Philmont Scout Ranch

2018 Lunch Trail Food Menu

Lunch #1 Rice Crackers—K/GF Sriracha Peanut Butter-GF Berry Banana Buzz Bar—K Pepperoni Stick Fruit Punch Gatorade—K		**Lunch #6** Rice Crackers—K/GF Garlic N Herb Cheese Wedges Pepperoni Stick Peanut Butter N Honey Stinger Bar Nutter Butters—K Fruit Punch Gatorade—K
Lunch #2 Saltines Crackers—K Chunk Chicken Caramel Waffle—K Sunflower Seeds—K/Nut Free Oatmeal Raisin Cookie—K All Sport Orange—K		**Lunch #7** Club Crackers—K Chunk Ham Mountain Mix Bar—K Sunflower Seed Trail Mix—K, Nut Free Peanut Butter Cookie—K All Sport Orange—K
Lunch #3 Club Crackers—K Original Cheese Wedges Jalapeno Beef and Cheese Combo Orange Energy Chews—GF/DF Corn Nuts—K Lemon Lime Gatorade—K		**Lunch #8** Saltines Crackers—K Sunbutter—K/PF/TNF/DF/Soy Free Turkey N Swiss Combo Strawberry Waffle—K Ranch Corn Nuts —K Lemon Lime Gatorade—K
Lunch #4 Plain Bagel Fresh Honey Peanut Butter—K/GF Blueberry Buzz Bar Chicken Strip Sunflower Seed Trail Mix Orange Gatorade—K		**Lunch #9** Ritz Crackers—K Tuna—K/GF Pink Lemonade Energy Chews—GF/DF Sunflower Seeds—K/Nut Free Fruit and Nut Trail Mix—K Orange Gatorade—K
Lunch #5 Ritz Crackers - K Tuna—K/GF Strawberry Bolt Energy Chews - GF/DF Nut and Chocolate Trail Mix—K All Sport– Blue Raz Ice—K		**Lunch #10** Club Crackers—K Pepper Jack Cheese Wedges Rocket Chocolate Bar—K Spam Singles All Sport– Blue Raz Ice—K

"K" Kosher "GF" Gluten Free "PF" Peanut Free "TNF" Tree Nut Free "DF" Dairy Free

PSR Lunch #1

- **Good Thins, Mondelez,** (1 package per camper)

Ingredients: Whole Grain Brown Rice Flour, Whole Grain Brown Rice, Potato Starch, Corn Flour, Inulin (from Chicory Root), High Oleic Safflower Oil, Maltodextrin, Sugar, Sea Salt, Black Pepper, High Oleic Sunflower Oil, Citric Acid, Natural Flavor.

Manufactured on Equipment that processes SOY, SESAME SEED, TREE NUTS

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

Good Thins

NUTRITION FACTS

Serving Size: 1 pack

Servings Per Container: 1

Amount Per Serving			
Calories	90	Calories from Fat	15
			% Daily Value
Total Fat		1.5g	2%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		85mg	4%
Total Carbohydrate		19g	6%
	Dietary Fiber	2g	8%
	Sugars	<1g	
Protein		1g	

- **Sriracha Peanut Butter,** ProBar (1.5 packages per camper)

Ingredients: Peanut Butter (Peanuts), Date Paste, Coconut Oil, Sea Salt, Vinegar (Maltodextrin, White Distilled Vinegar), Pineapple, Garlic Powder, Red Pepper, Smoked Paprika.

CONTAINS: PEANUTS, COCONUT.

Natural ingredients may contain pit pieces, nut shells and other organic matter.

PROBAR LLC, theprobar.com, 800.921.2294

Sriracha Peanut Butter

NUTRITION FACTS

Serving Size: 1 pack

Servings Per Container: 1

Amount Per Serving			
Calories	180	Calories from Fat	130
			% Daily Value
Total Fat		15g	23%
	Saturated Fat	3.5g	18%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		85mg	4%
Total Carbohydrate		8g	3%
	Dietary Fiber	3g	10%
	Sugars	4g	
Protein		7g	

- **Berry Banana Buzz Energy Bar—En-R-G Foods,** (1 package per camper)

Ingredients: Organic Honey, Organic Almonds, Organic Brown Rice Flour, Organic Apple, White Coating (Sugar, Palm Kernel Oil Natural Flavor, Sunflower Lectin added as an Emulsifier, and Salt), Isolated Soy Protein, Cranberries (Cranberries, Apple Juice Concentrate, Sunflower Oil), Banana (Banana, Coconut Oil, Natural Flavor), Organic Rolled Oats, Strawberry, Less than 2% of the following: Salt, Dicalcium Phosphate, Dimagnesium Phosphate, Maltodextrin, Ascorbic Acid, Magnesium Oxide, Niacinamide, Ferric Orthophosphate, D,I-Alpha Tocopherol Acetate, Zinc Oxide, Potassium Iodide, Vitamin A Palmitate, Biotin, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Copper Gluconate, Cholecalciferol, Cyanocobalmin.

ALLERGENS: CONTAINS: SOY AND ALMONDS. Made in a facility that also processes Peanuts, Tree Nuts, Wheat, Milk and Egg.

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

Berry Banana Buzz Bar

NUTRITION FACTS

Serving Size: 1 bar (50g)

Servings Per Container: 1

Amount Per Serving			
Calories	200	Calories from Fat	60
			% Daily Value
Total Fat		6g	10%
	Saturated Fat	2g	8%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		55mg	2%
Total Carbohydrate		32g	11%
	Dietary Fiber	2g	8%
	Sugars	20g	
Protein		5g	

- **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

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	

- **Fruit Punch Gatorade—The Gatorade Company,** (1 package per camper)

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

The Gatorade Company, Gatorade.com, 1-800-884-2867

Fruit Punch Gatorade

NUTRITION FACTS

Serving Size: 1 2/3 Tbsp

Servings Per Container: 2.5

Amount Per Serving

Calories	90	Calories from Fat	
			% Daily Value
Total Fat		0g	%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		160mg	6%
Total Carbohydrate		22g	7%
	Dietary Fiber	g	%
	Sugars	21g	
Protein		g	

PSR Lunch #2

- **Saltines Crackers—Mondelez,** (1 package shared between 2 campers)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Canola Oil, Palm Oil, Sea Salt, Salt, Malted Barley Flour, Baking Soda, Yeast.

