

## PHILMONT 2006 TRAIL MENU

### **BREAKFAST #1**

Instant Oatmeal  
Planters Fruit and Nut Mix  
Oberto Jerky  
Treetop Fruit Energy Bar  
Hot Cocoa

### **BREAKFAST #2**

French Vanilla Almond Granola  
Apricots  
Cliff Bar (banana nut)  
Lawrys Jerky  
Salted Sunflower Kernels

### **BREAKFAST #3**

Quaker Breakfast Bar  
(oatmeal raisin)  
Lara Bar Apple Pie  
Gorp  
Raisins  
Pemican Jerky

### **BREAKFAST #4**

Honey Bunches of Oats Bar  
(banana nut)  
Tropical Gorp  
Pop Tarts (strawberry)  
Oberto Jerky  
Peaches

### **BREAKFAST #5**

Maple Almond Granola  
Lawry's Jerky  
Mojo Bar (fruit and nut crunch)  
Tropical Gorp  
Salted Sunflower Kernals

### **BREAKFAST #6**

Instant Oatmeal  
Gorp  
Pemican Jerky  
Pineapple Chunks  
Hot Spiced Cider

### **LUNCH #1**

Canned Ham  
Saltine Crackers  
Pears  
Hooah Bar (chocolate crisp)  
Gatorade

### **LUNCH #2**

Tuna Fish  
Club Crackers  
Oreos  
Oriental Mix  
Gatorade

### **LUNCH #3**

Peanut Butter Squeezers  
Grape Jelly Squeezers  
Ritz Crackers  
Fruit Leather  
Chex Mix  
Gatorade

### **LUNCH #4**

Jalapeno Squeeze Cheese  
Cheddar Squeeze Cheese  
Ritz Crackers  
Cliff Bar (lemon poppy seed)  
Nutter Butter Cookies  
Gatorade

### **LUNCH #5**

Canned Ham  
Club Crackers  
Fruit Roll Up  
Rice Crispy Treat  
Gatorade

### **LUNCH #6**

Peanut Butter Squeezers  
Strawberry Jam Squeezers  
Graham Crackers  
Santa Fe Mix  
Oreos  
Gatorade

### **SUPPER #1**

Chicken and Rice  
Mashed Potatoes  
(bacon and cheddar)  
Bread Sticks  
Soft Batch Cookies

### **SUPPER #2**

Stir Fry Beef  
Ramon Noodles  
Pecan Sandies Cookies

### **SUPPER #3**

Black Beans and Rice  
Corn Nuts  
Bread Sticks  
Chocolate Mud Slide

### **SUPPER #4**

Spaghetti  
Corn  
Bread Sticks  
Apples and Spices

### **SUPPER #5**

Stroganoff w/ Beef and Noodles  
Mashed Potatoes (butter)  
Green Beans  
Bread Sticks  
Apple Cobbler

### **SUPPER #6**

Fettuccine Primavera  
Bread Sticks  
Vanilla Pudding

## PHILMONT 2006 TRAIL MENU

### **BREAKFAST #7**

Quaker Breakfast Bar  
Lara Bar (banana)  
Oberto Jerky  
Banana Chips

### **LUNCH #7**

Jalapeno Squeeze Cheese  
Cheddar Squeeze Cheeses  
Ritz Crackers  
Mojo Bar (mountain mix)  
Salted Sunflower Seeds  
Gatorade

### **SUPPER #7**

Mexican Rice w/ Beef  
Refried Beans  
Soft Batch Cookies

### **BREAKFAST #8**

Granola Cereal (supper nutty)  
Gorp  
Hooah Bar (apple cinnamon)  
Lawry's Jerky  
Honey Roasted Sunflower Kernals

### **LUNCH #8**

Canned Chicken  
Club Crackers  
Honey Roasted Sunflower Seeds  
Rice Crispy Treats  
Gatorade

### **SUPPER #8**

Mac and Cheese  
Chicken Soup  
Bread Sticks  
Apple Delight

### **BREAKFAST #9**

Honey Bunches of Oats Bar  
(strawberry)  
Quaker Chewy Granola Bar  
(choc chip)  
Tropical Gorp  
Pemican Jerky

### **LUNCH #9**

Tuna  
Ritz Crackers  
Soft Batch Cookies  
Cliff Bar (cranberry apple cherry)  
Gatorade

### **SUPPER #9**

Homestyle Chicken  
Vegetable Soup  
Bread Sticks  
Vanilla Pudding

### **BREAKFAST #10**

Granola Cereal (blueberry)  
Lara Bar (cherry)  
Oberto Jerky  
Honey Roasted Sunflower Kernals

### **LUNCH #10**

Jalapeno Squeeze Cheese  
Cheddar Squeeze Cheese  
Club Crackers  
Nutter Butter Cookies  
Planters Chocolate and Nut Mix  
Gatorade

### **SUPPER #10**

Pineapple Chicken  
Corn  
Ramon Noodles  
Vanilla Pudding

# PHILMONT 2006 TRAIL MENU

## BREAKFASTS

### Cereals:

**FRENCH VANILLA ALMOND GRANOLA** - Organic rolled oats, unsulfured molasses, water, expeller pressed canola oil, crisp rice (milled rice unsulfured molasses, salt and malt), honey, cornstarch, almonds, whey powder, vanilla extract, salt, epasote leaf, prune powder, cardamom seed, fennel seed, fenugreek seed, nutmeg.

