2024 Trail Food Menu

Items in the Meal Bags

Breakfast Items—Menu

Gear up for a swift trail breakfast with our selection of essentials! Packed with primarily proteins and simple carbohydrates, our offerings provide a quick burst of energy and sustained fuel for your morning adventures. Three cooked breakfast options to switch things up from the usual snacks. Remember to carry extra water and allocate a few additional minutes for efficient rehydration on those trail days. Start your day right and keep the momentum going!

Lunch Items—Menu

Experience the ultimate convenience with our assortment of crackers, delectable toppings, and savory jerky! Elevate your on-the-go meals or quick trail stops with ease.

Don't forget to enhance your snack game by grabbing a pack of tortillas and some extra peanut butter if you're still craving more.

Dinner Items—Menu

Indulge in the satisfaction of a hearty, high-carbohydrate, and protein-rich meal after a day of trekking through Philmont. Our carefully curated selection of easy-to-prepare, filling, dehydrated, and freeze-dried meals ensures your body receives the essential fuel for recovery, leaving you energized and prepared for the adventures that lie ahead. Take heed of special instructions and valuable insights from your knowledgeable Ranger for an optimal experience.

On the Trail, Other Meal Adventures

Chuckwagon Dinner—Ponil, Beaubien, Clark's Fork

Mexican Homestead Dinner—Abreu

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

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

Breakfast Trail Food Menu

| Breakfast #1 | Breakfast #5 | Breakfast #9 |
|-----------------------------------|-----------------------------------------|---------------------------------------|
| Peppered Bison Jerky | Honey Brown Sugar Turkey Ends and Curls | Pepperoni Bites |
| Raisins | Fig Newtons | Instant Oatmeal Maple and Brown Sugar |
| Animal Crackers | Whole Berry Blast Meal Bar | Pop Tarts - Frosted Strawberry |
| Assorted Clif Bars | Granola Bites | Chewy Granola Bar |
| Strawberry Granola | Fruit Gummies | Banana Chips |
| Orange Drink Mix | Lemons and Limes Drink Mix | Super C Drink Mix |
| Breakfast #2 | Breakfast #6 | Breakfast #10 |
| Pepperoni Sticks - CM | Jalapeno Cheddar Bison Jerky | Scrambled Egg/Skillet Entrée |
| Mixed Fruit Dried | Raisins | Granola |
| Blueberry Protein Energy Bar | Animal Crackers | Fruit Gummies |
| Blueberry Lemon Bar | Assorted Clif Bars | Blueberry Oat Snack Bar |
| Chocolate Granola | Cinnamon Granola | |
| Breakfast #3 | Breakfast #7 | |
| Cajun Bison Jerky | Dark Chocolate Sunflower Seed Butter | |
| Apples Cinnamon Instant Oatmeal | Blueberry Breakfast Biscuits | |
| Waffle Salted Caramel | BBQ Beef Bites | |
| Fig Newtons | Chocolate Sea Salt Energy Bar | |
| Dried Cranberries - Cherry Flavor | Chocolate Granola | |
| Hot Cocoa Mix | Cran-Raspberry Drink Mix | |
| Breakfast #4 | Breakfast #8 | |
| Honey Pepper Turkey Sausage Bites | TURKEY Ends and Curls | |
| Granola | Blueberry Lemon Bar | |
| Pop Tarts - Frosted Cinnamon | Vanilla Waffle | |
| Almond and Pumpkin Seed Bar | Peanut and Sunflower Seed Bar | |
| Tropical Treasure Fruit Blend | Mixed Fruit Dried | |

Breakfast Meal #1

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

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

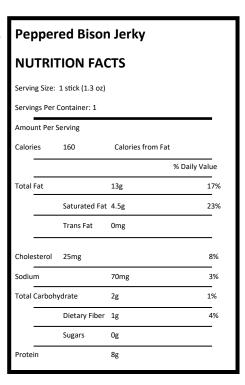
Ingredients: Bison, Pork, Salt, Corn Syrup Solids, Spices, Dextrose, Garlic Powder, Water, Natural Flavoring, Paprika, Sodium Erythorbate, Lactic Acid Starter Culture, Sodium Nitrite, Red 3, and Collagen Casings. Sprayed with Potassium Sorbate to Improve Quality.

CONTAINS:

Product Questions: 920.565.6328, Miesfelds.com

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

Vegan Jerky Recipe, Vegan Jerky Options on Amazon



• Assorted Energy Bars (Peanut Butter Banana or Crunchy Peanut Butter)—Clif Bar, (1 package per camper)

Crunchy Peanut Butter Clif Bar Ingredients: Organic Rolled Oats, Organic Brown Rice Syrup, Soy Rice Crisps (Soy Protein Isolate, Rice Flour, Barley Malt Extract), Organic Tapioca Syrup, Organic Cane Syrup, Organic Peanut Butter, Organic Peanuts, Peanut Flour, Chicory Fiber, Organic Roasted Soybeans, Organic Soy Flour, Natural Flavors, Salt. Peanut Butter Banana Clif Bar Ingredients: Organic Rolled Oats, Organic Brown Rice Syrup, Soy Rice Crisps (Soy Protein Isolate, Rice Flour, Barley Malt Extract), Organic Tapioca Syrup, Organic Roasted Soybeans, Organic Cane Syrup, Organic Peanut Butter, Unsweetened Chocolate, Organic Peanuts, Chicory Fiber, Banana Powder, Dried Bananas, Salt, Natural Flavors, Mixed Tocopherols (Antioxidant).

CONTAINS: PEANUTS AND SOY

May Contain: Tree Nuts, Milk, Sesame, and Wheat



Clif Bar Consumer Care 1.800.254.3227, www.clifbar.com/contact-us

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

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

Allergen Free Energy Bars from Amazon

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

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

CONTAINS: WHEAT and SOY

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

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

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

Clif Bars, Assorted **NUTRITION FACTS** Serving Size: 1 Bar (68g) Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Total Fat 10% Saturated Fat 1g 6% Trans Fat Cholesterol Omg 0% Sodium 230mg 10% Total Carbohydrate 15% Dietary Fiber 5g Sugars 17g Protein 11g

| Animal Crackers | | | |
|-----------------|---------------|-------------------|---------------|
| NUTRI | TION FAC | CTS | |
| 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 Carboh | ydrate | 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, <u>rockinola.com</u>

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)

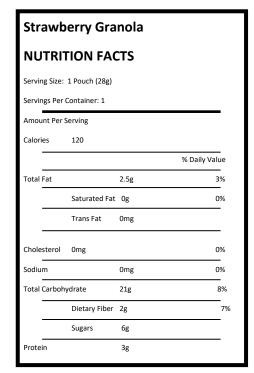
Ingredients: Raisins (Grapes and Sunflower Oil).

Nut Free Facility, Gluten Free, NON-GMO



National Food Group, Inc.

1-800-886-6866



| Raisins | | | |
|---------------|---------------|-------------------|---------------|
| NUTRI | TION FA | CTS | |
| 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 Carboh | ydrate | 29g | 11% |
| | Dietary Fiber | 1g | 4% |
| | Sugars | 22g | |
| Protein | | 1g | |

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

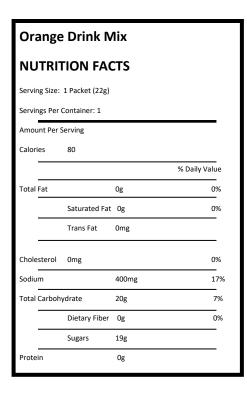
Ingredients: Cane Sugar, Sodium Citrate, Dextrose, Citric Acid, Calcium Citrate, Magnesium Carbonate, Potassium Citrate, Orange Oil, Orange Juice, Ascorbic Acid.

Non-GMO, Gluten Free, Dairy Free, Vegan

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



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



Breakfast Meal #2

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

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

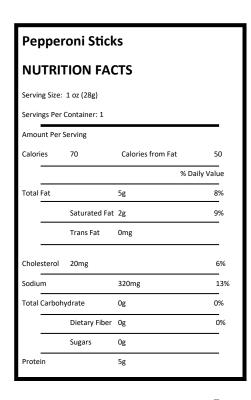
Ingredients: Pork, Salt, Dextrose, Water, Spices, Natural Smoke Flavorings, Lactic Acid, Starter Culture, Garlic Powder, Sodium Erythorbate, Spice Extractives and Sodium Nitrite, in Collagen Casing.

Product Questions: 1.800.277.8989 or www.countrymeats.com

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

Vegan Jerky Recipe, Vegan Jerky Options on Amazon

Jack Links Turkey Jerky Pork-Free Option



• Blueberry Protein Bar—RXBAR, (1 package per camper)

Ingredients: Dates, Egg Whites, Cashews, Almonds, Blueberries, Natural Flavors

CONTAINS: EGG, ALMONDS, CASHEWS



Manufactured in a facility that also processes Peanuts, Tree Nuts, Eggs, Milk, Soy, and Wheat

Distributed by Insurgent Brands Sales, Co. RXBAR, 312.624.8200, rxbar.com

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

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

• 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 Protein Bar NUTRITION FACTS Serving Size: 1 bar (52g) Servings Per Container: 1 Amount Per Serving Calories 210 Calories from Fat % Daily Value Total Fat 9% Saturated Fat 1g 5% 0mg Trans Fat Cholesterol mg Sodium 140mg 6% Total Carbohydrate 9% Dietary Fiber 4g 14% Sugars 15g 12g Protein

| Mixed | Dried Fr | uit | |
|---------------|---------------|-------------------|---------------|
| NUTRI | TION FAC | CTS | |
| 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 Carboh | ydrate | 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

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

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

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

CONTAINS: WHEAT AND SOY INGREDIENTS

Nut Free Facility



National Food Group, Inc.

1-800-886-6866

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

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

Allergen Free Energy Bars from Amazon

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

| Bluebe | rry Lemo | on Bar | |
|---------------|----------------|-------------------|---------------|
| NUTRI | TION FAC | CTS | |
| Serving Size: | 1 package (62g |) | |
| Servings Per | Container: 1 | | |
| Amount Per | Serving | | |
| Calories | 260 | Calories from Fat | |
| | | | % Daily Value |
| Total Fat | | 8g | 10% |
| | Saturated Fat | 2.5g | 13% |
| | Trans Fat | 0mg | |
| Cholesterol | 0mg | | 0% |
| Sodium | | 75mg | 3% |
| Total Carboh | ydrate | 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)

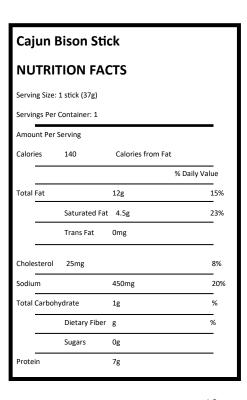
Ingredients: Bison, Pork, Salt, Dextrose, Spices, Onion, Water, Garlic, Sodium Erythorbate, Lactic Acid Starter Culture, Sodium Nitrite, and Collagen Casings. Sprayed with Potassium Sorbate to Improve Quality.

CONTAINS:

Product Questions: 920.565.6328, Miesfelds.com

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



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

Fig Newtons—Mondelez, (1 package per camper)

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

CONTAINS: WHEAT, SOY



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

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

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

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

| Fig Nev | wtons | | |
|---------------|---------------|-------|---------------|
| NUTRI | TION FA | CTS | |
| Serving Size: | 1 Pack | | |
| Servings Per | Container: 1 | | |
| Amount Per | Serving | | |
| Calories | 200 | | |
| | | | % Daily Value |
| Total Fat | | 4g | 5% |
| | Saturated Fa | t 1g | 5% |
| | Trans Fat | 0mg | |
| Cholesterol | 0mg | | 0% |
| Sodium | | 180mg | 8% |
| Total Carboh | ydrate | 41g | 15% |
| | Dietary Fiber | r 2g | 7% |
| | Sugars | 24g | |
| | | | |

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

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

CONTAINS: SOY and EGGS.

May contain: Milk



Certified Gluten Free

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

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

88 Acres Store on Amazon

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

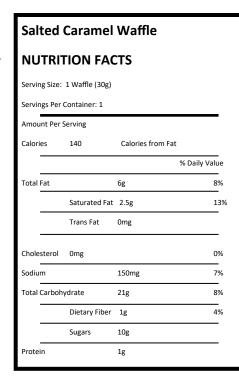
Ingredients: Sugar, Corn Syrup, Modified Whey, Cocoa (Processed with Alkali), Hydrogenated Coconut Oil, Nonfat Milk, Less than 2% of: Salt, Dipotassium Phosphate, Mono– and Diglycerides, Acesulfame Potassium, Sucralose, Artificial Flavor.

CONTAINS: Milk

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

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

1.800.457.6649, www.swissmiss.com



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

• Craisins Dried Cranberries Infused with Cherry Juice— Ocean Spray, (1 Package per Camper)

Ingredients: Sugar, Cranberries, Cherry Juice Concentrate, Natural Flavor.

CONTAINS:



Gluten Free, Peanut Free

Refined sunflower oil is used as a processing aid.

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

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

Cherry Cranberries NUTRITION FACTS Serving Size: 1 pouch Servings Per Container: 1 Amount Per Serving 110 Calories Calories from Fat % Daily Value Total Fat 0g 0% Saturated Fat Og 0% Trans Fat 0mg Cholesterol Omg 0% Sodium 0mg 0% 10% Total Carbohydrate 27g Dietary Fiber 2g 7% 24g Sugars Protein 0g

Breakfast Meal #4

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

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

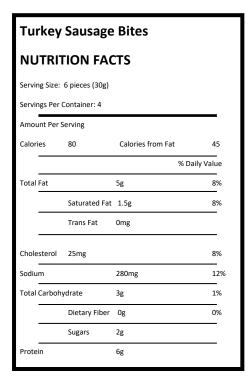
Ingredients: Turkey, Mechanically Separated Turkey, Honey, Contains 2% Or Less Of: Salt, Corn Syrup Solids, Spices including Black Pepper, Mustard, Dextrose, Lactic Acid Starter Culture, Carrageenan, Sodium Erythorbate (Made From Sugar), Garlic Powder, Sodium Nitrite, In Beef Collagen Casing.

GLUTEN FREE

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

Vegan Jerky Recipe, Vegan Jerky Options on Amazon



• 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 (Sunflower Oil, Rosemary Extract, Mixed Tocopherols), Sunflower Seeds.

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

NON-GMO, GLUTEN FREE



Manufactured in a facility that processes Eggs and Wheat

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

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

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

No Nuts Bars from Amazon

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

Ingredients: Whole Wheat Flour, Sugar, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Corn Syrup, Dextrose, Soybean and Palm Oil, Bleached Wheat Flour, Polydextrose, Glycerin. Contains 2% or less of: Maltodextrin, Molasses, Calcium Carbonate, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Wheat Starch, Salt, Cinnamon, Sodium Stearoyl Lactylate, DATEM, Gelatin, Xanthan Gum, Niacinamide, Reduced Iron, Vitamin A Palmitate, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Soy Lecithin.

CONTAINS: WHEAT AND SOY INGREDIENTS

Kellogg Sales Co.

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

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

Katz Gluten Free Snacks, Gluten Free Pastry from Amazon

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

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

| Pop Tarts- Frosted Cinnamon | | | amon |
|-----------------------------|---------------|-------|---------------|
| NUTRI | TION FA | CTS | |
| Serving Size: | 1 Pouch (96g) | | |
| Servings Per | Container: 1 | | |
| Amount Per | Serving | | |
| Calories | 350 | | |
| - | | | % Daily Value |
| Total Fat | | 6g | 8% |
| | Saturated Fat | : 2g | 10% |
| | Trans Fat | 0mg | |
| Cholesterol | 0mg | | 0% |
| Sodium | | 240mg | 10% |
| Total Carboh | ydrate | 73g | 27% |
| | Dietary Fiber | 6g | 27% |
| | Sugars | 30g | |
| Protein | | 5g | |

• 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, Cane Sugar, Citric Acid, Sulfur Dioxide).

