

Philmont Scout Ranch

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

Philmont Scout Ranch

Breakfast Trail Food Menu

Breakfast #1 Peppered Bison Jerky Raspberry Raisins Animal Crackers Chewy S'mores Bar Strawberry Granola Orange Drink Mix	Breakfast #5 Honey Brown Sugar Turkey Ends and Curls Fig Newtons Whole Berry Blast Meal Bar Granola Bites Fruit Gummies Lemons and Limes Drink Mix	Breakfast #9 Pepperoni Bites Plain Instant Oatmeal Pop Tarts - Frosted Strawberry Chewy Granola Bar Banana Chips Super C Drink Mix
Breakfast #2 Country Delight Pepperoni Stick Mixed Dried Fruit Blueberry Protein Energy Bar Caramel Rice Crisps Chocolate Granola	Breakfast #6 Jalapeno Cheddar Bison Jerky Strawberry Flavored Raisins Animal Crackers Crunchy Chocolate Chip Granola Bar Cinnamon Granola	Breakfast #10 Sweet N Spicy Jerky Blueberry Oat Snack Bar Fig Newtons Fruit Gummies Peanut Butter Jelly & Oat Bar
Breakfast #3 Cajun Bison Jerky Maple and Brown Sugar Instant Oatmeal Waffle Salted Caramel Almond Sweet and Salty Bar Dried Cherries and Cranberries Hot Cocoa Mix	Breakfast #7 Dark Chocolate Sunflower Seed Butter Blueberry Breakfast Biscuits BBQ Beef Bites Peanut Butter Banana Oat Bar Chocolate Granola Cran-Raspberry Drink Mix	
Breakfast #4 Teriyaki Beef Jerky Granola Pop Tarts - Frosted Cinnamon Almond and Pumpkin Seed Bar Tropical Treasure Fruit Blend	Breakfast #8 TURKEY Ends and Curls Blueberry Lemon Bar Vanilla Waffle Peanut and Sunflower Seed Bar Mixed Fruit Dried	

Philmont Scout Ranch

Breakfast Meal #1

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

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

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

CONTAINS:

Product Questions: 920.565.6328, [Miesfelds.com](https://www.miesfelds.com)

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

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

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

- **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 Kodiak 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	140	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat	3.5g		4%
<hr/>			
Saturated Fat	1g		5%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	<5mg		2%
<hr/>			
Sodium	100mg		4%
<hr/>			
Total Carbohydrate	20g		7%
<hr/>			
Dietary Fiber	2g		7%
<hr/>			
Sugars	9g		
<hr/>			
Protein	7g		

Animal Crackers

NUTRITION FACTS

Serving Size: 1 pouch (28g)

Servings Per Container: 1

Amount Per Serving

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

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

Raspberry Raisins

NUTRITION FACTS

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 Carbohydrate	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:

Orange Drink Mix		
NUTRITION FACTS		
Serving Size: 1 Packet (22g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	80	
		% Daily Value
Total Fat	0g	0%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	400mg	17%
Total Carbohydrate	20g	7%
	Dietary Fiber 0g	0%
	Sugars 19g	
Protein	0g	

Philmont Scout Ranch

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	70	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	1g		0%
	Dietary Fiber 0g		0%
	Sugars 0g		
Protein	9g		

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

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

CONTAINS: EGG, ALMONDS, CASHEWS

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



Blueberry Protein Bar

NUTRITION FACTS

Serving Size: 1 bar (52g)

Servings Per Container: 1

Amount Per Serving

Calories	180	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat	6g		8%
<hr/>			
Saturated Fat	1g		5%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	mg		%
<hr/>			
Sodium	150mg		7%
<hr/>			
Total Carbohydrate	24g		9%
<hr/>			
Dietary Fiber	6g		21%
<hr/>			
Sugars	15g		
<hr/>			
Protein	12g		

- **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:



Mixed Dried Fruit

NUTRITION FACTS

Serving Size: 1 box (38g)

Servings Per Container: 1

Amount Per Serving

Calories	120	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat			%
<hr/>			
Saturated Fat	g		%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	0mg		0%
<hr/>			
Sodium	25mg		1%
<hr/>			
Total Carbohydrate	31g		11%
<hr/>			
Dietary Fiber	2g		6%
<hr/>			
Sugars	24g		
<hr/>			
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)

Caramel Rice Crisps		
NUTRITION FACTS		
Serving Size: 1 package(26g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	100	
		% Daily Value
Total Fat	0.5g	1%
	Saturated Fat 0g	%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	190mg	8%
Total Carbohydrate	23g	8%
	Dietary Fiber 1g	3%
	Sugars 8g	
Protein	1g	

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

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

CONTAINS:

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:

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

Philmont Scout Ranch

Breakfast Meal #3

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

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

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

CONTAINS:

Product Questions: 920.565.6328, [Miesfelds.com](https://www.miesfelds.com)

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

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

Cajun Bison Stick		
NUTRITION FACTS		
Serving Size: 1 stick (37g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	140	Calories from Fat
		% Daily Value
Total Fat	12g	15%
Saturated Fat		4.5g 23%
Trans Fat		0mg
Cholesterol	25mg	8%
Sodium	450mg	20%
Total Carbohydrate	1g	%
Dietary Fiber		g %
Sugars		0g
Protein	7g	

- **Instant Oatmeal—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](#)

Oatmeal – Maple & Brown Sugar		
NUTRITION FACTS		
Serving Size: 1 Pouch (43g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	160	
		% Daily Value
Total Fat	2g	2%
Saturated Fat		0g 0%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrate	33g	12%
Dietary Fiber		3g 11%
Sugars		14g
Protein	4g	

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

Ingredients: Gluten Free Flour Blend (Organic Rice Flour, Organic Potato Starch, Organic Tapioca 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, honestinger.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

Salted Caramel Waffle

NUTRITION FACTS

Serving Size: 1 Waffle (30g)

Servings Per Container: 1

Amount Per Serving

Calories140

Calories from Fat

% Daily Value

Total Fat

6g

8%

Saturated Fat

2.5g

13%

Trans Fat

0mg

Cholesterol

0mg

0%

Sodium

150mg

7%

Total Carbohydrate

21g

8%

Dietary Fiber

1g

4%

Sugars

10g

Protein

1g

Swiss Miss Hot Cocoa

NUTRITION FACTS

Serving Size: 1 envelope

Servings Per Container: 1

Amount Per Serving

Calories90

Calories from Fat

% Daily Value

Total Fat

2g

3%

Saturated Fat

2g

10%

Trans Fat

0mg

Cholesterol

0mg

0%

Sodium

150mg

7%

Total Carbohydrate

16g

6%

Dietary Fiber

g

%

Sugars

12g

Protein

1g

- **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](#)

Cherries and Cranberries		
NUTRITION FACTS		
Serving Size: 1 pouch		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	Calories from Fat
		% Daily Value
Total Fat	0g	0%
Saturated Fat		0g 0%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	30g	11%
Dietary Fiber		2g 7%
Sugars		24g
Protein	0g	

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

Philmont Scout Ranch

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

Bridgford 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](#)

Teriyaki Beef Jerky		
NUTRITION FACTS		
Serving Size: 1.25 oz (35g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	90	Calories from Fat 10
		% Daily Value
Total Fat	1g	2%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	30mg	8%
Sodium	640mg	22%
Total Carbohydrate	7g	2%
	Dietary Fiber 0g	0%
	Sugars 7g	
Protein	12g	

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

Pop Tarts— Frosted Cinnamon

NUTRITION FACTS

Serving Size: 1 Pouch (96g)

Servings Per Container: 1

Amount Per Serving

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

- **Tropical Treasures Snacks—Azar, (1 Package Per Camper)**

Ingredients: Raisins Coated with Sunflower Oil, Sweetened Banana Chips (Banana, Refined Coconut Oil, Sugar, Natural Banana Flavor), Dehydrated Papaya (Papaya, Cane Sugar, Sulfur Dioxide), Dehydrated Pineapple (Pineapple, Cane Sugar, Citric Acid, Sulfur Dioxide).