CONTAINS: WHEAT

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

Saltine Crackers—K

NUTRITION FACTS

Serving Size: 5 Crackers (16g)

Servings Per Container: 7

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

- **Chicken Breast– Sweet Sue/Bumblebee Foods** (1 pouch per camper)

Ingredients: Chicken Breast (Chicken Breast, Water, Modified Food Starch, Salt, Sodium Phosphates).

Sweet Sue, LLC. 800-633-3294

CHICKEN BREAST—3OZ POUCH

NUTRITION FACTS

Serving Size: 1 Pouch (85g)

Servings Per Container: 1

Amount Per Serving			
Calories	80	Calories from Fat	10
			% Daily Value
Total Fat		1.5g	2%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	45 mg		15%
Sodium		270mg	11%
Total Carbohydrate		1g	%
	Dietary Fiber	g	%
	Sugars	g	
Protein		17g	

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

Ingredients: Organic Wheat Flour, Organic Palm Fruit Oil, Organic Rice Syrup, Organic Cane Sugar, Organic Honey, Organic Whole Wheat Flour, Organic Soy Flour, Sea Salt, Natural Flavor, Soy Lecithin, Organic Spices, Baking Soda.

CONTAINS: WHEAT AND SOY. May contain Egg and Milk.

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

Caramel Waffle

NUTRITION FACTS

Serving Size: 1 (30g)

Servings Per Container: 1

Amount Per Serving			
Calories	150	Calories from Fat	70
			% Daily Value
Total Fat		7g	11%
	Saturated Fat	3g	16%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		60mg	2%
Total Carbohydrate		21g	7%
	Dietary Fiber	1g	5%
	Sugars	11g	
Protein		1g	

- **Sunflower Seeds Roasted and Salted —SunGold Foods,** (1 package per camper)

Ingredients: Roasted Sunflower Kernel, Sunflower Oil (Sunflower Oil, Citric Acid), Salt (Salt, Tricalcium Phosphate, Yellow Prussiate of Soda).

Sunbutter Products are completely peanut free, tree nut free and gluten free.

Sungold Foods, sungfoldfoods.com, 1-800-437-5539

Sunflower Seeds

NUTRITION FACTS

Serving Size: 1 oz

Servings Per Container: 1

Amount Per Serving			
Calories	165	Calories from Fat	105
			% Daily Value
Total Fat		12g	18%
	Saturated Fat	1.4g	7%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		49mg	2%
Total Carbohydrate		9g	3%
	Dietary Fiber	3g	12%
	Sugars	8g	
Protein		6g	

- **Grandma's Oatmeal Raisin Cookies—Frito Lay,** (1 package per camper)

Ingredients: Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Shortening (Palm Oil, Canola Oil, TBHQ (To Preserve Freshness]), Rolled Oats, Raisins, High Fructose Corn Syrup, Raisin Paste and less than 2% of: Leavening (Baking Soda, Monocalcium Phosphate), Eggs, Molasses, Modified Corn Starch, Malt Extract, Corn Syrup, Salt, Cinnamon, Artificial Flavor, Caramel Color, Allspice, Calcium Propionate (To Preserve Freshness),.

CONTAINS: WHEAT AND EGG INGREDIENTS.

ALLERGY INFORMATION: This Product is made on Equipment that Processes Peanuts and Tree Nuts.

Frito Lay North America Inc, 1-800-352-4477, FritoLay.com

Oatmeal Raisin Cookie

NUTRITION FACTS

Serving Size: 2 cookie (70.8g)

Servings Per Container: 1

Amount Per Serving (2 servings)

Calories 310

		% Daily Value
Total Fat	12g	16%
Saturated Fat	4g	20%
Trans Fat	0g	0%
Cholesterol	25mg	8%
Sodium	390mg	17%
Total Carbohydrate	46g	17%
Dietary Fiber	3g	12%
Sugars	24g	
Protein	4g	

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

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

CONTAINS: PHENYLANINE

All Sport, Inc. 1-866-851-7402

Orange All Sport

NUTRITION FACTS

Serving Size: 1/2 packet

Servings Per Container: 2

Amount Per Serving

Calories 0 Calories from Fat 0

		% Daily Value
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	0g	

PSR Lunch #3

- **Club Crackers—Kellogg's**, (1 package shared between 2 campers)

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

CONTAINS: WHEAT AND SOY INGREDIENTS

Kellogg Sales Co., Keebler.com, 1-877-453-5837

Club Crackers

NUTRITION FACTS

Serving Size: 4 Crackers (14g)

Servings Per Container: 10

Amount Per Serving			
Calories	70	Calories from Fat	25
			% Daily Value
Total Fat		3g	5%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		125mg	5%
Total Carbohydrate		9g	3%
	Dietary Fiber	<1g	1%
	Sugars	1g	
Protein		<1g	

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

Ingredients: (Pasteurized Process Cheese Product) Light Cheddar And Cheddar Cheese (Pasteurized Cultured Milk And Skim Milk, Salt, Enzymes), Water, Skim Milk, Sodium Phosphate, Sodium Citrate, Salt.

