

2007 Philmont Trail Menus and Ingredients

Here are the meals (and ingredients) that are served during the 2007 season.

Meals

Breakfast #1

- Instant Oatmeal
- Planters Fruit and Nut Mix
- Oberto Jerky
- Banana Chips
- Hot Cocoa

Lunch #1

- Canned Ham
- Saltine Crackers
- Chex Mix
- Fruit by the Foot
- Gatorade

Supper #1

- Stroganoff w Beef
- Green Beans
- Pilot Biscuits
- Soft Batch Cookies

Breakfast #2

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

Lunch #2

- Ritz Crackers
- Tuna Fish
- Oreos
- Corn Nuts
- Gatorade

Supper #2

- Black Beans and Rice
- Ramon Noodles
- Bread Sticks
- Apple Sauce

Breakfast #3

- Quaker Breakfast Bar (oatmeal raisin)
- Planters Mix (choc & nut)
- Pineapple Orange Drink
- Pineapple Chunks
- Pemican Jerky

Lunch #3

- Pilot Biscuits
- Canned Chicken
- Fruit Jerky (sour apple)
- Rice Crispy Treats
- Gatorade

Supper #3

- Chicken And Rice
- Mashed Potatoes / bacon
- Bread Sticks
- Chocolate Mud Slide

Breakfast #4

- Cliff Bar (blueberry crisp)
- Gorp
- Pop Tarts (strawberry)
- Oberto Jerky

Lunch #4

- Ritz Crackers
- Jalapeno Squeeze Cheese
- Hooah Bar (chocolate chip)
- Fruit Jerky (strawberry kiwi)
- Gatorade
- Cheddar Squeeze Cheese

Supper #4

- Spaghetti w/ meat sauce
- Corn
- Bread Sticks
- Cheese Cake

Breakfast #5

- Maple Almond Granola
- Lawry's Jerky
- Mojo Bar (Mountain Mix))
- Salted Sunflower Kernals

Lunch #5

- Graham Crackers
- Peanut Butter w/honey
- Luna Bar (lemon)
- Rice Crispy Treat
- Gatorade

Supper #5

- Mac and Cheese
- Ramon Noodles (beef)
- Ranch Bread Pieces
- Soft Batch Cookies

Breakfast #6

- Honey Bunches of Oats Bar (strawberry)
- Reese's Pieces Gorp
- Pemican Jerky
- Honey Roasted Sunflower Seeds
- Hot Spiced Cider

Lunch #6

- Pilot Biscuits
- Canned Ham
- Oreos
- Santa Fe Mix
- Gatorade

Supper #6

- Homestyle Chicken
- Corn
- Pilot Biscuits
- Apple Cobbler

Breakfast #7

- Quaker Breakfast Bar
- Planters Mix (choc and nut)
- Oberto Jerky
- Raisins

Lunch #7

- Ritz Crackers
- Canned Chicken
- Nutter Butter Cookies
- Treetop Fruit Energy Bar (cherry berry)
- Gatorade

Supper #7

- Stir Fry Beef
- Ramon Noodles
- Pecan Sandies Cookies

Breakfast #8

- Granola Cereal (supper nutty)
- Lara Bar (banana)
- Lawry's Jerky
- Grape Drink

Lunch #8

- Saltine Crackers
- Cheddar Squeeze Cheese
- Jalapeno Squeeze Cheese
- Gorp
- Soft Batch Cookies
- Gatorade

Supper #8

- Fettuccine Primavera
- Mashed Potatoes (butter)
- Honey Mustard Bread Pieces
- Apples and Spice Dessert

Breakfast #9

- Instant Oatmeal
- Quaker Chewy Granola Bar (choc chip)
- Planters Mix (fruit and nut)
- Pemican Jerky
- Hot Cocoa

Lunch #9

- Tuna
- Club Crackers
- Reese's Pieces Gorp
- Mojo Bar (peanut butter pretzel)
- Gatorade

Supper #9

- Vegetarian Chili
- Vegetarian Chicken Soup
- Corn Nuts
- Nutter Butter

Breakfast #10

- Granola Cereal (blueberry)
- Lara Bar (cinnamon roll)
- Oberto Jerky
- Honey Roasted Sunflower Kernals

Lunch #10

- Ritz Crackers
- Peanut Butter
- Hooah Bar (apple cinnamon)
- Tropical Gorp
- Gatorade

Supper #10

- Mexican Rice w/ Beef
- Refried Beans
- Apple Sauce

Ingredients

APPLE SAUCE (BERRY WILD)

Organic apples, organic red and white grape juice concentrates, natural flavors (contains natural raspberry, strawberry and blueberry flavors), ascorbic acid (vitamin c), citric acid.