CONTAINS:

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

Azar Nut Company, El Paso, TX



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

[Allergen Free Dried Fruit—Bulk on Amazon](#)

Tropical Treasures		
NUTRITION FACTS		
Serving Size: 1 package(28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	
		% Daily Value
Total Fat	3g	4%
Saturated Fat		3g15%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	21g	8%
Dietary Fiber		1g4%
Sugars		12g
Protein	1g	

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

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

May Contain: WHEAT and SOY



Fieldstone Bakery, 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](#)

Fieldstone Granola		
NUTRITION FACTS		
Serving Size: 1 packet (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	Calories from Fat
		% Daily Value
Total Fat	3g	4%
Saturated Fat		0.5g3%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	20g	7%
Dietary Fiber		2g7%
Sugars		6g
Protein	3g	

Philmont Scout Ranch

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	0mg		%
Sodium	25mg		1%
Total Carbohydrate	50g		18%
Dietary Fiber	5g		18%
Sugars	23g		
Protein	8g		13%

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

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

GLUTEN FREE

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

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](#)

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

Fig Newtons		
NUTRITION FACTS		
Serving Size: 1 Pack		
Servings Per Container: 1		
Amount Per Serving		
Calories	200	
		% Daily Value
Total Fat	4g	5%
	Saturated Fat 1g	5%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	180mg	8%
Total Carbohydrate	41g	15%
	Dietary Fiber 2g	7%
	Sugars 24g	
Protein	2g	

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

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

GLUTEN FREE, NO MSG

CONTAINS:

Highland Beef Farms, highlandbeeffarms.com, 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](#)

Brown Sugar Turkey E&C

NUTRITION FACTS

Serving Size: 1 Package (68g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	170	Calories from Fat	60
		% Daily Value	
Total Fat	7g		11%
		Saturated Fat	2.5g 13%
		Trans Fat	0mg
Cholesterol	50mg		17 %
Sodium	830mg		35%
Total Carbohydrate	12g		4%
		Dietary Fiber	0g %
		Sugars	12g
Protein	15g		

- **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:

Lemon & Lime Drink Mix

NUTRITION FACTS

Serving Size: 1 Packet (22g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	80		
		% Daily Value	
Total Fat	0g		0%
		Saturated Fat	0g 0%
		Trans Fat	0mg
Cholesterol	0mg		0%
Sodium	400mg		17%
Total Carbohydrate	19g		7%
		Dietary Fiber	0g %
		Sugars	19g
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](#)

Granola Bites

NUTRITION FACTS

Serving Size: 1 Package (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	Calories from Fat
		% Daily Value
Total Fat	2g	3%
Saturated Fat		0g 0%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carbohydrate	22g	8%
Dietary Fiber		2g 7%
Sugars		6g
Protein	2g	

Philmont Scout Ranch

Breakfast Meal #6

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

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

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

CONTAINS:

Product Questions: 920.565.6328, [Miesfelds.com](https://www.miesfelds.com)

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

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

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

- 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](#)

Choc Chip Granola Bar

NUTRITION FACTS

Serving Size: 1 Bar (42g)

Servings Per Container: 1

Amount Per Serving

Calories210

Calories from Fat

% Daily Value

Total Fat

8g

10%

Saturated Fat

1.5g

8%

Trans Fat

0mg

Cholesterol

0mg

0%

Sodium

170mg

7%

Total Carbohydrate

25g

9%

Dietary Fiber

2g

7%

Sugars

11g

Protein

10g

- 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



Strawberry Raisins

NUTRITION FACTS

Serving Size: 1.3 oz (37g)

Servings Per Container: 1

Amount Per Serving

Calories110

Calories from Fat

% Daily Value

Total Fat

0g

%

Saturated Fat

0g

%

Trans Fat

0mg

Cholesterol

0mg

%

Sodium

10mg

0%

Total Carbohydrate

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	120	Calories from Fat
		% Daily Value
Total Fat	3.5g	4%
Saturated Fat		0.5g3%
Trans Fat		0mg
Cholesterol	0mg	%
Sodium	85mg	4%
Total Carbohydrate	22g	8%
Dietary Fiber		0g
Sugars		7g
Protein	2g	

Cinnamon Granola		
NUTRITION FACTS		
Serving Size: 1 ounce pouch (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	
		% Daily Value
Total Fat	2.5g	3%
Saturated Fat		0g0%
Trans Fat		0mg
Cholesterol	0mg	%
Sodium	0mg	%
Total Carbohydrate	21g	8%
Dietary Fiber		2g7%
Sugars		6g
Protein	3g	

Philmont Scout Ranch

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](#)



PB Banana & Oats Bar		
NUTRITION FACTS		
Serving Size: 1 Package		
Servings Per Container: 1		
Amount Per Serving		
Calories	210	Calories from Fat
		% Daily Value
Total Fat	9g	12%
	Saturated Fat 1.5g	8%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	100mg	4%
Total Carbohydrate	28g	10%
	Dietary Fiber 3g	11%
	Sugars 10g	
Protein	7g	

- **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

Chocolate Sunflower Seed Butter
NUTRITION FACTS
Serving Size: 1 package (33g)
Servings Per Container: 1
Amount Per Serving
Calories 190
% Daily Value
Total Fat 15g 19%
Saturated Fat 2.5g 13%
Trans Fat 0mg
Cholesterol 0mg %
Sodium 15mg 1%
Total Carbohydrate 11g 4%
Dietary Fiber 3g 11%
Sugars 5g
Protein 5g

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

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

CONTAINS: WHEAT, SOY



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

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

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

Blueberry Biscuit
NUTRITION FACTS
Serving Size: 1 pack (4 biscuits)
Servings Per Container: 1
Amount Per Serving
Calories 230
% Daily Value
Total Fat 8g 10%
Saturated Fat 0.5g 3%
Trans Fat 0mg
Cholesterol 0mg 0%
Sodium 200mg 9%
Total Carbohydrate 36g 13%
Dietary Fiber 2g 7%
Sugars 12g
Protein 3g

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

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

CONTAINS:

100% whole grain, Peanut/Tree Nut Free

Tarrier Foods, Columbus, OH, rockinola.com

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

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

- **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](#)

BBQ Beef Sausage Bites

NUTRITION FACTS

Serving Size: 6 Bites (30g)			
Servings Per Container: 4			
Amount Per Serving			
Calories	130	Calories from Fat	90
		% Daily Value	
Total Fat	10g		15%
	Saturated Fat 4.5g		23%
	Trans Fat 0mg		
Cholesterol	25mg		8%
Sodium	380mg		16%
Total Carbohydrate	3g		1%
	Dietary Fiber 0g		0%
	Sugars 2g		
Protein	6g		

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

Philmont Scout Ranch

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:

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

Turkey Ends and Curls			
NUTRITION FACTS			
Serving Size: 1 pkg (60g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	160	Calories from Fat	90
		% Daily Value	
Total Fat	10g		15%
	Saturated Fat 3g		15%
	Trans Fat 0mg		
Cholesterol	55mg		18%
Sodium	640mg		27%
Total Carbohydrate	3g		1%
	Dietary Fiber 0g		%
	Sugars 1g		
Protein	14g		

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

Ingredients: Organic Wheat Flour, Organic 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

Vanilla Waffle

NUTRITION FACTS

Serving Size: 1 package (30g)