**MAPLE ALMOND GRANOLA** - Organic rolled oats, unsulfured molasses, expeller pressed canola oil, water, maple syrup, almonds, natural maple flavor, honey, salt, soy lecithin, epasote leaf, prune powder, cardamom seed, fennel seed, fenugreek seed, nutmeg.

**WILD BLUEBERRY GRANOLA** - Organic rolled oats, unsulfured molasses, expeller pressed canola oil, mixed fruit juice concentrate (pineapple syrup, peach, pear, white grape and apple juice concentrates), water, coconut, sunflower seeds, blueberries, natural blueberry flavor, soy lecithin, epasote leaf, prune powder, cardamom seed, fennel seed, fenugreek seed, nutmeg.

**SUPPER NUTTY GRANOLA** - Organic rolled oats, organic unsulfured molasses, expeller pressed canola oil, coconut, almonds, sesame seeds, sunflower seeds, cashews, walnuts, honey, sea salt, natural vanilla flavor, epazote leaf, prune powder, cardamom seed, fennel seed, fenugreek seed and nutmeg.

**REGULAR FLAVOR INSTANT OATMEAL** - Whole grain rolled oats (with oat bran), calcium carbonate (a source of calcium), salt, guar gum, caramel color, reduced iron, niacinamide, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, folic acid.

**APPLES AND CINNAMON INSTANT OATMEAL** - Whole grain rolled oats (with oat bran), sugar, dehydrated apples (treated with sulfur dioxide and sodium sulfite to promote color retention), calcium carbonate (a source of calcium), salt, cinnamon, guar gum, natural flavors, niacinamide, reduced iron, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, folic acid.

**CINNAMON AND SPICE INSTANT OATMEAL** - Whole grain rolled oats (with oat bran), sugar, salt, calcium carbonate (a source of calcium), cinnamon and other spices, guar gum, caramel color, niacinamide, reduced iron, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, folic acid.

**MAPLE AND BROWN SUGAR INSTANT OATMEAL** - Whole grain rolled oats (with oat bran), sugar, salt, brown sugar flavor blend (natural flavors, non-fat milk, salt, carob powder, calcium carbonate (a source of calcium), guar gum, caramel color, natural flavors, niacinamide, reduced iron, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, folic acid.

**RAISINS AND SPICE INSTANT OATMEAL** - Whole grain rolled oats (with oat bran), sugar, raisins coated with partially hydrogenated vegetable oil (cottonseed and or soybean oil), salt, calcium carbonate (a source of calcium), spices, guar gum, niacinamide, reduced iron, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, folic acid.

### Snacks:

**GORP** - Milk chocolate(sugar, chocolate, cocoa butter, skim milk, milkfat, lactose, soy lecithin, salt, artificial flavors), sugar, cornstarch, corn syrup, gum acacia, coloring (includes red 40 lake, yellow 6, yellow 5, blue 2 lake, red 40, blue 1 lake, blue 1, blue 2, yellow 5 lake, yellow 6 lake), raisins and dry roasted peanuts.

**TROPICAL GORP** - Milk chocolate (sugar, chocolate, cocoa butter, skim milk, milkfat, lactose, soy lecithin, salt, artificial flavors), sugar, cornstarch, cornsyrup, gum acacia, coloring (includes red 40 lake, yellow 6, yellow 5, blue 2 lake, red 40, blue 1 lake, blue 1, blue 2, yellow 5 lake, yellow 6 lake), dextrin, almonds, cranberries, sugar, sunflower oil, pineapple, sugar and sulfur dioxide added for color retention.

**PLANTERS FRUIT AND NUT MIX** - Peanuts, raisins, Banana chips (bananas, coconut oil, sugar, natural flavor), salted cashews (cashews, peanut and/or cottonseed oil, salt), dried sweetened pineapple (pineapple, sugar, citric acid, preserved with sulfur dioxide), dried sweetened cranberries (cranberries, sugar, sunflower oil), dried sweetened papaya (papaya, sugar, citric acid, preserved with sulfur dioxide).

## PHILMONT 2006 TRAIL MENU

**PLANTERS CHOCOLATE AND NUT MIX** - Peanuts, chocolate candy pieces (milk chocolate [sugar, cocoa butter, milk, chocolate, lactose, soy lecithin - emulsifier, vanilla], sugar, artificial color [includes yellow 5 lake, yellow 6, blue 1 lake, red 40 lake], confectioners glaze, corn syrup, cornstarch, gum arabic, carnauba wax, beeswax), raisins, cashews, almonds, peanut and/or cottonseed oil, salt.

