2025 Trail Food Menu

Items in the Meal Bags

Breakfast Items—Menu

Fuel up fast with our trail-ready breakfast! Each meal includes dried fruit, an energy bar, granola, and a meat stick or jerky—packed with protein and carbs for quick energy and lasting fuel. Start strong and keep moving!

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

Abreu Family 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
Raspberry Raisins	Fig Newtons	Plain Instant Oatmeal
Animal Crackers	Whole Berry Blast Meal Bar	Pop Tarts - Frosted Strawberry
Chewy S'mores Bar	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
Country Delight Pepperoni Stick	Jalapeno Cheddar Bison Jerky	Sweet N Spicy Jerky
Mixed Dried Fruit	Strawberry Flavored Raisins	Blueberry Oat Snack Bar
Blueberry Protein Energy Bar	Animal Crackers	Fig Newtons
Caramel Rice Crisps	Crunchy Chocolate Chip Granola Bar	Fruit Gummies
Chocolate Granola	Cinnamon Granola	Peanut Butter Jelly & Oat Bar
Breakfast #3	Breakfast #7	
Cajun Bison Jerky	Dark Chocolate Sunflower Seed Butter	
Maple and Brown Sugar Instant Oatmeal	Blueberry Breakfast Biscuits	
Waffle Salted Caramel	BBQ Beef Bites	
Almond Sweet and Salty Bar	Peanut Butter Banana Oat Bar	
Dried Cherries and Cranberries	Chocolate Granola	
Hot Cocoa Mix	Cran-Raspberry Drink Mix	
Breakfast #4	Breakfast #8	
Teriyaki Beef Jerky	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)

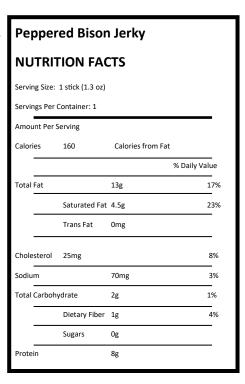
Ingredients: Bison, Pork, Salt, Corn Syrup Solids, Spices, Dextrose, Garlic Powder, Water, Natural Flavoring, Paprika, Sodium Erythorbate, Lactic Acid Starter Culture, Sodium Nitrite, Red 3, and Collagen Casings. Sprayed with Potassium Sorbate to Improve Quality.

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



• Chewy S'mores Granola Bar—Kodiak Cakes, (1 package per camper)

Ingredients: 100% Whole Grain Rolled Oats, Tapioca Syrup, Whey Protein Crisps (Whey Protein Isolate, Whey Protein Concentrate, Tapioca Starch), Pea Protein with Rice Starch, 100% Whole Grain Brown Rice, Semisweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose, Sunflower and/or Soy Lecithin), Marshmallows (Tapioca Syrup, Cane Sugar, Water, Tapioca Starch, Carrageenan, Soy Protein, Natural Flavor), Cane Sugar, Almond Butter, Soluble Tapioca Fiber, Sunflower and/or Canola and/or Soybean Oil, Sunflower and/or Soy and/or Canola Lecithin, Natural Flavor, Salt.

CONTAINS: ALMONDS, MILK, AND SOY

Due to processing on shared equipment, may contain trace amounts of egg, peanuts, and tree nuts.

Created and distributed by Kodak Cakes. Park City, UT 84098, Kodiak Cakes LLC, kodiakcakes.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 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

S'mores Bar **NUTRITION FACTS** Serving Size: 1 Bar (35g) Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Total Fat 3.5g 4% 5% Saturated Fat 1g Trans Fat Cholesterol <5mg 2% Sodium 100mg 4% Total Carbohydrate 7% Dietary Fiber 2g Sugars 9g Protein 7g

Animal	Cracker	S	
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, rockinola.com

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

• Raspberry Flavored Raisins—Amazin' Raisin (1 package per camper)

Ingredients: Raisins, All Natural Fruit Flavors, Citric Acid

Peanut/Tree Nut Free Facility, Gluten Free, NON-GMO



Amazing Fruit Products-US, LLC., amazingfruitproducts.com, 256.273.5363

Strawberry Granola NUTRITION FACTS Serving Size: 1 Pouch (28g) Servings Per Container: 1 Amount Per Serving 120 % Daily Value Total Fat 2.5g Saturated Fat Og 0% Trans Fat Cholesterol Omg 0% Sodium 0% Total Carbohydrate 21g 8% Dietary Fiber 2g 7% Sugars 6g

Raspberry Raisins			
NUTRI	TION FAC	CTS	
Serving Size:	1.3 oz (37g)		
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		10mg	0%
Total Carboh	ydrate	25g	9%
	Dietary Fiber	2g	7%
	Sugars	22g	
Protein		1g	

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

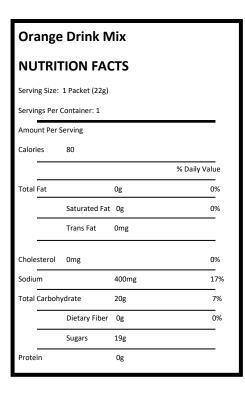
Ingredients: Cane Sugar, Sodium Citrate, Dextrose, Citric Acid, Calcium Citrate, Magnesium Carbonate, Potassium Citrate, Orange Oil, Orange Juice, Ascorbic Acid.

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"

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

Ingredients: Pork, Salt, Less than 2% of Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Color Added, Natamycin (Mold Inhibitor)), Sugar, Dextrose, Water, Natural Smoke Flavor, Lactic Acid Starter Culture, Sodium Erythorbate, Sodium Nitrite, in Collagen Casing.

CONTAINS: MILK

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

Country Delight Snack Sticks NUTRITION FACTS Serving Size: 1 oz (28g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat 30 % Daily Value Total Fat 3g 5% Saturated Fat 1g 5% Trans Fat 0mg Cholesterol 25mg 8% Sodium 440mg 18% Total Carbohydrate 0% 1g Dietary Fiber Og 0g Sugars Protein

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

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

CONTAINS: EGG, ALMONDS, CASHEWS

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May contain peanuts and other tree nuts.

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

Made in a Nut Free Facility

May contain seeds and/or seed fragments.



Distributed by National Food Group, Inc. Novi, MI 48377, https://zeezees.com/foodservice/products/dried-fruit

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 Calories from Fat % Daily Value Total Fat 8% Saturated Fat 1g 5% 0mg Trans Fat Cholesterol mg Sodium 150mg 7% Total Carbohydrate Dietary Fiber 6g 21% Sugars 15g 12g Protein

Mixed	Dried Fr	uit	
NUTRI	TION FAC	CTS	
Serving Size:	1 box (38g)		
Servings Per	Container: 1		
Amount Per S	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	

• Caramel Rice Crisps—Quaker, (1 Package Per Camper)

Ingredients: Whole Grain Brown Rice Flour, Sugar, Corn Grits, Corn Maltodextrin, Sweetened Condensed Milk (Milk, Sugar), Invert Sugar, Salt, Natural Flavor, Vegetable Oil (Canola and/or Sunflower Oil), Cooked Apple Juice Concentrate (Color), Soy Lecithin, Purified Stevia Leaf Extract, Tocopherols (To Preserve Freshness), Spices.

CONTAINS: MILK AND SOY INGREDIENTS

Distributed by: The Quaker Oats Company, PO Box 049003, Chicago, IL 60604, quakeroats.com or 800.856.5781

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

Gluten Free Natures Bakery Fig Bars (Gluten Free, Dairy Free, Nut Free)

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

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

CONTAINS:

100% whole grain, Peanut/Tree Nut Free

Tarrier Foods, Columbus, OH, rockinola.com

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

Caramel Rice Crisps NUTRITION FACTS Serving Size: 1 package(26g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat 0.5g 1% % Saturated Fat Og Trans Fat Cholesterol Omg 0% 190mg Sodium 8% Total Carbohydrate 23g 8% Dietary Fiber 1g Sugars 1g Protein

Chocol	ate Gra	nola	
NUTRI	TION FA	CTS	
Serving Size:	1 package(28	g)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	120		
			% Daily Value
Total Fat		2.5g	3%
	Saturated Fa	at g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		45mg	2%
Total Carboh	ydrate	22g	8%
	Dietary Fibe	r 2g	7%
	Sugars	6g	
		3g	

Breakfast Meal #3

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

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

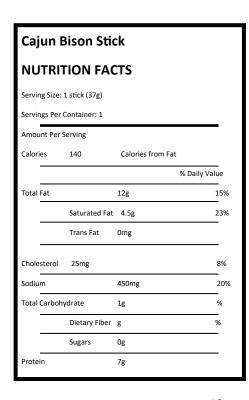
Ingredients: Bison, Pork, Salt, Dextrose, Spices, Onion, Water, Garlic, Sodium Erythorbate, Lactic Acid Starter Culture, Sodium Nitrite, and Collagen Casings. Sprayed with Potassium Sorbate to Improve Quality.

CONTAINS:

Product Questions: 920.565.6328, Miesfelds.com

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

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



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

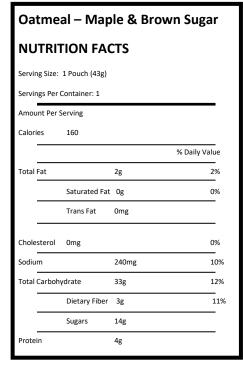
Ingredients: Whole Grain Rolled Oats, Sugar, Salt, Calcium Carbonate, Guar Gum, Molasses, Natural Flavor, Caramel Color, Maple Syrup, Niacinamide (Vitamin B3), Vitamin A Palmitate, Reduced Iron, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Folic acid.



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



• 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)

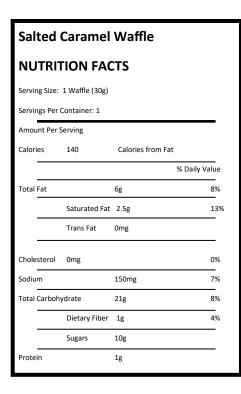
Ingredients: Sugar, Corn Syrup, Modified Whey, Cocoa (Processed with Alkali), Hydrogenated Coconut Oil, Nonfat Milk, Less than 2% of: Salt, Dipotassium Phosphate, Mono– and Diglycerides, Acesulfame Potassium, Sucralose, Artificial Flavor.

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

• Sour Berries, Dried Cherries and Cranberries — Fruit Haven, (1 Package per Camper)

Ingredients: Dried Cherries, Dried Cranberries, Sucrose, Tartaric Acid, Citric Acid, Natural Flavor, and Sunflower Oil.

CONTAINS:

Distributed by: Cherry Central Cooperative, Inc. PO Box 988 Traverse City, MI 49685.



