

Philmont Scout Ranch

Trail Breakfast Menu and Ingredients

2013

Breakfast #1		Breakfast #6
Jack Link's – Original Beef Jerky Quaker – PB Choc. Chip Granola Bar - K Lara Bar – Apple Pie - K Clif – Twisted Fruit Strawberry - K Nature Valley Peanut Butter Bar - K Alpine Brand – Spiced Apple Cider Mix - K		Jack Link's – Original Beef Jerky Crunch Mania – French Toast - K Raisins - K Halo Bar – Marshmallow Nut Animal Crackers - K Alpine – Apple Cider Mix - K
Breakfast #2		Breakfast #7
Instant Oatmeal – Apples and Cinnamon - K Pro Bar – Oatmeal Raisin Raisins - K Squeezable Fruit – Apple Cinnamon - K Grandma's Cookie – Peanut Butter - K Country Time Lemonade Mix - K		Instant Oatmeal – Cinnamon and Spice - K Pop Tarts – Strawberry Lara Bar – Peanut Butter Cookie - K Pineapple Chunks Grandma's Cookie – Oatmeal Raisin - K Country Time Lemonade Mix - K
Breakfast #3		Breakfast #8
Pop Tarts – Brown Sugar Cinnamon Maple Almond Granola Apple Chips Breakfast Cookie – Oatmeal Raisin - K Goldfish Giant Grahams Kool Aid – Peach Mango - K		Jack Link's – Peppered Beef Jerky Cheerio's Milk and Cereal Bar Clif – Twisted Fruit, Mixed Berry - K Betty Crocker – Butterscotch Oatmeal Bar Quaker – Maple and Brown Sugar Bar - K Aclimate – Grape Drink Mix
Breakfast #4		Breakfast #9
Jack Link's – Original Beef Steak Halo Bar – Smores Clif – Twisted Fruit Sour Apple - K Quaker – Oatmeal To Go, Brown Sugar - K Fig Newtons - K Swiss Miss - Hot Cocoa Mix		Crunch Mania – Cinnamon Bun - K Daybreak Blend – Berry Almond - K Banana Chips Pro Bar – Whole Berry Blast Kashi Bar – Honey Almond TLC - K Swiss Miss – Hot Cocoa Mix
Breakfast #5		Breakfast #10
Katadyn – Breakfast Scramble Stretch Island Fruit Strip – Apple - K Olympia Granola – Honey Almond Tang Drink Mix - K		Hormel Pepperoni Sticks Clif – Honey Oat Crunch Bar - K Apple Chips Quaker – Oatmeal To Go, Oatmeal Raisin - K Animal Crackers - K Tang Drink Mix - K

Katadyn - Bandito Scramble

Ingredients: Egg Mix Powder (Whole Egg, Nonfat Dry Milk, Vegetable Oil), Diced Potato, Diced Carrots, Sour Cream Powder (Cream Solids, Cultured Nonfat Milk, Citric Acid), Sharp Cheddar Cheese Powder (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate, Annatto Extract), Chopped Onion, Mixed Red and Green Bell Pepper, Low Sodium Salt, Black Pepper, Diced Green Chili, Chives, Chili Powder (Chili Pepper, Cumin, Salt, Oregano, Garlic, Silicone Dioxide (not more than 2% as an anti-caking agent) and ethoxyquin (not more than 100 ppm added as anti oxidant), garlic granules, cilantro.

Contains: **Egg, Milk**. Processed in a facility that produces peanuts, soybeans, milk, eggs, fish, crustaceans, tree nuts and wheat.

Nutrition Facts	
Serving Size 3.5 oz (99g)	
Servings per Container : about 1	
Amount Per Serving	
Calories 460	Calories from Fat 210
% Daily Value*	
Total Fat 23g	35%
Saturated Fat 3g	15%
Cholesterol 740mg	247%
Sodium 720mg	30%
Potassium mg	%
Total Carbohydrate 41g	14%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 23g	%

Malt O Meal Instant Oatmeal, Apple and Cinnamon

Ingredients: whole grain rolled oats, sugar, dried apple pieces (breated with sodium sulfite to promote color retention), salt, cinnamon, calcium carbonate, guar gum, natural flavors, citric acid, niacin (niacinamide), vitamin A palmitate, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1(thiamin mononitrate), folate (folic acid).

Nutrition Facts	
Serving Size 35g	
Servings per Container about 1	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 3g	

Malt O Meal Instant Oatmeal, Maple and Brown Sugar

Ingredients: Whole Grain Rolled Oats, Sugar, Salt, Natural Flavors, Calcium Carbonate, Guar Gum, Caramel Color, Niacin (Niacinamide), Vitamin A Palmitate, Reduced Iron, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), Folate (Folic Acid).

Nutrition Facts	
Serving Size 43g	
Servings per Container about 1	
Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 4g	

Pop-Tarts, Strawberry

Ingredients: Whole Wheat flour, sugar, corn syrup, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), dextrose, soybean and palm oil (with TBHQ for freshness), cracker meal, polydextrose, glycerin, contains two percent or less of: fructose, wheat starch, calcium carbonate, salt, leavening (sodium acid pyrophosphate, baking soda), natural and artificial strawberry flavor, dried strawberries, dried pears, dried apples, sodium stearyl lactylate, corn cereal, citric acid, datem, gelatin, modified corn starch, modified wheat starch, soy lecithin, xanthan gum, caramel color, vitamin A palmitate, red #40, niacinamide, reduced iron, color added, turmeric extract for color, yellow #6, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), folic acid, blue #1.

Contains: **Wheat and Soy** ingredients.

Nutrition Facts	
Serving Size 1 pkgs	
Servings per Container : 1	
Amount Per Serving	
Calories 360	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 360mg	15%
Potassium mg	%
Total Carbohydrate 74g	25%
Dietary Fiber 6g	22%
Sugars 29g	
Protein 4g	

Pop Tarts, Frosted Cinnamon

Ingredients: Whole Wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid), corn syrup, dextrose, soybean and palm oil (with tbhq for freshness), cracker meal, polydextrose, glycerin, contains two percent or less of maltodextrin, molasses, calcium carbonate, salt, leavening (sodium acid pyrophosphate, baking soda), wheat starch, cinnamon, sodium stearoyl lactylate, datem, gelatin, caramel color, xanthan gum, vitamin A palmitate, niacinamide, reduced iron, pyridoxine hydrochloride (vitamin B6), riboflavin (Vitamin B2), thiamin hydrochloride (vitamin B1) folic acid, soy lecithin.

Contains **Wheat and soy** ingredients

Nutrition Facts		
Serving Size 2 pastries (100g)		
Servings per Container : 1		
Amount Per Serving		
Calories	370	Calories from Fat 50
% Daily Value*		
Total Fat	6g	9%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	380mg	16%
Total Carbohydrate	74g	25%
Dietary Fiber	6g	22%
Sugars	30g	
Protein	5g	%

Jack Link's Peppered Beef Jerky

Ingredients: Beef, Water, sugar, less than 2% salt, black pepper, maltodextrin, dried soy sauce (soybeans, salt, wheat), flavoring, hydrolyzed corn protein, sodium erythorbate, paprika extract, sodium nitrite.

Contains: **Wheat and Soy**

Nutrition Facts		
Serving Size 25g		
Servings per Container about 1		
Amount Per Serving		
Calories	70	Calories from Fat 10
% Daily Value*		
Total Fat	1g	2%
Saturated Fat	0g	0%
Cholesterol	25mg	8%
Sodium	360mg	15%
Total Carbohydrate	4g	1%
Dietary Fiber	0g	0%
Sugars	3g	
Protein	13g	

Jack Link's Original Beef Jerky

Ingredients: Beef, Water, sugar, less than 2% Salt, Corn Syrup Solids, Dried Soy Sauce (Soybeans, Salt, Wheat), Hydrolyzed Corn and Soy Protein, Maltodextrin, Flavoring, Sodium Erythorbate, Sodium Nitrite.