CONTAINS:

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

Azar Nut Company, El Paso, TX



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

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

Allergen Free Dried Fruit—Bulk on Amazon

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

Ingredients: Whole Grain Rolled Oats, Sugar, Canola Oil, Whole Grain Oat Flour, Brown Rice Syrup, Molasses, Salt, Natural Flavor, Baking Soda, Mixed Tocopherols (added to protect flavor).

May Contain: WHEAT and SOY



Fieldstone Bakery, McKee Foods, Collegedale, TN 37315, fieldstonebakery.com

1-800-251-6346

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

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

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

Allergen Free Granola Bites from Amazon

Tropical Treasures NUTRITION FACTS Serving Size: 1 package(28g) Servings Per Container: 1 Amount Per Serving Calories 120 % Daily Value Total Fat 3g 4% Saturated Fat 3g 15% Trans Fat Cholesterol Omg 0% Sodium 1% Total Carbohydrate 21g 8% Dietary Fiber 1g 4% 12g

Fieldstone Granola **NUTRITION FACTS** Serving Size: 1 packet (28g) Servings Per Container: 1 Amount Per Serving Calories 120 Calories from Fat % Daily Value Total Fat Saturated Fat 0.5g 3% Trans Fat 0mg Cholesterol Omg 0% Sodium 70mg 3% Total Carbohydrate 7% 7% Dietary Fiber 2g Sugars 6g 3g Protein

Breakfast Meal #5

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

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

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

CONTAINS: ALMONDS, CASHEWS

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



PROBAR, 800.921.2294, theprobar.com

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

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

Whole Berry Blast Bar **NUTRITION FACTS** Serving Size: 1 Package Servings Per Container: 1 Amount Per Serving Calories 370 Calories from Fat % Daily Value Total Fat 15g 19% Saturated Fat 2g 10% Trans Fat 0mg Cholesterol Sodium 1% Total Carbohydrate 50g 18% Dietary Fiber 5g 18% 23g Protein 13%

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

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

GLUTEN FREE

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

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

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

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

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

CONTAINS: WHEAT, SOY



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

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

Gluten Free Fig Bars on Amazon

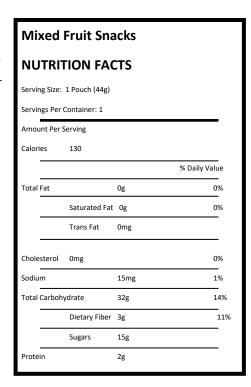


Fig Newtons NUTRITION FACTS Serving Size: 1 Pack Servings Per Container: 1 Amount Per Serving Calories % Daily Value 5% Total Fat 4g 5% Saturated Fat 1g Trans Fat Cholesterol Omg 0% Sodium 180mg 8% Total Carbohydrate 15% 41g Dietary Fiber 2g Sugars 24g 2g Protein

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

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

GLUTEN FREE, NO MSG

CONTAINS:

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

Vegan Jerky Recipe, Vegan Jerky Options on Amazon

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

Ingredients: Cane Sugar, Sodium Citrate, Dextrose, Citric Acid, Calcium Citrate, Magnesium Carbonate, Potassium Citrate, Lemon Oil, Lime Oil, Lemon Juice, Lime Juice, Ascorbic Acid.

Non-GMO, Gluten Free, Dairy Free, Vegan



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

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

Brown Sugar Turkey E&C NUTRITION FACTS Serving Size: 1 Package (68g) Servings Per Container: 1 Amount Per Serving 170 Calories from Eat 60 Calories % Daily Value Total Fat 11% Saturated Fat 2.5g 13% Trans Fat Cholesterol 50mg 17 % Sodium 830mg 35% Total Carbohydrate 12g 4% % Dietary Fiber Og Sugars Protein 15g

Lemon & Lime Drink Mix NUTRITION FACTS Serving Size: 1 Packet (22g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value **Total Fat** 0% Saturated Fat Og 0% Trans Fat 0mg Cholesterol Omg 0% Sodium 400mg 17% Total Carbohydrate 19g 7% Dietary Fiber Og 19g Sugars Protein 0g

• Granola Crispy Bites — Appleways, (1 Package Per Camper)

Ingredients: Whole Oats, Corn Syrup, Sugar, Whole Grain Wheat Flour, Molasses, Soybean Oil, Applesauce, Apple Fiber, Apple Juice Concentrate, Soy Lecithin, Natural Flavors (Contains Milk), Baking Soda, Salt, Spices

CONTAINS: WHEAT, SOY, AND MILK

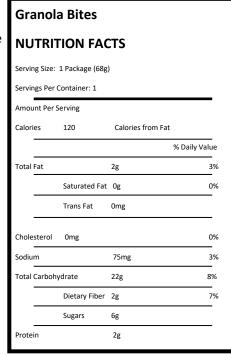


Produced in a nut-free bakery

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

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

88 Acres Allergen Free Granola Bars on Amazon



Breakfast Meal #6

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

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

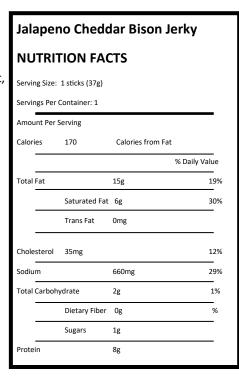
Ingredients: Bison, Pork, Salt, Cheddar Cheese (Cheddar Cheese (Cultured Milk, Salt, Enzymes), Water, Cream, Sodium Phosphates, Salt, and Beta Carotene (Color), Powdered Cellulose (to Prevent Caking), Potassium Sorbate and/or Natamycin (Preservatives), Salt, Corn Syrup Solids, Dried Jalapenos, Spices,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

CONTAINS:

Product Questions: 920.565.6328, Miesfelds.com

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

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



• Assorted Energy Bars (Oatmeal Raisin or Chocolate Brownie)—Clif Bar, (1 package per camper)

Oatmeal Raisin Clif Bar Ingredients: Organic Rolled Oats, Organic Brown Rice Syrup, Soy Rice Crisps (Soy Protein Isolate, Rice Flour, Barley Malt Extract), Organic Roasted Soybeans, Organic Tapioca Syrup, Organic Cane Syrup, Organic Raisins, Chicory Fiber, Organic Soy Flour, Walnuts, Sunflower and/or Soybean Oil, Natural Flavors, Salt, Organic Cinnamon, Mixed Tocopherols (Antioxidant). Chocolate Brownie Clif Bar Ingredients: Organic Rolled Oats, Organic Brown Rice Syrup, Soy Rice Crisps (Soy Protein Isolate, Rice Flour, Barley Malt Extract), Organic Roasted Soybeans, Organic Tapioca Syrup, Organic Cane Syrup, Chicory Fiber, Unsweetened Chocolate, Cocoa, Organic Soy Flour, Sunflower and/or Soybean Oil, Natural Flavors, Alkalized Cocoa, Salt, Mixed Tocopherols (Antioxidant).

CONTAINS: WALNUTS AND SOY

May Contain: Peanuts, Other Tree Nuts, Milk, Sesame, and Wheat. May Contain Nutshell Fragments

Clif Bar Consumer Care 1.800.254.3227, www.clifbar.com/contact-us



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

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

Allergen Free Energy Bars from Amazon

Raisins—ZeeZees., (1 package per camper)

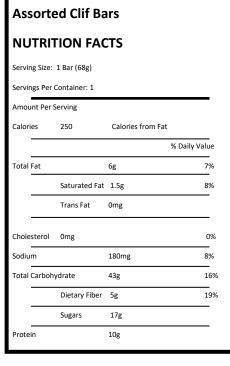
Ingredients: Raisins (Grapes and Sunflower Oil).

Nut Free Facility



National Food Group, Inc.

1-800-886-6866



| TION FAC | CTS | |
|---------------|----------------------------------------------------------------------------------------|---------------------------------------------------------|
| 1.3 oz (38g) | | |
| Container: 1 | | |
| Serving | | |
| 110 | Calories from Fat | |
| | | % Daily Value |
| | g | % |
| Saturated Fat | g | % |
| Trans Fat | 0mg | |
| mg | | % |
| | 0mg | 0% |
| ydrate | 29g | 11% |
| Dietary Fiber | 1g | 4% |
| Sugars | 22g | |
| | 1g | |
| | 1.3 oz (38g) Container: 1 Serving 110 Saturated Fat Trans Fat mg ydrate Dietary Fiber | I.3 oz (38g) Container: 1 Serving 110 Calories from Fat |

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

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

CONTAINS: WHEAT and SOY

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

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

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

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

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

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

Tarrier Foods, Columbus, OH, rockinola.com

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

Animal Crackers NUTRITION FACTS Serving Size: 1 pouch (28g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 3.5g 4% Saturated Fat 0.5g 3% Trans Fat Cholesterol 0mg % Sodium 85mg 4% Total Carbohydrate 8% Dietary Fiber 0g 7g Sugars Protein 2g

| Cinnan | non Grai | nola | |
|---------------|---------------|-------|---------------|
| NUTRI | TION FA | CTS | |
| Serving Size: | 1 ounce pouch | (28g) | |
| Servings Per | Container: 1 | | |
| Amount Per | Serving | | |
| Calories | 120 | | |
| | | | % Daily Value |
| Total Fat | | 2.5g | 3% |
| | Saturated Fat | t Og | 09 |
| | Trans Fat | 0mg | |
| Cholesterol | 0mg | | % |
| Sodium | | 0mg | % |
| Total Carboh | ydrate | 21g | 8% |
| | Dietary Fiber | 2g | 7% |
| | Sugars | 6g | |
| | | | |

Breakfast Meal #7

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

• Chocolate Sea Salt Energy Bar—RXBAR, (1 package per camper)

Ingredients: Dates, Egg Whites, Cashews, Almonds, Chocolate, Cocoa, Natural Flavors, Sea Salt.

CONTAINS: EGG, ALMONDS, CASHEWS

Manufactured in a facility that also processes Peanuts, Tree Nuts, Eggs, Milk, Soy, and Wheat

Distributed by Insurgent Brands Sales, Co. RXBAR, 312.624.8200, rxbar.com

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

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



| Chocolate RXBAR | | | |
|-----------------|---------------|-------------------|---------------|
| NUTRI | TION FAC | CTS | |
| Serving Size: | 1 Bar (52g) | | |
| Servings Per | Container: 1 | | |
| Amount Per S | erving | | |
| Calories | 210 | Calories from Fat | |
| | | | % Daily Value |
| Total Fat | | 9g | 12% |
| | Saturated Fat | 2g | 10% |
| | Trans Fat | 0mg | |
| Cholesterol | mg | | % |
| Sodium | | 260mg | 11% |
| Total Carboh | /drate | 23g | 8% |
| | Dietary Fiber | 5g | 18% |
| | Sugars | 13g | |
| Protein | | 12g | |

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

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

CONTAINS:

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



88 Acres, Boston, MA, 88acres.com

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

This item is allergen free

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

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

CONTAINS: WHEAT, SOY



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

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

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

Chocolate Sunflower Seed Butter NUTRITION FACTS Serving Size: 1 package (33g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value 15g 13% Saturated Fat 2.5g Trans Fat 0mg Cholesterol % 0mg Sodium 15mg 1% Total Carbohydrate 4% 11g Dietary Fiber 3g 11% 5g

Blueberry Biscuit NUTRITION FACTS

| | ITAIIS FAL | orng | |
|---------------|---------------|-------|-----|
| Cholesterol | 0mg | | 0% |
| Sodium | | 200mg | 9% |
| Total Carbohy | /drate | 36g | 13% |
| | Dietary Fiber | 2g | 7% |
| | Sugars | 12g | |
| Protein | | 3g | |

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

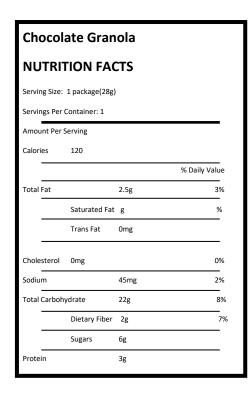
Ingredients: Whole Grain Rolled Oats, Sugar, Corn Syrup, Canola Oil, Cocoa (Processed with Alkali), Natural Flavor, Baking Soda, Vitamin E (Mixed Tocopherols) added to protect flavor.

CONTAINS:

100% whole grain, Peanut/Tree Nut Free

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

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



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

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

CONTAINS:

Gluten Free

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

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

Vegan Jerky Recipe, Vegan Jerky Options on Amazon

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

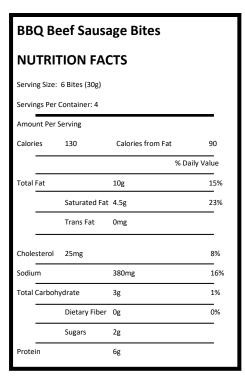
Ingredients: Organic Cane Sugar, Citric Acid, Natural Flavors, Silicon Dioxide (anti-caking), Vegetable Juice Color, Stevia Leaf Extract, Monk Fruit Extract.

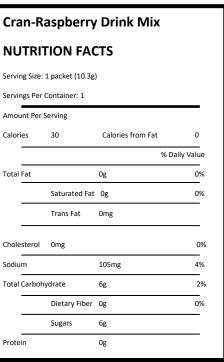
CONTAINS:

Acli-Mate.com, 1-866-641-5361

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte





Breakfast Meal #8

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

• Turkey Ends and Curls—Highland Beef Farms, (1 package Per Camper)

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

Gluten Free, No MSG

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

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

Turkey Ends and Curls NUTRITION FACTS Serving Size: 1 pkg (60g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat 90 % Daily Value Total Fat 10g 15% Saturated Fat 3g 15% Trans Fat Cholesterol 55mg 18% Sodium 640mg 27% Total Carbohydrate 1% Dietary Fiber Og 1g Sugars 14g Protein

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

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

CONTAINS: WHEAT, SOY, and EGG.

May contain Milk



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

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

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

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

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

CONTAINS: PEANUTS, TREE NUTS (ALMONDS) & MILK

NON-GMO, GLUTEN FREE



Manufactured in a facility that processes Eggs and Wheat

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

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

Nut free bars from amazon Recipe for shelf stable nut-free energy bar

Vanilla Waffle **NUTRITION FACTS** Serving Size: 1 package (30g) Servings Per Container: 1 Amount Per Serving Calories 150 Fat Calories % Daily Value Total Fat 9% Saturated Fat 3g 15% Trans Fat Cholesterol Sodium 55mg 2% Total Carbohydrate 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 % Daily Value 19% Total Fat 15g Saturated Fat 3g 15% Trans Fat Cholesterol 2% Sodium 125mg 5% Total Carbohydrate 8% Dietary Fiber 2g 16g Sugars 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, 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 Calories from Fat % Daily Value Total Fat % Saturated Fat g % Trans Fat Cholesterol Omg 0% Sodium 25mg 1% Total Carbohydrate 11% 4% Dietary Fiber 2g Sugars 24g Protein 1g

Blueberry Lemon Bar NUTRITION FACTS

Serving Size: 1 package (62g)

Servings Per Container: 1

Amount Per Serving

Calories 260 Calories from Fat

Total Fat 8g

Saturated Fat 2.5g

Trans Fat 0mg

Cholesterol 0mg

% Daily Value

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.

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

Ingredients: Pork, Pepperoni (Pork, Beef, Salt, Spices, Dextrose, Lactic Acid Starter Culture, Oleoresin of Paprika, Natural Smoke Flavor, Flavoring, Sodium Erythorbate, Sodium Nitrite, BHA, BHT, Citric Acid), Beef, Salt, Contains 2% or Less of: Corn Syrup Solids, Spices, Dextrose, Lactic Acid Starter Culture, Oleoresin of Paprika, Natural Flavorings, Sodium Erythorbate, Garlic Powder, Sodium Nitrite, BHA, BHT, Citric Acid.