**TOASTER PASTRY - STRAWBERRY** - Strawberry filling, high fructose corn syrup, dextrose, wheat flour, water, glycerin, food starch - modified, sugar, partially hydrogenised soybean and or cottonseed oils, dried strawberries, cornstarch, salt, natural and artificial flavors, sodium alginate, malic acid, citric acid, soy lecithin, red #40, yellow #6, blue #1, enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin B), Riboflavin (vitamin B2) Folate), sugar, water, partially hydrogenated soybean and or cottonseed oils, dextrose, contains 2% or less of salt leavening (baking soda, sodium acid pyrophosphate), high fructose corn syrup, sodium stearoyl lactylate, cornstarch, gelatin, ground corn grits, corn syrup, food starch - modified, titanium dioxide(for color), turmeric, blue #1, red #3, yellow #5, yellow #6, vitamin A palmitate, niacin, reduced iron, pyridoxine hydrochloride (vitamin B6) riboflavin (vitamin B2), folate thiamin mononitrate (vitamin B1)

**LIGHTLY SALTED SUNFLOWER KERNELS** - Sunflower kernels, roasted in peanut and/or cottonseed oil, salt.

**HONEY ROASTED SUNFLOWER KERNELS** - Sunflower kernels, sugar, corn syrup, honey, wheat starch, high fructose corn syrup, salt and xanthan gum, roasted in peanut and/or cottonseed oil.

**Bars:**

**LARA BAR - CHERRY PIE** - Dates, almonds, unsweetened cherries.

**LARA BAR - BANANA COOKIE** - Almonds, dates, unsweetened bananas.

**LARA BAR - APPLE PIE** - Dates, walnuts, unsweetened apples, almonds, raisins, cinnamon.

**HOOAH BAR - APPLE CINNAMON** - Corn syrup, fructose, soy protein isolate, maltodextrin, fractionated palm oil, apple powder, rice flour, whey protein concentrate, rice bran, glycerine, barley malt extract, dates, raisins, soy lecithin, natural flavor, ascorbic acid, d-alpha-tocopherol acetate, niacinamide, zinc oxide, tocopherols added to protect flavor, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, vitamin B12.

**HOOAH BAR - CHOCOLATE CRISP** - Corn syrup, soy protein isolate, fructose, maltodextrin, fractionated palm oil, unsweetened chocolate, dextrose, rice flour, cocoa (process

**QUAKER CHEWY GRANOLA BAR** - Granola (whole grain rolled oats, whole grain rolled wheat, brown sugar, partially hydrogenated soybean and cottonseed oils with TBHQ and citric acid added to preserve freshness and/or sunflower oil with natural tocopherol added to preserve freshness, dried coconut, whole wheat flour), semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), corn syrup, crisp rice (rice, sugar, salt, barley malt), high fructose corn syrup, sugar, corn syrup solids, glycerin, partially hydrogenated soybean or cottonseed oil, sorbitol, calcium carbonate, salt, molasses, water, natural and artificial flavors, BHT (a preservative), citric acid, **Contains wheat and soy ingredients.**

**QUAKER BREAKFAST SQUARES - OATMEAL RAISIN** - Whole grain rolled oats, high fructose corn syrup, oat flour, brown sugar, raisins, sugar, rice flour, margarine (partially hydrogenated soybean oil, soybean oil, water, partially hydrogenated cottonseed oil, salt, mono and diglycerides, soy lecithin, calcium disodium EDTA [a preservative], arinatto color, artificial flavor, vitamin A palmitate), maltodextrin, glycerin, modified food starch, dried whole eggs, corn syrup, calcium carbonate malt (contains barley, soy, and wheat components), natural and artificial flavors, salt, sorbitol, cinnamon, sodium bicarbonate, corn flour, malic acid, sodium alginate, natural mixed tocopherols, calcium phosphate, spice, niacinamide, vitamin A palmitate, potassium sorbate, and BHT (preservatives), reduced iron, sodium phosphate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, folic acid.

## PHILMONT 2006 TRAIL MENU

**HONEY BUNCHES OF OATS BAR - BANANA NUT** - Cereal [ wheat flakes( whole grain wheat, sugar, salt, barley malt), rolled oats crisped rice (rice, rice flour, sugar, salt, malt extract, rice bran, corn syrup, barley malt)], corn syrup, sugar, dried bananas [dried bananas, high fructose corn syrup, citric acid and potassium sorbate (preservatives), natural flavor], walnuts, fractionated palm kernel oil, glycerin, granola [whole grain rolled oats, brown sugar, whole grain wheat, vegetable oil (canola or sunflower oil), rice flour, rice, corn syrup, whey, sugar, salt, caramel color], nonfat milk, partially hydrogenated sunflower oil, honey, calcium carbonate, lactose, soy lecithin, calcium caseinate, salt, natural flavor, butter [cream, annatto (color), salt], whey, citric acid, almonds, palm oil, ferric phosphate (source of iron), niacinamide, mono and diglycerides, zinc oxide (source of zinc), vitamin B6, vitamin A, palmitate, riboflavin (vitamin B2), thiamin mononitrate (vitamin B1), artificial flavor, vitamin B12.