Contains: **Wheat and Soy**

Nutrition Facts	
Serving Size 25g	
Servings per Container about 1	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 20mg	7%
Sodium 430mg	18%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 13g	

Jack Link's Original Beef Steak

Ingredients: Beef, water, salt, less than 2% brown sugar, spices, monosodium glutamate, sugar, flavorings, Sodium nitrate

Hormel – Pepperoni Stick – Pork, Beef, Salt, Contains 2% or less of water, dextrose, spices, lactic acid starter culture, oleoresin of paprika, garlic powder, sodium nitrate, BHA, BHT, Citric Acid. **Gluten Free**

Nutrition Facts	
Serving Size 28g	
Servings per Container about 1	
Amount Per Serving	
Calories 140	Calories from Fat
% Daily Value*	
Total Fat 13g	%
Saturated Fat 5g	%
Cholesterol 30mg	%
Sodium 500mg	%
Total Carbohydrate 0g	%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 5g	

Nutrition Facts	
Serving Size 28g	
Servings per Container about 1	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Cholesterol 30mg	10%
Sodium 640mg	27%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 12g	

Crunch Mania French Toast

Ingredients: Whole Wheat Flour, Enriched Flour (Wheat flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Vegetable Oil (Soybean and palm oil with TBHQ for freshness), Molasses, contains two percent or less of salt, calcium carbonate, dextrose, baking soda, cinnamon, soy lecithin, cornstarch, natural and artificial flavor (contains milk), propylene glycol alginate, niacinamide, bht for freshness, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), thiamin, hydrochloride (vitamin B1), riboflavin (vitamin B2).

Contains: **Wheat, Milk and Soy** Ingredients.

Nutrition Facts		
Serving Size 1 pouch		
Servings per Container : 1		
Amount Per Serving		
Calories	210	Calories from Fat 60
% Daily Value*		
Total Fat	7g	11%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	220mg	9%
Potassium	mg	%
Total Carbohydrate	37g	12%
Dietary Fiber	2g	10%
Sugars	13g	
Protein	4g	%

Crunch Mania Cinnamon Bun

Ingredients: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), sugar, vegetable oil (soybean and palm oil with tbhq for freshness), molasses, contains two percent or less of salt, calcium carbonate, dextrose, baking soda, cinnamon, soy lecithin, cornstarch, natural and artificial flavor (contains milk), propylene glycol alginate, niacinamide, bht for freshness, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), thiamin hydrochloride (vitamin B1), riboflavin (vitamin B2)

CONTAINS **WHEAT, SOY, AND MILK INGREDIENTS**

Nutrition Facts		
Serving Size 1 pouch		
Servings per Container : 1		
Amount Per Serving		
Calories	220	Calories from Fat 60
% Daily Value*		
Total Fat	7g	11%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	230mg	9%
Potassium	mg	%
Total Carbohydrate	37g	12%
Dietary Fiber	2g	10%
Sugars	12g	
Protein	4g	%

Planters Trail Mix – Berry Almond Daybreak Blend

Ingredients: Almonds, Golden Raisins, Sugar, Dried Cranberries, Whole Grain Rolled Oats, Rice Flour, Whole Grain Wheat, Vegetable Oil (High Oleic Sunflower, High Oleic Canola, Peanut and/or Cottonseed Oil), Dried Bananas, Contains 2% or less of : Corn Syrup, Whey (From Milk), Molasses, Salt, Sea Salt, Reduced Iron, Sulfites Added to Preserve Color.

Contains: **Almond, Wheat, Milk**. **Manufactured on Equipment That Processes Peanut, Other Tree Nuts.**

Nutrition Facts

Serving Size 42 g
Servings per Container : 1

Amount Per Serving	
Calories	180
Calories from Fat	70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 45mg	2%
Potassium 180mg	5%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	4%
Sugars 15g	
Protein 4g	0%

SNAPZ APPLE CRISPS

Ingredients: Apples, Lemon Juice Concentrate (to preserve color) and Cinnamon

Nutrition Facts

Serving Size 1 Package
Servings per Container : 1

Amount Per Serving	
Calories	50
Calories from Fat	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 0g	0%

Clif Twisted Fruit, Strawberry

Ingredients: Organic Apple Puree, Organic Apple Juice Concentrate, Organic Natural Flavors, Malic Acid, Pectin, Colored with Vegetable Juice. Vitamins and Minerals: Ascorbic Acid (Vit. C), Ferric Orthophosphate (Iron). We source ingredients that are not genetically engineered.

Nutrition Facts

Serving Size 20g
Servings per Container about 1

Amount Per Serving	
Calories	70
Calories from Fat	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 0g	
Potassium 120 mg	3%

Azar Brand Banana Chips

Ingredients: Banana, coconut and/or vegetable oil, sugar and/or honey, natural flavors. Packed in a facility that processes products that contain peanuts, tree nuts, milk, egg, wheat and soy beans.

Raisins – Valley Pride

Ingredients: Raisins

Nutrition Facts			
Serving Size 1 Box			
Servings per Container about 1			
Amount Per Serving			
Calories	130	Calories from Fat	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	31g		10%
Dietary Fiber	2g		9%
Sugars	29g		
Protein	1g		

Clif Twisted Fruit, Mixed Berry

Ingredients: Clif Organic apple puree, organic apple juice concentrate, organic flavors, malic acid, pectin, colored with fruit and vegetable juice, vitamins and minerals: ascorbic acid (vit. C), ferric orthophosphate (iron), we source ingredients that are not genetically engineered. One serving of fruit

Nutrition Facts

Serving Size 28g
Servings per Container about 1

Amount Per Serving			
Calories	150	Calories from Fat	90
% Daily Value*			
Total Fat	10g		16%
Saturated Fat	9g		46%
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	12g		4%
Dietary Fiber	1g		4%
Sugars	8g		
Protein	0g		

Nutrition Facts

Serving Size 1 piece
Servings per Container : 1

Amount Per Serving			
Calories	70	Calories from Fat	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	5mg		0%
Potassium	120mg		3%
Total Carbohydrate	17g		6%
Dietary Fiber	1g		4%
Sugars	15g		
Protein	0g		0%

Clif Twisted Fruit, Sour Apple

Ingredients: Clif Organic apple puree, organic apple juice concentrate, organic flavors, malic acid, pectin, vitamins and minerals: ascorbic acid (vit. C), ferric orthophosphate (iron), we source ingredients that are not genetically engineered. One serving of fruit

Nutrition Facts

Serving Size 1 piece
Servings per Container : 1

Amount Per Serving	
Calories	70
Calories from Fat	0
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	5mg 0%
Potassium	120mg 3%
Total Carbohydrate	17g 6%
Dietary Fiber	1g 4%
Sugars	15g
Protein	0g 0%

Pineapple Chunks

Ingredients: Pineapple, Sugar, Citric Acid, Calcium, Sulphur Dioxide.
Packed in a Facility that processes products that contain: peanuts, tree nuts, milk, egg, wheat and soybeans.

Nutrition Facts

Serving Size 42g
Servings per Container about 1

Amount Per Serving	
Calories	130
Calories from Fat	0
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	10mg 0%
Total Carbohydrate	33g 11%
Dietary Fiber	2g 8%
Sugars	27g
Protein	0g

Stretch Island Fruit Strip - Apple

Ingredients: Apple Puree Concentrate, Natural Lemon Juice Concentrate, Natural Apple Flavor.

Nutrition Facts

Serving Size 1
Servings per Container : 1

Amount Per Serving	
Calories	45
Calories from Fat	0
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	5mg 0%
Potassium	75mg 6%
Total Carbohydrate	12g 4%
Dietary Fiber	1g 9%
Sugars	9g
Protein	0g

Del Monte Squeezable Fruit, Apple Cinnamon

Ingredients: Pear Puree (Pear Puree Concentrate, Water), Apple Puree (Apple Puree Concentrate, Water), Pear Juice (Pear Juice Concentrate, Water), Natural Flavor, Ascorbic Acid, Cinnamon, Malic Acid.

Nutrition Facts		
Serving Size 1 tube (62g)		
Servings per Container : 1		
Amount Per Serving		
Calories	60	Calories from Fat 0
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Potassium	95mg	3%
Total Carbohydrate	14g	5%
Dietary Fiber	2g	9%
Sugars	9g	

QUAKER CHEWY GRANOLA BAR – PEANUT BUTTER Chocolate Chip–

Ingredients: Granola (Whole grain rolled oats, brown sugar, crisp rice (rice flour, sugar, salt, malted barley extract), whole grain rolled wheat, soybean oil, whole wheat flour, sodium bicarbonate, soy lecithin, caramel color, nonfat dry milk), corn syrup, brown rice crisp (whole grain brown rice, sugar, malted barley, flour, salt), peanut butter spread (peanuts, sugar, palm oil, salt) semi sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), invert sugar, peanut flavored chips (sugar, palm kernel and palm oil, partially defatted peanut flour, lactose, dry whey, dextrose, corn syrup solids, soy lecithin, salt, vanillin (artificial flavor), corn syrup solids, glycerin. Contains 2% or less of palm kernel and palm oil, calcium carbonate, sorbitol, partially defatted peanut flour, salt, lactose, whey, dextrose, water, soy lecithin, natural and artificial flavor, BHT (preservative), citric acid.