GLUTEN FREE

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

Vegan Jerky Recipe, Vegan Jerky Options on Amazon

Pepperoni Sausage Bites NUTRITION FACTS Serving Size: 6 pieces (30g) Servings Per Container: 4 Amount Per Serving 120 Calories Calories from Fat 90 % Daily Value 10g Total Fat 15% Saturated Fat 3.5g 18% Trans Fat Cholesterol 25mg 8% Sodium 460mg 19% Total Carbohydrate % 1g Dietary Fiber Og 0% Sugars 1g Protein

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

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

CONTAINS: WHEAT AND SOY INGREDIENTS

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

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

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

Allergen Free Granola Bars on Amazon

Trail Mix Chewy Granola Bar - Kashi, (1 Package Per Camper)

Ingredients: Whole Grain Oats, Brown Rice Syrup, Almonds, Dried Frown Rice Syrup, Cane Sugar, Crisp Brown Rice, Raisins (Raisins, Vegetable Glycerin), Cranberries (Cranberries, Cane Sugar, Vegetable Glycerin), Sunflower Seeds, Oat Fiber, Expeller Pressed Vegetable Oil (Sunflower and/or Canola), Vegetable Glycerin, Sea Salt, Natural Flavors, Rosemary Extract for freshness, Peanut Flour.

CONTAINS: ALMOND AND PEANUT INGREDIENTS

May Contain: Other Tree Nuts, Soy, and Milk



Distributed by Kashi Sales, LLC., www.kashi.com, 877.747.2467

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

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

Pop Tarts-Frosted Strawberry NUTRITION FACTS Serving Size: 1 Pouch (96g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat 5g 6% 8% Saturated Fat 1.5g Trans Fat 0mg Cholesterol Omg 0% Sodium 230mg 10% 27% Total Carbohydrate 73g 20% Dietary Fiber 6g Sugars 29g 4g Protein

Trail Mix Bar NUTRITION FACTS Serving Size: 1 bar (35g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 4.5g Saturated Fat Og Trans Fat Cholesterol Ome 0% Sodium 105mg 5% Total Carbohydrate 9% Dietary Fiber 3g 7g Sugars Protein 3g

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

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

Post Consumer Brands, LLC Lakeville, MN



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

Grain Free Breakfast Cereal

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

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



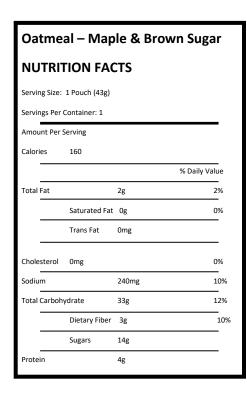
CONTAINS:

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

Distributed by Azar Nut Co. El Paso, TX 79912

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

Nut Free Dried Fruits



| Banana | a Chips | | |
|---------------|----------------|-------------------|---------------|
| NUTRI | TION FAC | CTS | |
| Serving Size: | 1 package (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 Carboh | ydrate | 19g | 7% |
| | Dietary Fiber | 1g | 4% |
| | Sugars | 9g | |
| Protein | | Og | |

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

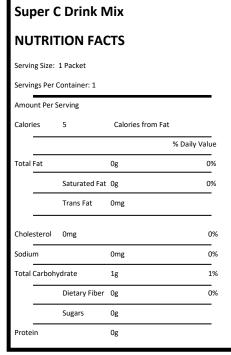
Ingredients: **Orange**: Ascorbic Acid (Vit C), Citric Acid, Potassium Citrate, Maltodextrin, Natural Flavor, Tricalcium Phosphate, Magnesium Oxide, Contains 2% or Less of: Zinc Sulfate, Niacinamide (Vit B3), Manganese Gluconate, D-Calcium Pantothenate (Vit B5), D-Alpha Tocopheryl Acetate (Vit E), Pyridoxine 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 Tocolpheryl Acetate (Vit E), Pyridoxine Hydrochloride (Vit B6), Thiamin Hydrochloride (Vit B1), Riboflavin (Vit B2), Sodium Selenate, Chromium Chloride, Cyanocobalamin (Vit B12), Acesulfame Potassium.

CONTAINS:

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

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte



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"

Scrambled Egg Entrée—Mountain House, Oregon FreezeDry (1 Package Shared Between 2 Campers)

One of Three Different Entrees will be in the Meal Bag

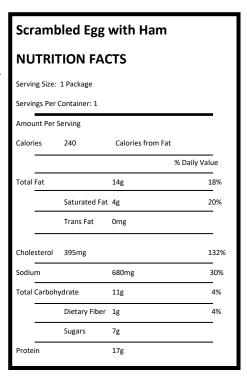
Scrambled Eggs with Ham and Peppers Ingredients: Precooked Egg Mix: Whole Egg (Stabilized, Glucose Removed), NonFat Milk, Egg Yolk (Stabilized, Glucose Removed), Tapioca Starch, Sunflower Oil, Less than 2% of: Salt, Smoke Flavor (Sunflower Oil, Smoke Flavor), Yeast Extract, Xanthan Gum. Uncured Cooked Ham: (No Nitrates or Nitrites Added Except Those Naturally Found in Vegetable Juice Powder), Ham, Salt, Raw Sugar, Celery Juice Powder. Bell Peppers

CONTAINS: MILK, EGGS

Mountain House—Oregon FreezeDry, Albany OR, 877.366.3877, mountainhouse.com

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

AlpineAire Meals



One of Three Different Entrees will be in the Meal

Scrambled Eggs with Uncured Bacon Ingredients: Precooked Egg Mix: Whole Egg (Stabilized, Glucose Removed), NonFat Milk, Egg Yolk (Stabilized, Glucose Removed), Tapioca Starch, Sunflower Oil, Less than 2% of: Salt, Smoke Flavor (Sunflower Oil, Smoke Flavor), Yeast Extract, Xanthan Gum. Uncured Cooked Ham: (No Nitrates or Nitrites Added Except Those Naturally Found in Vegetable Juice Powder), Ham, Salt, Raw Sugar, Celery Juice Powder. Bell Peppers

CONTAINS: MILK, EGGS

Mountain House—Oregon FreezeDry, Albany OR, 877.366.3877, mountainhouse.com

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

AlpineAire Meals

One of Three Different Entrees will be in the Meal

Breakfast Skillet Ingredients: Precooked Egg Mix (Whole Egg (Stabilized, Glucose Removed), Nonfat Milk, Egg Yolk (Stabilized, Glucose Removed), Tapioca Starch, Sunflower Oil, Salt, Smoke Flavor (Sunflower Oil, Smoke Flavor), Yeast Extract, Xanthan Gum), Potatoes (Potato, Sodium Acid Pyrophosphate), Pork Sausage Crumble (Pork, Sea Salt, Cane Sugar, Spices, Rosemary Extract, Chili Pepper), Onion, Natural Fried Flavor (Maltodextrin, Yeast Extract, Sea Salt, Natural Flavor (Contains Canola Oil)), Bell Pepper, Less than 2% of: Garlic Powder, White Pepper.

CONTAINS: MILK, EGGS

Mountain House—Oregon FreezeDry, Albany OR, 877.366.3877, mountainhouse.com

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

AlpineAire Meals

Scrambled Eggs with Bacon NUTRITION FACTS Serving Size: 1 Package Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat 24g 31% 35% Saturated Fat 7g Trans Fat Cholesterol 725mg 242% Sodium 760mg 33% Total Carbohydrate 12g 4% Dietary Fiber 3g 11% Sugars 6g 22g Protein

| Breakfast Skillet NUTRITION FACTS | | | |
|-----------------------------------|---------------|--------|---------------|
| | | | |
| Servings Per | Container: 1 | | |
| Amount Per | Serving | | |
| Calories | 510 | | |
| | | | % Daily Value |
| Total Fat | | 24g | 31% |
| | Saturated Fat | 7g | 35% |
| | Trans Fat | 0mg | |
| Cholesterol | 525mg | | 175% |
| Sodium | | 1580mg | 69% |
| Total Carbohydrate | | 46g | 17% |
| | Dietary Fiber | 4g | 14% |
| | Sugars | 8g | |
| Protein | | 28g | |

• 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, McKee Foods, Collegedale, TN 37315, <u>fieldstonebakery.com</u>

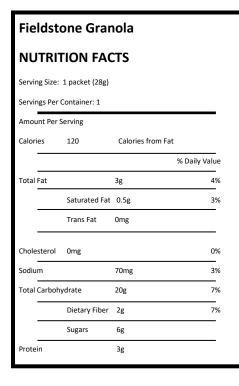
1-800-251-6346

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

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

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

Allergen Free Granola Bites from Amazon



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

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

GLUTEN FREE

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

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

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

• Blueberry Oat Snack Bar—ProBar, (1 package per camper)

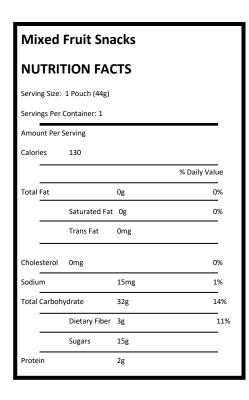
Ingredients: Oats, Tapioca Syrup, Sunflower Butter (Sunflower Seeds, Sunflower Oil), Sunflower Seeds, Blueberries (Cane Sugar, Sunflower Oil), Flax Seeds, Cane Sugar, Brown Rice Crisp (Brown Rice, Cane Syrup, Sea Salt), Expeller Pressed Canola Oil, Vegetable Glycerine, Natural Flavor, Brown Rice Syrup, Brown Rice Flour, Oat Flour, Molasses, Sea Salt.

Gluten Free, Nut Free, Dairy Free, NON-GMO

PROBAR, 800.921.2294, theprobar.com

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

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



Blueberry Oat Bar NUTRITION FACTS Serving Size: 1 bar (45g) Servings Per Container: 1 Amount Per Serving Calories 190 % Daily Value Total Fat 8g 5% Saturated Fat 1g Trans Fat 0mg 0% Cholesterol Sodium 1% Total Carbohydrate 10% 27g Dietary Fiber 3g 11% 10g Sugars 5g Protein

Philmont Scout Ranch

Lunch Trail Food Menu

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

Philmont Scout Ranch

Lunch Meal #1

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

Chicken Breast– Starkist, (1 pouch per camper)

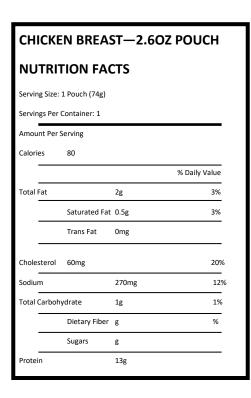
Ingredients: Chicken (White Chicken Meat, Water, Modified Food Starch (Corn), Salt, Sodium Phosphate).

Soy Free, Gluten Free

Starkist, www.starkist.com

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

shelf stable hummus packs on Amazon



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

Ingredients: Peanuts, Peanut Oil, Sea Salt



CONTAINS: PEANUT

May Contain Tree Nuts

Hormel Foods Sales, LLC, 1.855.663.5387, hormelfoodservice.com

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

Protein Bites

No Nuts Bars from Amazon

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

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

CONTAINS: CASHEW, SESAME, COCONUT.

Gluten Free

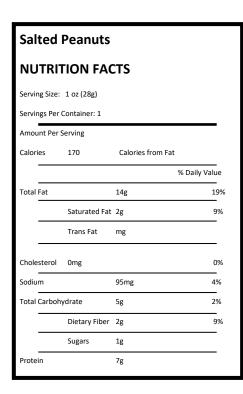


ProBar LLC, 800.921.2294, theprobar.com

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

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

No Nuts Bars from Amazon



| Sea Salt Caramel Bar | | | |
|----------------------|---------------|-------------------|---------------|
| NUTRI | TION FAC | CTS | |
| Serving Size: | 1 bar (37g) | | |
| Servings Per | Container: 1 | | |
| Amount Per | Serving | | |
| Calories | 150 | Calories from Fat | |
| | | | % Daily Value |
| Total Fat | | 6g | 8% |
| | Saturated Fat | 2.5g | 12% |
| | Trans Fat | 0mg | |
| Cholesterol | 0mg | | 0% |
| Sodium | | 130mg | 6% |
| Total Carboh | ydrate | 23g | 8% |
| | Dietary Fiber | Og | 0% |
| | Sugars | 5g | |
| | | 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



Jel Sert CO, Chicago IL. 1-866-851-7402, https://drinkallsport.com

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte

• Saltine Crackers—Crav'n, (1 package shared between 6 campers or 3 meal bags)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil with TBHQ and Citric Acid for Freshness, Salt, Contains 2% or Less of: Leavening (Baking Soda, Yeast), Malted Barley Flour, Sodium Sulfite, Enzymes.

CONTAINS: WHEAT



Distributed by Topco Associates LLC, 1.888.423.0139 or cravnflavor.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 from Mondelez

Orange All Sport NUTRITION FACTS Serving Size: 1 packet Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 0% 0g Saturated Fat Og 0% Trans Fat 0mg Cholesterol Omg 0% Sodium 140mg 6% Total Carbohydrate 1% 2g Dietary Fiber Og 0% Sugars 0g Protein 0g

| Saltine | s Cracke | rs | |
|---------------|-----------------|-------|---------------|
| NUTRIT | TION FAC | CTS | |
| Serving Size: | 5 Crackers (16g |) | |
| Servings Per | Container: 24 | | |
| Amount Per S | Serving | | |
| Calories | 70 | | |
| - | | | % Daily Value |
| Total Fat | | 1.5g | 2% |
| | Saturated Fat | Og | % |
| | Trans Fat | 0mg | |
| Cholesterol | 0mg | | % |
| Sodium | | 135mg | 6% |
| Total Carboh | ydrate | 12g | 4% |
| | Dietary Fiber | 0g | 0% |
| | Sugars | 0g | |
| Protein | | 1g | |

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

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

CONTAINS: WHEAT AND MILK

Pepperidge Farm, Inc.

1-888-737-7374, pepperidgefarm.com

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

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

| Cheddar Goldfish | | | |
|------------------|-----------------|-------------------|---------------|
| NUTRITION FACTS | | | |
| Serving Size: | 1 package (21g) | | |
| Servings Per | Container: 1 | | |
| Amount Per | Serving | | |
| Calories | 100 | Calories from Fat | |
| - | | | % Daily Value |
| Total Fat | | 3.5g | 4% |
| | Saturated Fat | 0.5g | 3% |
| | Trans Fat | 0mg | |
| Cholesterol | 5mg | | 2% |
| Sodium | | 180mg | 8% |
| Total Carboh | ydrate | 14g | 5% |
| | Dietary Fiber | <1g | 4% |
| | Sugars | Og | |
| Protein | | 2g | |

Lunch Meal #2

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

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

Ingredients: Sunflower Kernels, Sunflower Oil, Salt.

Nut Free Facility

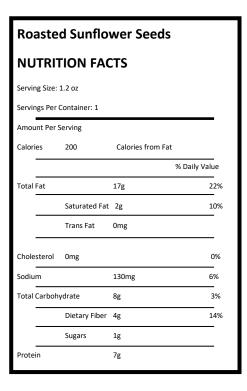
Gluten Free

Vegan, NON-GMO



National Food Group, Inc.

1-800-886-6866



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

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

Contains 95% Organic Ingredients.