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

Original Cheese Wedges

NUTRITION FACTS

Serving Size: 1 wedge (19g)

Servings Per Container: 6

Amount Per Serving (1 Wedge)			
Calories	25	Calories from Fat	15
			% Daily Value
Total Fat		1.5g	2%
	Saturated Fat	1g	5%
	Trans Fat	0g	
Cholesterol	<5mg		1%
Sodium		250mg	10%
Total Carbohydrate		1g	<1%
	Dietary Fiber	0g	0%
	Sugars	1g	
Protein		2g	

- **Jalapeno Sizzle Beef and Cheese Combo-Jack Link's,** (1 package per camper)

Ingredients: **Beef Stick**: Beef, Salt, Corn Syrup, Spices, Contains 2% less of: Flavors, Dextrose, Sugar, Red Pepper, Sodium Erythorbate, Lactic Acid Starter Culture, BHA, BHT, Citric Acid, Maltodextrin, Sodium Nitrite, Colors (Caramel, Red 3)

Pasteurized Process Cheese Food with Jalapeno Peppers: Cultured Pasteurized Milk, Water, Red and Green Jalapeno Peppers, Salt, Sodium Phosphate, Sorbic Acid (Preservative), Natural Flavoring, Enzymes.

CONTAINS: MILK

Link Snacks Inc., 715-466-6608, jacklinks.com

Jalapeno Beef and Cheese Combo

NUTRITION FACTS

Serving Size: 34g

Servings Per Container: 1

Amount Per Serving			
Calories	140	Calories from Fat	100
			% Daily Value
Total Fat		11g	17%
	Saturated Fat	6g	29%
	Trans Fat	0mg	
Cholesterol	30mg		10%
Sodium		510mg	21%
Total Carbohydrate		2g	1%
	Dietary Fiber	0g	%
	Sugars	1g	
Protein		7g	

- **Orange Energy Chews—EN R G Foods,** (1 package per person)

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

CONTAINS 95% ORGANIC INGREDIENTS

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

Orange Energy Chews

NUTRITION FACTS

Serving Size: 1 packet

Servings Per Container: 1

Amount Per Serving			
Calories	160	Calories from Fat	
			% Daily Value
Total Fat		g	%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		80mg	3%
Total Carbohydrate		39g	13%
	Dietary Fiber	1g	4%
	Sugars	27g	
Protein		1g	

- **Corn Nuts—Kraft,** (1 package per person)

  Ingredients: Corn, Corn Oil, Salt

KraftHeinz, 1-855-572-3810 or KraftFoodService.com

Corn Nuts

NUTRITION FACTS

Serving Size: 1 package (39g)

Servings Per Container: 1

Amount Per Serving			
Calories	180	Calories from Fat	60
			% Daily Value
Total Fat		6g	9%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		230mg	10 %
Total Carbohydrate		28g	9%
	Dietary Fiber	2g	8%
	Sugars	0g	
Protein		3g	

- **Lemon Lime Gatorade—The Gatorade Company,** (1 package per camper)

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

The Gatorade Company, Gatorade.com, 1-800-884-2867

Lemon Lime Gatorade

NUTRITION FACTS

Serving Size: 1 2/3 Tbsp (23g)

Servings Per Container: 2.5

Amount Per Serving			
Calories	90	Calories from Fat	
			% Daily Value
Total Fat		0g	%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		150mg	6%
Total Carbohydrate		22g	7%
	Dietary Fiber	g	%
	Sugars	21g	
Protein		g	

PSR Lunch #4

- **Plain Thaw 'N' Serve Bagel—Sara Lee Bakery,** (1 Bagel per Camper)

Ingredients: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Contains 2% or less of each of the following: Salt, Yeast, Wheat Gluten, Rice Flour, Calcium Propionate and Sodium Metabisulfite (Preservatives), Dough Conditioners (May Contain One or More of the Following: Mono– and Diglycerides, Ascorbic Acid, Enzymes, Potassium Iodate), Monocalcium Phosphate, Corn Starch, Soy Lecithin, Soy Flour.

CONTAINS: WHEAT AND SOY

Plain Bagel

NUTRITION FACTS

Serving Size: 1 Bagel (113g)

Servings Per Container: 6 per bag (2 bags per crew)

Amount Per Serving			
Calories	320	Calories from Fat	10
			% Daily Value
Total Fat		1g	2%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		490mg	20%
Total Carbohydrate		64g	21%
	Dietary Fiber	2g	8%
	Sugars	6g	
Protein		11g	

- **Blueberry Buzz Energy Bar—En-R-G Foods,** (1 package per camper)

Ingredients: Honey Stinger: (Honey, Sea Salt, Water), Almonds, Crisped Rice (Sugar, Salt, Malt), Blueberries (Blueberries, Apple Juice, Sunflower Oil), Yogurt Coating (Sugar, Palm Kernel Oil, Yogurt Powder (Cultured Whey Protein Concentrate, Cultured Skim Milk, Yogurt Culture), Non-Fat Dry Milk Solids, Soya Lecithin (An Emulsifier), Soy Protein Isolate, Vitamins and Minerals (Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), Cholecalciferol (Vit D), Alpha Tocopherol Acetate (Vit E), Biotin, Zinc Oxide, Niacin, Ferrous Fumarate (Iron), Molybdenum Glycinate, Calcium Pantothenate, Copper, Manganese, Beta Carotene (Vit A), Selenium, Pyridoxine (B6), Riboflavin (B2), Thiamine (B1), Chromium, Cyanocobolamin (B12), Folic Acid, Potassium Iodine), Rolled Oats, Natural Flavor.

CONTAINS: SOY, MILK AND TREE NUTS. May contain Peanut, Wheat and Egg.

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

Blueberry Buzz Bar

NUTRITION FACTS

Serving Size: 1 bar (50g)

Servings Per Container: 1

Amount Per Serving			
Calories	170	Calories from Fat	30
			% Daily Value
Total Fat		5g	8%
	Saturated Fat	2g	8%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		160mg	7%
Total Carbohydrate		30g	9%
	Dietary Fiber	2g	8%
	Sugars	20g	
Protein		5g	

- **Original Chicken Strip—Jack Link's,** (1 package per camper)

Ingredients: Chicken, Sugar, Apple Sauce (Water, Apples), Flavorings, Contains 2% or less of Glycerin, Oat Flour, Chicken Broth, Brown Sugar, Salt, Potassium Chloride, Fructose, Yeast Extract, Orange Juice Powder, Citric Acid, Water

CONTAINS:

Link Snacks LLC, jacklinks.com, 715-466-6608

Chicken Strip

NUTRITION FACTS

Serving Size: 1 pkg (23g)

Servings Per Container: 1

Amount Per Serving			
Calories	70	Calories from Fat	10
			% Daily Value
Total Fat		1g	2%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	25mg		8%
Sodium		200mg	8%
Total Carbohydrate		6g	2%
	Dietary Fiber	0g	0%
	Sugars	5g	
Protein		6g	

- **Golden Deluxe Sunflower Trail Mix—Sun Gold Foods,** (1 package per camper)

Ingredients: Honey Roasted Sunflower Kernel, Honey Roasted Soybeans (Maltodextrin, Xanthan Gum, Sucrose, Wheat Starch, Honey), Raisins, Pineapple, Cranberries, Dates, Sunflower Oil and Salt.