CONTAINS WHEAT, SOY, PEANUT AND MILK INGREDIENTS. MAY CONTAIN TRACES OF TREE NUTS

Nutrition Facts		
Serving Size 1 bar		
Servings per Container : 1		
Amount Per Serving		
Calories	180	Calories from Fat 50
% Daily Value*		
Total Fat	6g	9%
Saturated Fat	2.5g	12%
Cholesterol	0mg	0%
Sodium	160mg	7%
Potassium	mg	%
Total Carbohydrate	30g	10%
Dietary Fiber	2g	7%
Sugars	13g	
Protein	3g	%

Halo Bar – Marshmallow Nut

Ingredients: ProBar Syrup Blend (Organic Brown Rice Syrup, Organic Agave Syrup), Organic Oats, Organic Peanut Butter, Vegan Marshmallows (Evaporated Cane Juice, Tapioca Syrup, Potato Starch, Water, Carrageenan, Soy Protein, Natural Vanilla Flavor), Organic Brown Rice Crisp (organic Brown rice, organic evaporated cane juice, salt), organic roasted peanuts, organic flax seeds, organic evaporated cane juice, vegetable glycerin, organic crisp brown rice, marshmallow flavor, organic expeller pressed canola oil, vanilla powder, organic rice syrup, salt, roasted peanut extract, organic oat flour, organic molasses, rosemary extract, natural tocopherols, citric acid, ascorbic acid, Arabic gum

Contains: **Peanuts, Soy**. Produced on equipment that processes peanuts, soy, wheat and tree nuts.

Nutrition Facts	
Serving Size 1 Bar (37g)	
Servings per Container : 1	
Amount Per Serving	
Calories 120	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 230mg	10%
Potassium	%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 4g	%

Kashi Bar, Honey Almond Flax Chewy Granola Bar

Ingredients: Rolled whole grain blend (Hard red wheat, oats, rye, triticale, barley), Roasted salted whole almonds, brown rice syrup, soy protein isolate, soy grits, evaporated cane juice crystals, chicory root fiber, whole flax seeds, evaporated cane juice syrup, rice starch, corn flour, honey, expeller pressed canola oil, vegetable glycerin, oat fiber, natural flavors, evaporated salt, **Kashi Seven Whole Grains and Sesame Flour** (Whole: Oats, hard red wheat, rye, brown rice, triticale, Barley, buckwheat, sesame seeds), molasses, soy lecithin, peanut flour, whey protein isolate,

Contains: **Wheat, almond, soy, peanut and milk ingredients, may contain other tree nuts.**

Nutrition Facts	
Serving Size 1 Bar (35g)	
Servings per Container : 1	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.0g	0%
Cholesterol 0mg	0%
Sodium 105 mg	4%
Potassium	%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	15%
Sugars 5g	
Protein 7g	9%

Honey Oat Crunch Bar Clif– Organic Rolled Oats, Organic dried Cane syrup, Organic Sunflower Oil, Rice Crisp (Rice Flour, Barley Malt Extract, dried Cane syrup, Salt, Calcium Carbonate), Honey, Natural Flavors, Organic Barley Flakes, Organic Rye Flakes, Oat Bran, Oat Fiber, Sea Salt (Real Salt), Inulin (Chicory Extract). **MAY CONTAIN TRACES OF PEANUTS, TREE NUTS, WHEAT AND SOY.**

Fig Newtons

Ingredients: Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), figs, sugar, corn syrup, high fructose corn syrup, whey (from milk), soybean oil, partially hydrogenated cottonseed oil, salt, baking soda, calcium lactate, soy lecithin, malic acid, sodium benzoate and sulfur dioxide added to preserve freshness, natural and artificial flavor, cornstarch.

Contains: **wheat, milk, soy**

Quaker Oatmeal To Go Oatmeal Raisin

Ingredients: 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), annatto color, artificial flavor, vitamin A palmitate), polydextrose, glycerin, modified food starch, dried whole eggs, corn syrup, calcium carbonate, malted barley extract, natural and artificial flavor, salt, sorbitol, cinnamon, sodium bicarbonate, malt (contains: barley, soy and wheat components), corn flour, malic acid, sodium alginate, natural and mixed tocopherols, calcium phosphate, spice, niacinamide, vitamin A palmitate, reduced iron, potassium sorbate and BHT (preservatives), sodium phosphate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, folic acid.

Nutrition Facts		
Serving Size 2 bars		
Servings per Container : 1		
Amount Per Serving		
Calories	190	Calories from Fat 70
% Daily Value*		
Total Fat	8g	12%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	110mg	5%
Potassium	90mg	3%
Total Carbohydrate	28g	9%
Dietary Fiber	3g	12%
Sugars	11g	
Protein	3g	6%

Nutrition Facts		
Serving Size 1 pkg		
Servings per Container : 1		
Amount Per Serving		
Calories	200	Calories from Fat 35
% Daily Value*		
Total Fat	4g	6%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	220mg	9%
Potassium	115mg	3%
Total Carbohydrate	40g	13%
Dietary Fiber	2g	8%
Sugars	23g	
Protein	2g	%

Nutrition Facts		
Serving Size 40g		
Servings per Container about 1 Bar		
Amount Per Serving		
Calories	150	Calories from Fat 25
% Daily Value*		
Total Fat	2.5g	4 %
Saturated Fat	0.5g	3 %
Cholesterol	10mg	4%
Sodium	150mg	6 %
Potassium	105mg	3%
Total Carbohydrate	29g	10%
Dietary Fiber	3g	12 %
	Sol. Fiber 1g	
Sugars	14g	
Protein	3g	

Quaker Oatmeal To Go, Brown Sugar Cinnamon

Ingredients: Whole grain rolled oats, high fructose corn syrup, brown sugar, oat flour, oat bran concentrate, 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), annatto color, artificial flavor, vitamin A palmitate), polydextrose, glycerin, modified food starch, corn syrup, dried whole eggs, water, malted barley extract, calcium carbonate, salt, sorbitol, cinnamon, sodium bicarbonate, malt (contains barley, soy, and wheat components), corn flour, malic acid, sodium alginate, enzyme modified soy protein, natural mixed tocopherols, calcium phosphate, sodium hexametaphosphate, natural and artificial flavor, artificial color, potassium sorbate and BHT (preservatives) niacinamide, vitamin A palmitate, reduced iron, sodium phosphate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, folic acid.

Contains: **Soy, Egg and Wheat** ingredients. May contain traces of peanut and tree nuts.

Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4 %
Saturated Fat 0.5g	3 %
Cholesterol 10mg	4%
Sodium 150mg	6 %
Potassium 80mg	2%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12 %
Sol. Fiber 1g	
Sugars 13g	
Protein 3g	

Nature Valley Bar, Peanut Butter

Ingredients: grain oats, sugar, canola oil, peanut butter (peanuts, salt), yellow corn flour, brown sugar syrup, soy flour, salt, soy lecithin, baking soda.

Contains: **Peanut, soy**, May contain **almond and pecan** ingredients.

Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10 %
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8 %
Sugars 11g	
Protein 5g	
Vitamin A 0 %	Calcium 0%
Vitamin C 0 %	Iron 4%

LaraBar, Apple Pie (2 per person)

Ingredients: Dates, Almonds, Unsweetened Apples, Walnuts, Raisins and Cinnamon.

Gluten Free, Dairy Free, Soy Free, NON-GMO, Vegan, Kosher

LaraBar, Peanut Butter Cookie (2 per person)

Ingredients: Dates, Peanuts, Sea Salt.