Certified Gluten Free

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

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

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

Peanut Butter — Skippy, (1.5 package per camper)

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

CONTAINS: Peanuts

Gluten Free

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



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

Nut Free Butter from Amazon

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 Og % Trans Fat 0mg Cholesterol Omg 65mg Sodium 3% Total Carbohydrate 39g 14% Dietary Fiber 1g 4% Sugars 27g Protein 0g

| Peanut | t Butter (| Cup | |
|---------------|----------------|-------|---------------|
| NUTRI | TION FAC | CTS | |
| 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 Carboh | nydrate | 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



Jel Sert CO, Chicago IL. 1-866-851-7402, https://drinkallsport.com

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte

Graham Crackers - Crav'n, (1 Box Shared Between 6 Campers)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Graham Flour (Whole Wheat Flour), Sugar, High Oleic Canola and/or Soybean Oil with TBHQ and Citric Acid for Freshness, Honey, Contains 2% or Less of: Leavening (Baking Soda, Calcium Phosphate), Salt, Natural Flavor, Soy Lecithin, Sodium Sulfite

CONTAINS: WHEAT, SOY

Distributed by Topco Associates LLC, 1.888.423.0139 or cravnflavor.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 from Mondelez

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

| Graham Crackers | | | |
|------------------------|-------------------|-------------------|---------------|
| NUTRI | TION FAC | CTS | |
| Serving Size: | 2 Full Cracker SI | neets (31g) | |
| Servings Per | Container: 13 | | |
| Amount Per | Serving | | |
| Calories | 130 | Calories from Fat | |
| | | | % Daily Value |
| Total Fat | | 3g | 4% |
| | Saturated Fat | 0.5g | 3% |
| | Trans Fat | 0mg | |
| Cholesterol | 0mg | | % |
| Sodium | | 135mg | 6% |
| Total Carboh | ydrate | 24g | 9% |
| | Dietary Fiber | 1g | 5% |
| | | _ | |

Sugars

2g

Protein

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

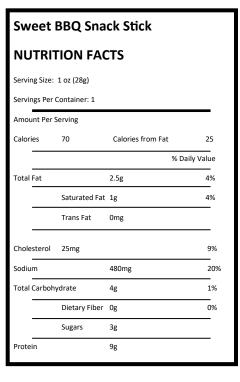
Ingredients: Pork, Sugar, Salt, Water, Dextrose, Spices, Tomato Powder, Onion and Garlic Powder, Corn Starch, Lactic Acid Starter Culture, Hickory Smoke Flavor (Contains Maltodextrin), Citric Acid, Spice Extractives and Sodium Nitrite, In Collagen Casing.

CONTAINS:

Product Questions: 1.800.277.8989 or www.countrymeats.com

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

Vegan Jerky Recipe, Vegan Jerky Options on Amazon



Philmont Scout Ranch

Lunch Meal #3

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

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

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

CONTAINS: MILK

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

shelf stable hummus packs on Amazon

Original Cheese Wedges NUTRITION FACTS Serving Size: 1 wedge (19g) Servings Per Container: 6 Amount Per Serving (1 Wedge) 35 Calories from Fat 15 % Daily Value Total Fat 1.5g 2% Saturated Fat 1g 5% Trans Fat 2% Cholesterol 5mg Sodium 240mg 10% Total Carbohydrate <1% Dietary Fiber 0g 0% Sugars <1g 3g Protein

| Spam Single Classic—Hormel, (1 package per camper) |
|---------------------------------------------------------------------------------------|
| Ingredients: Pork, Water, Salt, Modified Potato Starch, Sugar, Sodium Nitrite |
| Certified GLUTEN FREE |
| Hormel Foods, LLC. 1-800-523-4635 or spam.com |
| Ideas for replacements that you can purchase : |
| https://www.livekindly.co/11-vegan-meat-brands-that-taste-better-than-the-real-thing/ |

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

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

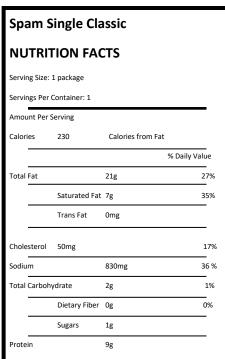


CONTAINS: WHEAT

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

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

Good Thins Rice Crackers from Mondelez



| Triscuit | t Origina | al | |
|---------------|---------------|-------|---------------|
| NUTRI | TION FA | CTS | |
| Serving Size: | 6 Crackers | | |
| Servings Per | Container: 9 | | |
| Amount Per | Serving | | |
| Calories | 120 | | |
| | | | % Daily Value |
| Total Fat | | 3.5g | 4% |
| | Saturated Fa | t Og | % |
| | Trans Fat | 0mg | |
| Cholesterol | 0mg | | % |
| Sodium | | 170mg | 7% |
| Total Carboh | ydrate | 20g | 7% |
| | Dietary Fiber | - 3g | 11% |
| | Sugars | Og | |
| Protein | | 3g | |

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

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

GLUTEN FREE

CONTAINS: ALMONDS, MILK, AND SOY.



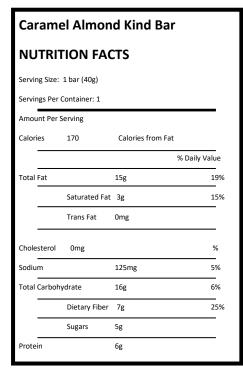
May contain: Peanuts, Tree Nuts and Sesame Seeds and Nut Shell Fragments.

Kind Snacks, 1.855.884.KIND, kindsnacks.com

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

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

No Nuts Bars from Amazon



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

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

CONTAINS: PHENYLALNINE



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

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte

Chili Lime Peanuts—Planters, (1 Package Per Camper)

Ingredients: Peanuts, Contains 2% or Less of: Peanut Oil, Sodium Diacetate, Sea Salt, Sugar, Dried Chili Peppers, Citric Acid, Spice, Canola Oil, Yeast Extract, Gum Arabic, Modified Cornstarch, Corn Maltodextrin, Torula Yeast, Corn Syrup, Extractives of Lime, Paprika Extract, Ascorbic Acid, Natural Flavor.

CONTAINS: PEANUT

May Contain: Tree Nuts



Hormel Foods Sales, LLC, 1.855.663.5387, hormelfoodservice.com

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

Protein Bites

No Nuts Bars from Amazon

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

| Chili Lin | ne Pean | uts | |
|-----------------|----------------|-------|---------------|
| NUTRIT | ION FAC | CTS | |
| Serving Size: 1 | OZ | | |
| Servings Per Co | ontainer: 2.25 | | |
| Amount Per Se | rving | | |
| Calories | 160 | | |
| | | | % Daily Value |
| Total Fat | | 14g | 18% |
| | Saturated Fat | 2g | 9% |
| | Trans Fat | 0mg | |
| Cholesterol | | 0mg | % |
| Sodium | | 160mg | 7% |
| Total Carbohyo | drate | 5g | 2% |
| | Dietary Fiber | 2g | 9% |
| | | | |
| | Sugars | 1g | |

Philmont Scout Ranch

Lunch Meal #4

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

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

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

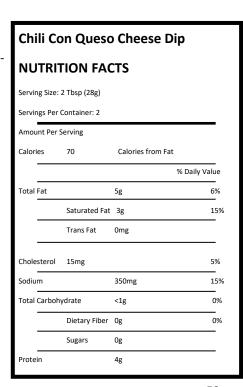
CONTAINS: MILK

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

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

shelf stable hummus packs on Amazon



• Peanut Butter Chocolate Snack Bar—ProBar, (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 LLC, 800.921.2294, theprobar.com

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

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

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

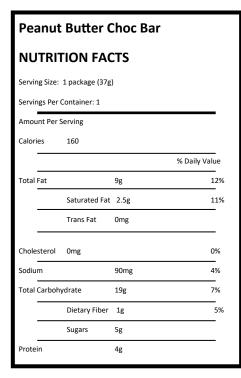
Ingredients: Corn, Sunflower Oil, Sea Salt

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



| Sea Sal | t Corn | | |
|---------------|---------------|-------|---------------|
| NUTRI | TION FAC | CTS | |
| 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 Carboh | ydrate | 13g | 5% |
| | Dietary Fiber | 1g | 4% |
| | Sugars | 0g | |
| Protein | | 1g | |

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

Ingredients: Pork, Brown Sugar, Less than 2% of: Salt, Honey Flavor (Cane Sugar, Honey), Dextrose, Water, Natural Smoke Flavorings (Contains Maltodextrin), Spices (Including Celery Seed, White Pepper), Hydrolyzed Soy Protein, Garlic Powder, Autolyzed Yeast, Lactic Acid, Starter Culture, Sodium Nitrite, in Collagen Casing.

CONTAINS: SOY

Product Questions: 1.800.277.8989 or www.countrymeats.com

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

Vegan Jerky Recipe, Vegan Jerky Options on Amazon

Jack Links Turkey Jerky Pork-Free Option

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

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

CONTAINS:



May Contain: Soy, Sesame Seed, Tree Nuts.

Mondelez Global, LLC. East Hanover, NJ 07936, 1.800.622.4726, Good Thins Rice Crackers from Mondelez

Available at all trail food distribution points in base camp and in the backcountry.

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

| Good T | hins Cra | ckers | |
|---------------|-----------------|-------------------|---------------|
| NUTRI | TION FAC | CTS | |
| Serving Size: | 18 Pieces (31g) | | |
| Servings Per | Container: 3.5 | | |
| Amount Per S | Serving | | |
| Calories | 130 | Calories from Fat | |
| | | | % Daily Value |
| Total Fat | | 1.5g | 2% |
| | Saturated Fat | Og | 0% |
| | Trans Fat | 0mg | |
| Cholesterol | 0mg | | 0% |
| Sodium | | 85mg | 4% |
| Total Carboh | ydrate | 26g | 9% |
| | Dietary Fiber | Og | 0% |
| | Sugars | Og | |
| Protein | | 2g | |

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

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

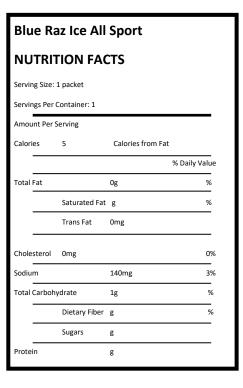
CONTAINS: PHENYLALNINE



The Jel Sert Company, West Chicago, IL 60186 1-866-851-7402 https://drinkallsport.com

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte



Philmont Scout Ranch

Lunch Meal #5

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

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

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

CONTAINS: FISH (TUNA)

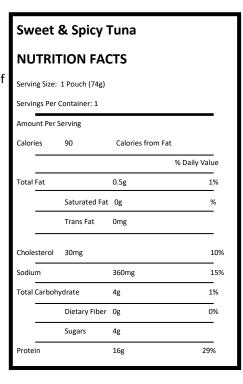
Certified Gluten Free, Soy Free



Distributed by Starkist Co, starkist.com

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

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



• Raspberry and Lemon Energy Bar—Skratch Labs, (1 package per camper)

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

CONTAINS: SESAME, TREE NUTS (CASHEWS, COCONUT, MACADAMIA)

Non-GMO, Gluten Free, Dairy Free, Vegan

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

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

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

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Vegetable Oil (High Oleic Soybean, Soybean, Palm, and/or Canola Oil with TBHQ for Freshness). Cheese made with Skim Milk (Skim Milk, Whey Protein, Salt, Cheese Cultures, Enzymes, Annatto Extract Color). Contains 2% or Less of: Salt, Paprika, Yeast, Paprika Extract Color, Soy Lecithin.

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS.

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



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

Cauliflower Crackers from Amazon

Raspberry & Lemon Bar **NUTRITION FACTS** Serving Size: 1 Bar (50g) Servings Per Container: 1 Amount Per Serving Calories 260 % Daily Value Total Fat 13g 17% Saturated Fat 2.5g 13% Trans Fat 0mg Cholesterol Omg 0% Sodium 105mg 5% Total Carbohydrate 12% Dietary Fiber 3g 11% Sugars 11g Protein 4g

Cheez-It 1.5 oz **NUTRITION FACTS** Serving Size: 1 Pouch (42g) Servings Per Container: 1 Amount Per Serving Calories 210 % Daily Value Total Fat 11g 14% Saturated Fat 2.5g 13% Trans Fat 0mg Cholesterol Omg 0% 320mg 14% Total Carbohydrate 24g 9% Dietary Fiber <1g 3% Sugars 0g Protein 4g

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

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

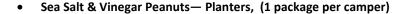
CONTAINS: PHENYLANINE

Jel Sert CO, Chicago IL. 1-866-851-7402, https://drinkallsport.com



Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte



Ingredients: Peanuts, Contains 2% or Less of: Sea Salt, Peanut Oil, Sodium Diacetate, Dextrose, Malic Acid, Maltodextrin, Yeast Extract, Natural Flavor, Canola Oil, Salt, Paprika and Turmeric Extract (Color), Ascorbic Acid.

CONTAINS: PEANUT

May Contain: Tree Nuts

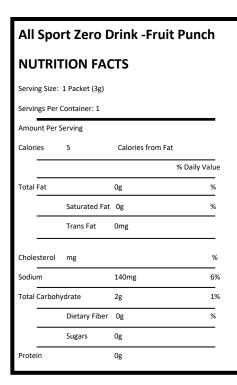
Hormel Foods Sales, LLC, 1.855.663.5387, hormelfoodservice.com



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

Protein Bites

No Nuts Bars from Amazon



| Sea Sal | Sea Salt & Vinegar Peanuts | | |
|---------------|----------------------------|-------|---------------|
| NUTRI | TION FAC | CTS | |
| Serving Size: | 1 oz | | |
| Servings Per | Container: 2.25 | | |
| Amount Per | Serving | | |
| Calories | 160 | | |
| - | | | % Daily Value |
| Total Fat | | 14g | 18% |
| | Saturated Fat | 2g | 9% |
| | Trans Fat | 0mg | |
| Cholesterol | 0mg | | 0% |
| Sodium | | 150mg | 7% |
| Total Carboh | ydrate | 5g | 2% |
| | Dietary Fiber | 2g | 9% |
| | Sugars | 1g | |
| Protein | | 7g | |

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

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

CONTAINS: WHEAT and SOY

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

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

Good Thins Rice Crackers from Mondelez

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 Omg % 230mg Sodium 10% Total Carbohydrate 19g 7% Dietary Fiber 0g 0% Sugars 2g 2g

Philmont Scout Ranch

Lunch Meal #6

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

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

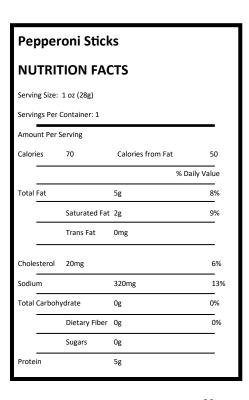
Ingredients: Pork, Salt, Dextrose, Water, Spices, Natural Smoke Flavorings, Lactic Acid, Starter Culture, Garlic Powder, Sodium Erythorbate, Spice Extractives and Sodium Nitrite in Collagen Casing.

Product Questions: 1.800.277.8989 or www.countrymeats.com

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

Vegan Jerky Recipe, Vegan Jerky Options on Amazon

Jack Links Turkey Jerky Pork-Free Option



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

Ingredients: Tapioca Syrup, Cane Sugar, Tapioca Syrup Solids, Pectin, Contains 1% or Less of: Sodium Citrate, Citric Acid, Natural Flavor, Colored with Extracts (Carrot, Blackcurrant), Ascorbic Acid, Vitamin B3, Sunflower Oil, Fruit Blend (Apple, Acai, Blueberry, Pomegranate Fruit Extract), Sea Salt, Carnauba Wax, Vitamin B6, Vitamin B12.

Certified Organic

Gluten Free

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

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

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

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

Ingredients: Gouda Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Color Added), Water, Milkfat, Milk, Sodium Phosphate, Calcium Propionate (Preservative), Salt, Lactic Acid, Color Added.

