

Philmont Scout Ranch

2018

Chuck Wagon Menu and Ingredients List

The group feeding locations in the backcountry provide all the components that your crew will require for that meal. It does replace the corresponding trail meal that you would have received from a commissary. All locations are accommodating to food allergies and can easily handle gluten free, dairy free and vegetarian diets. If your diet is more sensitive than you believe the staff can handle it is advisable that you bring a suitable replacement for these meals.

Beef Stew
Dutch Oven Biscuits
Dutch Oven Peach Cobbler

BEEF STEW – water, beef (beef, salt), potatoes, carrots, celery, peas, beef type flavor (autolyzed yeast extract, soy sauce, [soybeans, wheat, salt, partially hydrogenated soybean and cottonseed oil, lactic acid]), wheat flour (enriched with niacin, reduced iron, thiamine, riboflavin, folic acid), tomato paste, modified corn starch, onion, salt, bay oleoresin.

PEACHES – peaches, water, corn syrup, sugar.

BISCUIT MIX - Enriched bleached wheat flour, (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid and containing malted barley flour), vegetable shortening (containing palm oil), leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate), buttermilk, dextrose, whey, salt, sugar, wheat starch, and artificial flavor. **Contains: Wheat, milk.**

YELLOW CAKE MIX - sugar, enriched bleached flour (wheat flour, niacin, iron, thiamin 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.**

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

GATORADE- sucrose, dextrose, citric acid, salt, sodium citrate, natural lemon and lime flavors with other natural flavors, monopotassium phosphate, yellow 5.

SHORTENING- soybean oil.

Chuck Wagon Menu and Ingredients List

When Extreme **Fire Restrictions** are in Place

Beef Stew
Peaches
Pound Cake
Premade Biscuits
Gatorade
Hot Sauce

BEEF STEW – water, beef (beef, salt), potatoes, carrots, celery, peas, beef type flavor (autolyzed yeast extract, soy sauce, [soybeans, wheat, salt, partially hydrogenated soybean and cottonseed oil, latic acid]), wheat flour (enriched with niacin, reduced iron, thiamine, riboflavin, folic acid), tomato paste, modified corn starch, onion, salt, bay oleoresin.

PEACHES – peaches, water, corn syrup, sugar.

POUND CAKE - Eggs, Enriched bleached flour (Wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, butter (cream, salt), high fructose corn syrup, mono and diglycerides. Contains 2% or less of each of the following: Water, Leavening (Sodium acid pyrophosphate, baking soda, monocalcium phosphate), corn starch, salt, milk protein concentrate, modified corn starch, guar gum, xanthan gum, sodium stearoyl lactylate, vanillin (artificial flavor), annatto (color), soy flour. Contains: **Eggs, Wheat, Milk and Soy**

PRE-MADE BISCUITS – Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (partially hydrogenated soybean and cottonseed oils), leavening (baking soda, sodium acid pyrophosphate, sodium aluminum phosphate), contains less than 2%: salt, buttermilk, sugar, dextrose, natural and artificial flavors, xanthan gum, potassium sorbate (preservative), guar gum, whole eggs, calcium carbonate. Allergen Statement: This product contains **Wheat, Soy, Cottonseed, Milk, Eggs.**

GATORADE- sucrose, dextrose, citric acid, salt, sodium citrate, natural lemon and lime flavors with other natural flavors, monopotassium phosphate, yellow 5

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

Abreu Mexican Dinner Menu and Ingredient List

Tortilla

Refried Beans

Taco Meat

Churro

Salsa

Tortilla – Enriched flour (wheat flour, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin, (vitamin B2), water, non hydrogenated soybean oil, baking powder (sodium bicarbonate, sodium aluminum sulfate, corn starch, calcium sulfate, mono calcium phosphate), salt, fumaric acid, mono and diglycerides, sodium propionate, potassium sorbate (to preserve freshness) Allergens: Contains **Wheat, Gluten and Soy**

Refried Beans – Pinto Beans (dry), lard (preserved with bht and citric acid), salt, caramel color, carmine color, bha.

Taco Meat – Beef, Water, Textured vegetable protein product (soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (vitamin B1), pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), cyanocobalamin (vitamin B12), tomato paste, chili powder (chili pepper, cumin, salt, garlic, oregano), salt, paprika, onion powder, spices, garlic powder, sugar, dehydrated onions.

Churro – Wheat starch, vegetable oil (contains one or more of the following: canola oil, cottonseed oil, palm oil, soy bean oil), yellow corn flour, water, sodium caseinate, eggs, egg white, egg yolk, cinnamon, salt, leavening (sodium acid pyrophosphate, baking soda), guar gum, propylene glycol mono and diesters of fatty acids, sugar, mono and diglycerides, soy lecithin, bht (preservative), artificial flavor. Contains **Wheat, Milk, Egg and Soy** ingredients.

Salsa – Tomato puree (water and tomato paste), onions, jalapeno peppers, distilled vinegar, bell peppers, salt, dry onion and dry garlic