Contains: **Peanuts**

Nutrition Facts	
Serving Size 1 Bar (22g)	
Servings per Container : 1	
Amount Per Serving	
Calories 100	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 30mg	1%
Potassium	%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 3g	%

Nutrition Facts

Serving Size 1 Bar (22g)

Servings per Container : 1

Amount Per Serving	
Calories 90	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Potassium	%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	10%
Sugars 9g	
Protein 2g	%

Quaker, Maple Brown Sugar Chewy Granola Bar

Ingredients: Granola (whole grain rolled oats, brown sugar, brown rice crisp (whole grain brown rice, sugar, malted barley flour, salt), whole grain rolled wheat, soybean oil, whole wheat flour, maltodextrin, sodium bicarbonate, soy lecithin, caramel color, nonfat dry milk), corn syrup, brown rice crisp (whole grain brown rice, sugar, malted barley flour, salt), corn syrup solids, confectionary chips (sugar, palm kernel oil, nonfat dry milk, palm oil, artificial color, soy lecithin), glycerin, invert sugar, sorbitol, soybean oil, calcium carbonate, sugar, fructose, salt, natural and artificial flavor, cinnamon, soy lecithin, molasses, BHT (to preserve freshness), citric acid, water.

CONTAINS: **WHEAT, SOY AND MILK INGREDIENTS. MAY CONTAIN TRACES OF PEANUT AND TREE NUTS.**

Nutrition Facts

Serving Size 1 BAR (36g)

Servings per Container : 1

Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	6%
Sugars 9g	
Protein 2g	%

Olympia Granola – Honey Almond Bar

Ingredients: Rolled Oats, Almonds, Nutty Rice (Rice Flour, Raisin Juice Concentrate, Rice Bran, Salt), Honey, Sunflower Seeds, Coconut, Flax Seeds, Sea Salt.

Potential Allergens: Contains **Tree Nuts**, May contain traces of Peanut.

Nutrition Facts	
Serving Size 1 BAR (43g)	
Servings per Container : 1	
Amount Per Serving	
Calories 190	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	11%
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	13%
Sugars 10g	
Protein 5g	10%

Pepperidge Farm, Goldfish Giant Grahams – Whole wheat flour, unbleached enriched wheat flour (flour, niacin, riboflavin (vitamin B2), thiamine mononitrate

(vitamin B1), reduced iron, folic acid), sugar, vegetable oils (partially hydrogenated soybean and cottonseed), fructose, contains 2% or less of: cinnamon, calcium carbonate, salt, baking soda, ascorbic acid (vitamin C), ferric orthophosphate, maltodextrin, vitamin A palmitate, wheat starch, soy lecithin.

Contains: **Wheat, Soy** ingredients

Nutrition Facts	
Serving Size 1 pouch	
Servings per Container : 1	
Amount Per Serving	
Calories 120	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 110mg	5%
Potassium mg	%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 1g	%

Keebler Animal Crackers

Ingredients: Whole Wheat Flour, sugar, vegetable oil (soybean and palm oil with tbhq for freshness), contains two percent or less of calcium carbonate, salt, baking soda, natural flavor, soy lecithin, wheat starch, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid.

Contains: **Wheat and Soy** Ingredients

Nutrition Facts	
Serving Size 1 Package 29g	
Servings per Container : 1	
Amount Per Serving	
Calories 130	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 110mg	5%
Potassium	%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 2g	0%

Pro Bar – Oatmeal Raisin

Ingredients: Organic Brown Rice Syrup, Organic Oats, Organic Raisins, Cashew Butter (Cashews, Safflower Oil or Sunflower Oil), Walnuts, Organic Sunflower Seeds, Organic Dates, Organic Flax Seeds, Organic Sesame Seeds, Organic Evaporated Cane Juice, Organic Crisp Brown Rice, Organic Agave Syrup, Organic Expeller Pressed Canola Oil, Vegetable Glycerin, Organic Brown Rice Crisp (Organic Brown Rice, Organic Evaporated Cane Juice, Salt), Organic Rice Syrup, Organic Pumpkin Seeds, Organic Oat Flour, Salt, Organic Molasses, Cinnamon, Rosemary Extract, Natural Tocopherols, Citric Acid, Ascorbic Acid, Arabic Gum.

Contains: Cashews, Walnuts, Produced on equipment that processes peanuts, soy, wheat, and tree nuts. All natural product, may contain pit pieces, nutshells and other organic matter.

Nutrition Facts		
Serving Size 1 Package		
Servings per Container : 1		
Amount Per Serving		
Calories	370	Calories from Fat 170
% Daily Value*		
Total Fat	18g	28%
Saturated Fat	2.5g	13%
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrate	46g	15%
Dietary Fiber	5g	20%
Sugars	18g	
Protein	10g	

Pro Bar – Wholeberry Blast

Ingredients: Organic Brown Rice Syrup, Organic Oats, Organic Dates, Organic Sunflower Seeds, Organic Cashew Butter , (Organic Cashews, Organic Sunflower Oil), Almond Butter, Cashews, Organic Raisins, Organic Flax Seeds, Organic Sesame Seeds, Almonds, Organic Evaporated Cane Juice, Apple Juice Infused Blueberries, Apple Juice Infused Strawberries, Organic Crisp Brown Rice, Organic Expeller Pressed Canola Oil, Chocolate Liquor Drops, Vegetable Glycerin, Dried Papaya, Dried Pineapple, Blueberry Puree, Organic Brown Rice Crisp (Organic Brown Rice, Organic Evaporated Cane Juice, Salt), Organic Rice Syrup, Organic Oat Flour, Organic Molasses, Organic Pumpkin Seeds, Blueberry Flavor, Citric Acid, Natural Flavor, Sunflower Oil, Salt.

Contains: Almonds, Cashews. Produced On Equipment That Processes Peanuts, Soy, Wheat and Tree Nuts. All Natural Product May Contain Pit Pieces, Nut Shells, and Other Organic Matter.

Nutrition Facts		
Serving Size 85g		
Servings per Container about 1		
Amount Per Serving		
Calories	370	Calories from Fat 160
% Daily Value*		
Total Fat	18g	28%
Saturated Fat	3.5 g	18%
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carbohydrate	48g	16%
Dietary Fiber	6g	24 %
Sugars	18g	
Protein	9g	

Maple Almond Granola

Ingredients: Maple Almond Granola (Rolled Oats, Sugar, Canola Oil, Almonds, Maple Syrup, Maple Flavor, Salt)

Contains: **Almonds**

Nutrition Facts	
Serving Size 57g	
Servings per Container about 1	
Amount Per Serving	
Calories 230	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12 %
Saturated Fat 1.5 g	8 %
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 34g	11%
Dietary Fiber 4g	16 %
Sugars 12g	
Protein 5g	

Grandma's Cookie, Oatmeal Raisin

Ingredients: Enriched flour (bleached and unbleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid,) sugar, vegetable shortening (palm oil, canola oil with THBQ and Citric Acid to preserve freshness) rolled oats, raisins, high fructose corn syrup, raisin paste, leavening (baking soda, monocalcium phosphate) eggs, molasses, corn starch, malt syrup, salt, cinnamon, artificial vanilla flavor, Allspice, Calcium Propionate (to preserve freshness). Contains **wheat and egg** ingredients. This product is made on equipment that processes peanuts and tree nuts.

Nutrition Facts	
Serving Size 1 cookie	
Servings per Container : 2	
Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Cholesterol 10mg	4%
Sodium 200mg	8%
Potassium mg	%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Sugars 12g	
Protein 2g	%

ProBar Halo Smores

Ingredients: ProBar Syrup Blend (Organic Brown Rice Syrup, Organic Agave Syrup), Organic Oats, Organic Peanut Butter, Chocolate Chips (Evaporated Cane Juice, Chocolate Liquor, Non-Dairy Cocoa Butter), Vegan Marshmallow (Evaporated Cane Juice, Tapioca Syrup, Potato Starch, Water, Carrageenan, Soy Protein, Natural Vanilla Flavor), Organic Brown Rice Crisp (Organic Brown Rice, Organic Evaporated Cane Juice, Salt), Organic Flour, Whole Wheat Flour, Organic Flax Seeds, Organic Naturally Milled Sugar, Organic Expeller Pressed Canola Oil, Organic Evaporated Cane Juice, Vegetable Glycerin, Marshmallow Flavor, Organic Crisp Brown Rice, Organic Molasses, Vanilla Powder, Organic Rice Syrup, Organic Oat Flour, Baking Soda, Vegan Butter Flavor, Salt, Rosemary Extract, Natural Tocopherols, Citric Acid, Ascorbic Acid, Arabic Gum.