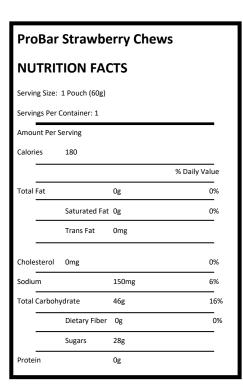
CONTAINS: MILK

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

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

shelf stable hummus packs on Amazon



Smoked Gouda Cheese Dip NUTRITION FACTS Serving Size: 2 Tbsp (28g) Servings Per Container: 2 Amount Per Serving Calories % Daily Value Total Fat 6g Saturated Fat 3.5g 18% Trans Fat Cholesterol 17% Sodium 390mg Total Carbohydrate 0% Dietary Fiber Og 0% Sugars <1g Protein

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

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

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS



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

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

Good Thins Rice Crackers from Mondelez

• Peanuts Salted—Frito Lay Munchies, (1 package shared between two campers)

Ingredients: Peanuts, Vegetable Oil (Peanut, Cottonseed, Soybean, and/or Sunflower Oil), and Salt.

CONTAINS: PEANUT INGREDIENTS

Made on Equipment that Makes Products Containing Tree Nuts



Frito Lay North America, Inc. Plano TX 75024, 1.800.352.4477, fritolay.com

Ideas for replacements that you can purchase 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 Pita Crackers NUTRITION FACTS Serving Size: 6 Crackers Servings Per Container: 18 Amount Per Serving Calories % Daily Value Total Fat 2.5g Saturated Fat Og Trans Fat Cholesterol 140mg 6% Sodium Total Carbohydrate 11g 8% Dietary Fiber <1g 0g Sugars 1g Protein

| Salted Peanuts 3 oz | | | |
|---------------------|---------------|-------------------|---------------|
| NUTRI | TION FAC | CTS | |
| Serving Size: | 3 Tbsp | | |
| Servings Per | Container: 3 | | |
| Amount Per | Serving | | |
| Calories | 170 | Calories from Fat | |
| | | | % Daily Value |
| Total Fat | | 15g | 19% |
| | Saturated Fat | 2g | 11% |
| | Trans Fat | 0mg | |
| Cholesterol | 0mg | | 0% |
| Sodium | | 135mg | 6% |
| Total Carbohydrate | | 5g | 2% |
| | Dietary Fiber | 2g | 9% |
| | 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.

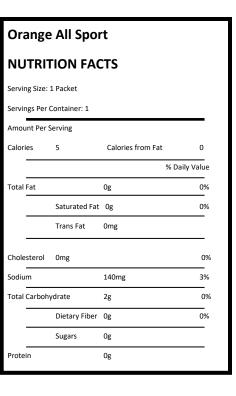
CONTAINS: Phenylalanine



Jel Sert CO, Chicago IL. 1-866-851-7402, https://drinkallsport.com

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte



Lunch Meal #7

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

• Wheat Thins - Nabisco, (1 Box Shared Between 6 Campers)

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

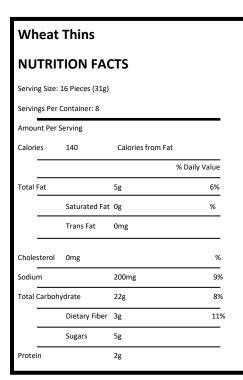
BHT Added to Packaging Material to Preserve Freshness.

CONTAINS: WHEAT

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

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

Good Thins Rice Crackers from Mondelez



• Dark Chocolate Cherry Cashew Bar— Kind, (1 Package Per Camper)

Ingredients: Cashews, Peanuts, Chicory Root Fiber, Sugar, Almonds, Cherries, Cranberries, Honey, Palm Kernel Oil, Glucose Syrup, Rice Flour, Unsweetened Chocolate, Raisins, Alkalized Cocoa, Soy Lecithin, Sea Salt, Natural Flavor, Cocoa Butter.

CONTAINS: CASHEWS, PEANUTS, ALMONDS AND SOY

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



Kind Snacks, 1.855.884.KIND, kindsnacks.com

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

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

No Nuts Bars from Amazon

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

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

CONTAINS: WHEAT AND MILK

Pepperidge Farm, Inc.

1-888-737-7374, pepperidgefarm.com

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

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

Chocolate Cherry Cashew Bar NUTRITION FACTS Serving Size: 1 bar (40g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 13% Saturated Fat 3g 15% Trans Fat Cholesterol 20mg 1% Sodium Total Carbohydrate 8% Dietary Fiber Sugars 10g 4g Protein

Cheddar Goldfish **NUTRITION FACTS** Serving Size: 1 package (21g) Servings Per Container: 1 Amount Per Serving Calories 100 Calories from Fat % Daily Value Total Fat 4% 3.5g 3% Saturated Fat 0.5g Trans Fat Cholesterol 2% Sodium 180mg 8% Total Carbohydrate 5% 14g Dietary Fiber <1g 4% 0g Sugars Protein 2g

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

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

CONTAINS: EGGS

Soy Free, Gluten Free

Distributed by Starkist Co. starkist.com, 1.800.252.1587

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

shelf stable hummus packs on Amazon

88 Acres Nut Free Snacks on Amazon

• All Sport Zero Drink Mix Stick—Lemon Lime Flavor, All Sport Co., (1 Package Per Camper)

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

CONTAINS: PHENYLALANINE

CONTAINS:



Jel Sert CO, Chicago IL. 1-866-851-7402, 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 Eat % Daily Value Total Fat 2% Saturated Fat 0.5g 3% Trans Fat Cholesterol 35mg 12% Sodium 350mg 15% Total Carbohydrate 1% Dietary Fiber Og 0% 1g

All Sport Lemon Lime Zero Stick

Serving Size: 1 stick (3g)

NUTRITION FACTS

Servings Per Container: 1

Amount Per Serving

Cholesterol Omg

Sodium 140mg

Total Carbohydrate 2g

 Dietary Fiber
 0g
 %

 Sugars
 0g

 Protein
 0g

6%

1%

18%

• ZeeZee's Honey Roasted Sunflower Kernels—National Food Group, Inc., (1 Package Per Camper)

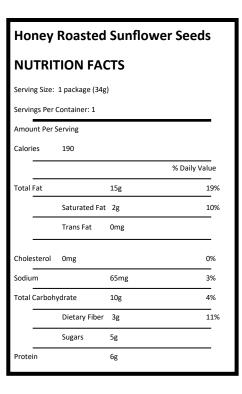
Ingredients: Sunflower Kernels, Sugar, Sunflower Oil, Honey Powder (Sugar, Honey), Water, Salt, Maltodextrin, Xanthan Gum.

Nut Free Facility, Gluten Free, NON-GMO



National Food Group, Inc.

1-800-886-68663



Lunch Meal #8

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

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

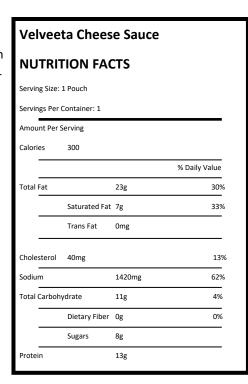
Ingredients: Whey, Milk, Canola Oil, Milk Protein Concentrate, Whey Protein Concentrate, Contains Less than 2% of: Salt, Sodium Phosphate, Jalapeno Peppers, Potassium Phosphate, Lactic Acid, Sodium Alginate, Vinegar, Dried Green Peppers, Sorbic Acid as a Preservative, Annatto and Oleoresin Paprika (Color),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

CONTAINS: MILK

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

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

shelf stable hummus packs on Amazon



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

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

CONTAINS: ALMOND, SESAME, COCONUT

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



Certified Gluten Free, Non GMO

PROBAR, LLC, 800.921.2294, theprobar.com

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

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

• 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

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 from Mondelez

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

Ritz Crackers NUTRITION FACTS Serving Size: 5 Crackers Servings Per Container: 21 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 6% 4.5g Saturated Fat 1.5g 8% Trans Fat Cholesterol 0mg 0% Sodium 130mg 6% Total Carbohydrate 4% 10g Dietary Fiber % 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, Xanthan Gum, Calcium Silicate, Red 40, Blue 1.

CONTAINS: Phenylalanine

The Jel Sert Company, West Chicago, IL 60186, 1-866-851-7402, https://drinkallsport.com



Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte

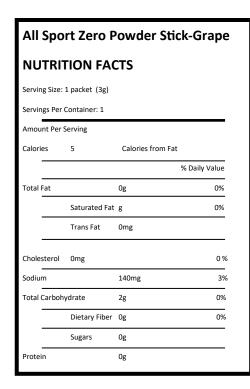
• Beef Sausage Bites—Highland Beef Farms, (1 Package Per Camper)

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

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

Vegan Jerky Recipe, Vegan Jerky Options on Amazon



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

• Hot and Spicy Corn—Love Corn, (1 Package Per Camper)

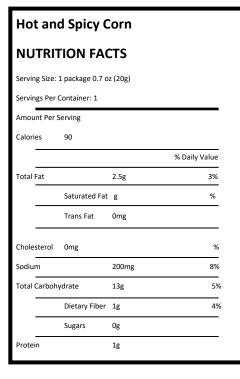
Ingredients: Corn, Sunflower Oil, Habanero Chili, Sea Salt



Certified Gluten Free

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

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



Lunch Meal #9

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

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

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

CONTAINS: FISH (TUNA)

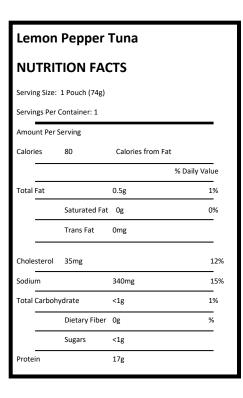
Certified Gluten Free, Soy Free



Distributed by Starkist Co, starkist.com

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

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



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

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



CONTAINS: WHEAT

Mondelez Global, LLC. East Hanover, NJ 07936, 1.800.622.4726, 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 from Mondelez

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

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

Certified Gluten Free

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

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

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

Fire Roasted Triscuits NUTRITION FACTS Serving Size: 6 Crackers (29g) Servings Per Container: 8 Amount Per Serving Calories % Daily Value Total Fat 5% 4g Saturated Fat Og Trans Fat Cholesterol mg % Sodium 150mg 7% Total Carbohydrate 21g 8% Dietary Fiber 3g 0% Sugars Protein 3g

| Pink Lemonade Chews | | | | |
|---------------------|---------------|------|---------------|--|
| NUTRI [*] | TION FAC | CTS | | |
| Serving Size: | 1 Pouch (60g) | | | |
| Servings Per | Container: 1 | | | |
| Amount Per | Serving | | | |
| Calories | 160 | | | |
| | | | % Daily Value | |
| Total Fat | | 0g | 0% | |
| | Saturated Fat | Og | 0% | |
| | Trans Fat | 0mg | | |
| Cholesterol | 0mg | | 0% | |
| Sodium | | 65mg | 3% | |
| Total Carboh | ydrate | 39g | 14% | |
| | Dietary Fiber | 1g | 4% | |
| | Sugars | 27g | | |
| Protein | | Og | | |

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

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

CONTAINS: PHENYLALNINE



Jel Sert CO, Chicago IL. 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: Whole Grain Crisp Rice, Corn Syrup, Sugar, Vegetable Shortening (Canola Oil, Palm Oil, Palm Kernel Oil, Beta Carotene), Crystalline Fructose, Water, Contains less than 2% of each of the following: Glycerin, Gelatin, Natural Flavors, Soy Lecithin, Monoglyceride, Salt, Organic Brown Rice Syrup, Soybean Vegetable Oil, Capric/Caprylic Triglycerides, Baking Soda.

CONTAINS: SOY

Gluten Free, Dairy Free, Contains No Artificial Colors, Flavors or Preservatives

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

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

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

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

MARSHMALLOW SQUARES

NUTRITION FACTS

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

| Servings Per | Container: 1 | | |
|--------------------|---------------|-------------------|---------------|
| Amount Per | Serving | | |
| Calories | 190 | Calories from Fat | |
| | | | % Daily Value |
| Total Fat | | 5g | 6% |
| | Saturated Fat | 2g | 10% |
| | Trans Fat | 0mg | |
| Cholesterol | 0 mg | | 0% |
| Sodium | | 35mg | 2% |
| Total Carbohydrate | | 33g | 12% |
| | Dietary Fiber | Og | % |

12g

• Spicy Peanuts—Sabritas Frito Lay, (1 Package Shared between Two Campers)

Ingredients: Peanuts, Vegetable Oil (Peanut, Cottonseed, Soybean, and/or Sunflower Oil), Salt, Spices, Maltodextrin (Made from Tapioca), Citric Acid), Artificial Color (Red 40 Lake, Yellow 6 Lake), and Natural Flavor.

CONTAINS: PEANUT INGREDIENTS

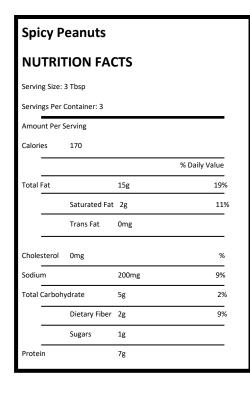
May Contain: Made on Equipment that Makes Products Containing Tree Nuts



Consumer Inquiries: Frito Lay North America, Inc. Plano TX 75024, 1.800.352.4477, fritolay.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



Lunch Meal #10

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

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

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

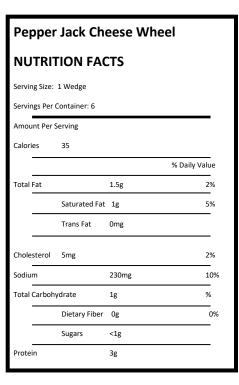
CONTAINS: MILK

Highland Beef Farms, Reston, VA.

1-800-869-6320

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

shelf stable hummus packs on Amazon



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

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

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

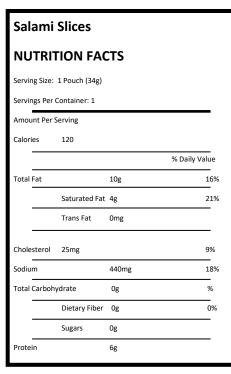
Vegan Jerky Recipe, Vegan Jerky Options on Amazon

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

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

Pivot Nutrition, LLC, Made in the Czech Republic

1-855-71POWER



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

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

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

CONTAINS: WHEAT AND SOY INGREDIENTS



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

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

Good Thins Rice Crackers from Mondelez

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

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

Certified Gluten Free, Vegan, Non GMO

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



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

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

| Salt & Vin | egar Corn | | | | |
|---------------------|-------------------|---------------|--|--|--|
| NUTRITION FACTS | | | | | |
| Serving Size: 1 pac | kage 0.7 oz (20g) | | | | |
| Servings Per Conta | ainer: 1 | | | | |
| Amount Per Servi | ng | | | | |
| Calories 90 | | | | | |
| - | | % Daily Value | | | |
| Total Fat | 2g | 3% | | | |
| Sat | urated Fat g | % | | | |
| Tra | ns Fat Omg | | | | |
| Cholesterol 0m | g | % | | | |
| Sodium | 130mg | 6% | | | |
| Total Carbohydrat | e 14g | 5% | | | |
| Die | tary Fiber 1g | 4% | | | |
| Sug | gars Og | | | | |
| 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

Jel Sert CO, Chicago IL. 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

Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat Saturated Fat Og Trans Fat 0mg Cholesterol mg % Sodium 140mg 6% Total Carbohydrate 1% Dietary Fiber Og Sugars 0g

Dinner Trail Food Menu

| Dinner #6 |
|------------------------------------------------------------|
| 3-Cheese Macaroni and Cheese with Maple Bacon Jerky |
| Goldfish Pretzel |
| |
| Assorted Peanuts |
| Grahams Cookies |
| <u>Dinner #7</u> |
| Beef Ramen Noodles with Beef Summer Sausage |
| Honey Mustard and Onion Pretzel Pieces |
| Lorna Doone Cookies |
| Cajun Trail Mix |
| Dinner #8 |
| Spaghetti with Meat Sauce or Chicken and Noodles Casserole |
| Pepperoni Pretzel Pieces |
| Japanese Style Peanuts |
| Oreos |
| Dinner #9 |
| Mexican Style Veggie Bowl with Rice and Beans |
| Jalapeno Pretzel Pieces |
| Honey Roasted Peanuts |
| Cinnamon Graham Goldfish |
| Dinner #10 |
| Stuffing Mix with Chicken and Cranberries |
| Salt and Lime Peanuts |
| Chocolate Chip Waffles |
| |
| |

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, Oregon FreezeDry (1 package per camper)

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

CONTAINS: MILK, WHEAT, EGG

Mountain House—Oregon FreezeDry, Albany OR, 877.366.3877, mountainhouse.com

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

Wild Zora, 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 Sodium 1440mg 63% Total Carbohydrate 25% Dietary Fiber 8g 29% 6g Protein 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), Vegetable Oil (Canola, Soybean, and/or Sunflower Oil, Salt, Contains 2% or less of: Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Malted Barley Flour, Nonfat Milk.