Fruithaven.com

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

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

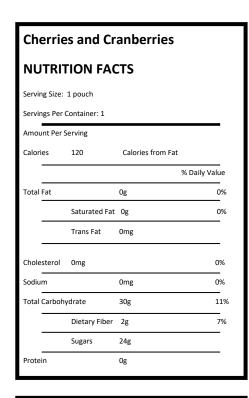
Ingredients: Almonds, Corn Syrup, Whole Grain Oats, Sugar, Rice Flour, Palm Kernel Oil, Vegetable Glycerin, Honey Roasted Almond Butter (Almonds, Honey, Maltodextrin, Palm Oil, Mixed Tocopherols), Fructose, Canola and/or Sunflower Oil, Whey, Soy Lecithin, Salt, Corn Starch, Barley Malt Extract, Baking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

CONTAINS: ALMOND, MILK, AND SOY INGREDIENTS

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

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

Grain Free Breakfast Cereal



Sweet & Salty Granola Bar **NUTRITION FACTS** Serving Size: 1 bar Servings Per Container: 1 Amount Per Serving 160 Calories from Fat % Daily Value Total Fat 9% 7g 10% Saturated Fat 2g Trans Fat Cholesterol Omg 0% 140mg Sodium 6% Total Carbohydrate 21g 8% Dietary Fiber 2g 6% 8g Sugars 3g Protein

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"

• Teriyaki Beef Jerky—Bridgford Foods Corp, (1 Package per Camper)

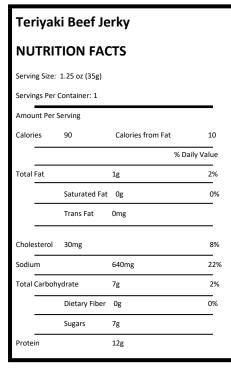
Ingredients: Beef, Water, Seasoning Blend (Salt, Brown Sugar, Sugar, Mustard, Monosodium Glutamate, Dehydrated Garlic, Red Pepper, Sodium Erythorbate, Onion Powder, Spice Extractive), Brown Sugar, Teriyaki Sauce (Soy Sauce (Water, Wheat, Soybeans, Salt), Wine, Sugar, Water, Vinegar, Salt, Spices and Flavorings, (Including Garlic Powder, Onion Powder, and Spice Extractives), Succinic Acid), Sweet Baby Ray's Jerky Base (Vinegar Powder (Dextrin, Modified Food Starch, Vinegar Solids), Tomato Powder, Pineapple Juice Powder (Maltodextrin, Pineapple Juice), Worcestershire Sauce Powder (Distilled Vinegar, Molasses, Corn Syrup, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Tamarind, Natural Flavor and Sulfating Agents), Natural Smoke Flavor, Spices and not more than 2% Silicon Dioxide added to prevent caking), Teriyaki Powder (Teriyaki Sauce (Tamari Sauce (Soybeans, Salt, Alcohol, Wheat), Sake (Rice, Salt), Apple Cider, Spices and Flavorings (Including Mustard, Ginger, White and Black Pepper), Modified Corn Starch, Maltodextrin, Sucrose, Fructose, Natural Smoke Flavor), Sodium Nitrite.

CONTAINS: WHEAT AND SOY

Bridford Foods Corp, https://www.bridgfordfoods.com/product-category/beef-jerky/, 1.800.621.4241

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

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



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

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

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 21% Saturated Fat 3g 15% Trans Fat 0mg Cholesterol 5mg 2% Sodium 140mg 6% Total Carbohydrate 8% 21g Dietary Fiber 1g 4% 16g Sugars Protein 14g

Pop Tarts- Frosted Cinnamon			
NUTRI	TION FAC	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 (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:

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:

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 15mg 1% Total Carbohydrate 21g 8% Dietary Fiber 1g 4% 12g

Fieldst	one Grar	nola	
NUTRI	TION FAC	CTS	
Serving Size:	1 packet (28g)		
Servings Per	Container: 1		
Amount Per S	Serving		
Calories	120	Calories from Fat	
			% Daily Valu
Total Fat		3g	49
	Saturated Fat	0.5g	39
	Trans Fat	0mg	
Cholesterol	0mg		09
Sodium		70mg	39
Total Carboh	ydrate	20g	79
	Dietary Fiber	2g	79
	Sugars	6g	

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 Seed, 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:

Nut Free Bars that you can purchase.

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:

Organic Fruit Chews from The Candy Store

• 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, 1.800.622.4726, snackworks.com

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

Gluten Free Fig Bars on Amazon

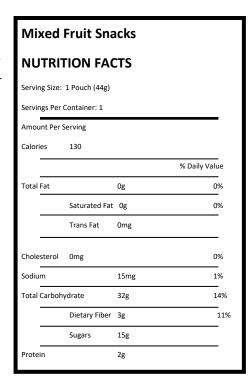


Fig Newtons NUTRITION FACTS Serving Size: 1 Pack Servings Per Container: 1 Amount Per Serving Calories % Daily Value 5% Total Fat 4g 5% Saturated Fat 1g Trans Fat 0mg Cholesterol Omg 0% Sodium 180mg 8% Total Carbohydrate 15% 41g Dietary Fiber 2g Sugars 24g 2g Protein

• 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

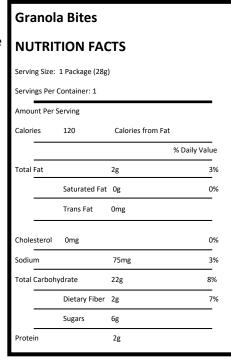


Produced in a nut-free bakery

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)

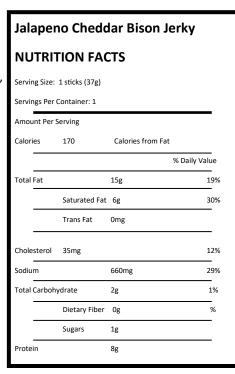
Ingredients: Bison, Pork, Salt, Cheddar Cheese (Cheddar Cheese (Cultured Milk, Salt, Enzymes), Water, Cream, Sodium Phosphates, Salt, and Beta Carotene (Color), Powdered Cellulose (to Prevent Caking), Potassium Sorbate and/or Natamycin (Preservatives), Salt, Corn Syrup Solids, Dried Jalapenos, Spices, 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>



• Chocolate Chip Crunchy Granola Bar—Kodiak Cakes, (1 package per camper)

Ingredients: 100% Whole Grain Rolled Oats, Cane Sugar, Wheat Protein Isolate, Sunflower and/or Canola and/or Soybean Oil, Pea Protein Concentrate with Tapioca Starch, Semisweet Chocolate Chips (Cane Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose, Sunflower and/or Soy Lecithin), Tapioca Syrup, Natural Flavors, Light Brown Sugar Refiner's Syrup, Sunflower and/or Soy and/or Canola Lecithin, Salt, Baking Soda.

CONTAINS: WHEAT AND SOY

Due to processing on shared equipment, may contain trace amounts of egg, milk, peanuts, and tree nuts.

Created and distributed by Kodak Cakes. Park City, UT 84098, Kodiak Cakes LLC, kodiakcakes.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 Energy Bars from Amazon

Strawberry Infused Raisins—Amazin' Raisin, (1 package per camper)

Ingredients: Raisins, All Natural Fruit Flavors, Citric Acid

Gluten Free, Peanut Free, Tree Nut Free, Vegan, GMO Free



Choc Chip Granola Bar NUTRITION FACTS Serving Size: 1 Bar (42g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 8g 10% Saturated Fat 1.5g 8% Trans Fat Cholesterol Omg 0% Sodium 170mg 7% Total Carbohydrate 25g 9% Dietary Fiber 2g Sugars 11g 10g Protein

Strawberry Raisins				
NUTRI	TION FAC	CTS		
Serving Size:	1.3 oz (37g)			
Servings Per	Container: 1			
Amount Per	Serving			
Calories	110	Calories from Fat		
			% Daily Value	
Total Fat		0g	%	
	Saturated Fat	. 0g	%	
	Trans Fat	0mg		
Cholesterol	0mg		%	
Sodium		10mg	0%	
Total Carboh	ydrate	25g	9%	
	Dietary Fiber	2g	7%	
	Sugars	22g		
Protein		1g		

• 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"

• Peanut Butter Banana & Oats Bar—Bob's Red Mill, (1 package per camper)

Ingredients: Peanuts, Whole Grain Oats, Organic Tapioca Syrup, Organic Honey, Banana, Natural Flavor, Sea Salt, Organic Rosemary Extract (to Preserve Freshness).

GLUTEN FREE

CONTAINS: PEANUTS

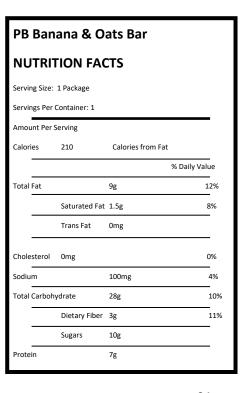


Bob's Red Mill Natural Foods INc, 13521 SE Pheasant Ct, Milwaukie, OR 97222, 800.349.2173

https://www.bobsredmill.com/product/peanut-butter-banana-and-oats-5-pack

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

No Nuts! Energy Bars from Amazon



• 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 19% 13% Saturated Fat 2.5g Trans Fat 0mg Cholesterol % 0mg Sodium 15mg 1% Total Carbohydrate 4% 11g Dietary Fiber 3g 11% Protein 5g

Serving Size: 1 pack (4 biscuits) Servings Per Container: 1 Amount Per Serving Calories 230 ** Daily Value Total Fat 8g 10% Saturated Fat 0.5g 3% Trans Fat 0mg Cholesterol 0mg 0% Sodium 200mg 9%

36g

12g

3g

Dietary Fiber 2g

Sugars

Blueberry Biscuit

Total Carbohydrate

Protein

13%

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

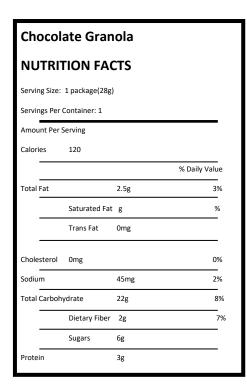
Ingredients: Whole Grain Rolled Oats, Sugar, Corn Syrup, Canola Oil, Cocoa (Processed with Alkali), Natural Flavor, Baking Soda, Vitamin E (Mixed Tocopherols) added to protect flavor.

CONTAINS:

100% whole grain, Peanut/Tree Nut Free

Tarrier Foods, Columbus, OH, rockinola.com

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



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

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

CONTAINS:

Gluten Free

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

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

Vegan Jerky Recipe, Vegan Jerky Options on Amazon

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

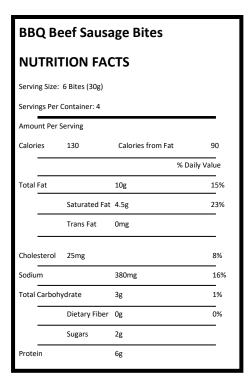
Ingredients: Organic Cane Sugar, Citric Acid, Natural Flavors, Silicon Dioxide (anti-caking), Vegetable Juice Color, Stevia Leaf Extract, Monk Fruit Extract.

CONTAINS:

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

Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte



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

Breakfast Meal #8

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

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

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

Gluten Free, No MSG

Highland Beef Farms, highlandbeeffarms.com, 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

Made in a Nut Free Facility

May contain seeds and/or seed fragments.