Contains: **Peanuts, Soy, Wheat**. Processed on equipment that processes peanuts, soy, wheat and tree nuts.

Nutrition Facts		
Serving Size 1 bar (37g)		
Servings per Container : 1		
Amount Per Serving		
Calories	150	Calories from Fat 45
% Daily Value*		
Total Fat	5g	8%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	160mg	7%
Potassium	mg	%
Total Carbohydrate	24g	8%
Dietary Fiber	2g	8%
Sugars	10g	
Protein	3g	%

Quaker Breakfast Cookie, Oatmeal Raisin

Ingredients: WHOLE GRAIN ROLLED OATS, HIGH FRUCTOSE CORN SYRUP, RAISINS, WHOLE WHEAT FLOUR, BROWN SUGAR, CORN SYRUP, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OILS** WITH TBHQ AND CITRIC ACID ADDED TO PRESERVE FRESHNESS, MODIFIED WHEAT STARCH, MALTODEXTRIN, CONTAINS 2% OR LESS OF CALCIUM CARBONATE, MONO AND DIGLYCERIDES, WATER, GLYCERIN, DRIED APPLE PUREE, EGG WHITES, SUGAR, SODIUM BICARBONATE, DRIED WHOLE EGGS, SALT, MODIFIED FOOD STARCH, CINNAMON, CORN FLOUR, MALIC ACID, SODIUM ALGINATE, CALCIUM PHOSPHATE, VITAMIN E ACETATE, REDUCED IRON, NIACINAMIDE*, POTASSIUM SORBATE (A PRESERVATIVE), SODIUM PHOSPHATE, PYRIDOXINE HYDROCHLORIDE*, THIAMIN MONONITRATE*, RIBOFLAVIN*, VITAMIN A PALMITATE, CYANOCOBALAMIN.

CONTAINS **WHEAT AND EGG** INGREDIENTS. MAY CONTAIN TRACES OF **TREE NUTS**.

Nutrition Facts		
Serving Size 1 Cookie (48g)		
Servings per Container : 1		
Amount Per Serving		
Calories	170	Calories from Fat 40
% Daily Value*		
Total Fat	4.5g	7%
Saturated Fat	1g	6%
Cholesterol	5mg	1%
Sodium	190mg	8%
Total Carbohydrate	33g	11%
Dietary Fiber	5g	19%
Sugars	15g	
Protein	3g	%

Grandma's Cookie, Peanut Butter

Ingredients: Enriched flour (bleached and unbleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid,) Peanut Butter (roasted peanuts, sugar, hydrogenated (canola, soybean and/or cottonseed) oil, salt, molasses), sugar, high fructose corn syrup, vegetable shortening (partially hydrogenated soybean and cottonseed oil with TBHQ for freshness), and less than 2% of the Following: Fructose, Corn Starch, Eggs, Leavening (baking Soda), Salt, Artificial Flavor, Caramel Color and Wheat Flour.

Contains: **Wheat, Peanut, and Egg** Ingredients. This product is made on equipment that processes tree nuts.

Nutrition Facts	
Serving Size 1 cookie	
Servings per Container : 2	
Amount Per Serving	
Calories 170	Calories from Fat 80
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 2g	11%
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium	
Total Carbohydrate 19g	6%
Dietary Fiber 2g	6%
Sugars 10g	
Protein 4g	%

Betty Crocker Butterschotch Oatmeal Bar

Ingredients: Whole Grain Oats, Whole Wheat Flour, Sugar, Corn Syrup, Canola Oil, Caramel Flavored Chips (Sugar, Palm Kernel and Palm Oils, Reduced Minerals, Whey, Soy Lecithin, Color Added, Nonfat Dry Milk, Salt, Natural Flavor), Vegetable Glycerin. Contains 2% or less of Egg Yolk, Enzyme Modified Butter, Molasses, SemiSweet Chocolate chips (Sugar, Chocolate liquor, Cocoa Butter, Milkfat, Soy Lecithin, Artificial Flavor), Baking Soda, Salt, Egg Whites, Maltodextrin, Natural and Artificial Flavor, Water, Color Added.

Contains: **Wheat, Egg, Milk and Soy** Ingredients.

Nutrition Facts	
Serving Size 1 Bar	
Servings per Container : 1	
Amount Per Serving	
Calories 150	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	7%
Cholesterol 20mg	6%
Sodium 120mg	5%
Potassium	
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Sugars 8g	
Protein 2g	%

Honey Nut Cheerios Milk N Cereal Bar

Ingredients: Cereal (crisp rice (rice flour, sugar, malt extract, salt, caramel color), whole grain oats, textured soy flour, sugar, oat bran, honey, brown sugar syrup, corn starch, modified corn starch, salt, calcium carbonate, tripotassium phosphate, canola and/or rice bran oil, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), a B vitamin (niacinamide), natural almond flavor, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), a B Vitamin (folic acid), vitamin B12, vitamin D), Corn Syrup, Milk filling (sugar, palm kernel oil, lactose, nonfat milk, dried sweetened condensed milk (sugar, milk), partially hydrogenated soybean oil, monoglycerides, soy lecithin, salt, natural and artificial flavor, tbhq and citric acid added to retain freshness); High Fructose Corn Syrup, Fructose, Maltodextrin, Isolated Soy Protein, Partially Hydrogenated Soybean Oil, Glycerin, Tricalcium Phosphate, Canola and/or Rice Bran Oil, Sorbitol, Soy Lecithin, Caramel and Annatto Extract Color, Sugar, Gelatin, Vitamin C (sodium ascorbate), Natural and Artificial flavor, Iron and Zinc (Mineral Nutrients), Calcium Carbonate, Salt, Vitamin A (palmitate), A B Vitamin (niacinamide), Vitamin D, Vitamin B2 (riboflavin), Vitamin B6 (pyridoxine hydrochloride), vitamin B1(thiamin mononitrate), A B Vitamin (Folic Acid), Vitamin B12, BHT and mixed Tocopherols Added to retain freshness.

Contains **Soy, Milk, Almond**, May contain **Peanut, Sunflower and Wheat** ingredients

Nutrition Facts	
Serving Size 1 bar	
Servings per Container : 1	
Amount Per Serving	
Calories 160	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 90mg	4%
Potassium 125mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 3g	%

ALPINE BRAND APPLE CIDER BY KRUSTEAZ– sugar, malic acid, maltodextrin, tricalcium phosphate (prevents caking), apple juice solids, caramel color, sodium citrate (controls acidity), ascorbic acid, natural and artificial flavors, spice extractive.

Allergy Information: This product is manufactured in a facility that makes products containing milk, eggs, soy and wheat.

Nutrition Facts	
Serving Size 1 Pouch (21g)	
Servings per Container : 1	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 0g	0%

Country Time Lemonade Mix

Ingredients: sugar, citric acid, (provides tartness), contains less than 2% of natural flavor, ascorbic acid (vitamin C), sodium citrate (controls acidity), magnesium oxide (prevents caking), sucralose (sweetener), calcium fumarate, soy lecithin, artificial color, yellow 5 lake, tocopherol (preserves freshness)

Nutrition Facts	
Serving Size ½ pkt	
Servings per Container : 2	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium mg	%
Total Carbohydrate 9g	3%
Dietary Fiber g	0%
Sugars 9g	
Protein 0g	%

Aclimate Mountain Grape

Ingredients: Organic Cane Sugar, Citric Acid, Malic Acid, Natural Grape Flavor (Grape Skin Extract (for Color), Silicon Dioxide (Anti Caking), Grape Juice Powder, Xanthan Gum, Stevia Leaf Extract, Lo Han Fruit Extract.

Nutrition Facts	
Serving Size 13g	
Servings per Container : 1	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 105mg	4%
Potassium 95 mg	3%
Total Carbohydrate 8 g	3%
Dietary Fiber	
Sugars 8g	
Protein 0g	

Swiss Miss Hot Cocoa Mix

Ingredients: Sugar, corn syrup, modified whey, cocoa (processed with alkali), hydrogenated coconut oil, nonfat milk, calcium carbonate, less than 2% of: salt, dipotassium phosphate, mono and diglyderides, artificial flavor, carrageenan.