Servings Per Container: 1

Amount Per Serving

Calories150

Fat Calories

% Daily Value

Total Fat7g

9%

Saturated Fat3g

15%

Trans Fat0mg

Cholesterol0mg

%

Sodium55mg

2%

Total Carbohydrate19g

7%

Dietary Fiber1g

4%

Sugars10g

Protein1g

- **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](#)

Peanut/Sunflower Seed Bar

NUTRITION FACTS

Serving Size: 1 Bar(56g)

Servings Per Container: 1

Amount Per Serving

Calories260

% Daily Value

Total Fat15g

19%

Saturated Fat3g

15%

Trans Fat0mg

Cholesterol5mg

2%

Sodium125mg

5%

Total Carbohydrate21g

8%

Dietary Fiber2g

7%

Sugars16g

Protein14g

- **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	120	Calories from Fat	
<hr/>			
			% Daily Value
Total Fat			%
			<hr/>
	Saturated Fat	g	%
			<hr/>
	Trans Fat	0mg	
			<hr/>
Cholesterol	0mg		0%
			<hr/>
Sodium	25mg		1%
			<hr/>
Total Carbohydrate	31g		11%
			<hr/>
	Dietary Fiber	2g	4%
			<hr/>
	Sugars	24g	
			<hr/>
Protein	1g		

Blueberry Lemon Bar

NUTRITION FACTS

Serving Size: 1 package (62g)

Servings Per Container: 1

Amount Per Serving

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

Philmont Scout Ranch

Breakfast Meal #9

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

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

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

GLUTEN FREE

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

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

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

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

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

CONTAINS: WHEAT AND SOY INGREDIENTS

Kellogg NA Co., 1-800-962-1413, 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	340	
		% Daily Value
Total Fat	5g	6%
Saturated Fat	1.5g	8%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	230mg	10%
Total Carbohydrate	73g	27%
Dietary Fiber	6g	20%
Sugars	29g	
Protein	4g	

Trail Mix Bar

NUTRITION FACTS

Serving Size: 1 bar (35g)

Servings Per Container: 1

Amount Per Serving

Calories	130	Calories from Fat	
		% Daily Value	
Total Fat	4.5g		6%
Saturated Fat	0g		0%
Trans Fat	0mg		
Cholesterol	0mg		0%
Sodium	105mg		5%
Total Carbohydrate	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, Nicotinamide (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](#)

Oatmeal – Regular Flavor		
NUTRITION FACTS		
Serving Size: 1 Pouch (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	100	
		% Daily Value
Total Fat	2g	2%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	105mg	5%
Total Carbohydrate	19g	7%
Dietary Fiber	3g	10%
Sugars	0g	
Protein	4g	

- **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 Chips		
NUTRITION FACTS		
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 Carbohydrate	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 Tocopheryl Acetate (Vit E), Pyridoxine Hydrochloride (Vit B6), Thiamin Hydrochloride (Vit B1), Riboflavin (Vit B2), Sodium Selenate, Chromium Chloride, Cyanocobalamin (Vit B12), Acesulfame Potassium.

CONTAINS:

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



Ideas for replacements that you can purchase:

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

Super C Drink Mix		
NUTRITION FACTS		
Serving Size: 1 Packet		
Servings Per Container: 1		
Amount Per Serving		
Calories	5	Calories from Fat
		% Daily Value
Total Fat	0g	0%
Saturated Fat		0g 0%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	1g	1%
Dietary Fiber		0g 0%
Sugars		0g
Protein	0g	

Philmont Scout Ranch

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](#)

PBJ & OATS Bar		
NUTRITION FACTS		
Serving Size: 1 Package		
Servings Per Container: 1		
Amount Per Serving		
Calories	210	Calories from Fat
% Daily Value		
Total Fat	8g	10%
Saturated Fat	1.5g	8%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	90mg	4%
Total Carbohydrate	28g	10%
Dietary Fiber	3g	11%
Sugars	11g	
Protein	7g	

- **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

Bridgford 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](#)

Sweet 'N Spicy Beef Jerky			
NUTRITION FACTS			
Serving Size: 1.25 oz (35g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	90	Calories from Fat	10
		% Daily Value	
Total Fat	1g		2%
		Saturated Fat	0g
		Trans Fat	0mg
Cholesterol	30mg		8%
Sodium	600mg		25%
Total Carbohydrate	7g		2%
		Dietary Fiber	0g
		Sugars	7g
Protein	13g		

- **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	200		
		% Daily Value	
Total Fat	4g		5%
		Saturated Fat	1g
		Trans Fat	0mg
Cholesterol	0mg		0%
Sodium	180mg		8%
Total Carbohydrate	41g		15%
		Dietary Fiber	2g
		Sugars	24g
Protein	2g		

- **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](#)

Mixed Fruit Snacks

NUTRITION FACTS

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

- **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	10%
Saturated Fat	1g	5%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	27g	10%
Dietary Fiber	3g	11%
Sugars	10g	
Protein	5g	

Philmont Scout Ranch

Lunch Trail Food Menu

Lunch #1 Saltines Crackers Chunk Chicken Cheddar Goldfish Crunchy Peanut Butter Bar Antioxidant Trail Mix Blue Raz Ice Drink Mix	Lunch #5 Chicken In A Biskit Crackers Sweet & Spicy Tuna Raspberry and Lemon Energy Bar Cheezits Sweet & Salty Trail Mix Fruit Punch Drink Mix	Lunch #9 Fire Roasted Tomato Triscuit Crackers Zesty Lemon Pasta and Beans with Tuna Pink Lemonade Energy Chews Cheezits Energizer Trail Mix Strawberry Banana Drink Mix
Lunch #2 Graham Crackers Peanut Butter & Jelly Sweet BBQ Snack Stick Salted Sunflower Seeds Lemon Lime Drink Mix	Lunch #6 Sea Salt Pita Chips Smoked Gouda Cheese Cup Strawberry Energy Chews Pepperoni Sticks Peanut Butter Chocolate Trail Mix Blue Raz Ice Drink Mix	Lunch #10 Club Crackers Pepperjack Cheese Wedges Beef Salami Slices Salted Watermelon Energy Chews Cheddar Flavored Corn Fruit Punch Drink Mix
Lunch #3 Original Triscuit Crackers Original Cheese Wedges Caramel Almond & Sea Salt Bar Spam Cajun Style Trail Mix Strawberry Banana Drink Mix	Lunch #7 Wheat Thins Crackers Chicken Salad Chocolate Cherry Cashew Energy Bar Cheddar Goldfish Honey Roasted Sunflower Seeds Lemon Lime Drink Mix	
Lunch #4 Gluten Free Crackers Chili Con Queso Cheese Cup Chocolate Chip Energy Bar Sea Salt Flavored Corn Brown Sugar Jerky Stick Orange Drink Mix	Lunch #8 Ritz Crackers Cheese Sauce Blueberry Almond Energy Bar Beef Sausage Mini Bites Hot and Spicy Corn Grape Drink Mix	

Lunch Meal #1

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

- **Chicken Breast– Starkist**, (1 pouch per camper)

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

Soy Free, Gluten Free

Starkist, <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

NUTRITION FACTS

Serving Size: 1 Pouch (74g)

Servings Per Container: 1

Amount Per Serving

Calories 80

% Daily Value

Total Fat 2g 3%

Saturated Fat 0.5g 3%

Trans Fat 0mg

Cholesterol 60mg 20%

Sodium 270mg 12%

Total Carbohydrate 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](#)

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
Total Fat	9g	12%
Saturated Fat		1g 5%
Trans Fat		mg
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	13g	5%
Dietary Fiber		2g 7%
Sugars		9g
Protein	5g	

- **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.

