Pkg (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 Carbohydrate	26g	9%
Dietary Fiber	3g	11%
Sugars	18g	
Protein	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**

**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](#)

### Chicken Rice Sides

#### NUTRITION FACTS

Serving Size: 1 Package

Servings Per Container: 1

Amount Per Serving

Calories	600	Calories from Fat	
		% Daily Value	
Total Fat	5g		7.5%
	Saturated Fat 0g		0%
	Trans Fat mg		
Cholesterol	0mg		0%
Sodium	1525mg		67%
Total Carbohydrate	120g		42.5%
	Dietary Fiber 2.5g		10%
	Sugars 2.5g		
Protein	15g		

- **Jalapeno Pretzel Pieces— Snyder's 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

Snyder's-Lance, Inc Charlotte, NC 28277, [snydersofhanover.com](https://www.snydersofhanover.com)



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

[Snyder's Gluten Free Pretzels](#)

[Gluten Free Pretzels on Amazon](#)

#### Jalapeno Pretzel Pieces

##### NUTRITION FACTS

Serving Size: 1 Package

Servings Per Container: 1

Amount Per Serving

Calories	300	
		% Daily Value
Total Fat	16g	21%
	Saturated Fat 7g	35%
	Trans Fat 0mg	
Cholesterol	mg	0%
Sodium	930mg	40%
Total Carbohydrate	36g	13%
	Dietary Fiber 1g	4%
	Sugars 2g	
Protein	4g	

- **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

Distributed by: Pepperidge Farm, Inc. Norwalk, CT 06856, [pepperidgefarm.com](https://www.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](#)

#### Cinnamon Grahams

##### NUTRITION FACTS

Serving Size: 1 Package

Servings Per Container: 1

Amount Per Serving

Calories	120	
		% Daily Value
Total Fat	4g	5%
	Saturated Fat 1g	5%
	Trans Fat 0mg	
Cholesterol	mg	0%
Sodium	140mg	6%
Total Carbohydrate	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](http://highlandbeeffarms.com)

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

[Shelf stable Tofu](#)

**Beef Summer Sausage**

**NUTRITION FACTS**

Serving Size: 2 oz (56g)

Servings Per Container: 2.5

Amount Per Serving

Calories

190

% Daily Value

Total Fat

17g

26%

Saturated Fat

7g

35%

Trans Fat

0mg

Cholesterol

40mg

13%

Sodium

750mg

31%

Total Carbohydrate

1g

0%

Dietary Fiber

g

%

Sugars

g

Protein

9g

## Dinner Meal #6

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

- **Three Cheese Macaroni and Cheese —Backpacker’s Pantry**, (1 package shared between 2 campers)

Ingredients: 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 Anti-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](http://www.backpackerspantry.com)

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

[Food for the Sole](#), [AlpineAire Meals](#)

### 3 Cheese Mac and Cheese

#### NUTRITION FACTS

Serving Size: 1/2 Package (60g)

Servings Per Container: 2

Amount Per Serving

		% Daily Value
Calories	260	
Total Fat	9g	11%
	Saturated Fat 5g	24%
	Trans Fat 0mg	
Cholesterol	10 mg	3%
Sodium	670mg	29%
Total Carbohydrate	32g	12%
	Dietary Fiber 1g	4%
	Sugars 3g	
Protein	12g	

- **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](http://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	90	Calories from Fat
		% Daily Value
Total Fat	1.5g	2%
Saturated Fat		0g0%
Trans Fat		mg
Cholesterol	0mg	0%
Sodium	200mg	9%
Total Carbohydrate	16g	6%
Dietary Fiber		1g4%
Sugars		0g
Protein	2g	



- **Nut and Chocolate Trail Mix—Planters,** (1 Package Per Camper)

Ingredients: Peanuts, Raisins, M&Ms Milk Chocolate Candies (Milk Chocolate (Sugar, Chocolate, Skim Milk, Cocoa Butter, Lactose, Milkfat, Soy Lecithin, Salt, Artificial Flavors), Sugar, Corn Starch, Less than 1% 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](http://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](http://snackworks.com)



## NUT AND CHOCOLATE TRAIL MIX

### NUTRITION FACTS

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 Carbohydrate	26g		9%
	Dietary Fiber 3g		11%
	Sugars 18g		
Protein	8g		

## Nutter Butter Cookies

### NUTRITION FACTS

Serving Size: 1 Package (56g)

Servings Per Container: 1

Amount Per Serving

Calories	260		
		% Daily Value	
Total Fat	11g		14%
	Saturated Fat 3g		13%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	200mg		9%
Total Carbohydrate	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 Grain Rice, Vermicelli (Wheat Flour, Durum Flour), Maltodextrin, Whey, Protein Concentrate, Corn Starch, Less than 2% of: Sugar, Salt, Hydrolyzed Soy Protein, Onion Powder, Herbs and Spices, Potassium Chloride, Olive Oil, Disodium Guanylate, Disodium Inosinate, Natural Flavors, Yeast Extract, Turmeric (For Color), Skim Milk Powder, Vitamins and Minerals: Niacin, Ferric Orthophosphate (Iron), Thiamine Mononitrate (Vitamin B1), Folic Acid, Riboflavin (Vitamin B2), Ferrous Sulfate (Iron). May Contain Sulfites.