Distributed by National Food Group, Inc. Novi, MI 48377, https://zeezees.com/foodservice/products/dried-fruit

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

Made in a 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 1g

Blueberry Lemon Bar NUTRITION FACTS Serving Size: 1 package (62g) Servings Per Container: 1 Amount Per Serving Calories 260 Calories from Fat % Daily Value Total Fat Saturated Fat 2.5g 13% Trans Fat Cholesterol Omg 0% 75mg 3% Total Carbohydrate 15% Dietary Fiber 3g 11% Sugars 14g Protein 4g

Breakfast Meal #9

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

• 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:

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

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, poptarts.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 Saturated Fat 1.5g Trans Fat 0mg Cholesterol Omg 0% Sodium 230mg 10% Total Carbohydrate 27% 73g 20% Dietary Fiber Sugars 29g 4g Protein

Trail M	ix Bar		
NUTRI	TION FAC	CTS	
Serving Size:	1 bar (35g)		
Servings Per	Container: 1		
Amount Per S	Serving		
Calories	130	Calories from Fat	t
			% Daily Value
Total Fat		4.5g	6%
	Saturated Fat	Og	0%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		105mg	5%
Total Carboh	ydrate	24g	9%
	Dietary Fiber	3g	11%
	Sugars	7g	
Protein		3g	

• Instant Oatmeal—Regular Flavor, Malt O Meal, (1 Package Per Camper)

Ingredients: Whole Grain Rolled Oats, Calcium Carbonate, Salt, Guar Gum, Caramel Color, Vitamins and Minerals: Reduced Iron, Niacinamide (Vitamin B3), Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), 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).



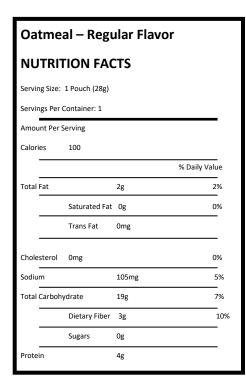
CONTAINS:

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

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



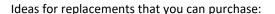
Banana	a Chips		
NUTRI	TION FAC	CTS	
Serving Size:	1 package (28g	:)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	150	Calories from Fat	
			% Daily Value
Total Fat		8g	10%
	Saturated Fat	7g	35%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		0mg	0%
Total Carboh	ydrate	18g	7%
	Dietary Fiber	1g	4%
	Sugars	3g	
Protein		1g	

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

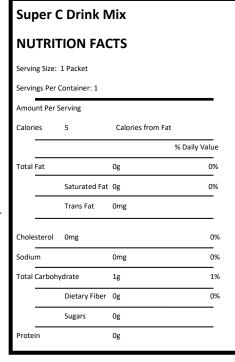
Ingredients: **Orange**: Ascorbic Acid (Vit C), Citric Acid, Potassium Citrate, Maltodextrin, Natural Flavor, Tricalcium Phosphate, Magnesium Oxide, Contains 2% or Less of: Zinc Sulfate, Niacinamide (Vit B3), Manganese Gluconate, D-Calcium Pantothenate (Vit B5), D-Alpha Tocopheryl Acetate (Vit E), Pyridoxine 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



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"

Peanut Butter Jelly & Oats Bob's Bar—Bob's Red Mill Natural Foods Inc, (1 Package Per Camper)

Ingredients: Peanuts, Whole Grain Oats, Organic Tapioca Syrup, Cranberries (Cranberry, Cane Sugar), Organic Honey, Strawberry Powder, Organic Natural Flavor, Sea Salt, Organic Rosemary Extract (to preserve freshness).

GLUTEN FREE

CONTAINS: PEANUTS

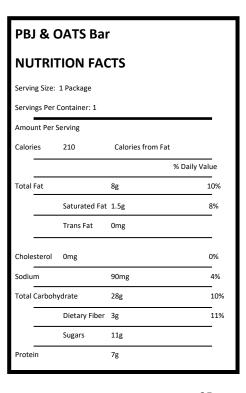


Bob's Red Mill Natural Foods INc, 13521 SE Pheasant Ct, Milwaukie, OR 97222, 800.349.2173

https://www.bobsredmill.com/product/peanut-butter-jelly-and-oats-bars-12-pack

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

No Nuts! Energy Bars from Amazon



• Sweet 'N Spicy Beef Jerky—Bridgford Foods Corp, (1 Package per Camper)

Ingredients: Beef, Water, Seasoning Blend (Salt, Brown Sugar, Sugar, Mustard, Monosodium Glutamate, Dehydrated Garlic, Red Pepper, Sodium Erythorbate, Onion Powder, Spice Extractive), Brown Sugar, Sweet Baby Ray's Jerky Base (Vinegar Powder (Dextrin, Modified Food Starch, Vinegar Solids), Tomato Powder, Pineapple Juice Powder (Maltodextrin, Pineapple Juice), Worcestershire Sauce Powder (Distilled Vinegar, Molasses, Corn Syrup, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Tamarind, Natural Flavor and Sulfating Agents), Natural Smoke Flavor, Spices and not more than 2% Silicon Dioxide added to prevent caking), Red Pepper, Sodium Nitrite.

CONTAINS: WHEAT AND SOY

Bridford Foods Corp, https://www.bridgfordfoods.com/product-category/beef-jerky/, 1.800.621.4241

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

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, 1.800.622.4726, snackworks.com

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

Gluten Free Fig Bars on Amazon

Sweet '	N Spicy B	eef Jerky	
NUTRI	TION FAC	CTS	
Serving Size:	1.25 oz (35g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	90	Calories from Fat	10
		% Da	aily Value
Total Fat		1g	2%
	Saturated Fat	Og	0%
	Trans Fat	0mg	
Cholesterol	30mg		8%
Sodium		600mg	25%
Total Carboh	ydrate	7g	2%
	Dietary Fiber	Og	0%
	Sugars	7g	
Protein		13g	

Fig Newtons		
NUTRITION 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 Omg		0%
Sodium	180mg	8%
Total Carbohydrate	41g	15%
Dietary Fiber	· 2g	7%
	2g 24g	7%

• 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:

Organic Fruit Chews from The Candy Store

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

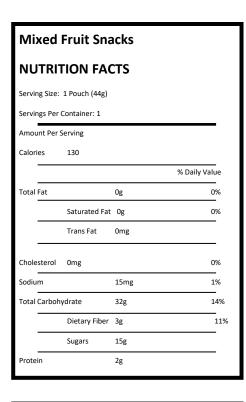
Ingredients: Oats, Tapioca Syrup, Sunflower Butter (Sunflower Seeds, Sunflower Oil), Sunflower Seeds, Blueberries (Cane Sugar, Sunflower Oil), Flax Seeds, Cane Sugar, Brown Rice Crisp (Brown Rice, Cane Syrup, Sea Salt), Expeller Pressed Canola Oil, Vegetable Glycerine, Natural Flavor, Brown Rice Syrup,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



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	Zesty Lemon Pasta and Beans with Tuna
Cheddar Goldfish	Raspberry and Lemon Energy Bar	Pink Lemonade Energy Chews
Crunchy Peanut Butter Bar	Cheezits	Cheezits
Antioxidant Trail Mix	Sweet & Salty Trail Mix	Energizer Trail Mix
Blue Raz Ice 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 & Jelly	Smoked Gouda Cheese Cup	Pepperjack Cheese Wedges
Sweet BBQ Snack Stick	Strawberry Energy Chews	Beef Salami Slices
Salted Sunflower Seeds	Pepperoni Sticks	Salted Watermelon Energy Chews
Lemon Lime Drink Mix	Peanut Butter Chocolate Trail Mix	Cheddar Flavored Corn
	Blue Raz Ice 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	
Cajun Style Trail Mix	Honey Roasted Sunflower Seeds	
Strawberry Banana Drink Mix	Lemon Lime Drink Mix	
Lunch #4	Lunch #8	
Gluten Free Crackers	Ritz Crackers	
Chili Con Queso Cheese Cup	Cheese Sauce	
Chocolate Chip Energy Bar	Blueberry Almond Energy Bar	
Sea Salt Flavored Corn	Beef Sausage Mini Bites	
Brown Sugar Jerky Stick	Hot and Spicy Corn	
Orange 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

 $Starkist, \underline{https://starkist.com/product/premium-white-chicken-pouch/}, 1.800.252.1587$

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

CHICKEN BREAST—2.6OZ POUCH			
NUTRI	TION FAC	CTS	
Serving Size:	1 Pouch (74g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	80		
			% Daily Value
Total Fat		2g	3%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	60mg		20%
Sodium		270mg	12%
Total Carboh	ydrate	1g	1%
	Dietary Fiber	g	%
	Sugars	g	
Protein		13g	

• Antioxidant Trail Mix — Snak Club, (1 Package Shared between 3 Campers)

Ingredients: Roasted Peanuts (Peanuts, Vegetable Oil (Canola Oil and/or Peanut Oil)), Raisins, Dried Sweetened Cranberries (Cranberries, Sugar, Sunflower Oil), Roasted Pumpkin Seeds (Pumpkin Seeds, Canola Oil), Roasted Almonds (Almonds, Canola Oil), Dried Blueberries (Blueberries, Sugar, Sunflower Oil), Dried Cherries (Cherries, Sugar, Sunflower Oil).

CONTAINS: PEANUTS, ALMONDS



Packed on shared equipment with peanuts, other tree nuts, wheat, soy, milk, and sesame

Century Snacks, Commerce, CA 90040, www.snackclub.com

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

No Nuts Bars from Amazon

• Crunchy Peanut Butter Bar—Clif Bar, (1 Package Per Camper)

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, Peanuts, Peanut Flour, Chicory Fiber, Organic Roasted Soybeans, Organic Soy Flour, Natural Flavors, Salt.

CONTAINS: PEANUTS, SOY

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

Mondelez Global LLC, East Hanover, NJ 07936, 1.800.CLIFBAR, clifbar.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.

Antioxidant Trail Mix **NUTRITION FACTS** Serving Size: 1/4 Cup (30g) Servings Per Container: 5 Amount Per Serving Calories 140 Calories from Fat % Daily Value 9g Saturated Fat 1g 5% Trans Fat mg Cholesterol Omg Sodium 0mg Total Carbohydrate 13g 5% Dietary Fiber 2g Sugars 5g

Crunch	y Peanu	t Butter Bar	
NUTRI	TION FAC	CTS	
Serving Size:	1 package (68g)	
Servings Per	Container: 1		
Amount Per S	Serving		
Calories	260		
		9	6 Daily Value
Total Fat		8g	10%
	Saturated Fat	1g	6%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		230mg	10%
Total Carboh	ydrate	40g	15%
	Dietary Fiber	5g	19%
	Sugars	17g	
Protein		11g	

• 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, Ascorbic Acid (Vit C), Aspartame, Contains Less than 2% of: Xanthan Gum, Acesulfame Potassium, Calcium Silicate, Blue 1, Yellow 5.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

• Original Premium Saltine Crackers—Nabisco, (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, Palm Oil, Sea Salt, Salt, Malted Barley Flour, Baking Soda, Yeast.

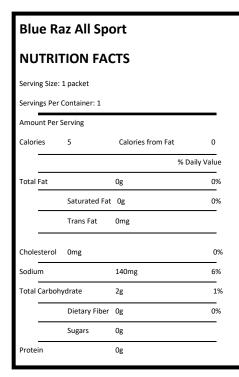
CONTAINS: WHEAT

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



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

Good Thins Rice Crackers from Mondelez



Saltines Crackers NUTRITION FACTS Serving Size: 5 Crackers (16g) Servings Per Container: 24 Amount Per Serving Calories % Daily Value 2% Total Fat 1.5g % Saturated Fat Og Trans Fat 0mg Cholesterol Omg % Sodium 135mg 6% Total Carbohydrate 4% 12g Dietary Fiber Og 0g Sugars 1g Protein

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

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

CONTAINS: WHEAT AND MILK

Pepperidge Farm, Inc.