Crunchy Peanut Butter Bar		
NUTRITION FACTS		
Serving Size: 1 package (68g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	260	
		% Daily Value
Total Fat	8g	10%
Saturated Fat		1g 6%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	230mg	10%
Total Carbohydrate	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](#)

Blue Raz All Sport

NUTRITION FACTS

Serving Size: 1 packet

Servings Per Container: 1

Amount Per Serving

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

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

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

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

CONTAINS: WHEAT AND MILK

Pepperidge Farm, Inc.
1-888-737-7374, [pepperidgefarm.com](https://www.pepperidgefarm.com)

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

<https://www.bestproducts.com/eats/food/g891/tasty-gluten-free-crackers/> [Gluten Free Pretzels](#)

Cheddar Goldfish		
NUTRITION FACTS		
Serving Size: 1 package (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		0g
Protein	2g	

Lunch Meal #2

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

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

Ingredients: Sunflower Kernels, Sunflower Oil, Salt.

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-1.2oz>

1- 800-886-6866

Roasted Sunflower Seeds

NUTRITION FACTS

Serving Size: 1.2 oz

Servings Per Container: 1

Amount Per Serving

Calories	200	Calories from Fat	
		% Daily Value	
Total Fat	17g		22%
	Saturated Fat 2.5g		12%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	135mg		6%
Total Carbohydrate	8g		3%
	Dietary Fiber 4g		14%
	Sugars 1g		
Protein	7g		

- **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](#)

Peanut Butter

NUTRITION FACTS

Serving Size: 2 Tbsp (30g)

Servings Per Container: 7

Amount Per Serving

Calories190

% Daily Value

Total Fat

14g

18%

Saturated Fat

2g

10%

Trans Fat

0mg

Cholesterol

0mg

%

Sodium

50mg

2%

Total Carbohydrate

7g

3%

Dietary Fiber

2g

7%

Sugars

2g

Protein

8g

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



Ideas for replacements that you can purchase:

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

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		0mg
Cholesterol	0mg	0%
Sodium	230mg	10%
Total Carbohydrate	34g	12%
Dietary Fiber		g %
Sugars		32g
Protein	0g	

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

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

[Good Thins Rice Crackers from Mondelez](#)

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		0g 0%
Trans Fat		0mg
Cholesterol	0mg	%
Sodium	130mg	6%
Total Carbohydrate	24g	9%
Dietary Fiber		1g 4%
Sugars		8g
Protein	2g	

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

Ingredients: Pork, Sugar, Salt, 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 www.countrymeats.com

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

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

Sweet BBQ Snack Stick

NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 1

Amount Per Serving

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

- **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:

Strawberry Jam

NUTRITION FACTS

Serving Size: 1 Tbsp (16g)

Servings Per Container: 14

Amount Per Serving

Calories	30	Calories from Fat	
<div>% Daily Value</div>			
Total Fat	0		0%
Saturated Fat	0g		0%
Trans Fat	0mg		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	8g		2%
Dietary Fiber	0g		0%
Sugars	7g		
Protein	0g		

Lunch Meal #3

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

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

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

CONTAINS: MILK

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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

[shelf stable hummus packs on Amazon](#)

Original Cheese Wedges

NUTRITION FACTS

Serving Size: 1 wedge (19g)

Servings Per Container: 6

Amount Per Serving (1 Wedge)

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

- Spam Single Classic—Hormel**, (1 package per camper)
Ingredients: Pork, Water, Salt, Modified Potato Starch, Sugar, Sodium Nitrite
Certified GLUTEN FREE

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

Ideas for replacements that you can purchase :

[shelf stable hummus packs on Amazon](#)

- 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](#)

Spam Single Classic

NUTRITION FACTS

Serving Size: 1 package		
Servings Per Container: 1		
Amount Per Serving		
Calories	230	Calories from Fat
		% Daily Value
Total Fat	21g	27%
Saturated Fat		7g35%
Trans Fat		0mg
Cholesterol	50mg	17%
Sodium	830mg	36 %
Total Carbohydrate	2g	1%
Dietary Fiber		0g0%
Sugars		1g
Protein	9g	

Triscuit Original

NUTRITION FACTS

Serving Size: 6 Crackers		
Servings Per Container: 9		
Amount Per Serving		
Calories	120	
		% Daily Value
Total Fat	3.5g	4%
Saturated Fat		0g%
Trans Fat		0mg
Cholesterol	0mg	%
Sodium	170mg	7%
Total Carbohydrate	20g	7%
Dietary Fiber		3g11%
Sugars		0g
Protein	3g	

- **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](#)

Caramel Almond Kind Bar		
NUTRITION FACTS		
Serving Size: 1 bar (40g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	170	Calories from Fat
		% Daily Value
Total Fat	15g	19%
Saturated Fat		3g15%
Trans Fat		0mg
Cholesterol	0mg	%
Sodium	125mg	5%
Total Carbohydrate	16g	6%
Dietary Fiber		7g25%
Sugars		5g
Protein	6g	

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

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

CONTAINS: PHENYLALANINE



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

Ideas for replacements that you can purchase:

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

- **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](#)

Strawberry Banana Ice All Sport

NUTRITION FACTS

Serving Size: 1 Packet

Servings Per Container: 1

Amount Per Serving

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

Cajun Style Snack Mix

NUTRITION FACTS

Serving Size: 1/4 cup (30g)

Servings Per Container: 6

Amount Per Serving

Calories	160	
<hr/>		
		% Daily Value
Total Fat	11g	14%
	Saturated Fat	1.5g 8%
	Trans Fat	0mg
<hr/>		
Cholesterol	0mg	%
Sodium	250mg	11%
Total Carbohydrate	12g	4%
	Dietary Fiber	2g 7%
	Sugars	4g
Protein	5g	

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

Amount Per Serving

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

- 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.

Choc Chip Bar

NUTRITION FACTS

Serving Size: 1 package (68g)

Servings Per Container: 1

Amount Per Serving

Calories250

% Daily Value

Total Fat6g8%

Saturated Fat2g9%

Trans Fat0mg

Cholesterol0mg0%

Sodium130mg6%

Total Carbohydrate43g16%

Dietary Fiber5g19%

Sugars17g

Protein10g

- 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

Calories90

% Daily Value

Total Fat2g3%

Saturated Fat0g0%

Trans Fat0mg

Cholesterol0mg%

Sodium120mg5%

Total Carbohydrate13g5%

Dietary Fiber1g4%

Sugars0g

Protein1g

- **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

Sweet Annie Brown Jerky

NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 1

Amount Per Serving

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

- **Good Thins 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.

Good Thins Crackers

NUTRITION FACTS

Serving Size: 18 Pieces (31g)

Servings Per Container: 3.5

Amount Per Serving

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

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



Ideas for replacements that you can purchase:

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

Orange 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		0mg	
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	34g		12%
Dietary Fiber		g	%
Sugars		32g	
Protein	0g		

Lunch Meal #5

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

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

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

CONTAINS: FISH (TUNA)

Certified Gluten Free, Soy Free



Distributed by Starkist Co, starkist.com

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

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

Sweet & Spicy Tuna		
NUTRITION FACTS		
Serving Size: 1 Pouch (74g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	90	Calories from Fat
		% Daily Value
Total Fat	0.5g	1%
Saturated Fat		0g
Trans Fat		0mg
Cholesterol	30mg	10%
Sodium	360mg	15%
Total Carbohydrate	4g	1%
Dietary Fiber		0g
Sugars		4g
Protein	16g	29%

- **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](#)

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	0mg	0%
Sodium	105mg	5%
Total Carbohydrate	34g	12%
Dietary Fiber		3g 11%
Sugars		11g
Protein	4g	

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

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

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS.