CONTAINS SOY and WHEAT. May contain Sulfur Dioxide.

PROCESSED IN A PEANUT AND TREE NUT FREE FACILITY.

Sungold Foods, sungfoldfoods.com, 1-800-437-5539

Sunflower Seed Trail Mix

NUTRITION FACTS

Serving Size: 30g

Servings Per Container: 1

Amount Per Serving			
Calories	150	Calories from Fat	70
			% Daily Value
Total Fat		8g	12%
	Saturated Fat	1g	4%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		40mg	2%
Total Carbohydrate		14g	5%
	Dietary Fiber	3g	10%
	Sugars	9g	
Protein		5g	

- **Honey Peanut Butter Blend—Justin's,** (1.5 packages per camper)

Ingredients: Dry Roasted Peanuts, Honey Powder (Sugar, Honey), Palm Oil, Sea Salt.

CONTAINS: PEANUTS. Contains trace amounts of tree nuts and soy due to processing on shared equipment.

Justin's, justins.com, 1-844-448-0302

Honey Peanut Butter

NUTRITION FACTS

Serving Size: 1 package (32g)

Servings Per Container: 1

Amount Per Serving			
Calories	190	Calories from Fat	140
			% Daily Value
Total Fat		16g	25%
	Saturated Fat	3g	15%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		65mg	3%
Total Carbohydrate		8g	3%
	Dietary Fiber	2g	12%
	Sugars	4g	
Protein		7g	

- **Orange Gatorade—**The Gatorade Company, (1 package per camper)

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

The Gatorade Co., 1-800-884-2867, https://cu.pepsico.com/gatorade?nutrition=

Orange Gatorade

NUTRITION FACTS

Serving Size: 1 Pkg (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		%
Sodium		230mg	10%
Total Carbohydrate		34g	11%
	Dietary Fiber	g	%
	Sugars	32g	
Protein		g	

PSR Lunch #5

- **Ritz Crackers—Mondelez,** (1 package shared between 2 campers)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vit B1), Riboflavin (Vit B2), Folic Acid), Canola Oil, Palm Oil, Sugar, Salt, Leavening (Calcium Phosphate and/or Baking Soda), High Fructose Corn Syrup, Soy Lecithin, Natural Flavor.

CONTAINS: WHEAT AND SOY

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

Ritz Crackers

NUTRITION FACTS

Serving Size: 5 Crackers (16g)

Servings Per Container: 6

Amount Per Serving			
Calories	80		
			% Daily Value
Total Fat		4.5g	7%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		105mg	4%
Total Carbohydrate		10g	3%
	Dietary Fiber	0g	0%
	Sugars	1g	
Protein		1g	

- **Tuna—Bumblebee Foods LLC,** (1 package per camper)

Ingredients: Light Tuna, Water, Vegetable Broth, Salt

CONTAINS: TUNA, SOY **Certified Gluten Free**

Bumblebee Seafoods bumblebee.com

Tuna—2.5 oz Pouch

NUTRITION FACTS

Serving Size: 1 Pouch (71g)

Servings Per Container: 1

Amount Per Serving			
Calories	70	Calories from Fat	5
			% Daily Value
Total Fat		0.5g	1%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	30mg		10%
Sodium		230mg	10%
Total Carbohydrate		g	%
	Dietary Fiber	g	%
	Sugars	0g	
Protein		16g	

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

Ingredients: Organic Tapioca Syrup, Organic Sugar, Organic Tapioca Syrup Solids, Pectin, Citric Acid, Potassium Citrate, Natural Flavor, Color Added (Organic Black Carrot Concentrate), Ascorbic Acid, Organic Fruit Blend (Organic Apple Powder, Organic Acai Powder, Organic Blueberry Powder, Organic Pomegranate Powder), Vitamin Blend (Vitamin B3, B6 and B12), Sea Salt, Organic Sunflower Oil, Carnauba Wax

PROBAR LLC, theprobar.com, 800.921.2294

Strawberry Energy Chews

NUTRITION FACTS

Serving Size: 4-5 Chews (30g)

Servings Per Container: 2

Amount Per Serving			
Calories	90	Calories from Fat	0
			% Daily Value
Total Fat		0g	0%
	Saturated Fat	0g	0%
	Trans Fat	mg	
Cholesterol	mg		%
Sodium		60mg	3%
Total Carbohydrate		24g	8%
	Dietary Fiber	0g	0%
	Sugars	12g	
Protein		0g	

- **Nuts and Chocolate Trail Mix—KraftHeinz,** (1 package per camper)

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

CONTAINS: PEANUT, MILK, SOY, ALMOND

Manufactured on equipment that processes other tree nuts.

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

NUT AND CHOCOLATE TRAIL MIX

NUTRITION FACTS

Serving Size: 3 Tbsp

Servings Per Container: 2

Amount Per Serving			
Calories	130	Calories from Fat	70
			% Daily Value
Total Fat		8g	12%
	Saturated Fat	1.5g	8%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium		30mg	1%
Total Carbohydrate		12g	4%
	Dietary Fiber	2g	8%
	Sugars	9g	
Protein		4g	

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

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

CONTAINS: PHENYLALNINE

All Sport, Inc. 1-866-851-7402

Blue Raz Ice All Sport

NUTRITION FACTS

Serving Size: 1/2 packet

Servings Per Container: 2

Amount Per Serving			
Calories	0	Calories from Fat	
			% Daily Value
Total Fat		0g	%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		70mg	3%
Total Carbohydrate		g	%
	Dietary Fiber	g	%
	Sugars	g	
Protein		g	

PSR Lunch #6

- **Good Thins, Mondelez,** (1 package per camper)

Ingredients: Whole Grain Brown Rice Flour, Whole Grain Brown Rice, Potato Starch, Corn Flour, Inulin (from Chicory Root), High Oleic Safflower Oil, Maltodextrin, Sugar, Sea Salt, Black Pepper, High Oleic Sunflower Oil, Citric Acid, Natural Flavor.