**HONEY BUNCHES OF OATS BAR - STRAWBERRY** - Cereal [ wheat flakes( whole grain wheat, sugar, salt, barley malt), rolled oats crisped rice (rice, rice flour, sugar, salt, malt extract, rice bran, corn syrup, barley malt)], corn syrup, sugar, Dried strawberries [dried strawberries, sugar, high fructose corn syrup, citric acid (preservative), red 40], walnuts, fractionated palm kernel oil, glycerin, granola [whole grain rolled oats, brown sugar, whole grain wheat, vegetable oil (canola or sunflower oil), rice flour, rice, corn syrup, whey, sugar, salt, caramel color], nonfat milk, partially hydrogenated sunflower oil, honey, calcium carbonate, lactose, soy lecithin, calcium caseinate, salt, natural flavor, butter [cream, annatto (color), salt], whey, citric acid, almonds, palm oil, ferric phosphate (source of iron), niacinamide, mono and diglycerides, zinc oxide (source of zinc), vitamin B6, vitamin A, palmitate, riboflavin (vitamin B2), thiamin mononitrate (vitamin B1), artificial flavor, vitamin B12.

### Drinks:

**HOT COCOA MIX** - Sugar, sweet dairy whey, corn syrup solids, cocoa (processed with alkale), partially hydrogenated soybean oil, nonfat dry milk, salt, cellulose gum, dipotassium phosphate, mono - and diglycerides, artificial flavor.

**INSTANT APPLE CIDER** - Sugar, maltodextrin, apple juice solids, malic acid, less than 2% of: dextrose, sodium citrate, caramel color, sodium silico aluminate, ascorbic acid, natural flavor, honey solids, gum arabic, artificial flavor, modified food starch, tracetin. **This product is manufactured in a facility that makes products containing milk, egg, soy, and wheat.**

### Fruits:

**PEACHES** - Dried peaches, sulfur dioxide for freshness..

**APRICOTS** - Apricots and Sulfur Dioxide (as a preservative)

**RAISINS** - California raisins, sunflower seed oil.

**TREE TOP FRUIT ENERGY BAR - CHERRY/BERRY** - Apple puree concentrate, apple juice concentrate, cherry juice concentrate, apple pomace, citrus pectin, raspberry puree concentrate, strawberry puree concentrate, natural flavor, elderberry juice concentrate, ascorbic acid (vitamin C), lemon juice concentrate.

**FRUIT LEATHER - CHUNKY CHERRY** - Apples, cherries, orange puree, natural flavors.

**PEARS** - Dried pears, sulfur dioxide for freshness.

### Meat Sticks:

**LAWRY'S BEEF JERKY** - Beef, brown sugar, salt, corn syrup, dextrose, flavorings, monosodium glutamate, sugar, sodium erythorbate, sodium nitrite.

**OBERTO JERKY** - Beef, brown sugar, sugar, dextrose, salt, natural hickory smoke flavor, hydrolyzed corn and soy protein, corn syrup solids, water, flavorings, vinegar, molasses, sodium erythorbate, caramel color, sodium nitrate, citric acid.

**PEMMICAN BEEF JERKY** - Beef, water, brown sugar, salt, less than 2% of flavor, hydrolyzed corn and wheat proteins, sodium nitrate, maltodextrin, yeast extract, malic acid, soy lecithin. **Contains wheat and soy.**

# PHILMONT 2006 TRAIL MENU

## LUNCHES

### Crackers:

**CLUB CRACKERS** - Enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], vegetable shortening (partially hydrogenated soybean and/or cottonseed oils), sugar, contains two percent or less of salt, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), high fructose corn syrup, corn syrup.

**GRAHAM CRACKERS** - Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1] riboflavin [vitamin B2], folic acid), sugar, partially hydrogenated soybean oil, graham flour, honey, high fructose corn syrup, leavening (baking soda, calcium phosphate), salt, artificial flavor, malted barley flour.

**RITZ CRACKERS** - Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), soybean oil, sugar, partially hydrogenated cottonseed oil, high fructose corn syrup, salt, leavening (baking soda, calcium phosphate), soy lecithin (emulsifier).

**PREMIUM SALTINE CRACKERS** - Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), soybean oil, salt, high fructose corn syrup, partially hydrogenated cottonseed oil, malted barley flour, yeast, baking soda, vegetable monoglycerides (emulsifier).

### Spreads:

**CHUNK CHICKEN** - Chicken meat, water, modified food starch, salt, sodium phosphates.

**CHEDDAR SQUEEZE CHEESE** - Cheddar cheese milk, cheese culture, salt, enzymes) water, partially hydrogenated soy oil, sodium phosphate, whey, non-fat milk, salt, lactic acid, apo carotenal (color), xanthan gum, locust bean gum, guar gum.

**JALAPENO SQUEEZE CHEESE** - Cheddar cheese (milk, cheese culture, salt, enzymes) water, partially hydrogenated soy oil, sodium phosphate, whey, non-fat milk, jalapeno peppers, salt, lactic acid, apo carotenal (color), xanthan gum, locust bean gum, guar gum.