1-888-737-7374, pepperidgefarm.com

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 Carbohydrate		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.

Made in a Nut Free Facility

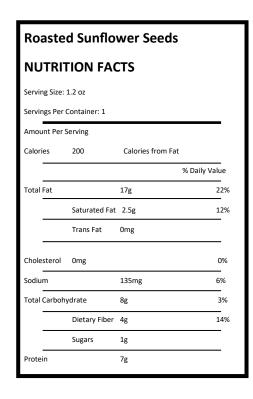
Gluten Free

Vegan, NON-GMO



National Food Group, Inc., https://zeezees.com/foodservice/products/protein-snacks/roasted-sunflower-kernels-1.20z

1-800-886-6866



• Peanut Butter — On My Way, (1 Package Shared Between 6 Campers or 3 Meal Bags)

Ingredients: Organic Peanuts and Salt.

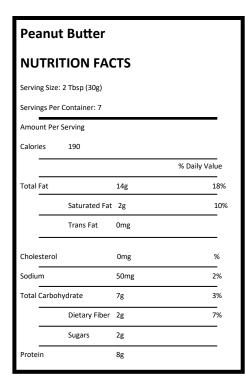
CONTAINS: PEANUTS

May contain trace amounts of tree nuts

On My Way, LLC, 1790 Whittier Ave, Costa Mesa, CA 92627, omwfoods.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



• Lemon Lime Drink Mix—Gatorade, (1 package per camper)

Ingredients: Sugar, Dextrose, Citric Acid, Salt, Sodium Citrate, Natural and Artificial Flavor, Monopotassium Phosphate, Calcium Silicate, Yellow 5.

CONTAINS:

Distributed by The Gatorade Co., PO Box 049003, Chicago IL 60604, 1.800.884.2867, Gatorade.com



Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte

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

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

CONTAINS: WHEAT, SOY



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

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

Good Thins Rice Crackers from Mondelez

Lemon Lime Gatorade NUTRITION FACTS Serving Size: 1 packet (35g) Servings Per Container: 1 Amount Per Serving Calories 130 Calories from Fat % Daily Value Total Fat 0g Saturated Fat g % Trans Fat Cholesterol Omg 0% Sodium 230mg 10% Total Carbohydrate 34g 12% Dietary Fiber g

Graham Crackers NUTRITION FACTS Serving Size: 8 Crackers (30g) Servings Per Container: 14 Amount Per Serving Calories 130 Calories from Fat % Daily Value Total Fat 3g 4% Saturated Fat Og 0% Trans Fat Cholesterol Omg Sodium 130mg 6% Total Carbohydrate 9% Dietary Fiber 1g 4% 8g Sugars Protein 2g

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

Ingredients: Pork, Sugar, Salt, Less than 2% of: Water, Dextrose, Spices, Tomato Powder, Onion and Garlic Powder, Corn Starch, Hickory Smoke Flavor (Contains Maltodextrin), Natural Smoke Flavor, Lactic Acid Starter Culture, Citric Acid, Spice Extractives and Sodium Nitrite, In Collagen Casing.

CONTAINS:

Product Questions: 1.800.277.8989 or <u>www.countrymeats.com</u>

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

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

• Strawberry Jam —On My Way, (1 Package Shared Between 6 Campers or 3 Meal Bags)

Ingredients: Strawberries, Cane Sugar, Pectin, Lemon Juice.

CONTAINS:

On My Way, LLC, 1790 Whittier Ave, Costa Mesa, CA 92627, omwfoods.com

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

Sweet BBQ Snack Stick NUTRITION FACTS Serving Size: 1 oz (28g) Servings Per Container: 1 Amount Per Serving Calories from Fat 25 % Daily Value Total Fat 2.5g 4% Saturated Fat 1g 4% Trans Fat Cholesterol 25mg 9% 480mg Sodium 20% Total Carbohydrate 1% Dietary Fiber Og Sugars 3g Protein 9g

Strawberry Jam NUTRITION FACTS Serving Size: 1 Tbsp (16g) Servings Per Container: 14 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 0 0% Saturated Fat Og 0% Trans Fat Cholesterol Omg 0% 0% Total Carbohydrate Dietary Fiber Og Sugars 7g 0g Protein

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 Sodium 240mg 10% Total Carbohydrate <1% Dietary Fiber 0g 0% Sugars <1g 3g Protein

• Spam Single Classic—Hormel, (1 package per camper)	Spam Single C	Classic	
Ingredients: Pork, Water, Salt, Modified Potato Starch, Sugar, Sodium Nitrite	NUTRITION FA	ACTS	
Certified GLUTEN FREE	Serving Size: 1 package		
	Servings Per Container: 1		
	Amount Per Serving		
Hormel Foods, LLC. 1-800-523-4635 or <u>spam.com</u>	Calories 230	Calories from Fat	
		%	Daily Value
Ideas for replacements that you can purchase :	Total Fat	21g	279
ideas for replacements that you can parchase.	Saturated	Fat 7g	359
shelf stable hummus packs on Amazon	Trans Fat	0mg	
	Cholesterol 50mg		179
	Sodium	830mg	36 9
	Total Carbohydrate	2g	1%
	Dietary Fib	er Og	0%
	Sugars	1g	

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 Original NUTRITION FACTS Serving Size: 6 Crackers Servings Per Container: 9 Amount Per Serving Calories % Daily Value Total Fat 3.5g 4% Saturated Fat Og Trans Fat Cholesterol 0mg % Sodium 170mg 7% Total Carbohydrate 7% Dietary Fiber 3g 11% Sugars 3g Protein

9g

Protein

27% 35%

17% 36 % • Caramel Almond & Sea Salt Bar— Kind, (1 Package Per Camper)

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

GLUTEN FREE

CONTAINS: ALMONDS, MILK, AND SOY.

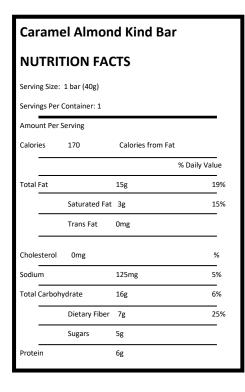


May contain: Peanuts, Tree Nuts and Sesame Seeds and Nut Shell Fragments.

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:

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, Ascorbic Acid (Vit C), Contains Less than 2% of: Monocalcium Phosphate, Acesulfame Potassium, Magnesium Oxide, Calcium Silicate, Artificial Color, Red 40, Blue 1, Yellow 5, Phenylketonurics.

CONTAINS: 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

• Cajun Style Snack Mix — Snak Club, (1 Package Shared between 3 Campers)

Ingredients: Hot & Spicy Peanuts (Peanuts, Hot and Spicy Seasoning (Salt, Chili Peppers, Cayenne Peppers, Spice Extractives,
Torula Yeast, Natural Flavors), Vegetable Oil (Canola Oil and/or Peanut Oil)), Butter Toffee Peanuts (Peanuts, Cane Sugar, Butter
(Pasteurized Cream), Vegetable Oil (Canola Oil and/or Peanut Oil), Sea Salt), Toasted Corn (Corn, Canola Oil, Sea Salt), Cajun Sesame Sticks
(Enriched Wheat Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid),
Soybean Oil, Sesame Seeds, Bulgur Wheat, Cajun Seasoning (Salt, Spices (Including Paprika), Dehydrated Onion, Torula Yeast, Green Bell
Pepper, Dehydrated Garlic, Cocoa Powder (Processed with Alkali), Paprika Oleoresin), Salt, Beet Powder, Turmeric), Honey Sesame Sticks
(Enriched Wheat Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid),
Soybean Oil, Sesame Seeds, Honey Coating (Sugar, Wheat Starch, Honey), Bulgur Wheat, Tack Blend (Maltodextrin, Xanthan Gum), Salt,
Beet Powder, Turmeric), Roasted Salted Almonds (Almonds, Canola Oil, Sea Salt).

CONTAINS: PEANUTS, ALMONDS, MILK, WHEAT, SESAME

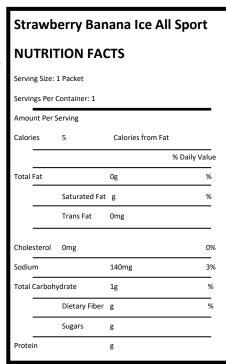
Packed on shared equipment with peanuts, other tree nuts, wheat, soy, milk, and sesame

Century Snacks, Commerce, CA 90040, www.snackclub.com



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

No Nuts Bars from Amazon



Cajun	Style Sna	ack Mix	
NUTRI	TION FA	CTS	
Serving Size	: 1/4 cup (30g)		
Servings Pe	r Container: 6		
Amount Per	Serving		
Calories	160		
			% Daily Value
Total Fat		11g	14
	Saturated Fa	t 1.5g	89
	Trans Fat	0mg	
Cholesterol		0mg	%
Sodium		250mg	11
Total Carbo	hydrate	12g	4%
-	Dietary Fiber	2g	7%
	Sugars	4g	
Protein		5g	

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

CONTAINS: MILK

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

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

shelf stable hummus packs on Amazon

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

• Chocolate Chip Bar—Clif Bar, (1 Package Per Camper)

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, Unsweetened Chocolate, Chicory Fiber, Organic Soy Flour, Sunflower and/or Soybean Oil, Natural Flavors, Salt, Organic Cinnamon, Mixed Tocopherols (Antioxidant).

CONTAINS: SOY

May contain: Peanuts, Tree Nuts, Milk, Sesame, and Wheat



Mondelez Global LLC, East Hanover, NJ 07936, 1.800.CLIFBAR, clifbar.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.

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

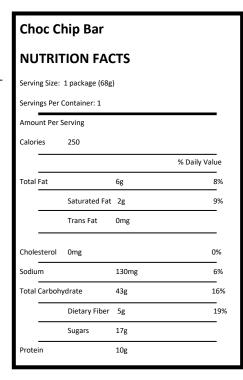
Ingredients: Corn, Sunflower Oil, Sea Salt

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 Salt Corn **NUTRITION FACTS** Serving Size: 0.7oz (20g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat 2g 3% Saturated Fat Og 0% Trans Fat Cholesterol Omg % Sodium 120mg 5% Total Carbohydrate Dietary Fiber 1g 4% 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: Milk, 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 as a substitute for all other crackers.

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

9g

Protein

Good 1	Thins Cra	ckers	
NUTRI	TION FAC	CTS	
Serving Size:	18 Pieces (31g)	ı	
Servings Per	Container: 3.5		
Amount Per	Serving		
Calories	130	Calories from Fat	
			% Daily Value
Total Fat		1.5g	29
	Saturated Fat	0g	09
	Trans Fat	0mg	
Cholesterol	0mg		0
Sodium		85mg	4
	vdrate	26g	9
Total Carboh	,	_	
Total Carboh	Dietary Fiber	0g	0
Total Carboh		Og Og	0

• Orange Drink Mix—Gatorade, (1 package per camper)

Ingredients: Sugar, Dextrose, Citric Acid, Salt, Sodium Citrate, Natural Flavor, Monopotassium Phosphate, Modified Food Starch, Yellow 6.