Manufactured on Equipment that processes SOY, SESAME SEED, TREE NUTS

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

Good Thins

NUTRITION FACTS

Serving Size: 1 pack

Servings Per Container: 1

Amount Per Serving			
Calories	90	Calories from Fat	15
			% Daily Value
Total Fat		1.5g	2%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		85mg	4%
Total Carbohydrate		19g	6%
	Dietary Fiber	2g	8%
	Sugars	<1g	
Protein		1g	

- **Peanut Butter N' Honey Energy Bar—EN R G Foods,** (1 package per camper)

Ingredients: Honey Stinger (Honey, Sea Salt, Water); Peanuts; Crisped Rice (Sugar, Salt, Malt); Coating: (Sugar, Vegetable Oil (Fractionated Palm Kernel Oil), Cocoa Powder, Whole Milk, Natural Flavor, Soya Lecithin (an emulsifier), Salt); Rolled Whole Oats; Vitamins & Minerals (Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), Cholecalciferol (Vit D), Alpha-Tocopherol Acetate (Vit E), Biotin, Zinc Oxide, Niacin, Ferrous Fumarate (Iron), Molybdenum Glycinate, Calcium Pantothenate, Copper, Manganese, Beta Carotene (Vit A), Selenium, Pyridoxine (B6), Riboflavin (B2), Thiamine (B1), Chromium, Cyanocobolamin (B12), Folic Acid, Potassium Iodine); Natural Flavors.

ALLERGENS: CONTAINS: PEANUTS, SOY, AND MILK. May contain: Tree Nuts, Wheat and Egg.

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

Peanut Butter N' Honey

NUTRITION FACTS

Serving Size: 1 bar (50g)

Servings Per Container: 1

Amount Per Serving			
Calories	190	Calories from Fat	50
			% Daily Value
Total Fat		5g	8%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		140mg	6%
Total Carbohydrate		27g	9%
	Dietary Fiber	2g	8%
	Sugars	17g	
Protein		5g	

- **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

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	

- **Garlic Herb Cheese Wedges —Old Fashioned Foods,** (1 package shared between 2 campers)

Ingredients: Light Cheddar and Cheddar Cheese (Pasteurized Cultured Milk and Skim Milk, Salt, Enzymes), Water, Skim Milk, Sodium Phosphate, Garlic, Sodium Citrate, Salt, Spices.

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

Pepper Jack Cheese

NUTRITION FACTS

Serving Size: 1 wedge (19g)

Servings Per Container: 6

Amount Per Serving			
Calories	25	Calories from Fat	15
			% Daily Value
Total Fat		1.5g	2%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	<5mg		1%
Sodium		250mg	10%
Total Carbohydrate		1g	<1%
	Dietary Fiber	0g	0%
	Sugars	1g	
Protein		2g	

- **Nutter Butter Cookies—Mondelez,** (1 package per camper)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Peanut Butter (Peanuts, Corn Syrup Solids, Hydrogenated Rapeseed and/or Cottonseed and/or Soybean Oils, Salt, Peanut Oil), Canola Oil, Whole Grain Wheat Flour, Palm Oil, High Fructose Corn Syrup, Salt, Leavening (Baking Soda and/or Calcium Phosphate), Cornstarch, Soy Lecithin, Artificial Flavor.

CONTAINS: WHEAT, PEANUT, SOY

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

Nutter Butters

NUTRITION FACTS

Serving Size: 1 pack (56g)

Servings Per Container: 1

Amount Per Serving			
Calories	270	Calories from Fat	100
			% Daily Value
Total Fat		11g	17%
	Saturated Fat	2.5g	13%
	Trans Fat	mg	
Cholesterol	mg		%
Sodium		210mg	9%
Total Carbohydrate		39g	13%
	Dietary Fiber	1g	4%
	Sugars	17g	
Protein		4g	

- **Fruit Punch Gatorade—The Gatorade Company,** (1 package per camper)

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

The Gatorade Company, Gatorade.com, 1-800-884-2867

Fruit Punch Gatorade

NUTRITION FACTS

Serving Size: 1 2/3 Tbsp

Servings Per Container: 1

Amount Per Serving			
Calories	90	Calories from Fat	
			% Daily Value
Total Fat		0g	%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		150mg	6%
Total Carbohydrate		22g	7%
	Dietary Fiber	g	%
	Sugars	21g	
Protein		g	

PSR Lunch #7

- **Club Crackers—Kellogg's**, (1 package shared between 2 campers)

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

CONTAINS: WHEAT AND SOY INGREDIENTS

Kellogg Sales Co., Keebler.com, 1-877-453-5837

Club Crackers

NUTRITION FACTS

Serving Size: 4 Crackers (14g)

Servings Per Container: 10

Amount Per Serving			
Calories	70	Calories from Fat	25
			% Daily Value
Total Fat		3g	5%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		125mg	5%
Total Carbohydrate		9g	3%
	Dietary Fiber	<1g	1%
	Sugars	1g	
Protein		<1g	

- **Premium Chunk Ham—Sweet Sue/Bumblebee Foods,** (1 package shared between 2 campers)

Ingredients: Ham (Cured with: Water, Salt, Modified Food Starch, Sugar, Sodium Phosphate, Hydrolyzed Soy Protein, Monosodium Glutamate, Sodium Erythorbate, Sodium Nitrite).