Contains: **Milk**

Nutrition Facts		
Serving Size 21g		
Servings per Container : 1		
Amount Per Serving		
Calories	90	Calories from Fat 20
% Daily Value*		
Total Fat	2g	3%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	150mg	6%
Potassium	270 mg	8%
Total Carbohydrate	16 g	5%
Dietary Fiber		
Sugars	8g	
Protein	1g	

TANG SPORT – FRUIT PUNCH - citric acid, salt, sodium

citrate, magnesium oxide, potassium citrate, ascorbic acid (vitamin C), aspartame *, maltodextrin, modified cornstarch, contains less than 2% of natural & artificial flavor, calcium carbonate, sodium and potassium bicarbonate, vitamin E acetate, niacinamide, vitamin A palmitate, vitamin B6, riboflavin (vitamin B2), red 40, red 40 lake, BHA (to help protect flavor).

Nutrition Facts		
Serving Size 2/5 packet		
Servings per Container : 2.5		
Amount Per Serving		
Calories	0	Calories from Fat 0
% Daily Value*		
Total Fat	0g	3%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	110mg	5%
Potassium	35mg	1%
Total Carbohydrate	0g	0%
Dietary Fiber	1g	5%
Sugars	0g	
Protein	0g	
Protein	3g	0%

Nutrition Facts		
Serving Size 1/8 packet		
Servings per Container : 8		
Amount Per Serving		
Calories	0	Calories from Fat 0
% Daily Value*		
Total Fat	0g	3%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	30mg	1%
Potassium	35mg	1%
Total Carbohydrate	0g	0%
Dietary Fiber	1g	5%
Sugars	0g	
Protein	0g	
Protein	0g	0%

Kool Aid Mango

Ingredients: Citric Acid, Maltodextrin, Salt, Artificial Color, Ascorbic Acid (Vitamin C) Artificial Flavor, Yellow 5 Yellow 6, Natural Flavor, Tocopherol (Preserves Freshness)

Philmont Scout Ranch

Trail Lunch Menu and Ingredients

2013

Lunch #1		Lunch #6
Town House Crackers - K Canned Chicken Planter's Fruit and Nut Trail Mix - K Jack Link's – All American Combo Mojo Bar- Mountain Mix - K Riptide Rush Gatorade		Wheat Thins - K Justin's Nut Butter – Chocolate Hazelnut - K Planter's Fruit and Nut Trail Mix - K Jack Link's – Jalapeno Combo Honey Stinger – Blueberry Buzz Bar - K Lemon Lime Gatorade
Lunch #2		Lunch #7
Club Crackers - K Justin's Nut Butter – Honey - K Sunflower Seeds - K Jack Link's – Teriyaki Honey Stinger – Berry Banana Buzz Bar - K Fruit Punch Gatorade		Club Crackers - K Canned Chicken Sunflower Seeds - K Corn Nuts Honey Stinger – Pink Lemonade Chews Riptide Rush Gatorade
Lunch #3		Lunch #8
Ritz Crackers - K Squeeze Cheese – Jalapeno Planter's Cajun Trail Mix - K Jack Link's – Turkey Jerky Honey Stinger – Orange Chews - K Lemon Lime Gatorade		Ritz Crackers - K Squeeze Cheese – Cheddar Planter's Cajun Trail Mix - K Spam Singles Mojo Bar – Peanut Pretzel - K Fruit Punch Gatorade
Lunch #4		Lunch #9
Stacy's Bagel Chips – Simply Naked Canned Smoked Ham Sunflower Trail Mix - K Corn Nuts Clif – Crunchy Peanut Butter Bar - K Riptide Rush Gatorade		Saltines Crackers - K Tuna - K Sunflower Trail Mix - K Soft Batch Cookies - K Honey Stinger – Peanut Butter N Honey Bar - K Lemon Lime Gatorade
Lunch #5		Lunch #10
Saltines Crackers - K Tuna - K Planter's Nut and Chocolate Trail Mix - K Nutter Butters - K Honey Stinger Waffle – Honey Fruit Punch Gatorade		Honey Grahams - K Sun Butter - K Planter's Nut and Chocolate Trail Mix - K Jack Link's – Sweet N Hot Jerky Honey Stinger Waffle – Vanilla Fruit Punch Gatorade

Stacy's Bagel Chips – Simply Naked

Ingredients: enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sunflower oil (rosemary extract, ascorbic acid) and/or canola oil (rosemary extract, ascorbic acid), organic cane sugar, wheat gluten, sea salt, malt extract, yeast, malted barley flour.

Contains: **Wheat** Ingredients

Nutrition Facts			
Serving Size 1 pkg			
Servings per Container about 1			
Amount Per Serving			
Calories	130	Calories from Fat	40
% Daily Value*			
Total Fat	4.5g		7%
Saturated Fat	0.5g		2%
Cholesterol	0mg		0%
Sodium	310mg		13%
Total Carbohydrate	19g		6%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	4g		

Original Premium Saltines Crackers

Ingredients: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SOYBEAN OIL, PARTIALLY HYDROGENATED COTTONSEED OIL, SEA SALT, SALT, MALTED BARLEY FLOUR, YEAST, BAKING SODA

Contains: **Wheat** Ingredients

Nutrition Facts			
Serving Size 16g			
Servings per Container about 7			
Amount Per Serving			
Calories	70	Calories from Fat	15
% Daily Value*			
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	150mg		6%
Total Carbohydrate	12g		4%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	1g		
Vitamin A	0 %	Calcium	0%
Vitamin C	0 %	Iron	4%

Keebler - Town House Crackers

Ingredients: Enriched Flour (wheat flour, niacin, reduced iron, vitamin B1 (Thiamin mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Soybean Oil with TBHQ for freshness, sugar, contains two percent or less of: salt, corn syrup, leavening (baking soda, sodium acid pyrophosphate, mono-calcium phosphate), soy lecithin.

Contains: **Wheat and Soy** Ingredients

Nutrition Facts	
Serving Size 5 crackers (16g)	
Servings per Container : 7	
Amount Per Serving	
Calories 90	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 130mg	6%
Potassium mg	%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 0g	%

Nabisco - Ritz Crackers

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Soybean Oil, Sugar, Partially Hydrogenated Cottonseed Oil, Salt, Leavening (Baking Soda and/or Calcium Phosphate), High Fructose Corn Syrup, Soy Lecithin, Malted Barley Flour, Natural Flavor.

Contains: **Wheat Soy**

Nutrition Facts	
Serving Size 16g	
Servings per Container about 7	
Amount Per Serving	
Calories 80	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	
Vitamin A 0 %	Calcium 2%
Vitamin C 0 %	Iron 2%

Keebler Grahams Crackers - ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, vegetable oil (COTTONSEED AND PARTIALLY HYDROGENATED SOYBEAN OIL WITH TBHQ FOR FRESHNESS), (GRAHAM) FLOUR, MOLASSES, HONEY, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, CONTAINS TWO PERCENT OR LESS OF CALCIUM CARBONATE, SALT, LEAVENING (BAKING SODA, SODIUM ACID PYRO PHOSPHATE, MONOCALCIUM PHOSPHATE), SOY LECITHIN, ARTIFICIAL FLAVOR. CONTAINS **WHEAT AND SOY** INGREDIENTS.

Nutrition Facts			
Serving Size 8 crackers 31g			
4 Crackers = 1 full Cracker Sheet			
Servings per Container about 5			
Amount Per Serving			
Calories	140	Calories from Fat	40
% Daily Value*			
Total Fat	4.5g		7%
Saturated Fat	1g		5%
Cholesterol	0mg		0%
Sodium	135mg		6%
Total Carbohydrate	23g		8%
Dietary Fiber	1g		3%
Sugars	7g		
Protein	2g		

Nabisco - Wheat Thins

Ingredients: Whole Grain Wheat Flour, Unbleached Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate (Vitamin B1), Riboflavin (vitamin B2), Folic Acid, Soybean Oil, Sugar, Cornstarch, Malt Syrup (from Barley and Corn), salt, invert sugar, leavening (calcium phosphate and/or baking soda), vegetable color (annatto extract, turmeric oleoresin). CONTAINS **WHEAT**

Nutrition Facts			
Serving Size 1 pkg (81g)			
Servings per Container : 1			
Amount Per Serving			
Calories	230	Calories from Fat	70
% Daily Value*			
Total Fat	8g		12%
Saturated Fat	1g		5%
Cholesterol	0mg		0%
Sodium	370mg		15%
Potassium	95mg		3%
Total Carbohydrate	35g		12%
Dietary Fiber	3g		12%
Sugars	7g		
Protein	3g		%

Keebler Club Crackers

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 TWO PERCENT OR LESS OF SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, CORNSTARCH, SOY LECITHIN.
CONTAINS **WHEAT AND SOY** INGREDIENTS.