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

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

[Cauliflower Crackers from Amazon](#)

Cheez-It 1.5 oz

NUTRITION FACTS

Serving Size: 1 Pouch (42g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	210	
		% Daily Value
Total Fat	11g	14%
Saturated Fat		2.5g 13%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	320mg	14%
Total Carbohydrate	24g	9%
Dietary Fiber		<1g 3%
Sugars		0g
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](https://www.gatorade.com)



Ideas for replacements that you can purchase:

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

- **Sweet & Salty Trail Mix —Snak Club,** (1 Package Shared between 3 Campers)

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](#)

Fruit Punch 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		0g %
Trans Fat		0mg
Cholesterol	0mg	%
Sodium	230mg	10%
Total Carbohydrate	34g	12%
Dietary Fiber		0g %
Sugars		32g
Protein	0g	

Sweet & Salty Trail Mix		
NUTRITION FACTS		
Serving Size: 1/4 cup		
Servings Per Container: 5		
Amount Per Serving		
Calories	170	
		% Daily Value
Total Fat	11g	14%
Saturated Fat		2g 10%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	110mg	4%
Total Carbohydrate	12g	5%
Dietary Fiber		2g 7%
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

Calories160

% Daily Value

Total Fat8g

10%

Saturated Fat1g

5%

Trans Fat0mg

Cholesterol0mg

%

Sodium230mg

10%

Total Carbohydrate19g

7%

Dietary Fiber0g

0%

Sugars2g

Protein2g

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

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

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

Ingredients: Tapioca Syrup, Cane Sugar, Tapioca Syrup Solids, 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](#)

ProBar Strawberry Chews		
NUTRITION FACTS		
Serving Size: 1 Pouch (60g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	180	
		% Daily Value
Total Fat	0g	0%
Saturated Fat		0g 0%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	150mg	6%
Total Carbohydrate	46g	16%
Dietary Fiber		0g 0%
Sugars		28g
Protein	0g	

- **Smoked Gouda Cheese Dip—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		
NUTRITION FACTS		
Serving Size: 2 Tbsp (28g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	70	
		% Daily Value
Total Fat	6g	8%
Saturated Fat		3.5g 18%
Trans Fat		0mg
Cholesterol	20mg	7%
Sodium	390mg	17%
Total Carbohydrate	<1g	0%
Dietary Fiber		0g 0%
Sugars		<1g
Protein	4g	

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

Ingredients: Enriched Flour (Wheat Flour, 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	70	
		% Daily Value
Total Fat	2.5g	3%
Saturated Fat	0g	%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	140mg	6%
Total Carbohydrate	11g	8%
Dietary Fiber	<1g	4%
Sugars	0g	
Protein	1g	

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	0mg	
Cholesterol	0mg	0%
Sodium	130mg	6%
Total Carbohydrate	12g	4%
Dietary Fiber	2g	7%
Sugars	7g	
Protein	5g	

- **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](#)



Blue Raz All Sport

NUTRITION FACTS

Serving Size: 1 packet		
Servings Per Container: 1		
Amount Per Serving		
Calories	5	Calories from Fat 0
		% Daily Value
Total Fat	0g	0%
Saturated Fat		0g 0%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	140mg	6%
Total Carbohydrate	2g	1%
Dietary Fiber		0g 0%
Sugars		0g
Protein	0g	

Lunch Meal #7

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

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

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

BHT Added to Packaging Material to Preserve Freshness.

CONTAINS: WHEAT

Mondelez Global LLC, 1-800-622-4726, [snackworks.com](https://www.snackworks.com)

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

[Good Thins Rice Crackers from Mondelez](#)

Wheat Thins

NUTRITION FACTS

Serving Size: 16 Pieces (31g)

Servings Per Container: 8

Amount Per Serving

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

- **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	170	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat	10g		13%
	Saturated Fat	3g	15%
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		%
Sodium	20mg		1%
Total Carbohydrate	22g		8%
	Dietary Fiber	6g	21%
	Sugars	10g	
<hr/>			
Protein	4g		

Cheddar Goldfish

NUTRITION FACTS

Serving Size: 1 package (21g)

Servings Per Container: 1

Amount Per Serving

Calories	100	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat	3.5g		4%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
<hr/>			
Cholesterol	5mg		2%
Sodium	180mg		8%
Total Carbohydrate	14g		5%
	Dietary Fiber	<1g	4%
	Sugars	0g	
<hr/>			
Protein	2g		

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

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

CONTAINS: EGGS

Soy Free, Gluten Free

Distributed by Starkist Co. starkist.com, 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](#)

Chicken Salad—2.6oz Pouch

NUTRITION FACTS

Serving Size: 1 Pouch (74g)

Servings Per Container: 1

Amount Per Serving

Calories	70	Calories from Fat	
			% Daily Value
Total Fat	1.5g		2%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	35mg		12%
Sodium	350mg		15%
Total Carbohydrate	4g		1%
	Dietary Fiber	0g	0%
	Sugars	1g	
Protein	10g		18%

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	0mg	
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	34g		12%
	Dietary Fiber	g	%
	Sugars	32g	
Protein	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

<https://zeezees.com/foodservice/products/protein-snacks/honey-sunflower-kernels-0.75oz>

National Food Group, Inc.

1- 800-886-6866 3



Honey Roasted Sunflower Seeds

NUTRITION FACTS

Serving Size: 1 package (34g)

Servings Per Container: 1

Amount Per Serving

Calories 190

% Daily Value

Total Fat 15g 19%

Saturated Fat 2g 10%

Trans Fat 0mg

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 10g 4%

Dietary Fiber 3g 11%

Sugars 5g

Protein 6g

Lunch Meal #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](https://www.veveeta.com), 1.800.634.1984

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

[shelf stable hummus packs on Amazon](#)

Velveeta Cheese Sauce		
NUTRITION FACTS		
Serving Size: 1 Pouch		
Servings Per Container: 1		
Amount Per Serving		
Calories	330	
		% Daily Value
Total Fat	24g	30%
	Saturated Fat 6g	29%
	Trans Fat 0mg	
Cholesterol	35mg	12%
Sodium	1380mg	60%
Total Carbohydrate	11g	4%
	Dietary Fiber 0g	0%
	Sugars 9g	
Protein	12g	

- **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.

Blueberry Almond Crisp Bar

NUTRITION FACTS

Serving Size: 1 package (68g)

Servings Per Container: 1

Amount Per Serving

Calories	250	
		% Daily Value
Total Fat	6g	7%
	Saturated Fat 0.5g	4%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	180mg	8%
Total Carbohydrate	43g	15%
	Dietary Fiber 5g	19%
	Sugars 17g	
Protein	11g	

- **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](#)

Ritz Crackers

NUTRITION FACTS

Serving Size: 5 Crackers

Servings Per Container: 21

Amount Per Serving

Calories	80	Calories from Fat	
			% Daily Value
Total Fat	4.5g		6%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	130mg		6%
Total Carbohydrate	10g		4%
	Dietary Fiber 0g		%
	Sugars 1g		
Protein	<1g		

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

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

All Sport Zero Powder Stick-Grape

NUTRITION FACTS

Serving Size: 1 packet (3g)

Servings Per Container: 1

Amount Per Serving

Calories5

Calories from Fat

% Daily Value

Total Fat

0g

0%

Saturated Fat

g

0%

Trans Fat

0mg

Cholesterol

0mg

0%

Sodium

140mg

3%

Total Carbohydrate

2g

0%

Dietary Fiber

0g

0%

Sugars

0g

Protein

0g

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

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

Highland Beef Farms, highlandbeeffarms.com, 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

Calories150

% Daily Value

Total Fat

12g

18%

Saturated Fat

5g

25%

Trans Fat

0mg

Cholesterol

30mg

10%

Sodium

520mg

22%

Total Carbohydrate

2g

1%

Dietary Fiber

0g

0%

Sugars

<1g

Protein

7g

- **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

Hot and Spicy Corn

NUTRITION FACTS

Serving Size: 1 package 0.7 oz (20g)

Servings Per Container: 1

Amount Per Serving

Calories	90	
		% Daily Value
Total Fat	2.5g	3%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	200mg	8%
Total Carbohydrate	13g	5%
	Dietary Fiber 1g	4%
	Sugars 0g	
Protein	1g	

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	6%
	Saturated Fat 1g	5%
	Trans Fat 0mg	
Cholesterol	10mg	4%
Sodium	540mg	23%
Total Carbohydrate	24g	9%
	Dietary Fiber 5g	18%
	Sugars 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, Paprika, Natural Flavor, Malted Barley Flour, Extra Virgin Olive Oil.