**CONTAINS: WHEAT, SOY, MILK**

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

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

Backpacking Entrees that are free from milk and/or wheat: [AlpineAireFoods](#)

Herb & Butter Rice Sides		
NUTRITION FACTS		
Serving Size: 1 pouch (160g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	675	Calories from Fat
		% Daily Value
Total Fat	11.25g	15%
Saturated Fat	2.5g	12.5%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	1650mg	72.5%
Total Carbohydrate	127.5g	47.5%
Dietary Fiber	5g	17.5%
Sugars	7.5g	
Protein	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](http://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](http://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—2.6OZ POUCH

### NUTRITION FACTS

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	12%
Total Carbohydrate	g	%
Dietary Fiber	g	%
Sugars	g	
Protein	15g	

## Lorna Doone Cookies

### NUTRITION FACTS

Serving Size: 1 Package (29g)

Servings Per Container: 1

Amount Per Serving

Calories	140	
		% Daily Value
Total Fat	7g	9%
Saturated Fat	1.5g	8%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	150mg	7%
Total Carbohydrate	20g	7%
Dietary Fiber	<1g	3%
Sugars	5g	
Protein	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](https://www.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](#)

## 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	0mg	
Cholesterol	0 mg		%
Sodium	420mg		18%
Total Carbohydrate	37g		13%
	Dietary Fiber	1g	4%
	Sugars	3g	
Protein	4g		

- **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](https://kraftfoodservice.com)

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

[Protein Puffs from Amazon](#), [Allergen Friendly Protein Snacks](#)

## Planters Tropical Fruit & Nut Mix

### NUTRITION FACTS

Serving Size: 1 Pouch (56g)

Servings Per Container: 1

Amount Per Serving

Calories	280		% Daily Value
Total Fat	18g		23%
	Saturated Fat	5g	25%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	27g		10%
	Dietary Fiber	3g	11%
	Sugars	17g	
Protein	8g		

## Dinner Meal #8

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

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

Ingredients: Enriched Spaghetti (Durum Semolina, Niacin (B3), Ferrous Sulfate (Iron), Thiamine Mononitrate (B1), Riboflavin(B2), Folic Acid (B9)), Tomato Paste, Beef (Beef, Salt, Rosemary Extract), Tomatoes (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	480	Calories from Fat	
			% Daily Value
Total Fat	7g		9%
	Saturated Fat	3g	15%
	Trans Fat	0mg	
Cholesterol	20 mg		7%
Sodium	1180mg		51%
Total Carbohydrate	82g		30%
	Dietary Fiber	10g	36%
	Sugars	18g	
Protein	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](#)

## Spicy Nuts & Cajun Sticks

### NUTRITION FACTS

Serving Size: 1 package 56g

Servings Per Container: 1

Amount Per Serving

Calories	310	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat	22g		28%
	Saturated Fat 3g		15%
	Trans Fat 0mg		
<hr/>			
Cholesterol	0 mg		0%
Sodium	480mg		21%
Total Carbohydrate	21g		8%
	Dietary Fiber 4g		14%
	Sugars 2g		
<hr/>			
Protein	10g		

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

## Oreo Cookies, 4 Pack

### NUTRITION FACTS

Serving Size: 1 Package (45g)

Servings Per Container: 1

Amount Per Serving

Calories	220		% Daily Value
<hr/>			
Total Fat	9g		12%
	Saturated Fat 2.5g		13%
	Trans Fat 0mg		
<hr/>			
Cholesterol	0mg		0%
Sodium	180mg		8%
Total Carbohydrate	33g		12%
	Dietary Fiber <1g		3%
	Sugars 18g		
<hr/>			
Protein	2g		

- **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	240	
		% Daily Value
Total Fat	11g	14%
Saturated Fat		5g25%
Trans Fat		0mg
Cholesterol	<5mg	0%
Sodium	490mg	21%
Total Carbohydrate	30g	11%
Dietary Fiber		<1g3%
Sugars		5g
Protein	4g	

## Dinner Meal #9

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

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

Ingredients: Instant White Rice, Black Beans, Taco Seasoning (Paprika, Corn Meal, Salt, Onion, Spices, Garlic, Tomato, Citric Acid), 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](http://alpineaire.com)