Nutrition Facts

Serving Size 14g
Servings per Container about 10

Amount Per Serving

Calories 70 **Calories from Fat** 25

% Daily Value*

Total Fat	3g	5%
Saturated Fat	0.5g	3%
Cholesterol	0mg	0%
Sodium	125mg	5%
Total Carbohydrate	9g	3%
Dietary Fiber	1g	1%
Sugars	1g	
Protein	1g	

Hormel Canned Smoked Ham

Ingredients: Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Smoke Flavoring, Sodium Nitrate.

Gluten Free, No MSG Added

Nutrition Facts

Serving Size 56g
Servings per Container about 2.5

Amount Per Serving

Calories 90 **Calories from Fat** 50

% Daily Value*

Total Fat	6g	9%
Saturated Fat	2g	10%
Cholesterol	30mg	10%
Sodium	620mg	26%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	9g	

Nutrition Facts

Serving Size 85g
Servings per Container about 1

Amount Per Serving

Calories 90 **Calories from Fat** 10

% Daily Value*

Total Fat	1g	2%
Saturated Fat	0g	0%
Cholesterol	45mg	15%
Sodium	270mg	11%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	20g	36%

Chicken of the Sea Light Tuna in Water

Ingredients: Light Tuna, Water, Vegetable Broth (Contains Soy) and Salt

Contains: **Soy**

Sunbutter

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

Made on Equipment that processes Soy. Sunbutter products are completely peanut free, tree nut free and gluten free.

Nutrition Facts

Serving Size 2 Tbsp
Servings per Container about 1

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

Justins Nut Butter, Honey

Ingredients: Dry roasted peanuts, organic palm fruit oil, honey powder (sugar, honey), sea salt.

Nutrition Facts

Serving Size 1 pkg (32g)
Servings per Container : 1

Amount Per Serving	
Calories	190
	Calories from Fat 140
% Daily Value*	
Total Fat	16g 24%
Saturated Fat	3g 15%
Cholesterol	0mg 0%
Sodium	65mg 3%
Potassium	mg %
Total Carbohydrate	8g 3%
Dietary Fiber	2g 9%
Sugars	3g
Protein	6g %

Justins Nut Butter, Chocolate Hazelnut Butter

Ingredients: Dry roasted hazelnuts, dry roasted almonds, organic evaporated cane sugar, organic cocoa, organic cocoa butter, organic palm fruit oil, natural vanilla, sea salt.

Contains: Almonds. May contain trace amounts of peanuts.

Nutrition Facts

Serving Size 1 pkg (32g)
Servings per Container 1

Amount Per Serving	
Calories	180
	Calories from Fat 130
% Daily Value*	
Total Fat	15g 23%
Saturated Fat	3g 15%
Cholesterol	0mg 0%
Sodium	65mg 3%
Potassium	mg %
Total Carbohydrate	12g 4%
Dietary Fiber	3g 12%
Sugars	7g
Protein	4g %

Canned Chicken, Valley Fresh

Ingredients: Chicken Breast Meat with Rib Meat, water, contains 2% or less of sea salt, flavoring.

Gluten Free

Nutrition Facts

Serving Size 68g
Servings per Container about 1

Amount Per Serving			
Calories	70	Calories from Fat	15
% Daily Value*			
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Cholesterol	45mg		15%
Sodium	390mg		16%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	13g		

Old Fashioned Foods – Squeeze Cheese Jalapeno

Ingredients: Milk, Water, Soybean Oil, Whey, Modified Food Starch, Salt, Less than 2% sodium phosphate, lactic acid, jalapeno peppers (jalapenos peppers, water, vinegar, salt, calcium chloride, and sodium benzoate as a preservative), guar gum, sorbic acid (as a preservative), annatto color, cheese culture, pepper flavor, enzymes.

Contains: **Milk**

Nutrition Facts

Serving Size 28g
Servings per Container about 1

Amount Per Serving			
Calories	90	Calories from Fat	
% Daily Value*			
Total Fat	9g		%
Saturated Fat	2.5g		%
Cholesterol	5mg		%
Sodium	390mg		%
Total Carbohydrate	1g		%
Dietary Fiber	0g		%
Sugars	0g		
Protein	1g		

Old Fashioned Foods – Squeeze Cheese Cheddar

Ingredients: Water, partially hydrogenated soybean oil, cheese, modified food starch, less than 2% of: sodium phosphate, salt, lactic acid, guar gum, sorbic acid, enzymes, annatto

Contains: **Milk**

Nutrition Facts

Serving Size 28g
Servings per Container about 1

Amount Per Serving			
Calories	90	Calories from Fat	
% Daily Value*			
Total Fat	9g		%
Saturated Fat	2.5g		%
Cholesterol	5mg		%
Sodium	390mg		%
Total Carbohydrate	1g		%
Dietary Fiber	0g		%
Sugars	0g		
Protein	1g		

Hormel, Spam Singles

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

Gluten Free

Nutrition Facts

Serving Size 85g
Servings per Container about 1

Amount Per Serving			
Calories	250	Calories from Fat	200
% Daily Value*			
Total Fat	22g		34%
Saturated Fat	8g		40%
Cholesterol	60mg		20%
Sodium	990mg		41%
Total Carbohydrate	2g		1%
Dietary Fiber	0g		%
Sugars	1g		
Protein	11g		

Planter’s Fruit and Nut Trail Mix

Ingredients: Peanuts, Raisins, Dried Bananas, Sugar, Cashews, Coconut Oil, Dried Pineapple, Dried Cranberries, Citric Acid, Peanut And/Or Cottonseed Oil, Sea Salt, Natural Flavor, Sulfites Added to Preserve Color.

Contains: **Peanut, Cashew**

Nutrition Facts

Serving Size 56g
Servings per Container about 1

Amount Per Serving			
Calories	290	Calories from Fat	160
% Daily Value*			
Total Fat	18g		28%
Saturated Fat	6g		30%
Cholesterol	0mg		0%
Sodium	30mg		1%
Potassium	340 mg		10%
Total Carbohydrate	27g		9%
Dietary Fiber	3g		12%
Sugars	21g		
Protein	7g		

Planter’s Spicy Nuts and Cajun Mix Trail Mix

Ingredients: Peanuts, Corn, Vegetable Oil (Soybean, Peanut and/or cottonseed and corn oil), unbleached wheat flour, sesame seeds, bulgur wheat, contains 2% or less of salt, sea salt, dextrose, spices, maltodextrin, onion powder, chili pepper powder, vegetable color (turmeric extract, beet powder, paprika, paprika extract), garlic powder, corn flour, tomato powder, torula yeast, green bell pepper, corn flour, cocoa powder, monosodium glutamate (flavor enhancer), potato flour, sugar, natural flavor, sodium diacetate, oleoresin, paprika, malic acid, lactic acid, malted barley flour, vinegar, mustard flour, soy lecithin.

Contains: **Peanut, Wheat, Sesame Seed, Soy.**

Manufactured on Equipment that Processes Tree Nuts.

Nutrition Facts

Serving Size 56g
Servings per Container about 1

Amount Per Serving			
Calories	290	Calories from Fat	190
% Daily Value*			
Total Fat	21g		32%
Saturated Fat	3g		15%
Cholesterol	0mg		0%
Sodium	410mg		17%
Total Carbohydrate	20g		7%
Dietary Fiber	4g		16%
Sugars	2g		
Protein	10g		

SUNFLOWER SEEDS – ROASTED AND SALTED

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.

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%
Cholesterol	0mg	0%
Sodium	49mg	2%
Potassium	mg	%
Total Carbohydrate	9g	3%
Dietary Fiber	3g	12%
Sugars	.8g	
Protein	6g	%

Sunflower Seed Trail Mix

Ingredients: Honey Roasted Sunflowers, Honey Roasted Soybeans (Maltodextrine, xanthan gum, sucrose, wheat starch, honey) Raisins, Pineapple, cranberry, dates, sunflower oil and salt.