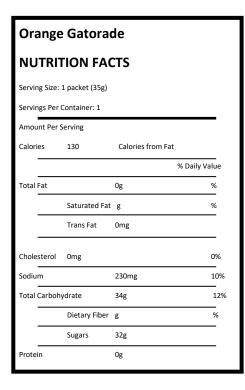
CONTAINS:

Distributed by The Gatorade Co., PO Box 049003, Chicago IL 60604, 1.800.884.2867, Gatorade.com



Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte



Lunch Meal #5

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

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

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

CONTAINS: FISH (TUNA)

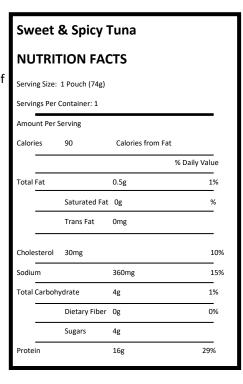
Certified Gluten Free, Soy Free



Distributed by Starkist Co, starkist.com

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

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



• 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:

No Nuts Energy Bars

• 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.





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 0% Sodium 105mg 5% Total Carbohydrate 12% Dietary Fiber 3g 11% 11g Sugars Protein 4g

Cheez-	lt 1.5 oz		
NUTRI	TION FAC	CTS	
Serving Size:	1 Pouch (42g)		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	210		
			% Daily Value
Total Fat		11g	14%
	Saturated Fat	2.5g	13%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		320mg	14%
Total Carboh	ydrate	24g	9%
	Dietary Fiber	<1g	3%
	Sugars	Og	
Protein		4g	

• Fruit Punch Drink Mix—Gatorade, (1 package per camper)

Ingredients: Sugar, Dextrose, Citric Acid, Salt, Sodium Citrate, Natural and Artificial Flavor, Monopotassium Phosphate, Calcium Silicate, Modified Food Starch, Caramel Color, Red 40.

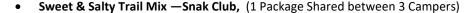
CONTAINS:

Distributed by The Gatorade Co., PO Box 049003, Chicago IL 60604, 1.800.884.2867, Gatorade.com



Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte



Ingredients: Peanuts (Peanuts, Canola Oil, Peanut Oil, Sea Salt), Butter Toffee Peanuts (Peanuts, Peanut Oil, Sugar, Butter (Milk), Salt, M&Ms Candies (Milk Chocolate (Sugar, Chocolate, Skim Milk, Cocoa Butter, Lactose, Milkfat, Soy Lecithin, Salt, Natural Flavor), Sugar, Cornstarch, Less than 1% of: Corn Syrup, Dextrin, Artificial Colors (FD&C Blue 1 Lake, Yellow 6, Red 40, Yellow 5, Blue 1, Yellow 6 Lake, Red 40 Lake, Yellow 5 Lake, Blue 2 Lake, Blue 2), Carnauba Wax, Gum Acacia), Roasted Corn (Corn, Canola Oil, Sea Salt), Honey Roasted Sesame Stick (Enriched Wheat Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sesame Seeds, Honey Coating (Sugar, Wheat Starch, Honey), Bulgur Wheat, Tack Blend (Maltodextrin, Xanthan Gum), Salt, Beet Powder (Color), Turmeric (Color).

CONTAINS: PEANUTS, ALMONDS, MILK, SOY, WHEAT, SESAME

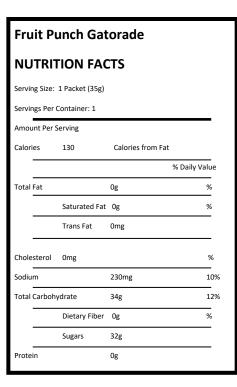
Packed on shared equipment with peanuts, other tree nuts, wheat, soy, milk, and sesame



Century Snacks, Commerce, CA 90040, www.snackclub.com

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

No Nuts Bars from Amazon



Sweet & Salty Trail Mix NUTRITION FACTS Serving Size: 1/4 cup Servings Per Container: 5 Amount Per Serving % Daily Value Total Fat 14% 11g Saturated Fat 2g 10% Trans Fat Cholesterol Omg 0% Sodium 110mg 4% 5% Total Carbohydrate Dietary Fiber 2g Sugars 8g Protein 6g

• Chicken in a Biskit Crackers—Nabisco, (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, Flavor Enhancer (Disodium Inosinate and Disodium Guanylate).

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)

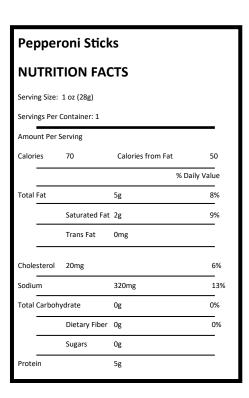
Ingredients: Pork, Salt, Dextrose, Water, Spices, Natural Smoke Flavorings, Lactic Acid, Starter Culture, Garlic Powder, Sodium Erythorbate, Spice Extractives and Sodium Nitrite in Collagen Casing.

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:

Organic Fruit Chews from The Candy Store

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

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

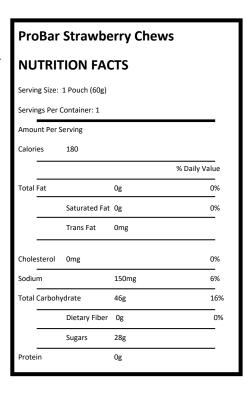
CONTAINS: MILK

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)
NUTRI	TION FAC	CTS	
Serving Size:	2 Tbsp (28g)		
Servings Per	Container: 2		
Amount Per	Serving		
Calories	70		
		9	6 Daily Value
Total Fat		6g	8%
	Saturated Fat	3.5g	18%
	Trans Fat	Omg	
Cholesterol	20mg		7%
Sodium		390mg	17%
Total Carboh	ydrate	<1g	0%
	Dietary Fiber	Og	0%
	Sugars	<1g	
Protein		4g	
			60

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, 1.877.453.5837, townhousecrackers.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

Peanut Butter Chocolate Trail Mix —Snak Club, (1 Package Shared between 3 Campers)

Ingredients: Roasted Salted Peanuts (Peanuts, Vegetable Oil (Canola and/or Peanut Oil), Sea Salt), M&Ms Peanut Butter Chocolate Candies (Milk Chocolate (Sugar, Cocoa Butter, Chocolate Skim Milk, Milkfat, Lactose, Peanuts, Soy Lecithin, Salt, Artificial Flavors), Peanut Butter (Partially Defatted Peanuts, Sugar, Hydrogenated Palm Kernel Oil, Partially Defatted Peanut Flour, Cornstarch, Dextrose, Less than 1% Corn Syrup, Natural Flavors, Salt, Dextrin, Coloring (FD&C Blue 1 Lake, Red 40, Yellow 6, Yellow 5, Blue 1, Red 40 Lake, Yellow 6 Lake, Blue 2, Blue 2 Lake), Propyl Gallate to Maintain Freshness, Gum Acacia), Butter Toffee Peanuts (Peanuts, Evaporated Cane Sugar, Butter (Milk), Vegetable Oil (Canola and/or Peanut Oil), Sea Salt), Pretzel Nuts (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour), Salt, Malt Tapioca Blend (Tapioca Syrup, Malt Extract), Canola Oil).

CONTAINS: PEANUTS, MILK, SOY, WHEAT

Packed on shared equipment with peanuts, other tree nuts, wheat, soy, milk, and sesame

Century Snacks, Commerce, CA 90040, www.snackclub.com

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

No Nuts Bars from Amazon

Sea Salt Pita Crackers **NUTRITION FACTS** Serving Size: 6 Crackers Servings Per Container: 18 Amount Per Serving Calories % Daily Value Total Fat 2.5g 3% Saturated Fat Og Trans Fat Cholesterol % 140mg Sodium 6% Total Carbohydrate 11g 8% Dietary Fiber <1g 0g Sugars 1g Protein

Peanut Butter Choc Trail Mix NUTRITION FACTS Serving Size: 1/4 CUP Servings Per Container: 6 Amount Per Serving Calories 160 Calories from Fat % Daily Value Total Fat 11g 14% Saturated Fat 2.5g 13% Trans Fat Cholesterol Omg 0% 130mg 6% Total Carbohydrate 12g 4% Dietary Fiber 2g 7% Sugars 7g Protein

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

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

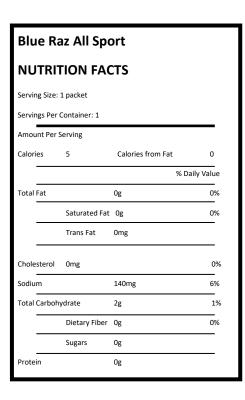
CONTAINS: Phenylalanine

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





Philmont Scout Ranch

Lunch Meal #7

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

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

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

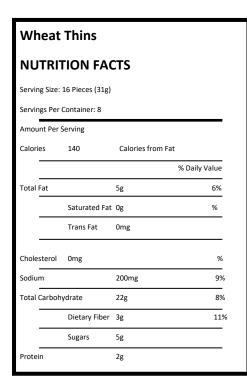
BHT Added to Packaging Material to Preserve Freshness.

CONTAINS: WHEAT

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

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

Good Thins Rice Crackers from Mondelez



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

Ingredients: Cashews, Peanuts, Chicory Root Fiber, Cane Sugar, Almonds, Dried Cherries, Dried 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:

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

Lemon Lime Drink Mix—Gatorade, (1 package per camper)

Ingredients: Sugar, Dextrose, Citric Acid, Salt, Sodium Citrate, Natural and Artificial Flavor, Monopotassium Phosphate, Calcium Silicate, Yellow 5.

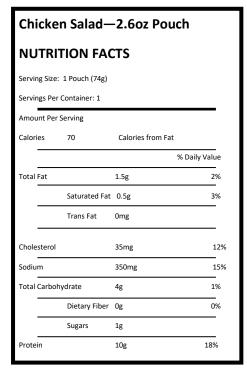
CONTAINS:

Distributed by The Gatorade Co., PO Box 049003, Chicago IL 60604, 1.800.884.2867, Gatorade.com



Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte



NUTRITION FACTS Serving Size: 1 packet (35g) Servings Per Container: 1 Amount Per Serving Calories 130 Calories from Fat % Daily Value **Total Fat** Saturated Fat g % Trans Fat Cholesterol Omg 0% Sodium 230mg 10% 12% Total Carbohydrate

Lemon Lime Gatorade

Dietary Fiber g Sugars

Protein

32g

0g

• 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.