CONTAINS: SOY

Sweet Sue, LLC. 800-633-3294

Chunk Ham

NUTRITION FACTS

Serving Size: 1/4 cup (56g)

Servings Per Container: 3.5

Amount Per Serving			
Calories	70	Calories from Fat	10
			% Daily Value
Total Fat		1g	2%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	40mg		13%
Sodium		650mg	27%
Total Carbohydrate		2g	1%
	Dietary Fiber	0g	%
	Sugars	1g	
Protein		10g	

- **Mountain Mix Mojo Bar—Clif Bar,** (1 package per camper)

Ingredients: Organic Brown Rice Syrup, Organic Peanuts, Organic Raisins, Almonds, Soy Protein Isolate, Organic Wheat Flour, Organic Peanut Butter, Organic Dried Cane Syrup, Organic Roasted Soybeans, Organic Rice Flour, Organic Unsweetened Chocolate, Organic Pumpkin Seeds, Sunflower Seeds, Organic Oat Syrup Solids, Vegetable Glycerin, Organic High Oleic Sunflower Oil, Sea Salt, Organic Gum Arabic, Organic Cocoa Butter, Salt, Sunflower Oil, Calcium Carbonate, Organic Canola Oil, Organic Soy Lecithin, Organic Vanilla Extract, Mixed Tocopherols (Antioxidant), Organic Malt.

CONTAINS: SOY, PEANUTS, ALMONDS, WHEAT AND ALMONDS. May contain other tree nuts and traces of milk. May contain nutshell fragments.

Clif Bar and Company, 1-800-254-3227, clifbar.com

Mountain Mix Bar

NUTRITION FACTS

Serving Size: 1 Bar (45g)

Servings Per Container: 1

Amount Per Serving			
Calories	200	Calories from Fat	80
			% Daily Value
Total Fat		9g	14%
	Saturated Fat	1.5g	8%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		240mg	10%
Total Carbohydrate		23g	8%
	Dietary Fiber	2g	8%
	Sugars	11g	
Protein		8g	

- **Grandma's Peanut Butter Cookie—Frito Lay,** (1 package per camper)

Ingredients: Peanut Butter (Roasted Peanuts, Sugar, Hydrogenated Vegetable Oil (Canola, Cottonseed, and/or Soybean) Oil, Salt, Molasses), Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, High Fructose Corn Syrup, Vegetable Shortening (Palm Oil, Canola Oil, TBHQ (to Preserve Freshness), and Less than 2% of the Following: Fructose, Modified Corn Starch, Eggs, Leavening (Baking Soda), Salt, Artificial Flavor, Caramel Color.

CONTAINS: WHEAT, PEANUT AND EGG INGREDIENTS. This product is made on equipment that also processes tree nuts.

Frito Lay North America Inc, 1-800-352-4477, FritoLay.com

Peanut Butter Cookie

NUTRITION FACTS

Serving Size: 2 cookie (70.8g)

Servings Per Container: 1

Amount Per Serving			
Calories	340		
			% Daily Value
Total Fat		17g	22%
	Saturated Fat	4.5g	24%
	Trans Fat	0mg	
Cholesterol	10mg		3%
Sodium		330mg	14%
Total Carbohydrate		38g	14%
	Dietary Fiber	4g	13%
	Sugars	20g	
Protein		7g	

- **Golden Deluxe Sunflower Trail Mix—Sun Gold Foods,** (1 package per camper)

Ingredients: Honey Roasted Sunflower Kernel, Honey Roasted Soybeans (Maltodextrin, Xanthan Gum, Sucrose, Wheat Starch, Honey), Raisins, Pineapple, Cranberries, Dates, Sunflower Oil and Salt.

CONTAINS SOY and WHEAT. May contain Sulfur Dioxide.

PROCESSED IN A PEANUT AND TREE NUT FREE FACILITY.

Sungold Foods, sungfoldfoods.com, 1-800-437-5539

Sunflower Seed Trail Mix

NUTRITION FACTS

Serving Size: 30g

Servings Per Container: 1

Amount Per Serving			
Calories	150	Calories from Fat	70
			% Daily Value
Total Fat		8g	12%
	Saturated Fat	1g	4%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		40mg	2%
Total Carbohydrate		14g	5%
	Dietary Fiber	3g	10%
	Sugars	9g	
Protein		5g	

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

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

CONTAINS: PHENYLANINE

All Sport, Inc. 1-866-851-7402

Orange All Sport

NUTRITION FACTS

Serving Size: 1/2 packet

Servings Per Container: 2

Amount Per Serving			
Calories	0	Calories from Fat	0
			% Daily Value
Total Fat		0g	0%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		70mg	3%
Total Carbohydrate		0g	0%
	Dietary Fiber	0g	0%
	Sugars	0g	
Protein		0g	

PSR Lunch #8

- **Saltines Crackers—Mondelez,** (1 package shared between 2 campers)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Canola Oil, Palm Oil, Sea Salt, Salt, Malted Barley Flour, Baking Soda, Yeast.

CONTAINS: WHEAT

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

Saltine Crackers—K

NUTRITION FACTS

Serving Size: 5 Crackers (16g)

Servings Per Container: 7

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

- **SunButter, Creamy—Red River Commodities,** (1.5 packages per camper)

Ingredients: Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salt, and Natural Mixed Tocopherols to preserve freshness.

Made in a Peanut and Tree Nut Free Facility. Roasted on equipment which also roasts Soy.

Sunbutter LLC, 877-873-4501, sunbutter.com

Sun-butter

NUTRITION FACTS

Serving Size: 2 Tbsp (32g)

Servings Per Container: 1

Amount Per Serving			
Calories	200	Calories from Fat	140
			% Daily Value
Total Fat		16g	25%
	Saturated Fat	2g	11%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		120mg	5%
Total Carbohydrate		7g	2%
	Dietary Fiber	4g	17%
	Sugars	3g	
Protein		7g	

- **Corn Nuts, Ranch Flavored—KraftHeinz,** (1 package per person)

Ingredients: Corn, Corn Oil, Maltodextrin, Contains 2% or less of Salt, Monosodium Glutamate (Flavor Enhancer), Dried Corn Syrup, Tomato Powder, Onion Powder, Spices, Sugar, Garlic Powder, Sodium Diacetate (For Tartness), Malic Acid, Lactic Acid, Sodium Citrate (Controls Acidity), Citric Acid, Turmeric Extract (Vegetable Color), Disodium Inosinate and Disodium Guanylate (Flavor Enhancer), Natural and Artificial Flavor, Vinegar, Artificial Color (Red 40 Lake).