**PEANUT BUTTER SQUEEZERS** - Roasted peanuts, sugar, hydrogenated vegetable oil (rapeseed, cottonseed, and/or soybean oils), salt.

**BUMBLE BEE - TUNA** - Light tuna, water, vegetable broth, salt.

### Energy Bars:

**HOOAH BAR CHOCOLATE CRISP** - Corn syrup, soy protein isolate, fructose, maltodextrin, fractionated palm oil, unsweetened chocolate, dextrose, rice flour, cocoa (processed with alkali), whey protein concentrate, barley malt extract, glycerine, dates, raisins, soy lecithin, natural flavor, rice bran, ascorbic acid, d-alpha-tocopheral acetate, niacinamide, zinc oxide, tocopherols added to protect flavor, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, vitamin B12.

**GATORADE ENERGY BAR - PEANUT BUTTER** - Crisp rice (rice, barley malt, sugar, salt), whole grain rolled oats, glucose syrup, dextrose, sugar, peanut butter (peanuts, sugar, hydrogenated cottonseed and/or rapeseed oil, salt), sorbitol, soy nuggets (soy protein isolate, rice flour, barley malt, salt), fructose-glucose syrup, glycerin, whey protein concentrate, sunflower oil, rolled wheat, nonfat dry milk, soy protein isolate, barley malt extract, salt, soy lecithin, caramel color, ascorbic acid (source of vitamin C), vitamin E acetate, natural mixed tocopherols to preserve freshness, niacinamide (vitamin B3), calcium pantothenate (vitamin B5), pyridoxine hydrochloride (vitamin B6), beta carotene (source of vitamin A), riboflavin (vitamin B2), thiamine mononitrate (vitamin B1), cyanocobalamin (vitamin B12).

## PHILMONT 2006 TRAIL MENU

**CLIFF MOJO BAR - FRUIT NUT CRUNCH** - Organic dry roasted almonds, organic brown rice syrup, soy rice crisps (soy protein isolates, organic rice flour, calcium carbonate), dried apricots (apricots, evaporated cane juice, rice flour, citric acid, ascorbic acid), organic dried cranberries (organic cranberries, organic apple juice), organic dry roasted soybeans, almond butter, organic dried apples, organic oat syrup, dried cherries, rice flour, organic sunflower oil, vegetable glycerin, organic gum arabic, sea salt, natural vitamin E (anti-oxidant).

**CLIFF MOJO BAR - MOUNTAIN MIX** - Organic brown rice syrup, organic dry roasted peanuts, organic raisins, dry roasted almonds, soy rice crisps (soy protein isolate, organic rice flour, calcium carbonate), Organic chocolate chips (organic evaporated cane juice, organic unsweetened chocolate, organic cocoa butter, soy lecithin, natural flavors), organic pretzels (organic wheat flour, salt, organic malt syrup, organic canola oil, yeast, baking soda), organic peanut butter, organic dry roasted soy beans, dry roasted pumpkin seeds, sunflower seeds, organic oat syrup, vegetable glycerin, organic sunflower oil, sea salt, organic gum arabic, natural vitamin E (anti oxidant).

**CLIFF BAR - LEMON POPPY SEED** - Organic brown rice syrup, Cliffpro (soy rice crisps [soy protein isolate, rice flour, malt extract], organic roasted soybeans, organic soy flour), organic rolled oats, cliffcrunch (apple fiber, oat fiber, organic milled flaxseed, chicory extract psyllium), soy white chocolate (organic evaporated cane juice, cocoa butter soy flour, soy lecithin, natural flavors), organic evaporated cane juice, lemon pieces (organic evaporated cane juice, lemon puree from concentrate, glucose, pectin, sodium citrate, natural flavor colored with annatto and turmeric), organic soy butter, fig paste, poppyseeds, natural flavors, sea salt, citric acid.

**CLIFF BAR - BANANA NUT BREAD** - Organic brown rice syrup, Clifpro (soy rice crisps [soy protein isolate, rice flour, malt extract], organic roasted soybeans, organic soy flour), organic rolled oats, walnuts, organic toasted oats (organic oats organic evaporated cane juice), organic diced bananas (organic bananas, organic rice flour), organic maple syrup, chocolate chips (evaporated cane juice, unsweetened chocolate, cocoa butter, soy lecithin, natural flavors), Clifcrunch (organic oat fiber, inulin [chicory extract], organic milled flaxseed, organic oat bran, psyllium), organic soy butter, organic date paste, organic banana powder, natural flavors, sea salt, cinnamon.

**CLIFF BAR - CRANBERRY APPLE CHERRY** - organic brown rice syrup, Clifpro (soy rice crisps [soy protein isolate, rice flour, malt extract], organic roasted soybeans, organic soy flour), organic rolled oats, organic dried apples, dried cranberries (cranberries, apple juice), Clifcrunch (organic oat fiber, inulin [chicory extract], organic milled flaxseed, organic oat bran, psyllium), fig paste, dried cherries, natural flavors, sea salt.