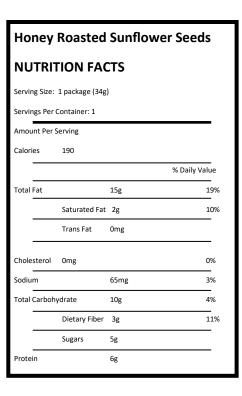
Nut Free Facility, Gluten Free, NON-GMO

 $\underline{https://zeezees.com/foodservice/products/protein-snacks/honey-sunflower-kernels-0.75oz}$



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

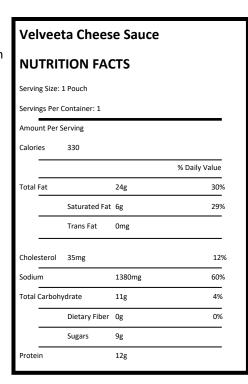
Ingredients: Whey, Milk, Canola Oil, Whey Protein Concentrate, Milk Protein Concentrate, Contains Less than 2% of: Salt, Sodium Phosphate, Potassium Phosphate, Modified Food Starch, Lactic Acid, Sodium Alginate, Sorbic Acid as a Preservative, Paprika and Annatto Extract (Color), Milkfat, Natural Flavor, 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



• Blueberry Almond Crisp Bar—Clif Bar, (1 Package Per Camper)

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, Organic Soy Flour, Organic Almonds, Dried Blueberries, Apple Juice Concentrate, Sunflower and/or Soybean Oil, Natural Flavors, Salt, Citric Acid, Mixed Tocopherols (Antioxidant).

CONTAINS: ALMONDS, SOY

May contain: Peanuts, Tree Nuts, Milk, Sesame, and Wheat



Mondelez Global LLC, East Hanover, NJ 07936, 1.800.CLIFBAR, clifbar.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.

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

Blueberry Almond Crisp Bar NUTRITION FACTS Serving Size: 1 package (68g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat 7% Saturated Fat 0.5g 4% Trans Fat Cholesterol Omg 0% Sodium 180mg 8% Total Carbohydrate 43g 15% Dietary Fiber 5g 19% Sugars Protein 11g

Ritz Cr	ackers		
NUTRI	TION FAC	CTS	
Serving Size:	5 Crackers		
Servings Per	Container: 21		
Amount Per	Serving		
Calories	80	Calories from Fat	
-			% Daily Value
Total Fat		4.5g	6%
	Saturated Fat	1.5g	89
	Trans Fat	0mg	
Cholesterol	0mg		0
Sodium		130mg	6
Total Carboh	ydrate	10g	4
-	Dietary Fiber	0g	%
	Sugars	1g	
Protein		<1g	

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

Ingredients: Citric Acid, Maltodextrin, Monopotassium Phosphate, Salt, Natural and Artificial flavors, Potassium Citrate, Ascorbic Acid (Vitamin C), Aspartame, Contains less than 2% of: Acesulfame Potassium, 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

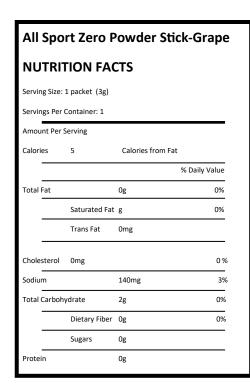
Beef Sausage Bites—Highland Beef Farms, (1 Package Per Camper)

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 Trans Fat 0mg 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)

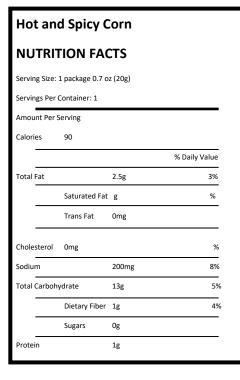
Ingredients: Corn, Sunflower Oil, Habanero Chili, Sea Salt



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"

• Smart Bowls Pasta & Beans with Tuna, Zesty Lemon—Starkist, (1 package per camper)

Ingredients: Light Tuna, Water, Cooked Pasta (Semolina, Water, Egg White, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin and Folic Acid), Cooked Kidney Beans (Kidney Beans, Water), Cooked Garbanzo Beans (Garbanzo Beans, Water), Cooked Barley (Barley, Water), Carrots, Red and Green Bell Pepper, Sunflower Oil, Crushed Tomatoes (Tomatoes, Tomato Puree, Salt), Contains 2% or less of: Lemon Puree, Lemon Juice, Citric Acid, Garlic Powder, Onion Powder, Sugar, Salt, Natural Flavors, Spices, Gum Arabic, Xanthan Gum, Modified Food Starch (Corn), Tapioca Food Starch, Citrus Fiber, Turmeric (Color).

CONTAINS: FISH (TUNA), WHEAT, EGG

Certified 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/

Smart Bowls Lemon Tuna NUTRITION FACTS Serving Size: 1 Pouch (128g) Servings Per Container: 1 Amount Per Serving Calories 180 Calories from Fat % Daily Value Total Fat 4.5g Saturated Fat 1g 5% Trans Fat 0mg Cholesterol 10mg 4% Sodium 540mg 23% Total Carbohydrate 9% 24g Dietary Fiber 5g 18% 2g Protein 12g

• 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, Papri-ka, 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)

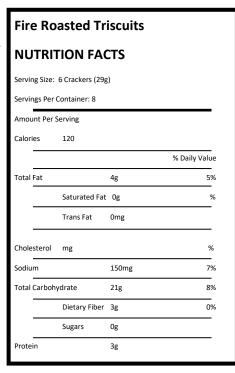
Ingredients: Organic Tapioca Syrup, Organic Sugar, Organic Honey, Organic Grape Juice Concentrate, Pectin, Citric Acid, Organic Colors (Organic Black Carrot Juice Concentrate), Organic Flavor, Ascorbic Acid, Potassium Citrate, Organic Sunflower Oil, Organic Carnauba Wax.

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:

Organic Fruit Chews from The Candy Store



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

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

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

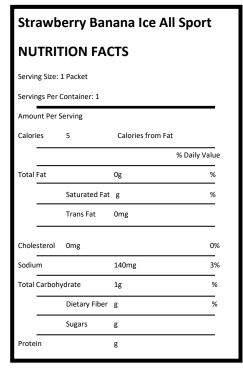
CONTAINS: PHENYLALNINE



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



• Energizer Trail Mix —Snak Club, (1 Package Shared between 3 Campers)

Ingredients: Peanuts, Raisins (Raisins, Sunflower Oil), M&Ms Candies (Milk Chocolate (Sugar, Chocolate, Skim Milk, Cocoa Butter, Lactose, Milkfat, Soy Lecithin, Salt, Natural Flavor), Sugar, Cornstarch, Less than 1% of: Corn Syrup, Dextrin, Artificial Colors (FD&C Blue 1 Lake, Yellow 6, Red 40, Yellow 5, Blue 1, Yellow 6 Lake, Red 40 Lake, Yellow 5 Lake, Blue 2 Lake, Blue 2), Carnauba Wax, Gum Acacia), Almonds, Vegetable Oil (Canola Oil and/or Peanut Oil), Sea Salt.

CONTAINS: PEANUTS, ALMONDS, MILK, SOY

Packed on shared equipment with peanuts, other tree nuts, wheat, soy, milk, and sesame



Century Snacks, Commerce, CA 90040, www.snackclub.com

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

No Nuts Bars from Amazon

• 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. <u>www.cheez-it.com</u>, 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

Energizer Trail Mix NUTRITION FACTS Serving Size: 1/4 cup Servings Per Container: 6 Amount Per Serving Calories % Daily Value Total Fat 9g 12% 10% Saturated Fat 2g Trans Fat Cholesterol % 2% Sodium 45mg Total Carbohydrate 14g 5% Dietary Fiber 2g 7% Sugars 10g 5g Protein

Cheez-	lt 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	0mg		0%		
Sodium		320mg	14%		
Total Carboh	ydrate	24g	9%		
	Dietary Fiber	<1g	3%		
	Sugars	0g			
Protein		4g			

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.

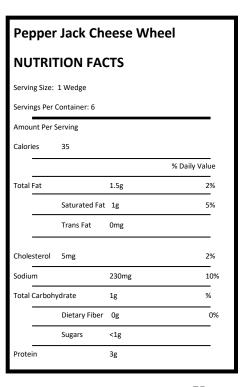
CONTAINS: MILK

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

Gluten Free

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

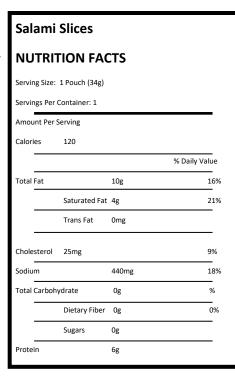
• Salted Watermelon Bloks Energy Chews—Clif Bar, (1 package per camper)

Ingredients: Tapioca Syrup, Cane Sugar, Maltodextrin, Pectin, Citric Acid, Watermelon Extract with other Natural Flavors, Sea Salt, Potassium Citrate, Black Carrot Juice Concentrate (For Color), Sunflower Oil, Carnauba Wax

Mondelez Global LLC, East Hanover, NJ 07936, 1.800.CLIFBAR, clifbar.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.



Watermelon Bloks NUTRITION FACTS Serving Size: 3 pieces (30g) Servings Per Container: 2 Amount Per Serving Calories % Daily Value Total Fat 0% 0g Saturated Fat Og 0% Trans Fat 0mg Cholesterol Omg 0% Sodium 100mg 4% Total Carbohydrate 24g 9% Dietary Fiber 0 Sugars 12g 0g 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

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

Ingredients: Corn, Sunflower Oil, Vegan Cheese Seasoning (Rice Flour, Onion Powder, Yeast Extract, Natural Flavor, Lactic Acid, Sugar, Salt)

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 Omg % 5% Sodium 125mg Total Carbohydrate 3% Dietary Fiber Og 0% Sugars 1g <1g Protein

Chedda	ar Corn		
NUTRI	TION FA	CTS	
Serving Size:	1 package 0.7 o	oz (20g)	
Servings Per	Container: 1		
Amount Per	Serving		
Calories	90		
			% Daily Value
Total Fat		2g	3%
	Saturated Fa	t g	%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		120mg	6%
Total Carboh	ydrate	14g	5%
	Dietary Fiber	1g	4%
	Sugars	Og	
Protein		1g	

• Fruit Punch Drink Mix—Gatorade, (1 package per camper)

Ingredients: Sugar, Dextrose, Citric Acid, Salt, Sodium Citrate, Natural and Artificial Flavor, Monopotassium Phosphate, Calcium Silicate, Modified Food Starch, Caramel Color, Red 40.