CONTAINS: WHEAT, MILK.

Pepperidge Farm, Inc.

1-888-737-7374, pepperidgefarm.com

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

Gluten Free Pretzels

Chips Ahoy 4pk—Mondelez, (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, Soybean and/or Canola Oil, Palm Oil, High Fructose Corn Syrup, Leavening (Baking Soda, Ammonium Phosphate), Salt, Natural and Artificial Flavor, Caramel Color.

CONTAINS: WHEAT, MILK AND SOY INGREDIENTS

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



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

Gluten Free Cookies on Amazon

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

Chips Ahoy 4pk NUTRITION FACTS Serving Size: 1 package Servings Per Container: 1 Calories % Daily Value Total Fat 10g 13% Saturated Fat 4g 20% Trans Fat 0mg Cholesterol Omg 0% Sodium 140mg 6% Total Carbohydrate 11% 30g Dietary Fiber <1g Sugars 14g 2g Protein

Peanuts Flamin' Hot—Frito Lay Munchies, (1 package shared between two campers)

Ingredients: Peanuts, Vegetable Oil (Peanut, Cottonseed, Soybean, and/or Sunflower Oil), Salt, Dextrose, Maltodextrin (Made from Corn), Spices (Including Red Pepper), Yeast Extract, Monosodium Glutamate, Tomato Powder, Onion Powder, Paprika, Natural Flavor, Garlic Powder, and Paprika Extracts.

CONTAINS: PEANUT INGREDIENTS

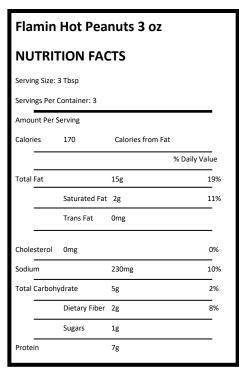
Made on Equipment that Makes Products Containing Tree Nuts



Frito Lay North America, Inc. Plano TX 75024, 1.800.352.4477, fritolay.com

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

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



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: Precooked Dehydrated Black Beans, Precooked Parboiled Long Grain Brown Rice, Freeze-Dried Cooked White Meat Chicken, Dried Green Hatch Chile Pepper, Freeze-Dried Super Sweet Corn, Dried Tomato, Tomato Powder, Dried Green Hatch Chile Pepper Powder, Sea Salt, Dehydrated Garlic, Ground Cumin Powder Dehydrated Roasted Garlic, Oregano.

CONTAINS:

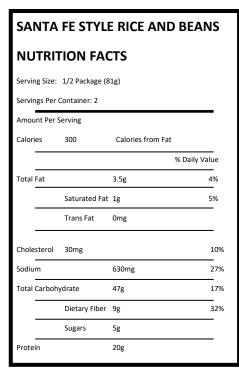
Produced in a facility that contains: Egg, Milk, Peanut, Sesame, Soy, Tree Nuts, Wheat

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



• 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.

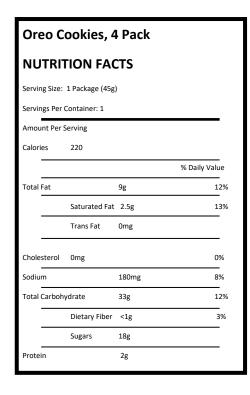


CONTAINS: WHEAT AND SOY

Mondelez International, 1-855-253-8846, snackworks.com

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

Gluten Free Oreos on Amazon



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

Ingredients: Peanuts, Dried Bananas (Bananas, Coconut Oil, Sugar, Natural Flavor), Yogurt Flavored Coated Raisins (Yogurt Flavored Coating (Sugar, Palm Kernel Oil and/or Palm Oil, Nonfat Dry Milk, Whey Powder, Nonfat Yogurt Powder (Cultured Whey, Nonfat Milk), Titanium Dioxide (Color), Soy Lecithin, Lactic Acid, Vanilla), Raisins, Gum Arabic, Corn Syrup, Confectioner's Glaze), Raisins, Dried Pineapple (Pineapple, Sugar, Citric, Sulphur Dioxide (Preservative), Cashews, Peanut Oil, Sea Salt, High Oleic Sunflower and Sunflower Oil.

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

May contain other Tree Nuts, Wheat.



Hormel Foods Sales, LLC, 1.855.663.5387, hormelfoodservice.com

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

Protein Puffs from Amazon, Allergen Friendly Protein Snacks

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

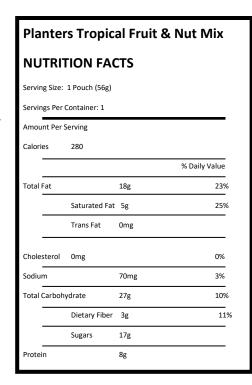
Ingredients: Wheat Flour, Palm Oil, Dairy Product Solids, Maltodextrin, Modified Corn Starch, Less than 2%: Salt, Cheese Blend (Bakers, Cheddar, Parmesan, and Romano (Milk, Cheese Cultures, Salt, Enzymes, Annatto)), Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Soy Lecithin, Yeast Extract,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

CONTAINS: WHEAT, MILK AND SOY INGREDIENTS

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

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

Gluten Free Pretzels



Combos—Cheddar Cheese **NUTRITION FACTS** Serving Size: 1 Pouch (51g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat 9g 12% Saturated Fat 5g 25% Trans Fat 0mg Cholesterol Omg 0% 540mg Sodium 23% Total Carbohydrate 35g 13% Dietary Fiber <1g 3% 8g Sugars Protein 4g

Dinner Meal #3

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

Chili Macaroni with Beef—ReadyWise, (1 package shared between two campers)

This Entrée will be substituted in base camp using one of the two options listed on the next page (jambalaya or fettuccine primavera). If you have a food allergy, the original option will also be available in base camp. These substituted entrees will only be distributed at the initial food pickup point in base camp—the original (Chili Mac with Beef) entrée will be the only available Dinner #3 Entrée in the backcountry.

Ingredients: Elbow Pasta (Semolina Flour (Wheat), Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Pinto Beans, Red Beans, Beef (Beef, Salt, Natural Flavor, Spice), Modified Corn Starch, Natural Cheese Powder (Whey, Nonfat Dry Milk, Cheddar Cheese, Salt, Butter, Buttermilk, Lactic Acid, Natural Flavors, Sodium Phosphates, Silicon Dioxide (Anti-Caking Agent), Annatto, Paprika Extract, Natural Vitamin E), Sugar, Tomato Powder, Chili Powder (Chili Pepper, Spices, Salt, Garlic, Silicon Dioxide (Anti-Caking Agent), Ethoxyquln), Sea Salt, Onion Powder, Chives, Sour Cream Flavor (Milk, Cream, Nonfat Dry Milk, Modified Food Starch, Guar Gum, Locust Bean Gum, Carrageenan), Sweet Buttermilk, Lactic Acid), Cumin, Paprika, Garlic Powder, Roast Flavor (Yeast Extract, Salt), Vegetarian Beef Flavor (Yeast Extract, Natural Flavor (Canola Oil), Salt, Silicon Dioxide (Anti-Caking Agent)), Black Pepper, Coriander, Citric Acid.

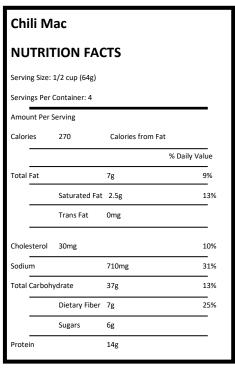
CONTAINS: MILK, WHEAT

Produced on equipment that also processes milk, soy, wheat, egg, and tree nuts.

Distributed by ReadyWise Inc. Salt Lake City, UT. Readywise.com, 800.3932570

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

Wild Zora, AlpineAire Meals



Grilled Chicken Jambalaya or Leonardo da Fettuccine—AlpineAire Foods, (1 package shared between 2 campers)

Jambalaya Ingredients: Instant White Rice, Cooked Seasoned Grilled Diced Chicken White Meat, Freeze Dried (Chicken, Salt), Chicken Flavor Broth Low Sodium (Maltodextrin, Salt, Torula Yeast, Dehydrated Vegetables (Onion, Celery, Parsley, Spinach, Garlic, Carrot), Potato Flour, Xanthan Gum, Spices, Extractives of Spice (Including Turmeric and Paprika), Soy Lecithin, Not More than 2% Soybean Oil added as a Processing Aid), Bell Pepper Red and Green Combo, Tomato Flakes, Potato Starch, White Onion, Tomato Powder, Celery Stalks, Garlic Granulated, Paprika, Natural Flavor (Contains Baker's Yeast Extract, Salt, Canola Oil (Anti-Dusting), Sea Salt, White Onion, Worcestershire Sauce Powder (Vinegar, Sugar, Salt, Vegetable and Fruit (Onion, Tomato, Apple), Caramel Color, Spice Extract, Yeast Extract, Spices, Garlic), Salt, Maltodextrin, Spices, Garlic Powder and Onion Powder), Cayenne Pepper (Ground Red Pepper), Parsley, Oregano, Thyme, Chives, Black Pepper. CONTAINS: SOY, GLUTEN FREE. Leonardo da Fettuccine Ingredients: Instant Pasta [Durum Semolina (enriched with Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, and Folic Acid)], Romano Cheese Powder (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Sour Cream Powder (Cream Solids, Cultured Nonfat Milk, Citric Acid), Parmesan Cheese Powder (Partially Skim Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Potato Starch, Whey Powder, Freeze-Dried Broccoli, Tomato Flakes, Onion Granules, Sliced Mushrooms, Instant Nonfat Milk Powder, Low Sodium Salt (Sodium, Chloride, Potassium), Garlic Granules, Basil. CONTAINS: MILK, WHEAT

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

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

Wild Zora, AlpineAire Meals

Peanuts Honey Roasted—Frito Lay Munchies, (1 package shared between two campers)

Ingredients: Peanuts, Sugar, Vegetable Oil (Peanut, Cottonseed, Soybean, and/or Sunflower Oil), Honey, Salt, Modified Potato Starch, and Xanthan Gum

CONTAINS: PEANUT INGREDIENTS

Made on Equipment that Makes Products Containing Tree Nuts

Frito Lay North America, Inc. Plano TX 75024, 1.800.352.4477, fritolay.com

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

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



| 3 OZ H | ONEY RC | ASTED PE | ANUTS |
|---------------|---------------|-------------------|---------------|
| NUTRI | TION FAC | CTS | |
| Serving Size: | 3 Tbsp (28g) | | |
| Servings Per | Container: 3 | | |
| Amount Per S | Serving | | |
| Calories | 160 | Calories from Fat | |
| | | | % Daily Value |
| Total Fat | | 13g | 179 |
| | Saturated Fat | 2g | 109 |
| | Trans Fat | 0mg | |
| Cholesterol | 0mg | | 0% |
| Sodium | | 170mg | 7% |
| Total Carboh | ydrate | 8g | 3% |
| | Dietary Fiber | 2g | 7% |
| | Sugars | 5g | |
| Protein | | 6g | |
| | | | |

• 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 Oils), 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

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

Gluten Free Oreos on Amazon

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

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

CONTAINS: WHEAT, MILK, SOY

Made in a Facility that Does Not Process Peanuts

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



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

Snyders Gluten Free Pretzels

Gluten Free Pretzels on Amazon

Nutter Butter Cookies NUTRITION FACTS Serving Size: 1 Pkg (56g) Servings Per Container: 1 Amount Per Serving Calories 260 Calories from Fat % Daily Value Total Fat Saturated Fat 3g 15% Trans Fat 0mg Cholesterol 0 mg Sodium 200mg 9% Total Carbohydrate 14% Dietary Fiber 1g 4% Protein 4g

Honey Mustard & Onion Pretzels NUTRITION FACTS Serving Size: 63g Servings Per Container: 1 Amount Per Serving 310 Calories from Fat Calories % Daily Value Total Fat 16g 21% Saturated Fat 8g 40% Trans Fat 0mg Cholesterol 0 mg % 420mg 18% Total Carbohydrate 13% Dietary Fiber 1g 4% Sugars 3g 4g Protein

Dinner Meal #4

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

• Chicken Breast– Starkist, (1 pouch per camper)

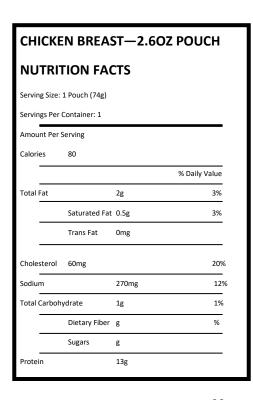
Ingredients: Chicken (White Chicken Meat, Water, Modified Food Starch (Corn), Salt, Sodium Phosphate).

Soy Free, Gluten Free

Starkist, www.starkist.com, 1.800.252.1587

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

Shelf stable Tofu on Amazon



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

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

CONTAINS: MILK, SOY

May Contain: Wheat and Sulfites

Lipton Consumer Advisor: 1-800-372-0240, liptonkitchens.com

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

Momsplaceglutenfree.com

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

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

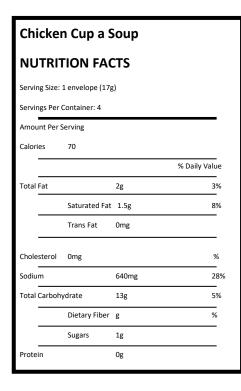
CONTAINS: MILK

Certified Gluten Free

Idahoan Foods, LLC. 800.746.7999, idahoan.com

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

Dairy Free Mashed Potato Flakes



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

Ingredients: Whole Grain Crisp Rice, Corn Syrup, Sugar, Vegetable Shortening (Canola Oil, Palm Oil, Palm Kernel Oil, Beta Carotene), Crystalline Fructose, Water, Contains less than 2% of each of the following: Glycerin, Gelatin, Natural Flavors, Soy Lecithin, Monoglyceride, Salt, Organic Brown Rice Syrup, Soybean Vegetable Oil, Capric/Caprylic Triglycerides, Baking Soda.

CONTAINS: SOY

Gluten Free, Dairy Free, Contains No Artificial Colors, 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

• Salt and Lime Peanuts—Sabritas Frito Lay, (1 Package Shared between Two Campers)

Ingredients: Peanuts, Vegetable Oil (Peanut, Cottonseed, Soybean, and/or Sunflower Oil), Salt, Maltodextrin (Made from Corn), Citric Acid, Dextrose, Sugar, Corn Syrup Solids, Natural Flavor, and Lime Juice.