APPLE SAUCE (WILD APPLE)

Organic apples, organic white grape juice concentrate, ascorbic acid (vitamin c), citric 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.

APPLES AND SPICE

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

APRICOTS

Apricots and Sulfur Dioxide (as a preservative)

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.

BLACK BEANS AND RICE

Black beans, rice, wheat starch, tomato, onion, fructose, salt, garlic, molasses, spices, cilantro and citric acid.

BUMBLE BEE TUNA

Light tuna, water, vegetable broth, salt.

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.

CHEESE CAKE

Filling (nonfat dry milk, sugar, corn syrup solids, partially hydrogenated coconut and palm kernel oils, cream cheese solids, dried buttermilk, modified food starch, natural gums, sodium phosphates, natural and artificial flavors, yellow #5 and #6), graham cracker crumbs (enriched wheat flour, graham flour, high fructose corn syrup, leavening [baking soda, monocalcium, phosphate dairy whey, salt, honey).

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.

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.

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.

CHUNK CHICKEN

Chicken meat, water, modified food starch, salt, sodium phosphates.

CHUNK LEAN HAM

Cured with water, salt, sugar, sodium phosphates, sodium erythorbate, smoke flavoring, sodium nitrate.

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.

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 (BLUEBERRY CRISP)

organic brown rice syrup, clifpro (soy rice crisps [soy protein isolate, rice flour, malt extract], organic roasted soybeans, organic soy flour), blueberry fruit pieces (organic evaporated cane juice, blueberry puree concentrate, brown rice syrup, pectin, citric acid, sodium citrate, natural flavor), organic rolled oats, organic dry roasted almonds, organic evaporated cane juice, organic toasted oats (organic oats, organic evaporated cane juice), clifcrunch (organic oat fiber, inulin [chicory extract], organic milled flaxseed, organic oat bran, psyllium), blueberries (blueberries, apple juice concentrate), organic date paste, almond butter, organic sunflower oil, natural flavors, sea salt, citric acid. Vitamins & minerals: dicalcium phosphate, magnesium oxide, ascorbic acid (vit. C), tocopherol acetate (vit. E), ferrous orthophosphate (iron), beta carotene (vit. A), zinc citrate, phytonadione (vit. K1), biotin, niacinamide (vit. B3), calcium pantothenate (vit. B5), potassium iodide, manganese gluconate, copper gluconate, sodium selenite, thiamin (vit. B1), chromium chloride, cyanocobalamin (vit. B12), sodium molybdate, folic acid (vit. B9), riboflavin (vit. B2), pyridoxine hydrochloride (vit. B6), allergen statement: contains soy and almonds. May contain traces of dairy, peanuts and other tree nuts. We source ingredients which do not contain wheat or dairy, and are not genetically engineered.

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 MOJO BAR (PEANUT BUTTER PRETZEL)

Organic brown rice syrup, organic dry roasted peanuts, soy rice crisps (soy protein isolate, organic rice flour, calcium carbonate), peanut butter filled pretzels (enriched wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], peanut butter, salt, baking soda), peanut butter crisps (evaporated cane juice, palm kernel oil, peanut flour, soy lecithin), organic pretzels (organic wheat flour, salt, organic malt syrup, organic canola oil, yeast, baking soda), organic peanut butter, organic dry roasted soybeans, organic oat syrup, vegetable glycerin, peanut flour, organic sunflower oil, roasted peanut extract, sea salt, organic gum arabic, natural vitamin E (antioxidant). ALLEGERN STATEMENT: contains soy, peanuts, wheat, and traces of dairy. May contain traces of tree nuts. We source ingredients that are not genetically engineered. 70% organic ingredients.

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.

CORN NUTS

Corn, partially hydrogenated soybean and/or canola oil, salt.

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.

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.

FRUIT BY THE FOOT

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.

FRUIT JERKY

Whole apples, lemon juice concentrate, natural flavor, ascorbic acid (vitamin C).

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.

GATORADE - FROST

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

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, sodium citrate, natural orange flavor with other natural flavors, monopotassium phosphate, partially hydrogenated soybean oil, yellow 6.

GATORADE - FRUIT PUNCH

sucrose, dextrose citric acid, salt, sodium citrate, monopotassium phosphate, natural and artificial flavors, red 40, partially hydrogenated coconut oil.

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 2, yellow 5 lake, yellow 6 lake), raisins and dry roasted peanuts.