CONTAINS: WHEAT

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

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

[Good Thins Rice Crackers from Mondelez](#)

Fire Roasted Triscuits		
NUTRITION FACTS		
Serving Size: 6 Crackers (29g)		
Servings Per Container: 8		
Amount Per Serving		
Calories	120	
		% Daily Value
Total Fat	4g	5%
	Saturated Fat 0g	%
	Trans Fat 0mg	
Cholesterol	mg	%
Sodium	150mg	7%
Total Carbohydrate	21g	8%
	Dietary Fiber 3g	0%
	Sugars 0g	
Protein	3g	

- **Pink Lemonade 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	0g	0%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	65mg	3%
Total Carbohydrate	39g	14%
	Dietary Fiber 1g	4%
	Sugars 27g	
Protein	0g	

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

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

CONTAINS: PHENYLALANINE



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](#)

Strawberry Banana Ice All Sport		
NUTRITION FACTS		
Serving Size: 1 Packet		
Servings Per Container: 1		
Amount Per Serving		
Calories	5	Calories from Fat
		% Daily Value
Total Fat	0g	%
Saturated Fat		g %
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	140mg	3%
Total Carbohydrate	1g	%
Dietary Fiber		g %
Sugars		g
Protein	g	

- **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](#)

Energizer Trail Mix

NUTRITION FACTS

Serving Size: 1/4 cup

Servings Per Container: 6

Amount Per Serving

Calories	160	
		% Daily Value
Total Fat	9g	12%
Saturated Fat	2g	10%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	45mg	2%
Total Carbohydrate	14g	5%
Dietary Fiber	2g	7%
Sugars	10g	
Protein	5g	

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

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

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS.

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



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

[Cauliflower Crackers from Amazon](#)

Cheez-It 1.5 oz

NUTRITION FACTS

Serving Size: 1 Pouch (42g)

Servings Per Container: 1

Amount Per Serving

Calories	210	
		% Daily Value
Total Fat	11g	14%
Saturated Fat	2.5g	13%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	320mg	14%
Total Carbohydrate	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](#)

Pepper Jack Cheese Wheel		
NUTRITION FACTS		
Serving Size: 1 Wedge		
Servings Per Container: 6		
Amount Per Serving		
Calories	35	
		% Daily Value
Total Fat	1.5g	2%
Saturated Fat	1g	5%
Trans Fat	0mg	
Cholesterol	5mg	2%
Sodium	230mg	10%
Total Carbohydrate	1g	%
Dietary Fiber	0g	0%
Sugars	<1g	
Protein	3g	

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

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

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

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](#)

Salami Slices

NUTRITION FACTS

Serving Size: 1 Pouch (34g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	
		% Daily Value
Total Fat	10g	16%
Saturated Fat		4g 21%
Trans Fat		0mg
Cholesterol	25mg	9%
Sodium	440mg	18%
Total Carbohydrate	0g	%
Dietary Fiber		0g 0%
Sugars		0g
Protein	6g	

- **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	90	
		% Daily Value
Total Fat	0g	0%
Saturated Fat		0g 0%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	100mg	4%
Total Carbohydrate	24g	9%
Dietary Fiber		0 0%
Sugars		12g
Protein	0g	

- **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](#)

Club Crackers
NUTRITION FACTS
Serving Size: 4 Crackers
Servings Per Container: 28
Amount Per Serving
Calories 70
% Daily Value
Total Fat 3g 4%
Saturated Fat 0g %
Trans Fat 0mg
Cholesterol 0mg %
Sodium 125mg 5%
Total Carbohydrate 9g 3%
Dietary Fiber 0g 0%
Sugars 1g
Protein <1g

- **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

Cheddar Corn
NUTRITION FACTS
Serving Size: 1 package 0.7 oz (20g)
Servings Per Container: 1
Amount Per Serving
Calories 90
% Daily Value
Total Fat 2g 3%
Saturated Fat g %
Trans Fat 0mg
Cholesterol 0mg %
Sodium 120mg 6%
Total Carbohydrate 14g 5%
Dietary Fiber 1g 4%
Sugars 0g
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](https://www.gatorade.com)



Ideas for replacements that you can purchase:

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

Fruit Punch 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		0g %
Trans Fat		0mg
Cholesterol	0mg	%
Sodium	230mg	10%
Total Carbohydrate	34g	12%
Dietary Fiber		0g %
Sugars		32g
Protein	0g	

Philmont Scout Ranch

Dinner Trail Food Menu

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

Dinner Meal #1

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

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

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

CONTAINS: MILK, WHEAT, EGG

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

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

[Wild Zora](#), [AlpineAire Meals](#)

Beef Stroganoff with Noodles		
NUTRITION FACTS		
Serving Size: 1 Package		
Servings Per Container: 1		
Amount Per Serving		
Calories	560	Calories from Fat
		% Daily Value
Total Fat	22g	28%
Saturated Fat		7g 35%
Trans Fat		0mg
Cholesterol	90mg	30%
Sodium	1540mg	67%
Total Carbohydrate	62g	23%
Dietary Fiber		2g 7%
Sugars		8g
Protein	24g	

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

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

[Gluten Free Pretzels](#)

Goldfish Pretzels

NUTRITION FACTS

Serving Size: 1 oz (21g)

Servings Per Container: 1

Amount Per Serving

Calories90

Calories from Fat

% Daily Value

Total Fat

1.5g

2%

Saturated Fat

0g

0%

Trans Fat

0mg

Cholesterol

0mg

0%

Sodium

200mg

9%

Total Carbohydrate

16g

6%

Dietary Fiber

1g

4%

Sugars

0g

Protein

2g

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



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

[Gluten Free Cookies on Amazon](#)

Chips Ahoy 4pk

NUTRITION FACTS

Serving Size: 1 package

Servings Per Container: 1

Amount Per Serving

Calories220

% Daily Value

Total Fat

10g

13%

Saturated Fat

4g

20%

Trans Fat

0mg

Cholesterol

0mg

0%

Sodium

140mg

6%

Total Carbohydrate

30g

11%

Dietary Fiber

<1g

3%

Sugars

14g

Protein

2g

Dinner Meal #2

- Consumed for dinner on calendar days: 02, 12, and 22.
- Each bag is designed for **two campers** or “buddies”

- **Santa Fe Style Rice with Chicken—Backpacker’s Pantry**, (1 package shared between 2 campers)

Ingredients: 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>

SANTA FE STYLE RICE AND BEANS

NUTRITION FACTS

Serving Size: 1/2 Package (81g)

Servings Per Container: 2

Amount Per Serving

Calories	300	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat	3.5g		4%
<hr/>			
Saturated Fat	1g		5%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	30mg		10%
<hr/>			
Sodium	630mg		27%
<hr/>			
Total Carbohydrate	47g		17%
<hr/>			
Dietary Fiber	9g		32%
<hr/>			
Sugars	5g		
<hr/>			
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, 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](#)

Oreo Cookies, 4 Pack		
NUTRITION FACTS		
Serving Size: 1 Package (45g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	220	
		% Daily Value
Total Fat	9g	12%
	Saturated Fat 2.5g	13%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	180mg	8%
Total Carbohydrate	33g	12%
	Dietary Fiber <1g	3%
	Sugars 18g	
Protein	2g	