Kraftfoodservice.com, 1-855-572-3810

Corn Nuts—Ranch

NUTRITION FACTS

Serving Size: 1 package (39g)

Servings Per Container: 1

Amount Per Serving			
Calories	180	Calories from Fat	60
			% Daily Value
Total Fat		6g	9%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		280mg	12 %
Total Carbohydrate		28g	9%
	Dietary Fiber	2g	8%
	Sugars	0g	
Protein		3g	

- **Turkey 'n Swiss Combo—Highland Beef Farms,** (1 package per camper)

Ingredients: Turkey Sticks: Turkey, Mechanically Separated Turkey, Honey, Contains 2% or less of: Salt, Corn Syrup Solids, Spices, Dextrose, Lactic Acid Starter Culture, Carrageenan, Sodium Erythorbate (made from sugar), Garlic Powder, Sodium Nitrite, in Collagen Casing. Pasteurized Process Swiss Cheese Food: Natural American and Swiss Cheeses (Cultured Milk, Salt, Enzymes), Cream, Water, Sodium Phosphate, Natural Flavoring, Salt, Sorbic Acid (Preservative).

CONTAINS: MILK. GLUTEN FREE

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

Turkey 'n Swiss Combo

NUTRITION FACTS

Serving Size: 1 package (57g)

Servings Per Container: 1

Amount Per Serving			
Calories	180	Calories from Fat	110
			% Daily Value
Total Fat		12g	18%
	Saturated Fat	7g	35%
	Trans Fat	0mg	
Cholesterol	45mg		15%
Sodium		660mg	28%
Total Carbohydrate		2g	1%
	Dietary Fiber	g	%
	Sugars	4g	
Protein		13g	

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

Ingredients: Organic Wheat Flour, Organic Palm Fruit Oil, Organic Rice Syrup, Organic Cane Sugar, Organic Whole Wheat Flour, Organic Soy Flour, Organic Honey, Sea Salt, Natural Flavor, Soy Lecithin, Organic Spices, Baking Soda.

CONTAINS: WHEAT AND SOY. May contain Egg and Milk.

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

Strawberry Waffle

NUTRITION FACTS

Serving Size: 1 (30g)

Servings Per Container: 1

Amount Per Serving			
Calories	150	Calories from Fat	
			% Daily Value
Total Fat		7g	11%
	Saturated Fat	3g	16%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		60mg	2%
Total Carbohydrate		21g	7%
	Dietary Fiber	1g	5%
	Sugars	11g	
Protein		1g	

- **Lemon Lime Gatorade—The Gatorade Company,** (1 package per camper)

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

The Gatorade Company, Gatorade.com, 1-800-884-2867

Lemon Lime Gatorade

NUTRITION FACTS

Serving Size: 1 2/3 Tbsp (23g)

Servings Per Container: 2.5

Amount Per Serving			
Calories	90	Calories from Fat	
			% Daily Value
Total Fat		0g	%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		150mg	6%
Total Carbohydrate		22g	7%
	Dietary Fiber	g	%
	Sugars	21g	
Protein		g	

PSR Lunch #9

- **Ritz Crackers—Mondelez,** (1 package shared between 2 campers)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vit B1), Riboflavin (Vit B2), Folic Acid), Canola Oil, Palm Oil, Sugar, Salt, Leavening (Calcium Phosphate and/or Baking Soda), High Fructose Corn Syrup, Soy Lecithin, Natural Flavor.

CONTAINS: WHEAT AND SOY

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

Ritz Crackers

NUTRITION FACTS

Serving Size: 5 Crackers (16g)

Servings Per Container: 6

Amount Per Serving			
Calories	80		
			% Daily Value
Total Fat		4.5g	7%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		105mg	4%
Total Carbohydrate		10g	3%
	Dietary Fiber	0g	0%
	Sugars	1g	
Protein		1g	

- **Tuna—Bumblebee Foods LLC,** (1 package per camper)

Ingredients: Light Tuna, Water, Vegetable Broth, Salt

CONTAINS: TUNA, SOY **Certified Gluten Free**

Bumblebee Seafoods bumblebee.com

Tuna—2.5 oz Pouch

NUTRITION FACTS

Serving Size: 1 Pouch (71g)

Servings Per Container: 1

Amount Per Serving			
Calories	70	Calories from Fat	5
			% Daily Value
Total Fat		0.5g	1%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	30mg		10%
Sodium		230mg	10%
Total Carbohydrate		g	%
	Dietary Fiber	g	%
	Sugars	0g	
Protein		16g	

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

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

CONTAINS: PEANUT, CASHEW, MILK, SOY

Manufactured on equipment that processes other tree nuts, Wheat.

KraftHeinz, 1-855-663-5387, kraftfoodservice.com

FRUIT AND NUT TRAIL MIX

NUTRITION FACTS

Serving Size: 3 Tbsp (27g)

Servings Per Container: 2

Amount Per Serving			
Calories	140	Calories from Fat	80
			% Daily Value
Total Fat		9g	14%
	Saturated Fat	2.5g	13%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium		30mg	1%
Total Carbohydrate		13g	4%
	Dietary Fiber	1g	5%
	Sugars	8g	
Protein		4g	

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

Ingredients: Organic Tapioca Syrup, Organic Sugar, Organic Honey, Concentrated Organic Grape Juice (Ascorbic Acid), Pectin, Citric Acid, Natural Flavour, Potassium Citrate, Concentrated Organic Black Carrot Juice (Colour), Organic Sunflower Oil, Carnauba Wax.