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

[Food for the Sole](#), [AlpineAire Meals](#)

### MEXICAN VEGGIE BOWL

#### NUTRITION FACTS

Serving Size: 3.14 OZ (89g)

Servings Per Container: 2

Amount Per Serving

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



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

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

#### CONTAINS: WHEAT, MILK AND SOY INGREDIENTS

Mars Wrigley Confectionery US, LLC. Hackettstown, NJ 07840, [combos.com](https://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](https://planters.com)

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

[Nut Free Trail Mix from Amazon](#)

#### Combos—Cheddar Cheese

##### NUTRITION FACTS

Serving Size: 1 Pouch (51g)

Servings Per Container: 1

Amount Per Serving

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

#### NUT AND CHOCOLATE TRAIL MIX

##### NUTRITION FACTS

Serving Size: 1 Pkg (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 Carbohydrate	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](http://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](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
Total Fat	7g	9%
Saturated Fat	1.5g	8%
Trans Fat	0mg	
Cholesterol	0 mg	0%
Sodium	180mg	8%
Total Carbohydrate	40g	15%
Dietary Fiber	3g	11%
Sugars	16g	
Protein	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](http://www.starkist.com)

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

[Shelf stable Tofu](#) on Amazon

### CHICKEN BREAST—2.6OZ POUCH

#### NUTRITION FACTS

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 12%

Total Carbohydrate g %

Dietary Fiber g %

Sugars g

Protein 15g

- **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](http://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](http://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	0g	%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium	400mg		18%
Total Carbohydrate	21g		7%
	Dietary Fiber	<1g	3%
	Sugars	2g	
Protein	4g		

## Cinnamon Grahams

### NUTRITION FACTS

Serving Size: 1 Package

Servings Per Container: 1

Amount Per Serving

Calories	120		% Daily Value
Total Fat	4g		5%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	mg		0%
Sodium	140mg		6%
Total Carbohydrate	19g		7%
	Dietary Fiber	1g	4%
	Sugars	7g	
Protein	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](https://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:



**Dried Cranberries**

**NUTRITION FACTS**

Serving Size: 1 Package

Servings Per Container: 1

Amount Per Serving

Calories 110

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0mg

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 27g 10%

Dietary Fiber 2g 7%

Sugars 24g

Protein 0g

## Commissary Supplemental Items

- Supplemental Items are meant to be decided on and consumed at the commissary food pickup location by the campers.

- ♦ Apples
- ♦ Oranges
- ♦ Pears or Peaches
- ♦ Shelf Stable Milk

- **Chocolate Flavored Milk, Shelf Stable**

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

- **White Shelf Stable Milk, 2%**

Ingredients: 2% Reduced fat Milk (shelf stable)

### White Milk, 2%

#### NUTRITION FACTS

Serving Size: 8 oz

Servings Per Container: 1

Amount Per Serving

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

### Chocolate Flavored Milk

#### NUTRITION FACTS

Serving Size: 8oz

Servings Per Container: 1

Amount Per Serving

Calories	200	Calories from Fat	45
		% Daily Value	
Total Fat	5g		8%
	Saturated Fat 3g		15%
	Trans Fat 0mg		
Cholesterol	20mg		7%
Sodium	100mg		4%
Total Carbohydrate	30g		10%
	Dietary Fiber 0g		0%
	Sugars 28g		
Protein	8g		

## AVAILABLE FOR RESUPPLY AT COMMISSARY LOCATIONS:

- ♦ Toilet Paper
- ♦ Zip Lock Bags
- ♦ Trash Bags
- ♦ Green Scrubbies
- ♦ Camp Suds
- ♦ Hand Sanitizer
- ♦ Electrolyte Replishment 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**

### **Flour Tortilla, 12"**

#### **NUTRITION FACTS**

Serving Size: 1 tortilla

Servings Per Container: 1

Amount Per Serving

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

## On the Trail, Other Meal Adventures

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

### Chuck-Wagon Dinners

#### Beaubien, Clark's Fork, Ponil

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



## On the Trail, Other Meal Adventures

- **HOT SAUCE** – tomato concentrate (water and tomato paste), jalapeno peppers, green chilies, dehydrated onions, distilled vinegar, salt, spices.
- **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
- **SHORTENING-** soybean oil.

### Chuck Wagon Menu and Ingredients List

When **Extreme Fire Restrictions** are in Place

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

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

**CONTAINS: WHEAT, EGG, SOYBEAN, MILK**

**Manufactured in a Peanut Free Facility**

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## On the Trail, Other Meal Adventures

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

### Mexican Homestead Dinner

#### Abreu

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

## How can I eat Kosher or Halal at Philmont?:

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

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

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

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

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

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