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.

GRAPE DRINK

Sugar, citric acid, natural flavor, ascorbic acid, coloring (Red #40 and Blue 2).

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.

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.

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.

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 (processed with alkali), whey protein concentrate, barley malt extract, glycerine, dates, raisins, soy lecithin, natural flavor, rice bran, ascorbic acid, d-alpha-tocopherol acetate, niacinamide, zinc oxide, tocopherols added to protect flavor, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, vitamin B12.).

HOT APPLE COBBLER

cobbler mix enriched bleached flour[wheat flour, malted barley flour, niacin, iron, thiamin, 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.

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.

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.

LARA BAR - BANANA COOKIE

Almonds, dates, unsweetened bananas.

LARA BAR (CINNAMON ROLL)

Dates, Walnuts, Almonds, Raisins, Cashews, Cinnamon .

LARA BAR (LEMON)

Dates, Cashews, Lemon Juice Concentrate, and Natural Lemon Flavors.

LAWRY'S BEEF JERKY

Beef, brown sugar, salt, corn syrup, dextrose, flavorings, monosodium glutamate, sugar, sodium erythorbate, sodium nitrite.

LIGHTLY SALTED SUNFLOWER KERNELS

sunflower kernels,roasted in peanut and/or cottonseed oil, salt.

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.

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.

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.

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).

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.

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.

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).

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.

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.

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.

PEANUT BUTTER

Dry roasted peanuts, organic palm fruit oil.

PEANUT BUTTER WITH HONEY

Dry roasted peanuts, honey, organic palm fruit oil, sea salt.

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.

PILOT BISCUITS

Enriched flour (containing niacin, reduced iron, thiamine mononitrate and riboflavin), vegetable shortening (contains one or more of the following partially hydrogenated oils: soybean, canola, cottonseed), sugar, corn syrup, whey, salt, bicarbonate of soda, monocalcium phosphate and ammonium bicarbonate.

PINEAPPLE CHUNKS

Pineapple, cane sugar, citric acid, and sulphur dioxide for preservation.

PINEAPPLE ORANGE DRINK

Sugar, citric acid, natural flavors, dextrin, ascorbic acid, partially hydrogenated coconut and cotton seed oils, xanthan gum and artificial colors including (FD&C yellow #5 and yellow #6).

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.

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.

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).

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).

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 pulminate), 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.

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.

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.

RAISINS

California raisins, sunflower seed oil.

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 NOODLE 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.

REESE'S PIECES GORP

Honey roasted peanuts (sucrose, wheat starch, honey, maltodextrin, xanthan gum), vegetable oil, sugar, salt) Reese's pieces (sugar, partially defatted peanuts, partially hydrogenated vegetable oil) reduced minerals whey [milk], dextrose, contains 2% or less of: corn syrup, salt, soy lecithin, artificial color [blue 1 lake, red 40 lake, yellow 5 lake, yellow 6 lake.] carnuba wax, resinous glaze, and artificial flavor), dried Thompson's seedless grapes.

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.

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.

RITZ CRACKERS

enriched flour (wheat flour, niacin, reduced iron, thiamin 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).

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.

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.

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.

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.

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.

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.

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.

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, cardamon seed, fennel seed, fenugreek seed and nutmeg.

TOASTER PASTRY - STRAWBERRY

Strawberry filling, high fructose corn syrup, dextrose, wheat flour, water, glycerin, food starch - modified, sugar, partially hydrogenated 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)

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.

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.

VEGETARIAN CHICKEN SOUP

Egg noodles (enriched durum flour, whole egg solids), seasoning {maltodextrin, salt, vegetarian chicken flavor (autolyzed yeast extract, dried onion, natural flavor, tumeric), dehydrated vegetables (onion mushrooms, garlic, parsley), spices, turmeric, and no more than 2% calcium silicate added to prevent caking}, textured soy flour, partially hydrogenated soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural flavoring, thiamine hydrochloride, disodium guanylate, disodium inosinate. Allergens: egg, wheat, soy.

VEGETARIAN CHILI

pinto beans, hydrogenated corn oil (with TBHQ to preserve freshness), salt, dehydrated vegetables (tomato, green bell pepper, onion, garlic), chili pepper, salt, modified food starch, maltodextrin, spices, sugar, citric acid, and no more than 2% calcium silicate added to prevent caking, textured vegetable protein (soy flour, caramel color), partially hydrogenated soybean oil, water, salt, hydrolyzed corn-soy-wheat protein, autolyzed yeast. Allergens: soy

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.

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