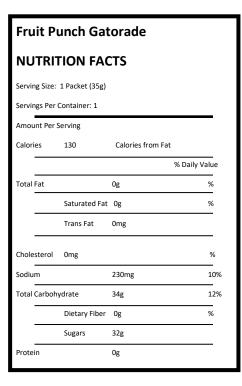
CONTAINS:

Distributed by The Gatorade Co., PO Box 049003, Chicago IL 60604, 1.800.884.2867, Gatorade.com



Ideas for replacements that you can purchase:

A more natural electrolyte replacement drink mix—Pedialyte



Dinner Trail Food Menu

Dinner #1	Dinner #6	
Beef Stroganoff	3-Cheese Macaroni and Cheese with Maple Bacon Jerky	
Goldfish Pretzels	Goldfish Pretzel	
Chocolate Chip Cookies	Grahams Cookies	
Dinner #2	Dinner #7	
Santa Fe Style Rice and Beans with Chicken	Beef Ramen Noodles with Beef Summer Sausage	
Cheddar Cheese Combos	Cheddar Pretzel Pieces	
Oreos Cookies	Lorna Doone Cookies	
<u>Dinner #3</u>	<u>Dinner #8</u>	
Loaded Chili Mac	Spaghetti with Meat Sauce	
Honey Mustard and Onion Pretzel Pieces	Pepperoni Pretzel Pieces	
Nutter Butters	Oreos	
Dinner #4	Dinner #9	
Four Cheese Mashed Potatoes	Pasta A La Vodka with Chicken	
with Chicken & Soup Mix	Jalapeno Pretzel Pieces	
Marshmallow Squares	Cinnamon Graham Goldfish	
<u>Dinner #5</u>	Dinner #10	
Chicken Curry	Stuffing Mix with Turkey and Cranberries	
Cinn Graham Goldfish	Chocolate Chip Waffles	
Hot Buffalo Wings		

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 560 Calories from Fat % Daily Value Total Fat 22g 28% Saturated Fat 7g 35% Trans Fat 0mg Cholesterol Sodium 1540mg 67% Total Carbohydrate 62g 23% Dietary Fiber 2g 8g Protein

• 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 9% Sodium Total Carbohydrate 16g 6% Dietary Fiber 1g 0g

Chips A	Ahoy 4pk		
NUTRI	TION FAC	CTS	
Serving Size:	1 package		
Servings Per	Container: 1		
Amount Per	Serving		
Calories	220		
			% Daily Value
Total Fat		10g	13%
	Saturated Fat	4g	20%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		140mg	6%
Total Carboh	ydrate	30g	119
	Dietary Fiber	<1g	3%
	Sugars	14g	

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, Dehydrated Roasted Garlic, Oregano.

CONTAINS:

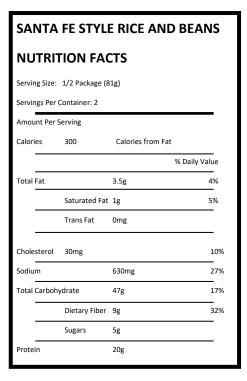
Produced in a facility that contains: Egg, Milk, Peanut, Sesame, Soy, Tree Nuts

Gluten Free

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

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

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

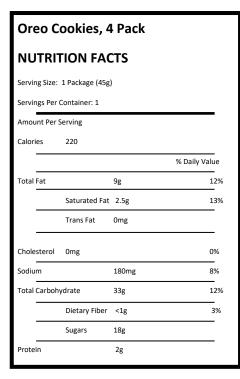
Ingredients: Wheat Flour, Palm Oil, Dairy Product Solids, Maltodextrin, Modified Corn Starch, Less than 2%: Salt, Cheese Blend (Bakers, Cheddar, Parmesan, and Romano (Milk, Cheese Cultures, Salt, Enzymes, Annatto)), Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Soy Lecithin, Yeast Extract, 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)

Ingredients: Elbow Pasta (Semolina Flour (Wheat), Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Pinto Beans, Red Beans, Cooked Freeze-Dried Beef Crumbles (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), Ethoxyquin), Sea Salt, Onion Powder, Chives, Sour Cream Flavor (Maltodextrin, Natural Butter Flavor, Cultured 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.

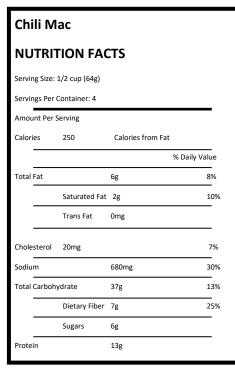
CONTAINS: MILK, WHEAT

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

Distributed by ReadyWise Inc. Salt Lake City, UT. Readywise.com, 800.393.2570

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

Wild Zora, AlpineAire Meals



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), Vegetable Oil (Canola, Palm, Soybean and/or Sunflower), 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, 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 11g Saturated Fat 3g 15% Trans Fat 0mg Cholesterol 0 mg Sodium 200mg 9% Total Carbohydrate 14% Dietary Fiber 1g 4% Protein 4g

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 7g 35% Trans Fat 0mg Cholesterol 0 mg 0% 420mg 18% Total Carbohydrate 14% Dietary Fiber 1g 4% Sugars 4g

5g

Protein

Honey Mustard & Onion Pretzels

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)

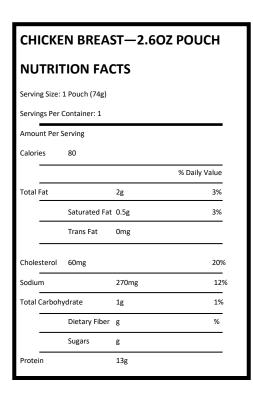
Ingredients: Chicken (White Chicken Meat, Water, Modified Food Starch (Corn), Salt, Sodium Phosphate).

Soy Free, Gluten Free

Starkist, https://starkist.com/product/premium-white-chicken-pouch/, 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



• 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, Dried Corn Syrup, Mono and Diglycerides, 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.

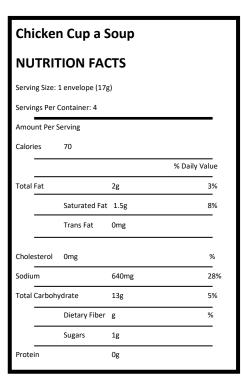
CONTAINS: MILK

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



Four Cheese Mashed Potatoes NUTRITION FACTS Serving Size: 1/4 cup Dry Mix (28g), 1/2 cup Prepared Mix Servings Per Container: 4 Amount Per Serving Calories 110 Calories from Fat % Daily Value Saturated Fat 1.5g 8% Trans Fat Cholesterol 5mg 2% Sodium 580mg 25% Total Carbohydrate 7% Dietary Fiber 1g 4% Sugars 2g Protein 3g

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

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 Cholesterol 0 mg 0% Sodium 35mg 2% Total Carbohydrate 12% Dietary Fiber Og % 12g 2g

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, Dairy 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 14g 70% Trans Fat Cholesterol 30% Sodium 1420mg 62% Total Carbohydrate 22% Dietary Fiber 4g 14% Sugars 10g Protein 26g

• 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)

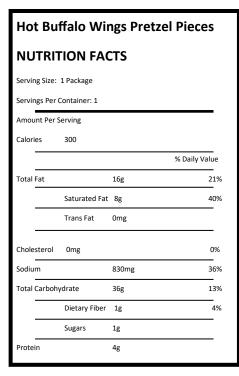
Ingredients: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean and Palm Oils, Fructose, Contains 2% or Less of: Cinnamon, Salt, Calcium Carbonate, Baking Soda, Cornstarch, Ferric Orthophosphate, Vitamin A Palmitate.

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

Dinner Meal #6

- Consumed for dinner on calendar days: 06, 16, and 26.
- Each bag is designed for two campers or "buddies"
- The maple bacon meat sticks can be cut up and mixed in with the mac and cheese.

• 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 Cellulose (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.

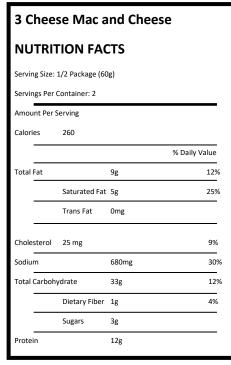
CONTAINS: WHEAT, EGG, MILK

Produced in facility that contains: Peanut, Sesame, Soy, and 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



• 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.

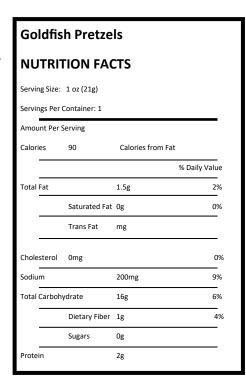
CONTAINS: WHEAT, MILK.

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



• **Graham Cracker 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., zeezees.com

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.

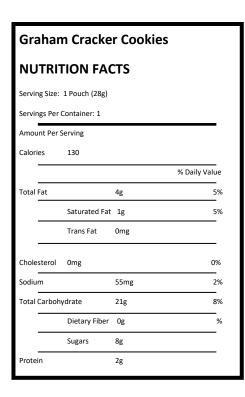
Ingredients: Pork, Brown Sugar, Salt, Less than 2% of Sugar, Dextrose, Water, Spices (Including Black and Red Pepper, Mustard, Nutmeg), Bacon Flavor (Maltodextrin, Rendered Bacon Fat and Bacon Bits (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Ascorbate, Sodium Nitrite), Natural Smoke Flavor), 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 % Daily Value 3g Total Fat 4% 5% Saturated Fat 1g Trans Fat Cholesterol 8% Sodium 420mg 17% Total Carbohydrate 2g 1% 0% Dietary Fiber Og Sugars <2g

9g

Protein

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 with Cheddar Cheese—Highland Beef Farms, (1 package shared between two campers)

Ingredients: Beef, Cheddar Cheese (Pasteurized Processed Cultured Milk, Salt, Enzymes), Water, Cream, Sodium Phosphates, Salt, Beta Carotene, Flavored Cellulose, Potassium Sorbate or Natamycin, Salt, Spice Blend, Lactic Acid Starter Culture, Sodium Erythorbate, Sodium Nitrite.

CONTAINS: MILK

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.

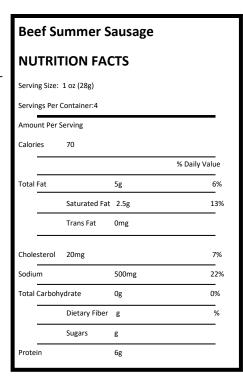
CONTAINS: WHEAT, SOY



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	140			
			% Daily Value	
Total Fat		7g	9%	
	Saturated Fat	2g	10%	
	Trans Fat	0mg		
Cholesterol	0mg		0%	
Sodium		150mg	7%	
Total Carboh	ydrate	20g	7%	
	Dietary Fiber	Og	0%	
	Dietary Fiber	- 5		
	Sugars	5g		

• Cheddar Cheese Pretzel Pieces — Snyders of Hanover, (1 Package Per Camper)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Canola, Palm, Soybean, and/or Sunflower), Whey, Cheddar Cheese (Milk, Cultures, Salt, Enzymes), Corn Maltodextrin, Salt, Buttermilk, Monosodium Glutamate, Yeast, Natural Flavor, Sodium Caseinate, Citric Acid, Lactic Acid), Turmeric Extract (for Color), Annatto Extract (for Color), Paprika Extract (for Color), Disodium Inosinate and Disodium Guanylate, Soda.