### **Snacks:**

**SANDIES COOKIES - PECAN SHORTBREAD** - Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), partially hydrogenated soybean and/or cottonseed oil, sugar, pecans, contains 2% or less of dried eggs, salt, baking soda.

**CHEX MIX - TRADITIONAL** - Enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), degermed yellow corn meal, whole wheat, partially hydrogenated soybean oil, sugar, salt, malt, rye flour, maltodextrin, yeast, sunflower oil, barley malt extract, spices, yellow corn flour, color added, dextrose, corn syrup, baking soda, distilled monoglycerides, autolyzed yeast, trisodium phosphate, calcium carbonate, onion, garlic, hydrolyzed soy protein, natural flavor, citric acid, disodium guanylate, disodium inosinate, sesame seed, almond flour, peanut flour, nonfat milk. Freshness preserved by BHT. **Contains wheat, soy, sesame, almond, peanut and milk ingredients.**

**ORIENTAL TRAIL MIX** - Peanuts, unbleached wheat flour, corn, green beans, sesame seeds, soy sauce, sugar, vegetable oil (palm, coconut, peanut and partially hydrogenated soy), bulgar wheat, salt, maltodextrin, spices, tortula yeast, chili pepper, dehydrated jalapeno, parsley, natural and artificial colors.

## PHILMONT 2006 TRAIL MENU

**SANTA FE TRAIL MIX** - Toasted corn (corn, vegetable oil [palm and partially hydrogenated soy] salt), sesame stick (unbleached wheat flour, sesame seeds, partially hydrogenated vegetable oil [soybean], bulgar wheat, yeast and annatto vegetable color, with salt added), jalapeno peanuts (peanuts, salt malto dextrin, spices, torula yeast, chili pepper, dehydrated jalapenos and parsley, natural and artificial flavor, roasted in canola oil), hot cajun corn sticks, unbleached wheat flour, stone ground corn, soybean oil, spices, salt, onion, dehydrated tomatoes and green peppers, citric acid, paprika, chili peanuts (peanuts, spices, paprika, salt, onion, garlic, roasted in canola oil with peanut oil and salt added), pepitas roasted in canola oil with salt added.

### **Cookies/Desserts:**

**OREO COOKIES** - Sugar, enriched wheat flour (contains niacin, reduced iron, thiamine mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), vegetable shortening (partially hydrogenated soybean oil), cocoa (processed with alkali), high fructose corn syrup, corn flour whey cornstarch, baking soda, salt, soy lecithin (emulsifier), vanillin (an artificial flavor), chocolate.

**NUTTER BUTTER COOKIES** - Enriched wheat flour (contains niacin, reduced iron, thiamine mononitrate [vitamin b1] riboflavin [vitamin b2], folic acid), sugar, peanut butter (roasted peanuts, hydrogenated rapeseed, cottonseed and soybean oils, salt), rolled oats, vegetable shortening (partially hydrogenated soybean oil), whey, high fructose corn syrup, leavening (baking soda, calcium phosphate), eggs, salt, cornstarch, vanillin-an artificial flavor, soy lecithin (emulsifier).

**FRUIT ROLL UP** - Pears from concentrate, orange juice from concentrate, corn syrup, dried corn syrup, sugar, partially hydrogenated cottonseed oil, citric acid, sodium citrate, acetylated mono and diglycerides, pectin, malic acid, vitamin C (ascorbic acid), natural flavor, color (red 40, yellow 5, blue 1), glycerin.

**CHOCOLATE PUDDING** - Non-fat milk, water, sugar, partially hydrogenated soybean oil, modified corn starch, cocoa (processed with alkali), less than 2% of: salt, sodium stearoyl lactylate, tricalcium phosphate, carrageenan, artificial flavors.

**MARSHMALLOW CRISPY TREAT** - Milled rice, corn syrup, sugar, margarine (palm oil, soybean oil, water, salt, monoglycerides, soy lecithin, sodium benzoate & citric acid [preservatives], artificial flavor, beta carotene color, vitamin A palmitate, crystalline fructose, water, high fructose corn syrup, contains less than 2% of the following glycerine, gelatin, corn syrup solids, artificial flavors, salt, malt syrup, monoglycerides, soy lecithin, vitamin A palmitate, ascorbic acid, reduced iron, niacinamide, vitamin D3, pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, folic acid, BHT (preservative).

### **Drinks:**

**GATORADE - FROST** - Sucrose, dextrose, citric acid, natural flavors, salt, sodium citrate, monopotassium phosphate, ascorbic acid (to promote color retention), red 40, blue 1.

**GATORADE - FRUIT PUNCH** - Sucrose, dextrose citric acid, salt, sodium citrate, monopotassium phosphate, natural and artificial flavors, red 40, partially hydrogenated coconut oil.

**GATORADE - LEMON-LIME** - Sucrose, dextrose, citric acid, salt, sodium citrate, monopotassium phosphate, natural lemon and lime flavors with other natural flavors, yellow #5.