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

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

CONTAINS: WHEAT, MILK AND SOY INGREDIENTS

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

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

[Gluten Free Pretzels](#)

Combos—Cheddar Cheese		
NUTRITION FACTS		
Serving Size: 1 Pouch (51g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	240	
		% Daily Value
Total Fat	9g	12%
	Saturated Fat 5g	25%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	540mg	23%
Total Carbohydrate	35g	13%
	Dietary Fiber <1g	3%
	Sugars 8g	
Protein	4g	

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

Chili Mac		
NUTRITION FACTS		
Serving Size: 1/2 cup (64g)		
Servings Per Container: 4		
Amount Per Serving		
Calories	250	Calories from Fat
		% Daily Value
Total Fat	6g	8%
	Saturated Fat 2g	10%
	Trans Fat 0mg	
Cholesterol	20mg	7%
Sodium	680mg	30%
Total Carbohydrate	37g	13%
	Dietary Fiber 7g	25%
	Sugars 6g	
Protein	13g	

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

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	14%
Saturated Fat		
	3g	15%
Trans Fat		
	0mg	
Cholesterol	0 mg	%
Sodium	200mg	9%
Total Carbohydrate	39g	14%
Dietary Fiber		
	1g	4%
Sugars		
	16g	
Protein	4g	

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



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

[Snyders Gluten Free Pretzels](#)

[Gluten Free Pretzels on Amazon](#)

Honey Mustard & Onion Pretzels		
NUTRITION FACTS		
Serving Size: 63g		
Servings Per Container: 1		
Amount Per Serving		
Calories	310	Calories from Fat
% Daily Value		
Total Fat	16g	21%
Saturated Fat		
	7g	35%
Trans Fat		
	0mg	
Cholesterol	0 mg	0%
Sodium	420mg	18%
Total Carbohydrate	38g	14%
Dietary Fiber		
	1g	4%
Sugars		
	4g	
Protein	5g	

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](#)

CHICKEN BREAST—2.6OZ POUCH

NUTRITION FACTS

Serving Size: 1 Pouch (74g)

Servings Per Container: 1

Amount Per Serving

Calories	80	% Daily Value
Total Fat	2g	3%
Saturated Fat	0.5g	3%
Trans Fat	0mg	
Cholesterol	60mg	20%
Sodium	270mg	12%
Total Carbohydrate	1g	1%
Dietary Fiber	g	%
Sugars	g	
Protein	13g	

- **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](#)

Chicken Cup a Soup		
NUTRITION FACTS		
Serving Size: 1 envelope (17g)		
Servings Per Container: 4		
Amount Per Serving		
Calories	70	
		% Daily Value
Total Fat	2g	3%
Saturated Fat	1.5g	8%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	640mg	28%
Total Carbohydrate	13g	5%
Dietary Fiber	g	%
Sugars	1g	
Protein	0g	

Four Cheese Mashed Potatoes		
NUTRITION FACTS		
Serving Size: 1/4 cup Dry Mix (28g), 1/2 cup Prepared Mix		
Servings Per Container: 4		
Amount Per Serving		
Calories	110	Calories from Fat
		% Daily Value
Total Fat	2.5g	3%
Saturated Fat	1.5g	8%
Trans Fat	0mg	
Cholesterol	5mg	2%
Sodium	580mg	25%
Total Carbohydrate	19g	7%
Dietary Fiber	1g	4%
Sugars	2g	
Protein	3g	

- **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 0mg	
Cholesterol	0 mg	0%
Sodium	35mg	2%
Total Carbohydrate	33g	12%
	Dietary Fiber 0g	%
	Sugars 12g	
Protein	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](https://www.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 mg	
Cholesterol	90mg	30%
Sodium	1420mg	62%
Total Carbohydrate	60g	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, Car-
amel 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](https://www.snydersofhanover.com)



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

[Snyders Gluten Free Pretzels](#)

[Gluten Free Pretzels on Amazon](#)

Hot Buffalo Wings Pretzel Pieces

NUTRITION FACTS

Serving Size: 1 Package

Servings Per Container: 1

Amount Per Serving

Calories300

% Daily Value

Total Fat

16g

21%

Saturated Fat

8g

40%

Trans Fat

0mg

Cholesterol

0mg

0%

Sodium

830mg

36%

Total Carbohydrate

36g

13%

Dietary Fiber

1g

4%

Sugars

1g

Protein

4g

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

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

CONTAINS: WHEAT

Distributed by: Pepperidge Farm, Inc. Norwalk, CT 06856, [pepperidgefarm.com](https://www.pepperidgefarm.com), 1.888.737.7374

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

[Gluten Free Cookies on Amazon](#)

Cinnamon Grahams

NUTRITION FACTS

Serving Size: 1 Package

Servings Per Container: 1

Amount Per Serving

Calories120

% Daily Value

Total Fat

4g

5%

Saturated Fat

1g

5%

Trans Fat

0mg

Cholesterol

mg

0%

Sodium

140mg

6%

Total Carbohydrate

19g

7%

Dietary Fiber

1g

4%

Sugars

7g

Protein

1g

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](#)

3 Cheese Mac and Cheese

NUTRITION FACTS

Serving Size: 1/2 Package (60g)

Servings Per Container: 2

Amount Per Serving

Calories	260	
		% Daily Value
Total Fat	9g	12%
	Saturated Fat 5g	25%
	Trans Fat 0mg	
Cholesterol	25 mg	9%
Sodium	680mg	30%
Total Carbohydrate	33g	12%
	Dietary Fiber 1g	4%
	Sugars 3g	
Protein	12g	

- **Goldfish Pretzels—Pepperidge Farm, Inc.,** (1 package per camper)

Ingredients: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Canola, Soybean, and/or Sunflower Oil, Salt, Contains 2% or less of: Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Malted Barley Flour, Nonfat Milk.

CONTAINS: WHEAT, MILK.

Pepperidge Farm, Inc.

1-888-737-7374, [pepperidgefarm.com](https://www.pepperidgefarm.com)

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

[Gluten Free Pretzels](#)

Goldfish Pretzels

NUTRITION FACTS

Serving Size: 1 oz (21g)

Servings Per Container: 1

Amount Per Serving

Calories90Calories from Fat

% Daily Value

Total Fat1.5g2%

Saturated Fat0g0%

Trans Fatmg

Cholesterol0mg0%

Sodium200mg9%

Total Carbohydrate16g6%

Dietary Fiber1g4%

Sugars0g

Protein2g

- **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](#)

Graham Cracker Cookies

NUTRITION FACTS

Serving Size: 1 Pouch (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	130	
		% Daily Value
Total Fat	4g	5%
Saturated Fat		1g 5%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	55mg	2%
Total Carbohydrate	21g	8%
Dietary Fiber		0g %
Sugars		8g
Protein	2g	

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

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

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

Product Questions: 1.800.277.8989 or www.countrymeats.com

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

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

[Jack Links Turkey Jerky](#) Pork-Free Option

Sweet Maple Bacon

NUTRITION FACTS

Serving Size: 1 Package (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	70	
		% Daily Value
Total Fat	3g	4%
Saturated Fat		1g 5%
Trans Fat		0mg
Cholesterol	25mg	8%
Sodium	420mg	17%
Total Carbohydrate	2g	1%
Dietary Fiber		0g 0%
Sugars		<2g
Protein	9g	

Dinner Meal #7

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

- 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	370	Calories from Fat
		% Daily Value
Total Fat	14g	18%
	Saturated Fat 7g	35%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	1440mg	63%
Total Carbohydrate	54g	20%
	Dietary Fiber 2g	7%
	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](#)