CONTAINS: WHEAT, MILK

Made in a Facility that Does Not Process Peanuts

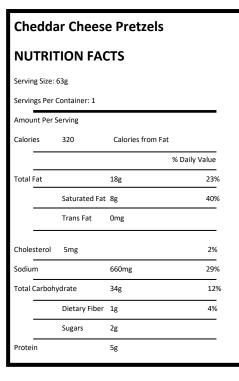


Snyders-Lance, Inc Charlotte, NC 28277, snydersofhanover.com

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"

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

Ingredients: Enriched Spaghetti (Durum Semolina, Niacin (B3), Ferrous Sulfate (Iron), Thiamine Mononitrate (B1), Riboflavin (B2), Folic Acid (B9)), Tomato Paste, Beef (Beef, Salt, Rosemary Extract), Tomatoes (Tomato 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

Dairy Free

OFD Foods, Inc. 800.547.0244, 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

SPAGHETTI WITH MEAT SAUCE NUTRITION FACTS. Serving Size: 1 Package 4.2 oz (120g) Servings Per Container: 1 Amount Per Serving Calories from Fat % Daily Value Total Fat 7g 9% 15% Saturated Fat 3g Trans Fat Cholesterol 20 mg 7% Sodium 1180mg 51% 31% Total Carbohydrate Dietary Fiber 6g 21% Sugars 18g Protein 20g

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

• 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

Oreo Cookies, 4 Pack NUTRITION FACTS Serving Size: 1 Package (45g) Servings Per Container: 1 Amount Per Serving Calories % Daily Value Total Fat 9g 12% Saturated Fat 2.5g 13% Trans Fat Cholesterol Omg 0% Sodium 180mg 8% Total Carbohydrate 33g 12% Dietary Fiber <1g Sugars 18g 2g Protein

Pepperoni Pizza Combos NUTRITION FACTS

Serving Size: 1 Pouch (51g)
Servings Per Container: 1

Amount Per Serving
Calories 240

Protein

			70 Daily Value
Total Fat		11g	14%
	Saturated Fa	nt 5g	25%
	Trans Fat	0mg	<u>'</u>

 Cholesterol
 Omg
 0%

 Sodium
 530mg
 23%

 Total Carbohydrate
 31g
 11%

 Dietary Fiber
 <1g</td>
 3%

 Sugars
 6g

3g

9/ Daily Value

Dinner Meal #9

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

Pasta Alla Vodka with Chicken—ReadyWise, (1 package shared between 2 campers)

Ingredients: Instant Ziti (Durum Semolina Flour (Enriched Semolina (Wheat), Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Cooked Freeze-Dried Chicken, Heavy Whipping Cream (Cream, Carrageenan, Mono and Diglycerides), Diced Tomato (Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid), Tomato Paste (Tomatoes), Garlic (Chopped Garlic, Water, Citric Acid, Acetic Acid, Potassium Sorbate, Sodium Benzoate), Parmesan Cheese (Pasteurized Part-Skim Cow Milk, Cheese Cultures, Salt, Enzymes, Potato Starch, Powdered Cellulose (Anti-Caking Agent), Natamycin (Natural Mold Inhibitor)), Unmodified Corn Starch, Onion Powder, Sugar, Sea Salt, Basil, Red Pepper Flakes, Vodka Flavor (Water, Ethyl Alcohol, Natural Flavor), Cayenne, Oregano

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, 800.393.2570

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

Wild Zora, AlpineAire Meals

Pasta Alla Vodka with Chicken **NUTRITION FACTS** Serving Size: 1/4 pouch (69g) Servings Per Container: 4 Amount Per Serving Calories 370 Calories from Fat % Daily Value Total Fat 17g Saturated Fat 10g 50% Trans Fat 0mg Cholesterol 85mg 28% Sodium 370mg 16% Total Carbohydrate 14% Dietary Fiber 2g 7% 5g Sugars Protein 14g

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

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

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

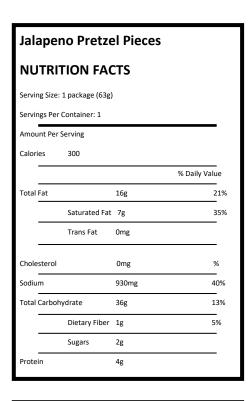
Ingredients: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Sugar, Soybean and Palm Oils, Fructose, Contains 2% or Less of: Cinnamon, Salt, Calcium Carbonate, Baking Soda, Cornstarch, Ferric Orthophosphate, Vitamin A Palmitate.

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 4g Total Fat 5% Saturated Fat 1g 5% 0mg Cholesterol 0% Sodium 140mg 6% Total Carbohydrate 7% Dietary Fiber 1g 7g Sugars 1g Protein

Dinner Meal #10

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

• Turkey Spam – Hormel (1 Can Shared between 6 Campers or 3 Meal Bags)

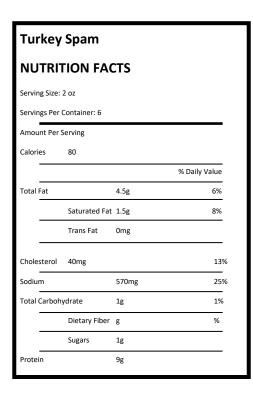
Ingredients: Turkey, Turkey Broth, Salt, Modified Potato Starch, Sugar, Sodium Phosphates, Dextrose, Sodium Nitrite.

Gluten Free

Hormel Foods Corporation, Austin, MN 55912. 1.800.523.4635, spam.com

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

Shelf stable Tofu on Amazon



• Turkey Stuffing Mix—Stove Top, (1 pouch shared between 4 campers)

Ingredients: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), High Fructose Corn Syrup, Salt, Onion, Contains Less than 2% of Hydrolyzed Soy Protein, Cooked Turkey, Yeast, Interesterified Soybean Oil, Celery, Parsley, Potassium Chloride, Spice, Sugar, Caramel Color, Maltodextrin, Turkey Broth, Disodium Guanylate, Disodium Inosinate, Silicon Dioxide, Natural Flavor with BHA, BHT, and Rosemary Extract as Preservatives.

CONTAINS: WHEAT, SOY

Distributed by KraftHeinz, Chicago IL 60601, kraftheinzcompany.com, 1.800.431.1003

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

Aleia's Gluten Free Stuffing

Stovetop Stuffing Mix				
NUTRI	TION FAC	CTS		
Serving Size:	1/6 Package			
Servings Per	Container: 6			
Amount Per	Serving (As Prep	pared)		
Calories	110	Calories from Fat	:	
			% Daily Value	
Total Fat		1g	1%	
	Saturated Fat	Og	%	
	Trans Fat	0mg		
Cholesterol	0 mg		%	
Sodium		410mg	18%	
Total Carboh	ydrate	21g	8%	
	Dietary Fiber	1g	3%	
	Sugars	2g		
Protein		3g		

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:

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

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

NUTRITION FACTS Serving Size: 1 package (54g) Servings Per Container: 1 Amount Per Serving Calories Calories from Fat % Daily Value Total Fat 7g

Saturated Fat 1.5g

Choc Chip Waffles

9%

8%

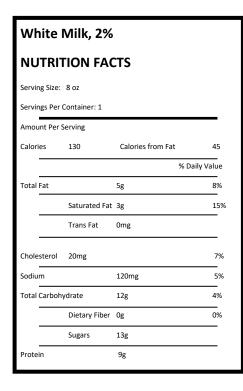
Commissary Supplemental Items

- 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					
NUTRITION FACTS					
Serving Size:	8oz				
Servings Per	Container: 1			_	
Amount Per	Serving				
Calories	200	Calories from Fat		45	
			% Daily V	alue	
Total Fat		5g		8%	
	Saturated Fat	3g		%15	
	Trans Fat	0mg			
Cholesterol	20mg			7%	
Sodium		100mg		4%	
Total Carboh	ydrate	30g		10%	
	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

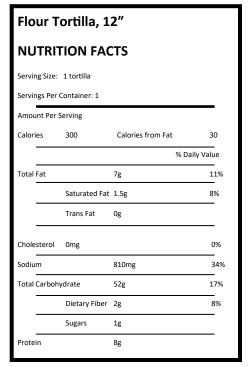
- Electrolyte Replenshipment Drink Mixes
- Salt
- Pepper
- Sugar
- Micropur

- 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 a special treat on the trail, offering crews a hearty, cowboy-style meal that's a welcome break from the regular backpacking fare and a true taste of Western tradition.
- 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>Hearty Chili with Beef</u>—Pinto Beans, Cooked Freeze-Dried Beef Crumbles (Beef, Salt, Natural Flavor, Spice), Modified Corn Starch, Chili Powder (Chili Pepper, Spices, Salt, Garlic, Silicon Dioxide (Anti-Caking Agent), Ethoxyquin), Onions, Tomato Powder, Sea Salt, Vegetarian Beef Flavor (Yeast Extract, Natural Flavor (Canola Oil), Salt, Silicon Dioxide (Anti-Caking Agent), Onion Powder, Sugar, Cumin, Tamari Sauce (Soy Sauce (Soybeans, Salt, Sugar), Maltodrextrin, Salt), Guar Gum, Tomato Flake, Garlic Powder, Coriander, Black Pepper, Maltodextrin, White Distilled Vinegar, Modified Corn Starch. **CONTAINS: SOY. Also produced on equipment that processes Milk, Soy, Wheat, Egg, and Tree Nuts**
- <u>PEACHES</u> peaches, water, corn syrup, sugar.
- CORNBREAD MIX Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Degermed Yellow Cornmeal, Sugar, Palm and Soybean Oil, Dextrose, Salt, Less than 2% of: Baking Soda, Defatted Soy Flour, Guar Gum, Monocalcium Phosphate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Wheat Protein Isolate, Whey (Milk Protein), Xanthan Gum. CONTAINS: MILK, WHEAT, SOY
- <u>YELLOW CAKE MIX -</u> sugar, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, 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

• <u>Vegetarian/Gluten Free</u> 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 Sun flower 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 Mealtime Adventures

- HOT SAUCE tomato concentrate (water and tomato paste), jalapeno peppers, green chilies, dehydrated onions, distilled vinegar, salt, spices.
- All Sport Drink Mix Bulk-

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

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

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

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

<u>SHORTENING-</u> soybean oil.

Chuck Wagon Menu and Ingredients List

When Extreme Fire Restrictions are in Place

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

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

CONTAINS: WHEAT, EGG, SOYBEAN, MILK

Manufactured in a Peanut Free Facility

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

CONTAINS: WHEAT, EGG, SOYBEAN, MILK

Manufactured in a Peanut Free Facility

On the Trail, Other Meal Adventures

- The Abreu Family Dinner offers crews a warm, home-cooked meal rooted in Mexican heritage—a flavorful and festive break from trail food.
- The 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.

Abreu Family 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, Hindu or Halal meals at Philmont?

Crews or individuals that require a Kosher, Hindu, or Halal trail menu will be provided a replacement dinner entrée (My Own Meals, Ashoka, 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. Philmont has Kosher vessels (i.e. new and not used) available for campers. We recommend that Jewish, Hindu, 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/ Entrees Available at Philmont: My Kind of Chicken, Chicken Mediterrane-an, Chicken and Noodles, Chicken and Black Beans, Beef Stew, Old World Stew.

https://www.halalcertified.com/products/meal-descriptions-ingredients/ Entrees Available at Philmont: Beef Stew, Beef and Lentil Stew, Chicken Jambalaya.

<u>Vegetarian Entrees Available at Philmont</u> (Both Certified Halal and Kosher): Pasta with Garden Vegetables, Vegetarian Stew, Cheese Tortellini, Florentine Lasagna, Mushroom Stroganoff, Unstuffed Peppers, Hearty Lentil Stew, Tuscan Pasta and Beans.

<u>Ashoka Hindu Meals from Amazon—Assortment Pack</u> Hindu Entrees Available at Philmont: Chana Pulao, Kashmiri Dum Aloo, Palek Paneer, Dal Makhani, Navratan Korma