**GATORADE - ORANGE** - Sucrose, dextrose, citric acid, salt, soduim citrate, natural orange flavor with other natural flavors, monopotassium phosphate, partially hydrogenated soybean oil, yellow 6.



# PHILMONT 2006 TRAIL MENU

## SUPPERS

### Entrees:

**SPAGHETTI WITH MEAT SAUCE** - Spaghetti (durum wheat semolina flour), dehydrated tomato, soy flour, dehydrated beef, sugar, onion, modified food starch, parmesan cheese, maltodextrin, salt, whey, spices and spice extractives including paprika, beef flavor (contains salt and skim milk powder), mushrooms, garlic, beef powder, citric acid.

**HOMESTYLE CHICKEN WITH MASHED POTATOES AND GRAVY** - Mashed potatoes (potatoes, nonfat milk, salt, partially hydrogenated soybean oil, vegetable emulsifier, natural and artificial flavors, artificial color, freshness preserved with sodium bisulfite and BHT). Gravy seasoning: dehydrated chicken, modified food starch, nonfat dried milk, peas, chicken flavor (contains salt and tapioca starch), carrots, maltodextrin, salt, yeast extract, dextrose, celery, onion, spice extractives including tumeric.

**BLACK BEANS AND RICE** - Black beans, rice, wheat starch, tomato, onion, fructose, salt, garlic, molasses, spices, cilantro and citric acid.

**CHICKEN AND RICE** - Rice, dehydrated chicken, modified food starch, peas, chicken flavor (contains salt and tapioca starch), maltodextrin, salt, yeast extractive, dextrose, whey, onion, parsley flakes, spice extractives including tumeric.

**STROGANOFF AND BEEF WITH NOODLES** - Noodles (soft wheat semolina flour), dehydrated beef, dehydrated sour cream, nonfat dry milk, onion, soy flour, wheat flour modified food starch, salt, beef flavor (contains salt and skim milk powder), mushrooms, sugar, whey, parsley, citric acid, spices including paprika, garlic, smoke flavor.

**MACARONI & CHEESE** - Noodles (soft wheat semolina flour), cheddar cheese blend [whey, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, partially hydrogenated soybean oil, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), food starch-modified, disodium phosphate, autolyzed yeast extract, citric acid, butter (cream, salt), yellow 5 and yellow 6], wheat starch, whey, nonfat dry milk, salt, mustard flour, maltodextrin (complex carbohydrates from corn), xanthan gum, butter flavor, cheese flavor, citric acid, sodium tripolyphosphate, spices.

**MEXICAN RICE AND BEEF** - Instant white rice, sauce (sour cream [cream, nonfat milk, cultures, cultured nonfat milk, citric acid, and BHA (to help protect flavor)], salt, flour, tomato powder [tomato paste, maltodextrin], potato starch, chili pepper, onion powder, sugar, vitamin supplement, coriander, cumin, garlic powder, oregano, black pepper, citric acid), textured vegetable protein (soy flavor, caramel flavor, partially hydrogenated soybean oil, salt, hydrolyzed corn-soy-wheat protein, autolyzed yeast), onion, freeze-dried beef, freeze-dried cheddar cheese (cultured milk, salt, calcium chloride, enzymes), tomato flakes.

**STIR FRY BEEF** - Precooked noodles (durum semolina, salt), freeze dried cooked beef, carrots, broccoli, whey, fructose, onion, soy sauce (water, wheat, soybean, salt), garlic, beef flavor (salt, nonfat milk flavor, gub arabic), spices, salt, citric acid.

**FETTUCCINE PRIMAVERA** - Precooked noodles (durum semolina, salt), corn starch, parmesan cheese powder (pasteurized milk, salt, cheese cultures, enzymes, salt), dehydrated vegetables (broccoli, tomatoes, red bell peppers, parsley), non-fat milk powder, sour cream powder (cream, cultured nonfat dry milk, citric acid), natural butter flavor, natural vegetable flavor, salt, spices.

**HAWAIIAN STYLE CHICKEN** - White rice, peas, chicken F.D., energysmart, pineapple dried diced, pepper sweet bell combo, corn starch, honey powder, cane juice sugar, chicken flavor broth mix, onion granules, sea salt, pineapple powder, ginger, miso powder, orange powder, soy sauce powder, sesame oil powder, cracked pepper.

### Side Dishes:

**MASHED POTATOES** - Potatoes, nonfat milk, salt, partially hydrogenated soybean oil, vegetable emulsifier, natural and artificial flavors, artificial color. Freshness preserved with sodium bisulfite and BHT.