Contains 95% Organic Ingredients.

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

Pink Lemonade Chews

NUTRITION FACTS

Serving Size: 1 package (50g)

Servings Per Container: 1

Amount Per Serving			
Calories	160	Calories from Fat	
			% Daily Value
Total Fat		0g	%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		80mg	3%
Total Carbohydrate		39g	13%
	Dietary Fiber	1g	4%
	Sugars	27g	
Protein		1g	

- **Sunflower Seeds Roasted and Salted —SunGold Foods,** (1 package per camper)

Ingredients: Roasted Sunflower Kernel, Sunflower Oil (Sunflower Oil, Citric Acid), Salt (Salt, Tricalcium Phosphate, Yellow Prussiate of Soda).

Sunbutter Products are completely peanut free, tree nut free and gluten free.

Sungold Foods, sungfoldfoods.com, 1-800-437-5539

Sunflower Seeds

NUTRITION FACTS

Serving Size: 1 oz

Servings Per Container: 1

Amount Per Serving			
Calories	165	Calories from Fat	105
			% Daily Value
Total Fat		12g	18%
	Saturated Fat	1.4g	7%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		49mg	2%
Total Carbohydrate		9g	3%
	Dietary Fiber	3g	12%
	Sugars	8g	
Protein		6g	

- **Orange Gatorade—**The Gatorade Company, (1 package per camper)

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

The Gatorade Co., 1-800-884-2867, https://cu.pepsico.com/gatorade?nutrition=

Orange Gatorade

NUTRITION FACTS

Serving Size: 1 Pkg (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		%
Sodium		230mg	10%
Total Carbohydrate		34g	11%
	Dietary Fiber	g	%
	Sugars	32g	
Protein		g	

PSR Lunch #10

- **Club Crackers—Kellogg's**, (1 package shared between 2 campers)

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

CONTAINS: WHEAT AND SOY INGREDIENTS

Kellogg Sales Co., Keebler.com, 1-877-453-5837

Club Crackers

NUTRITION FACTS

Serving Size: 4 Crackers (14g)

Servings Per Container: 10

Amount Per Serving			
Calories	70	Calories from Fat	25
			% Daily Value
Total Fat		3g	5%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium		125mg	5%
Total Carbohydrate		9g	3%
	Dietary Fiber	<1g	1%
	Sugars	1g	
Protein		<1g	

- **Pepper Jack Cheese Wedges —Old Fashioned Foods,** (1 package shared between 2 campers)

Ingredients: Light Cheddar and Cheddar Cheese (Pasteurized Cultured Milk and Skim Milk, Salt, Enzymes), Water, Skim Milk, Jalapeno Peppers, Sodium Phosphate, Sodium Citrate, Salt.

Highland Beef Farms, highlandbeeffarms.com, 703.435.2497 or 800.869.6320

Garlic N Herb Cheese

NUTRITION FACTS

Serving Size: 1 wedge (19g)

Servings Per Container: 6

Amount Per Serving			
Calories	25	Calories from Fat	15
			% Daily Value
Total Fat		1.5g	2%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	<5mg		1%
Sodium		250mg	10%
Total Carbohydrate		1g	<1%
	Dietary Fiber	0g	0%
	Sugars	1g	
Protein		2g	

- **Rocket Chocolate Energy Bar—En R G Foods,** (1 package per camper) - K

Ingredients: Organic Honey, Organic Brown Rice Flour, Chocolatey Coating (Sugar, Palm Kernel Oil, Cocoa Powder, Sunflower Lecithin added as an Emulsifier, and Salt), Organic Almonds, Organic Rolled Oats, Cocoa, Organic Dark Chocolate (Organic Sugar, Organic Chocolate Liquor, Organic Cocoa Butter, Organic Soy Lecithin added as an Emulsifier, and Organic Vanilla), Isolated Soy Protein, Less than 2% of the following: Salt, Dicalcium Phosphate, Dimagnesium Phosphate, Maltodextrin, Ascorbic Acid, Magnesium Oxide, Niacinamide, Ferric Orthophosphate, D,I-Alpha Tocopheryl Acetate, Zinc Oxide, Potassium Iodide, Vitamin A Palmitate, Biotin, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Copper Gluconate, Cholecalciferol, Cyanocobalamin.

CONTAINS: SOY, MILK, and TREE NUTS. Made in a facility that also processes Peanuts, Tree Nuts, Wheat Milk and Egg.

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

Rocket Chocolate Bar

NUTRITION FACTS

Serving Size: 1 Bar (50g)

Servings Per Container: 1

Amount Per Serving			
Calories	200	Calories from Fat	60
			% Daily Value
Total Fat		7g	10%
	Saturated Fat	3g	14%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium		45mg	2%
Total Carbohydrate		32g	11%
	Dietary Fiber	3g	10%
	Sugars	18g	
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, Aspartame, Ascorbic Acid (Vit C), Contains Less than 2% of: Xanthan Gum, Acesulfame Potassium, Calcium Silicate, Blue 1, Yellow 5, Phenylketonurics.

CONTAINS: PHENYLALNINE

All Sport, Inc. 1-866-851-7402

Blue Raz Ice All Sport

NUTRITION FACTS

Serving Size: 1/2 packet

Servings Per Container: 2

Amount Per Serving			
Calories	0	Calories from Fat	
			% Daily Value
Total Fat		0g	%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium		70mg	3%
Total Carbohydrate		g	%
	Dietary Fiber	g	%
	Sugars	g	
Protein		g	

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

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

Certified GLUTEN FREE

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

Spam Single Classic

NUTRITION FACTS

Serving Size: 1 package

Servings Per Container: 1

Amount Per Serving			
Calories	210	Calories from Fat	160
			% Daily Value
Total Fat		18g	28%
	Saturated Fat	7g	35%
	Trans Fat	0mg	
Cholesterol	50mg		17%
Sodium		830mg	35 %
Total Carbohydrate		2g	1%
	Dietary Fiber	0g	0%
	Sugars	1g	
Protein		9g	