CONTAINS: PEANUT INGREDIENTS

May Contain: Made on Equipment that Makes Products Containing Tree Nuts



Consumer Inquiries: Frito Lay North America, Inc. Plano TX 75024, 1.800.352.4477, fritolay.com

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

Nut Free Trail Mix from Amazon

MARSHMALLOW SQUARES NUTRITION FACTS Serving Size: 1 bar (45g/1.6oz) Servings Per Container: 1 Amount Per Serving Calories 190 Calories from Eat % Daily Value Total Fat 5g 6% Saturated Fat 2g 10% Trans Fat Cholesterol 0 mg 0% Sodium 35mg 2% Total Carbohydrate 12% Dietary Fiber Og % 2g

| Salt & Lime Peanuts NUTRITION FACTS | | | | |
|--------------------------------------|---------------|-------------------|---------------|--|
| | | | | |
| Servings Per | Container: 3 | | | |
| Amount Per | Serving | | | |
| Calories | 170 | Calories from Fat | | |
| | | | % Daily Value | |
| Total Fat | | 14g | 19% | |
| | Saturated Fat | 2g | 11% | |
| | Trans Fat | Omg | | |
| Cholesterol | 0 mg | | % | |
| Sodium | | 200mg | 9% | |
| Total Carboh | ydrate | 5g | 2% | |
| | Dietary Fiber | 2g | 8% | |
| | Sugars | 1g | | |
| Protein | | 7g | | |

Dinner Meal #5

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

Yellow Curry with Chicken and Rice—Mountain House, Oregon FreezeDry, (1 Package Per Camper)

Ingredients: Curry Sauce: Chicken (Chicken Meat, Salt), Coconut Cream (Coconut Extract), Corn Starch, Brown Sugar (Cane Sugar, Cane Syrup), Yellow Curry Seasoning (Ginger, Garlic, Onion, Sea Salt, Turmeric, Cane Sugar, Coriander, Chili Pepper, Fenugreek, Lemongrass Powder, Cinnamon, Cumin, Jalapeno Powder, Sunflower Oil, Cilantro, Citric Acid, Black Pepper, Mustard Seed, Allspice, Clove, Lemon Oil, Fennel Seed), Seasoning (Natural Flavor (Yeast Extract), Salt), Green Peas, Red Bell Pepper, Cauliflower, Zucchini, Onion, Green Curry Paste (Green Chili, Lemon Grass, Garlic, Salt, Galangal, Shrimp Paste (Shrimp, Salt), Kaffir Lime Peel, Coriander Seed, Pepper, Cumin, Turmeric), Fish Sauce (Anchovies, Salt), Kombu Extract Powder (Maltodextrin, Kombu Extract, Salt). Rice: Long Grain Parboiled Rice.

CONTAINS: TREE NUTS (COCONUT) CRUSTACEANS (SHRIMP), FISH (ANCHOVY)

Certified Gluten Free

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

Wild Zora, AlpineAire Meals

Consumer Inquiries: Mountain House, 877.366.3877, mountainhouse.com

Yellow Curry NUTRITION FACTS Serving Size: 1 Package Servings Per Container: 1 Amount Per Serving Calories 500 Calories from Fat % Daily Value Total Fat 18g 23% Saturated Fat 12g 60% Trans Fat Cholesterol 30% Sodium 1420mg 62% Total Carbohydrate 20% Dietary Fiber 8g 28% Sugars 10g Protein 28g

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

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola, Palm, Soybean and/or Sunflower), 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, Soda.

CONTAINS: WHEAT

Made in a Facility that Does Not Process Peanuts



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

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

Snyders Gluten Free Pretzels

Gluten Free Pretzels on Amazon

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

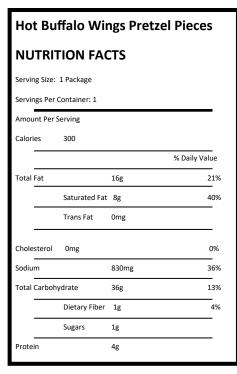
Ingredients: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean and Palm Oils, Fructose, Contains 2% or Less of: Cinnamon, Salt, Calcium Carbonate, Baking Soda, Cornstarch, Ferric Orthophosphate, Vitamin A Palmitate.

CONTAINS: WHEAT

Distributed by: Pepperidge Farm, Inc. Norwalk, CT 06856, pepperidgefarm.com, 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 % Daily Value Total Fat Saturated Fat 1g 5% 0mg Trans Fat Cholesterol 0% 140mg Sodium 6% Total Carbohydrate 19g 7% Dietary Fiber 1g 4% Sugars 7g 1g

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

Ingredients: Peanuts, Raisins, M&Ms Milk Chocolate Candies (Milk Chocolate (Sugar, Chocolate, Skim Milk, Cocoa Butter, Lactose, Milkfat, Soy Lecithin, Salt, Artificial Flavors), Sugar, Corn Starch, Less than 1% of Corn Syrup, Dextrin, Coloring (Includes Blue 1 Lake, Yellow 6, Red 40, Yellow 5, Blue 1, Red 40 Lake, Blue 2 Lake, Yellow 6 Lake, Yellow 5 Lake, Blue 2), Carnauba Wax, Gum Acacia), Almonds, Peanut Oil, Sea Salt, Sunflower Oil.

CONTAINS: PEANUT, MILK, SOY, ALMOND

May Contain: Other Tree Nuts

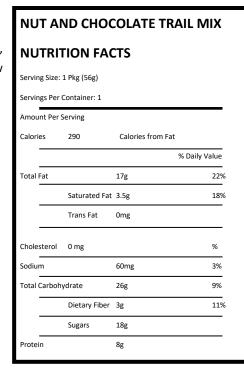
Manufactured on equipment that processes other tree nuts.



Consumer Inquiries: Hormel/Planters, 1-855-663-5387 or planters.com

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

Nut Free Trail Mix from Amazon



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: Instant Pasta (Ground Durum Wheat Semolina, Water, Egg Albumen and Salt), Freeze-Dried Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, & Annatto (Coloring), Powdered Potato and Corn Starch (to Prevent Caking), Natamycin), Dried Parmesan Cheese (Cultured Part-Skim Milk, Salt, Enzymes Disodium Phosphate, Salt), Dried Romano Cheese from Cow's Milk (Cultured Pasteurized Part Skim Milk, Salt, Enzymes, Disodium Phosphate, Salt), Whole Milk Solids Powder, Butter Sauce Flavor (Modified Corn Starch, Salt, Whey Solids, Non-Fat Dry Milk, Maltodextrin, Butter, Sugar, Buttermilk Powder, Natural Butter Flavor, Xanthan Gum, Lactic Acid), Dehydrated Onion, Sea Salt, Black Pepper, Ground Turmeric, Ground Nutmeg.

CONTAINS: WHEAT, EGG, MILK

Produced in facility that contains: Peanut, Sesame, Soy, Tree Nuts.

Product Information: American Outdoor Products, Boulder, CO, www.backpackerspantry.com

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

Wild Zora, AlpineAire Meals

3 Cheese Mac and Cheese **NUTRITION FACTS** Serving Size: 1/2 Package (60g) Servings Per Container: 2 Amount Per Serving % Daily Value Total Fat 9g 11% Saturated Fat 5g 24% Trans Fat Cholesterol 10 mg 3% 29% Sodium 670mg Total Carbohydrate 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), Vegetable Oil (Canola, Soybean, and/or Sunflower Oil, Salt, Contains 2% or less of: Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Malted Barley Flour, Nonfat Milk.

CONTAINS: WHEAT, MILK.

Pepperidge Farm, Inc.

1-888-737-7374, pepperidgefarm.com

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

Gluten Free Pretzels

Peanuts Flamin' Hot—Frito Lay Munchies, (1 package shared between two campers)

This item could be substituted by other peanuts from Frito Lay Munchies. The ingredients will be slightly different, however, the allergens are identical.

Ingredients: Peanuts, Vegetable Oil (Peanut, Cottonseed, Soybean, and/or Sunflower Oil), Salt, Dextrose, Maltodextrin (Made from Corn), Spices (Including Red Pepper), Yeast Extract, Monosodium Glutamate, Tomato Powder, Onion Powder, Paprika, Natural Flavor, Garlic Powder, and Paprika Extracts.

CONTAINS: PEANUT INGREDIENTS

Made on Equipment that Makes Products Containing Tree Nuts



Frito Lay North America, Inc. Plano TX 75024, 1.800.352.4477, fritolay.com

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

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

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

| Flamin | Hot Pea | nuts 3 oz | |
|---------------|---------------|-------------------|---------------|
| NUTRI | TION FAC | CTS | |
| Serving Size: | 3 Tbsp | | |
| Servings Per | Container: 3 | | |
| Amount Per | Serving | | |
| Calories | 170 | Calories from Fat | |
| | | | % Daily Value |
| Total Fat | | 15g | 19% |
| | Saturated Fat | 2g | 11% |
| | Trans Fat | 0mg | |
| Cholesterol | 0mg | | 0% |
| Sodium | | 230mg | 10% |
| Total Carboh | ydrate | 5g | 2% |
| | Dietary Fiber | 2g | 8% |
| | Sugars | 1g | |
| Protein | | 7g | |

• 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

• Sweet Maple Bacon —Country Meats, Inc., (1 package shared between two campers)

Intended to be broken up into small pieces and cooked with the macaroni and cheese entrée.

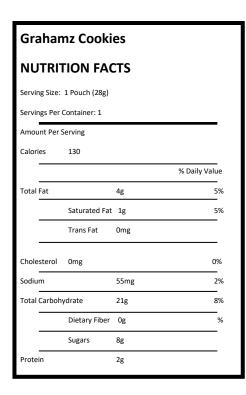
Ingredients: Pork, Brown Sugar, Salt, Less than 2% of Sugar, Dextrose, Water, Spices (Including Black and Red Pepper, Mustard, Nutmeg), Bacon Flavor (Maltodextrin, Rendered Bacon Fat and Bacon Bits (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Ascorbate, Sodium Nitrite), Natural Smoke Flavor), Sunflower Oil, Salt, Silicon Dioxide (Anti-Caking Agent), Natural Flavor (Contains Natural Smoke Flavor), Natural Smoke Flavor, Maple Oil (Natural and Artificial Flavoring, Corn Syrup, Ethyl Alcohol, Propylene Glycol, Caramel Color, Sulfites), Sodium Erythorbate, Lactic Acid Starter Culture, Silicon Dioxide (To Prevent Caking), Sodium Nitrite, in Collagen Casing.

Product Questions: 1.800.277.8989 or www.countrymeats.com

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

Vegan Jerky Recipe, Vegan Jerky Options on Amazon

Jack Links Turkey Jerky Pork-Free Option



Sweet Maple Bacon NUTRITION FACTS Serving Size: 1 Package (28g) Servings Per Container: 1 Amount Per Serving Calories 70 Total Fat 3g Saturated Fat 1g Trans Fat 0mg Cholesterol 25mg

420mg

2g

<2g 9g

Dietary Fiber Og

Sugars

Sodium

Protein

Total Carbohydrate

% Daily Value

4% --5%

8%

17%

1% -0%

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"

• Beef Flavored Ramen Noodles—Maruchan, (1 package per camper)

Ingredients: Ramen Noodle Ingredients: Enriched Wheat Flour (Wheat Flour, Niacin, Reduce Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Contains One or More of the Following: Canola, Cottonseed, Palm), Preserved by TBHQ, Contains Less than 1% of: Salt, Potassium Carbonate, Soy Sauce (Water, Wheat, Soybeans, Salt), Sodium Carbonate, Sodium Hexametaphosphate, Sodium Tripolyphosphate, Monosodium Phosphate. Soup Base Ingredients: Salt, Sugar, Contains Less than 1% of: Maltodextrin, Monosodium Glutamate, Carmel Color, Dehydrated Soy Sauce (Wheat, Soybeans, Salt), Beef Fat, Spices, Hydrolyzed Corn Protein, Hydrolyzed Wheat Protein, Hydrolyzed Soy Protein, Yeast Extract, Dehydrated Vegetables (Garlic, Onion, Chive), Lactose, Natural Flavor, Disodium Guanylate, Disodium Inosinate, Silicon Dioxide (Anti-Caking Agent).

CONTAINS: WHEAT, SOY, AND MILK INGREDIENTS

Manufactured in a facility that also processes crustacean shellfish and sesame products. Contains a bioengineered food ingredient.

Sold by: Maruchan, Inc. Irvine, CA 92618, https://www.maruchan.com/products/ramen/beef-flavor/

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

Beef Flavor Ramen Noodles NUTRITION FACTS Serving Size: 1 pouch 3 oz Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Total Fat 14g 18% Saturated Fat 7g 35% Trans Fat Cholesterol Omg 0% 1440mg 63% Sodium Total Carbohydrate 20% Dietary Fiber 2g Sugars 2g Protein 8g

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

Ingredients: Beef, Mechanically Separated Turkey, Salt, Spices, Dextrose, Mustard, Lactic Acid Starter Culture, Natural Flavor, Sodium Erythorbate, Sodium Nitrite, Potassium Sorbate.

CONTAINS:

GLUTEN FREE

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

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

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

Shelf stable Tofu

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, Soybean and/or Canola Oil, Palm Oil, Corn Flour, Salt, High Fructose Corn Syrup, Baking Soda, Soy Lecithin, Cornstarch, Artificial Flavor.

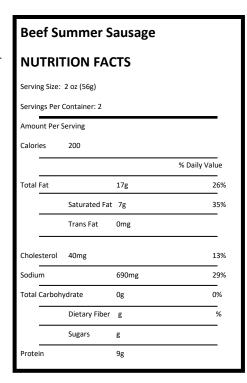
CONTAINS: WHEAT, SOY



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

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

Gluten Free Cookies on Amazon



Lorna Doone Cookies NUTRITION FACTS Serving Size: 1 Package (29g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value 7g Saturated Fat 2g 10% Trans Fat 0mg Cholesterol Omg 0% 150mg Sodium 7% Total Carbohydrate 20g 7% Dietary Fiber Og 0% Sugars 5g Protein 1g

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

Ingredients: Seasoned Peanuts (Peanuts, Peanut Oil, Contains 2% or less of: Sea Salt, Dextrose, Chili Pepper, Yellow Corn Flour, Monosodium Glutamate, Onion Powder, Spices, Canola Oil, Tomato Powder, Garlic Powder, Paprika Extract, Spice Extractives, Silicon Dioxide (Anticaking Agent), Soybean Oil), Crunchy Corn Kernels (Corn, Seasoning (Tapioca Maltodextrin, Salt, Monosodium Glutamate, Potato Maltodextrin, Corn Syrup Solids, Tomato Powder, Onion Powder, Spices, Sugar, Garlic Powder, Sodium Diacetate, Silicon Dioxide, Canola Oil, Malic Acid, Tricalcium Phosphate, Disodium Phosphate, Sodium Citrate, Paprika, Lactic Acid, Citric Acid, Turmeric Extract, Disodium Inosinate & Disodium Guanylate, Natural and Artificial Flavoring), Corn Oil), Seasoned Sesame Sticks (Enriched Wheat Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sesame Seeds, Bulger Wheat, Cajun Seasoning (Salt, Spices (Includes Paprika for Color), Dehydrated Onion, Torula Yeast, Green Bell Pepper, Dehydrated Garlic, Cocoa Powder (Processed with Alkali), Paprika Oleoresin (Color), Salt, Beet Powder (Color), Turmeric (Color), Cajun Corn Sticks (Yellow Corn Masa, Soybean Oil, Cajun Seasoning (Maltodextrin, Salt, Spices, Onion Powder, Tomato Powder, Garlic Powder, Natural Flavor, Green Pepper, Modified Corn Starch).