Beef Summer Sausage

NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container:4

Amount Per Serving

Calories

70

% Daily Value

Total Fat

5g

6%

Saturated Fat

2.5g

13%

Trans Fat

0mg

Cholesterol

20mg

7%

Sodium

500mg

22%

Total Carbohydrate

0g

0%

Dietary Fiber

g

%

Sugars

g

Protein

6g

- **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 Carbohydrate

20g

7%

Dietary Fiber

0g

0%

Sugars

5g

Protein

1g

- **Cheddar Cheese Pretzel Pieces— Snyder's 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

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



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

[Snyder's Gluten Free Pretzels](#)

[Gluten Free Pretzels on Amazon](#)

Cheddar Cheese Pretzels		
NUTRITION FACTS		
Serving Size: 63g		
Servings Per Container: 1		
Amount Per Serving		
Calories	320	Calories from Fat
		% Daily Value
Total Fat	18g	23%
Saturated Fat		8g 40%
Trans Fat		0mg
Cholesterol	5mg	2%
Sodium	660mg	29%
Total Carbohydrate	34g	12%
Dietary Fiber		1g 4%
Sugars		2g
Protein	5g	

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](https://www.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	500	Calories from Fat	
<hr/>			
			% Daily Value
<hr/>			
Total Fat	7g		9%
<hr/>			
Saturated Fat	3g		15%
<hr/>			
Trans Fat	0mg		
<hr/>			
Cholesterol	20 mg		7%
<hr/>			
Sodium	1180mg		51%
<hr/>			
Total Carbohydrate	86g		31%
<hr/>			
Dietary Fiber	6g		21%
<hr/>			
Sugars	18g		
<hr/>			
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](#)

Oreo Cookies, 4 Pack

NUTRITION FACTS

Serving Size: 1 Package (45g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	220	
		% Daily Value
Total Fat	9g	12%
Saturated Fat		2.5g 13%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	180mg	8%
Total Carbohydrate	33g	12%
Dietary Fiber		<1g 3%
Sugars		18g
Protein	2g	

- **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](#)

Pepperoni Pizza Combos

NUTRITION FACTS

Serving Size: 1 Pouch (51g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	240	
		% Daily Value
Total Fat	11g	14%
Saturated Fat		5g 25%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	530mg	23%
Total Carbohydrate	31g	11%
Dietary Fiber		<1g 3%
Sugars		6g
Protein	3g	

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](https://www.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		22%
	Saturated Fat 10g		50%
	Trans Fat 0mg		
Cholesterol	85mg		28%
Sodium	370mg		16%
Total Carbohydrate	38g		14%
	Dietary Fiber 2g		7%
	Sugars 5g		
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](https://www.snydersofhanover.com)



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

[gluten free pretzels](#)

Jalapeno Pretzel Pieces

NUTRITION FACTS

Serving Size: 1 package (63g)

Servings Per Container: 1

Amount Per Serving

Calories

300

% Daily Value

Total Fat

16g

21%

Saturated Fat

7g

35%

Trans Fat

0mg

Cholesterol

0mg

%

Sodium

930mg

40%

Total Carbohydrate

36g

13%

Dietary Fiber

1g

5%

Sugars

2g

Protein

4g

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

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

CONTAINS: WHEAT

Distributed by: Pepperidge Farm, Inc. Norwalk, CT 06856, [pepperidgefarm.com](https://www.pepperidgefarm.com), 1.888.737.7374

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

[Gluten Free Cookies on Amazon](#)

Cinnamon Grahams

NUTRITION FACTS

Serving Size: 1 Package

Servings Per Container: 1

Amount Per Serving

Calories

120

% Daily Value

Total Fat

4g

5%

Saturated Fat

1g

5%

Trans Fat

0mg

Cholesterol

mg

0%

Sodium

140mg

6%

Total Carbohydrate

19g

7%

Dietary Fiber

1g

4%

Sugars

7g

Protein

1g

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 Spam

NUTRITION FACTS

Serving Size: 2 oz

Servings Per Container: 6

Amount Per Serving

Calories 80

% Daily Value

Total Fat 4.5g 6%

Saturated Fat 1.5g 8%

Trans Fat 0mg

Cholesterol 40mg 13%

Sodium 570mg 25%

Total Carbohydrate 1g 1%

Dietary Fiber g %

Sugars 1g

Protein 9g

- **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

NUTRITION FACTS

Serving Size: 1/6 Package

Servings Per Container: 6

Amount Per Serving (As Prepared)

Calories110Calories from Fat

% Daily Value

Total Fat1g1%

Saturated Fat0g%

Trans Fat0mg

Cholesterol0 mg%

Sodium410mg18%

Total Carbohydrate21g8%

Dietary Fiber1g3%

Sugars2g

Protein3g

- **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:



Dried Cranberries

NUTRITION FACTS

Serving Size: 1 Package

Servings Per Container: 1

Amount Per Serving

Calories	110	
		% Daily Value
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	27g	10%
Dietary Fiber	2g	7%
Sugars	24g	
Protein	0g	

- **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



Choc Chip Waffles

NUTRITION FACTS

Serving Size: 1 package (54g)

Servings Per Container: 1

Amount Per Serving

Calories	230	Calories from Fat	
		% Daily Value	
Total Fat	7g		9%
Saturated Fat	1.5g		8%
Trans Fat	0mg		
Cholesterol	0 mg		0%
Sodium	180mg		8%
Total Carbohydrate	40g		15%
Dietary Fiber	3g		11%
Sugars	16g		
Protein	3g		

Commissary Supplemental Items

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

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

- **Chocolate Flavored Milk, Shelf Stable**

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

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

Ingredients: 2% Reduced fat Milk (shelf stable)

White Milk, 2%

NUTRITION FACTS

Serving Size: 8 oz

Servings Per Container: 1

Amount Per Serving

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

Chocolate Flavored Milk

NUTRITION FACTS

Serving Size: 8oz

Servings Per Container: 1

Amount Per Serving

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

Flour Tortilla, 12”

NUTRITION FACTS

Serving Size: 1 tortilla

Servings Per Container: 1

Amount Per Serving

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

On the Trail, Other 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

- **Hearty Chili with Beef**—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), Maltodextrin, 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**
- **PEACHES** – peaches, water, corn syrup, sugar.
- **CORNBREAD MIX** - Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), De-germed 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**
- **YELLOW CAKE MIX** - 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

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

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

Certified Gluten Free, Vegan, No GMOs

- **Gluten Free Biscuit** — 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.
- **Gluten Free Cake Mix**— 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
- **SHORTENING-** soybean oil.

Chuck Wagon Menu and Ingredients List

When **Extreme Fire Restrictions** are in Place

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

- **Brownie Cup** - Whole Grain Wheat Flour, Enriched Wheat Flour (Contains Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Cocoa, Egg White, Unsweetened Applesauce, Corn Syrup, Caramel Color, Artificial Flavor, Salt.
CONTAINS: WHEAT, EGG, SOYBEAN, MILK
Manufactured in a Peanut Free Facility
- **Cornbread**— Whole Grain Wheat Flour, Enriched Wheat Flour (Contains Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Grain Cornmeal Flour, Water, Vegetable Oil (Cottonseed Oil), Sugar, Nonfat Milk, Dextrose, Egg Yolk, Soy Flour, Baking Powder, Corn Flour, Salt, Potato Flour, Lecithin, Potassium Sorbate, Starch.
CONTAINS: WHEAT, EGG, SOYBEAN, MILK
Manufactured in a Peanut Free Facility

On the Trail, Other Meal Adventures

- The 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

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

How can I eat Kosher, 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 Mediterranean, 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.

[Vegetarian Entrees Available at Philmont](#) (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.

[Ashoka Hindu Meals from Amazon—Assortment Pack](#) Hindu Entrees Available at Philmont: Chana Pulao, Kashmiri Dum Aloo, Palek Paneer, Dal Makhani, Navratan Korma