## PHILMONT 2006 TRAIL MENU

**BACON AND CHEDDAR CHEESE MASHED POTATOES** - Mashed potatoes (dehydrated potatoes, partially hydrogenated soybean oil, salt, corn syrup solids, sodium caseinate, sucrose, monoglycerides, natural and artificial flavors, onion, calcium stearoyl-2-lactylate, artificial color, spice, sodium acid pyrophosphate, sodium bisulfite and citric acid added to preserve color and freshness), cheddar cheese blend (whey, enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], salt, partially hydrogenated soybean oil, cheddar cheese [pasteurized milk, cheese cultures, salt, enzymes], food starch-modified, disodium phosphate, autolyzed yeast extract, citric acid, butter [cream, salt], yellow 5 and yellow 6), imitation bacon (textured vegetable protein [soy flour, caramel color, red 3], partially hydrogenated soybean oil, salt, natural flavoring), spice, dry vinegar solids.

**RAMEN NOODLES** - Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (contains one or more of the following: canola oil, cottonseed oil, palm oil), contains less than 2% of salt, sodium tripolyphosphate, potassium carbonate, sodium carbonate, sodium alginate, tocopherols.

**Ramen Noodles Spices - ORIENTAL FLAVOR:** Salt, soy sauce powder (wheat, soybeans, maltodextrin, salt), monosodium glutamate, hydrolyzed soy protein, spices, caramel color, garlic powder, dehydrated onions, citric acid, disodium succinate, disodium guanylate, disodium inosinate, natural flavor.

**REFRIED BEANS WITH JALAPENOS AND GREEN CHILIS** - Pinto beans, salt, corn oil, dehydrated vegetables (chili powder, garlic, jalapeno pepper, onion, tomato, green bell pepper), salt, paprika, spices, sugar.

### **Crackers:**

**PLAIN BREAD STICKS** - Unbleached enriched wheat flour (contains malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable shortening (partially hydrogenated soybean oil), yeast, salt, corn and malt syrup, and dried brewers yeast.

**GARLIC BREAD STICKS** - Unbleached enriched wheat flour (contains malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable shortening (partially hydrogenated soybean oil), yeast, salt, corn and malt syrup, and dried brewers yeast. Garlic powder and garlic oil.

**SESAME BREAD STICKS** - Unbleached enriched wheat flour (contains malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable shortening (partially hydrogenated soybean oil), yeast, salt, corn and malt syrup, and dried brewers yeast. Sesame seeds.

**ONION BREAD STICKS** - Unbleached enriched wheat flour (contains malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable shortening (partially hydrogenated soybean oil), yeast, salt, corn and malt syrup, and dried brewers yeast. Onion.

**CORN NUTS** - Corn, partially hydrogenated soybean and/or canola oil, salt.

### **Desserts:**

**VANILLA PUDDING** - Non-Fat milk, Water, Sugar, modified corn starch, partially hydrogenated soybean oil. Less than 2% of: salt, sodium stearoyl lactylate, natural and artificial flavors, tricalcium phosphate, carrageenan, yellow 5, yellow 6. **Contains Milk**

**HOT APPLE COBBLER** - Cobbler mix enriched bleached flour [wheat flour, malted barley flour, niacin, iron, thiamine, mononitrate, riboflavin], sugar, vegetable shortening (contains either or both partially hydrogenated soybean and cottonseed oil), leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), whey, dextrose, egg yolk, salt, xanthan gum, artificial flavor, corn syrup, soy lecithin, annatto and turmeric, extract color, sodium caseinate), apples, potato starch, citric acid, modified food starch, partially hydrogenated coconut oil, tricalcium phosphate, natural flavor, sodium citrate, ascorbic acid, yellow #5, sodium sulfite and sodium dioxide (used for color retention), allergens: eggs, milk, soybean, wheat, may contain traces of tree nuts.

## PHILMONT 2006 TRAIL MENU

**APPLE D'LITE** - Apples, sugar, potato starch, lemonade (sugar, dextrose, citric acid, cloud [modified food starch, corn syrup solids, partially hydrogenated coconut oil, xanthan gum], tricalcium phosphate, natural flavors, sodium citrate, ascorbic acid, FD&C yellow #5), salt, cinnamon, sulfur dioxide and/or sodium sulfite (used for color retention).

**SOFT BATCH CHOCOLATE CHIP COOKIES** - Bleached and enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), partially hydrogenated soybean oil and/or cottonseed oil with TBHQ for freshness, sugar, high fructose corn syrup, semisweet chocolate (sugar, chocolate, cocoa butter, dextrose, soy lecithin, natural and artificial flavor, salt), contain two percent or less of modified starch, cocoa, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), natural flavor, emulsifiers (soy lecithin, polysorbate 60, Sorbian monostearate), salt, cocoa treated with alkali, eggs, caramel color, yellow #6, artificial flavor, nonfat dry milk.

**CHOCOLATE MUDSLIDE** - Chocolate pudding: sugar, whole and nonfat milk solids, cocoa, algin, calcium, gluconate, modified food starch, sodium phosphate, salt, titanium dioxide, mono and diglycerides, artificial flavor. Chocolate peanut topping: gourmet chocolate pie crumb, peanut flour - partially defatted, bakers special sugar, liquid vegetable oil.

**APPLES AND SPICE** - Low moisture apples, sugar, modified food starch, spice, citric acid and artificial flavor, sulfur dioxide added to preserve freshness.