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 % Daily Value Total Fat 28% Saturated Fat 3g 15% 0mg Trans Fat Cholesterol 0 mg 0% 480mg 21%

21g

2g

10g

Dietary Fiber 4g

Sugars

8%

14%

Total Carbohydrate

Protein

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

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

CONTAINS: WHEAT, MILK, SOY

Made in a Facility that Does Not Process Peanuts

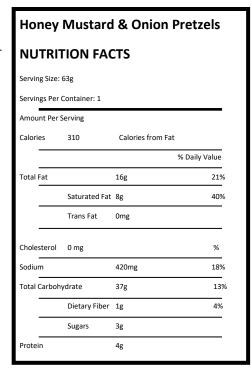


Snyders-Lance, Inc Charlotte, NC 28277, snydersofhanover.com

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

Snyders Gluten Free Pretzels

Gluten Free Pretzels on Amazon



Dinner Meal #8

- Consumed for dinner on calendar days: 08, 18, and 28.
- Each bag is designed for two campers or "buddies"
- The Entrée in the bag will either be Spaghetti with Meat Sauce or Chicken and Noodles Casserole. If you have an allergy to Egg or Milk, the spaghetti entrée can be shipped from base camp to your backcountry food pickup location—please make arrangements with your Ranger and Logistics.
- Spaghetti with Meat Sauce—Mountain House, (1 package per camper)

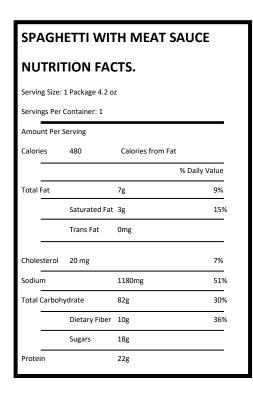
Ingredients: Enriched Spaghetti (Durum Semolina, Niacin (B3), Ferrous Sulfate (Iron), Thiamine Mononitrate (B1), Riboflavin(B2), Folic Acid (B9)), Tomato Paste, Beef (Beef, Salt, Rosemary Extract), Tomatoes (Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid), Cane Sugar, Sea Salt, Onion Powder, Garlic 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:

Wild Zora, AlpineAire Meals



• Homestyle Chicken and Noodles Casserole—Mountain House, (1 package per camper)

Ingredients: Precooked Noodles (Durum Semolina, Whole Egg, Salt), Sauce (Nonfat Dry Milk, Rendered Chicken Fat, Corn Starch, Less than 2% of: Seasoning [Yeast Extract, Yeast], Chicken Flavor [Cooked Ground Chicken with Juices, Sea Salt, Chicken Flavor, Onion Powder, Potato Flour, Carrot Powder, Turmeric, Flavor, Black Pepper], Cane Sugar, Onion Powder, White Pepper, Celery Seed), Chicken (Chicken Meat, Salt), Mushroom (Mushroom, Salt), Pimientos (Pimientos, Citric Acid), Green Bell Pepper, Celery.

CONTAINS: WHEAT, MILK, EGG

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:

<u>Wild Zora</u>, <u>AlpineAire Meals</u>, If you have an allergy to Egg or Milk, the spaghetti entrée can be shipped from base camp to your backcountry food pickup location—please make arrangements with your Ranger and Logistics

• 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, snackworks.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

Chicken and Noodles Casserole NUTRITION FACTS Serving Size: 1 Pouch Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 18g 23% Saturated Fat 5g 25% Trans Fat Cholesterol 120mg 40% Sodium 1300mg 57% Total Carbohydrate 61g 22% Dietary Fiber 3g 11% Sugars 13g 36g Protein

Oreo Cookies, 4 Pack **NUTRITION FACTS** Serving Size: 1 Package (45g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat 12% Saturated Fat 2.5g 13% Trans Fat Cholesterol Omg 0% Sodium 180mg 8% Total Carbohydrate 12% Dietary Fiber <1g 18g Sugars 2g Protein

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

Ingredients: Wheat Flour, Palm Oil, Dairy Product Solids, Corn Oil, Maltodextrin, Modified Corn Starch; Less than 2% of: Salt, Tomato Powder, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Bakers and Cheddar Cheese Blend (Milk, Cheese Cultures, Salt, Enzymes), Dextrose, Cream, Soy Lecithin, Whey, Spices, Colors (Yellow 6 Lake, Red 40 Lake), Yeast Extract, Paprika, Onion Powder, Natural and Artificial Flavors, Skim Milk, Garlic Powder, Beef Fat, Citric Acid, Malic Acid, Whey Protein Concentrate, Sugar, Disodium Guanylate, Disodium Inosinate, Paprika Extract, Wheat, Soybeans, Lactic Acid.

CONTAINS: WHEAT, MILK AND SOY INGREDIENTS

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

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

Gluten Free Pretzels

• Japanese Style Peanuts—Sabritas Frito Lay, (1 Package Shared Between 2 Campers)

Ingredients: Peanuts, Flour (Wheat Flour, Malted Barley Flour), Sugar, Modified Corn Starch, Soy Sauce (Wheat, Soybeans, Salt), Salt, Monosodium Glutamate, and Natural Flavor.

CONTAINS: PEANUT, WHEAT, AND SOY INGREDIENTS.

Made on Equipment that Makes Products Containing Tree Nuts



Frito Lay North America, Inc. Plano TX 75024, 1.800.352.4477, fritolay.com

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

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

Pepperoni Pizza Combos **NUTRITION FACTS** Serving Size: 1 Pouch (51g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat 11g 14% Saturated Fat 5g 25% Trans Fat Cholesterol 0mg 0% Sodium 530mg 23% Total Carbohydrate 31g 11% Dietary Fiber <1g Sugars 6g Protein

Japanese Style Peanuts NUTRITION FACTS Serving Size: 3 Tbsp Servings Per Container: About 3 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 8g 11% Saturated Fat 1g 6% Trans Fat 0mg Cholesterol 0 mg 0% Sodium 160mg 7% Total Carbohydrate 5% Dietary Fiber 2g 6% Sugars 2g 5g Protein

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, Pepper Jack Cheese ((Pasteurized Milk, Cheese Cultures, Salt, Jalapeno Peppers, Enzymes), Powdered Cellulose (added to prevent caking)), Tomato Flakes, Bell Pepper Red and Green Combo, Red Onion, Potato Starch, Sea Salt, Crystalized Lime (Citric Acid, Natural Lime Flavor (Maltodextrin, Sugar, Lime Oil, Lime Juice Concentrate, Sunflower Lecithin, Gum Arabic, Silicon Dioxide)), Garlic Granulated, Natural Flavor (Contains Baker's Yeast Extract, Salt, Canola Oil (Anti-Dusting)), Black Pepper, Cilantro, Jalapeno.

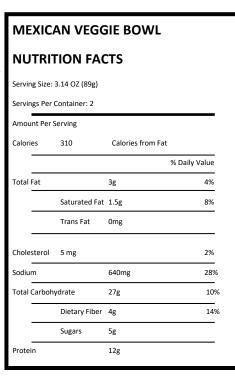
CONTAINS: MILK

GLUTEN FREE, VEGETARIAN

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

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

Wild Zora, AlpineAire Meals



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

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

CONTAINS: PEANUT

May Contain: Tree Nuts



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

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

Sunflower Seed Trail Mix from Amazon

• Jalapeno Pretzel Pieces—Snyders, (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



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

gluten free pretzels

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

| Jalapeno Pretzel Pieces | | | | |
|-------------------------------|-------|---------------|--|--|
| NUTRITION FACTS | | | | |
| Serving Size: 1 package (63g) | | | | |
| Servings Per Container: 1 | | | | |
| Amount Per Serving | | | | |
| Calories 300 | | | | |
| | | % Daily Value | | |
| Total Fat | 16g | 21% | | |
| Saturated Fat | 7g | 35% | | |
| Trans Fat | 0mg | | | |
| Cholesterol | 0mg | % | | |
| 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)

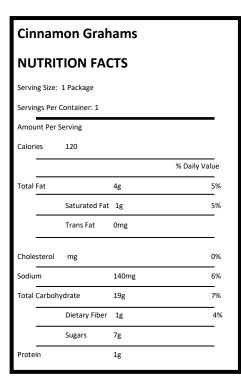
Ingredients: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean and Palm Oils, Fructose, Contains 2% or Less of: Cinnamon, Salt, Calcium Carbonate, Baking Soda, Cornstarch, Ferric Orthophosphate, Vitamin A Palmitate.

CONTAINS: WHEAT

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



Dinner Meal #10

- Consumed for dinner on calendar days: 10, 20, and 30.
- Each bag is designed for **two campers** or "buddies"
- The Chicken and Cranberries should be added to the stuffing mix in the 8 qt pot.

• Chicken Breast-Starkist (1 pouch per camper)

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

Soy Free, Gluten Free

Starkist, www.starkist.com

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

Shelf stable Tofu on Amazon

| СНІСКЕ | N BREAS | ST—2.60 | OZ POUCH |
|---------------|---------------|---------|---------------|
| NUTRI | TION FAC | CTS | |
| Serving Size: | 1 Pouch (74g) | | |
| Servings Per | Container: 1 | | |
| Amount Per S | Serving | | |
| Calories | 80 | | |
| | | | % Daily Value |
| Total Fat | | 2g | 3% |
| | Saturated Fat | 0.5g | 3% |
| | Trans Fat | 0mg | |
| Cholesterol | 60mg | | 20% |
| Sodium | | 270mg | 12% |
| Total Carboh | ydrate | 1g | 1% |
| | Dietary Fiber | g | % |
| | Sugars | g | |
| Protein | | 13g | |

• 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 Topco Associates LLC, 1.888.423.0139 or foodclubbrand.com

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

Aleia's Gluten Free Stuffing

• Salt and Lime Peanuts—Sabritas Frito Lay, (1 Package Shared between Two Campers)

Ingredients: Peanuts, Vegetable Oil (Peanut, Cottonseed, Soybean, and/or Sunflower Oil), Salt, Maltodextrin (Made from Corn), Citric Acid, Dextrose, Sugar, Corn Syrup Solids, Natural Flavor, and Lime Juice.

CONTAINS: PEANUT INGREDIENTS

May Contain: Made on Equipment that Makes Products Containing Tree Nuts



Consumer Inquiries: Frito Lay North America, Inc. Plano TX 75024, 1.800.352.4477, fritolay.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

CORNBREAD STUFFING MIX **NUTRITION FACTS** Serving Size: 1/6 Package Servings Per Container: 6 Amount Per Serving (As Prepared) Calories Calories from Fat % Daily Value Total Fat 1g 1% Saturated Fat Og % Cholesterol 0 mg % Sodium 400mg 18% Total Carbohydrate 21g 7% Dietary Fiber <1g 3% Sugars 2g 4g Protein

Salt & Lime Peanuts **NUTRITION FACTS** Serving Size: 3 Tbsp Servings Per Container: 3 Amount Per Serving 170 Calories Calories from Fat % Daily Value Total Fat 14g 19% Saturated Fat 2g 11% Trans Fat % Cholesterol Sodium 200mg 9% Total Carbohydrate 5g 2% Dietary Fiber 2g 8% Sugars 1g 7g Protein

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

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

CONTAINS:



Gluten Free, Peanut Free

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

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

• Chocolate Chip 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, Vanilla), Soy Lecithin Dextrose, Apple Puree (Apples, Ascorbic Acid), Natural Flavors, Baking Soda, Sodium Ascorbate, Salt, Apple Fiber.

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS

Produced in a nut-free bakery



Darlington Snacks, 1.800.754.2202, www.darlingtonsnacks.com

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

 $\frac{\text{https://www.amazon.com/Nunbelievable-Cookies-Healthy-Diabetic-Friendly/dp/B095VTGX3N/ref=sr_1_12?}{\text{keywords=gluten+free+dessert+snack&qid=1676320751\&sr=8-12}}$

Dried Cranberries NUTRITION FACTS Serving Size: 1 Package Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat Saturated Fat Og 0% Trans Fat Cholesterol 0% 0% Sodium 0mg Total Carbohydrate 10% Dietary Fiber 2g 7% Sugars 24g Protein 0g

Choc Chip Waffles NUTRITION FACTS Serving Size: 1 package (54g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 7g 9% Saturated Fat 1.5g 8% Trans Fat Cholesterol 0 mg 0% Sodium 180mg 8% Total Carbohydrate 40g 15% Dietary Fiber 3g 11% Sugars 16g 3g Protein

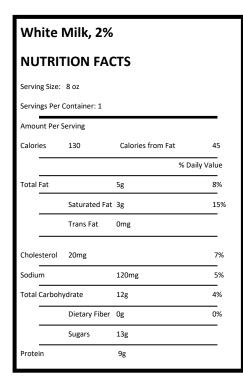
Commissary Supplemental Items

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

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

• White Shelf Stable Milk, 2%

Ingredients: 2% Reduced fat Milk (shelf stable)



| Chocolate Flavored Milk | | | | | |
|-------------------------|---------------|-------------------|-------------|-----|--|
| NUTRI | TION FAC | CTS | | | |
| Serving Size: | 8oz | | | | |
| Servings Per | Container: 1 | | | _ | |
| Amount Per S | Serving | | | • | |
| Calories | 200 | Calories from Fat | 4 | 5 | |
| | | | % Daily Val | ie | |
| Total Fat | | 5g | 8 | % | |
| | Saturated Fat | 3g | 9 | 615 | |
| | Trans Fat | 0mg | | | |
| Cholesterol | 20mg | | - | 7% | |
| Sodium | | 100mg | 4 | % | |
| Total Carboh | ydrate | 30g | 1 | 0% | |
| | Dietary Fiber | Og | 0 | % | |
| - | Sugars | 28g | | • | |
| Protein | | 8g | | | |

ITEMS AVAILABLE FOR RESUPPLY AT COMMISSARY LOCATIONS:

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

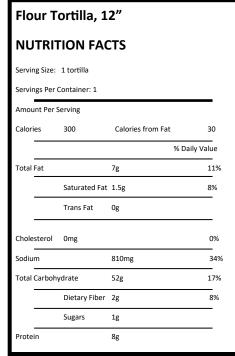
- Electrolyte Replenshipment Drink Mixes
- Salt
- Pepper
- Sugar
- Micropur

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

• Flour Tortilla, 12" - Bueno Foods (12 Per Pack—Designed to be an extra item 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.



On the Trail, Other Mealtime Adventures

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

Chuck-Wagon Dinners

Beaubien, Clark's Fork, Ponil

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

On the Trail, Other Mealtime Adventures

Vegetarian/Gluten Free — Amy's Organic Chili—Black Bean

Ingredients: Organic Black Beans, Filtered Water, Organic Tomato Puree, Organic Onions, Organic Bell Peppers, Organic Green Chiles, Organic High Oleic Safflower and/or Sunflower Oil, Sea Salt, Organic Spices, Organic Lime Juice, Organic Garlic, Organic Black Pepper, Organic Basil.

Certified Gluten Free, Vegan, No GMOs

- <u>Gluten Free Biscuit</u> Stone ground white rice and garbanzo bean flours, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), xanthan gum and sea salt. Manufactured in a facility that also uses tree nuts and soy.
- <u>Gluten Free Cake Mix</u>— Sugar, potato starch, tapioca flour, whole grain sorghum flour, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch), sea salt, xanthan gum, and vanilla powder (sugar, cornstarch, vanilla extract).

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

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

CONTAINS: WHEAT, EGG, SOYBEAN, MILK

Manufactured in a Peanut Free Facility

On the Trail, Other Meal Adventures

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

Mexican Homestead Dinner

Abreu

- <u>Tortilla</u> Enriched flour (wheat flour, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin, (vitamin B2), water, non-hydrogenated soybean oil, baking powder (sodium bicarbonate, sodium aluminum sulfate, corn starch, calcium sulfate, mono calcium phosphate), salt, fumaric acid, mono and diglycerides, sodium propionate, potassium sorbate (to preserve freshness) Allergens: Contains **Wheat, Gluten and Soy**
- Refried Beans Pinto Beans (dry), lard (preserved with bht and citric acid), salt, caramel color, carmine color, bha.
- Shredded Beef Beef, onion powder, spices, garlic powder.
- <u>Churro</u> Wheat starch, vegetable oil (contains one or more of the following: canola oil, cottonseed oil, palm oil, soy bean oil), yellow corn flour, water, sodium caseinate, eggs, egg white, egg yolk, cinnamon, salt, leavening (sodium acid pyrophosphate, baking soda), guar gum, propylene glycol mono and diesters of fatty acids, sugar, mono and diglycerides, soy lecithin, bht (preservative), artificial flavor. Contains **Wheat, Milk, Egg and Soy** ingredients.

How can I eat Kosher or Halal at Philmont?

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

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

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

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