Contains **Soy and Wheat**, Processed in a peanut and tree nut free facility

Nutrition Facts		
Serving Size 30g		
Servings per Container about 1.4		
Amount Per Serving		
Calories	130	Calories from Fat 60
% Daily Value*		
Total Fat	6g	10%
Saturated Fat	1g	4%
Cholesterol	0mg	0%
Sodium	50mg	2%
Total Carbohydrate	16g	5%
Dietary Fiber	2g	10%
Sugars	11g	
Protein	4g	

Planter’s Nut and Chocolate Trail Mix

Ingredients: Peanuts, Chocolate Candy Pieces (Milk Chocolate (Sugar, Cocoa Butter, Milk, Chocolate, Lactose, Soy, Lecithin – Emulsifier, Vanillin – Artificial Flavor), Sugar, Artificial Color (Includes Yellow 5 Lake, Yellow 6, Blue 1 Lake, Red 40 Lake), Gum Arabic, Corn Syrup, Carnauba Wax, Beeswax, Confectioner’s Glaze), Raisins, Almonds, Cottonseed Oil,

Contains: **Peanuts, Milk, Soy, Almond**

Manufactured on equipment that processes other tree nuts and Soy protein.

Nutrition Facts		
Serving Size 56g		
Servings per Container about 1		
Amount Per Serving		
Calories	290	Calories from Fat 160
% Daily Value*		
Total Fat	17g	26 %
Saturated Fat	4.5g	23 %
Cholesterol	0mg	0 %
Sodium	15mg	1 %
Total Carbohydrate	27g	9%
Dietary Fiber	3g	12 %
Sugars	22g	
Protein	7g	

Jack Link's Turkey Jerky

Ingredients: Turkey Breast, Water, Sugar, Less than 2% Molasses Powder (refinery Syrup, Cane Molasses), Salt, Brown Sugar, Hydrolyzed Corn Protein, Soy Sauce Powder (Wheat, Soybeans, Salt, Maltodextrin), Flavoring, Turkey Flavor (Autolyzed Yeast Extract, Turkey Broth Powder, Natural Flavor), Paprika Extract, Sodium Nitrate.

Contains: **Wheat and Soy**

Nutrition Facts		
Serving Size 1 oz (25 g)		
Servings per Container about 1		
Amount Per Serving		
Calories	70	Calories from Fat 10
% Daily Value*		
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Cholesterol	20mg	7%
Sodium	440mg	18%
Potassium	mg	%
Total Carbohydrate	4g	1%
Dietary Fiber	0g	0%
Sugars	4g	
Protein	11g	

Jack Link's All American Beef and Cheese Combo

Ingredients: Beef Stick: Beef, salt, corn syrup, spices, contains 2% or less of: water, dextrose, sugar, flavorings, sodium erythorbate, lactic acid starter culture, sodium nitrate, bha, bht, citric acid, treated with a solution of potassium sorbate to ensure freshness. Pasteurized process cheese food American: American cheese (pasteurized cultured milk, salt, enzymes, annatto color), sodium phosphate, salt, water, sorbic acid (preservative).

Contains: **Milk**

Nutrition Facts		
Serving Size 1 oz (28 g)		
Servings per Container about 1		
Amount Per Serving		
Calories	330	Calories from Fat 270
% Daily Value*		
Total Fat	30g	45%
Saturated Fat	4.5g	69%
Cholesterol	25mg	24%
Sodium	810mg	33%
Potassium	mg	%
Total Carbohydrate	3g	1%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	15g	

Jack Link's Jalapeno Combo

Ingredients: Beef Stick: Beef, Salt, Corn Syrup, Spices, Contains 2% or less of water, dextrose, sugar, flavorings, sodium erythorbate, lactic acid and starter culture, sodium nitrate, maltodextrin, bha, bht, citric acid, treated with a solution of potassium sorbate to ensure freshness. Pasteurized Cheese Food Cheddar: Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Water, Jalapeno Peppers, Sodium Phosphate, Salt, Potassium Sorbate (Preservative), Natural Flavor, Apo-Carotenal, For Color.

Contains: **Milk**

Nutrition Facts

Serving Size 1 oz (28 g)
Servings per Container about 1

Amount Per Serving

Calories 330 **Calories from Fat** 270

% Daily Value*

Total Fat 30g 45%

Saturated Fat 4.5g 69%

Cholesterol 25mg 24%

Sodium 810mg 33%

Potassium mg %

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Sugars 0g

Protein 15g

Jack Link's Sweet and Hot Beef Jerky

Ingredients: Beef, Water, Sugar, Less than 2% Salt, Flavorings, Sodium Nitrate

Nutrition Facts

Serving Size 25g
Servings per Container about 1

Amount Per Serving

Calories 70 **Calories from Fat** 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Cholesterol 25mg 8%

Sodium 420mg 18%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 0%

Sugars 4g

Protein 13g

Jack Link's Teriyaki Beef Jerky

Ingredients: Beef, Water, Sugar, dried soy sauce (soybeans, salt, wheat), less than 2% salt, maltodextrin, fructose, flavoring, hydrolyzed corn protein, sodium erythorbate, paprika extract, sodium nitrate.

Contains: **Wheat and Soy**

Nutrition Facts

Serving Size 25g
Servings per Container about 1

Amount Per Serving

Calories 70 **Calories from Fat** 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Cholesterol 20mg 7%

Sodium 410mg 17%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 0%

Sugars 3g

Protein 13g

Honey Stinger Orange Energy Chews

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.

Nutrition Facts	
Serving Size 50g	
Servings per Container about 1	
Amount Per Serving	
Calories	160
	Calories from Fat 0
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	80mg 3%
Total Carbohydrate	39g 13%
Dietary Fiber	1g 4%
Sugars	27g
Protein	1g
Vitamin A	0% Calcium 0%
Vitamin C	100% Iron 0%

Honey Stinger – Berry Banana Buzz Bar

Ingredients: Honey Stinger™ (Honey, Sea Salt, Water); Honey Stinger™ Fruit Smoothie Blend (Apple, Banana, Cranberry, & Strawberry Bits, Honey); Almonds; Soy Nuggets (Soy Protein Isolate, Rice Flour, Malt, Salt); Coating [Sugar, Palm Kernel Oil, Yogurt Powder (Cultured Whey Protein Concentrate, Cultured Skim Milk and Yogurt Culture), Non-Fat Dry Milk Solids, Soya Lecithin (an emulsifier), and Natural Flavor]; Soy Protein Isolate; Vitamins & Minerals [Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), 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].

Contains: **Soy, Milk and Tree Nuts**. May contain Peanuts, Wheat and Egg

Nutrition Facts	
Serving Size 1 bar (37g)	
Servings per Container : 1	
Amount Per Serving	
Calories	180
	Calories from Fat 30
% Daily Value*	
Total Fat	4g 5%
Saturated Fat	2g 8%
Cholesterol	0mg 0%
Sodium	160mg 7%
Potassium	150mg 4%
Total Carbohydrate	28g 9%
Dietary Fiber	2g 8%
Sugars	22g
Protein	10g %

Corn Nuts

Ingredients: CORN, CORN OIL, SALT

Nutrition Facts

Serving Size 39g
Servings per Container about 1

Amount Per Serving

Calories 180 **Calories from Fat** 60

% Daily Value*

Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	

Honey Stinger Waffle – Vanilla

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, organic soy lecithin, organic spices, baking soda.

Contains: **Wheat and Soy**. May contain: **Egg and Milk**

Nutrition Facts

Serving Size 1 (30g)
Servings per Container : 1

Amount Per Serving

Calories 160 **Calories from Fat**

% Daily Value*

Total Fat 7g	11%
Saturated Fat 3g	15%
Cholesterol 0mg	0%
Sodium 55mg	2%
Potassium mg	%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	5%
Sugars 14g	
Protein 0g	%

Nutrition Facts

Serving Size 50g
Servings per Container about 1

Amount Per Serving

Calories 190 **Calories from Fat** 50

% Daily Value*

Total Fat 5g	8%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 17g	
Protein 10g	

HONEY STINGER BAR – Peanut Butter N Honey –

Ingredients: Honey Stinger™ (Honey, Sea Salt, Water); Peanuts; Soy Nuggets (Soy Protein Isolate, Rice Flour, Malt, Salt); **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), 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.**

CONTAINS: PEANUTS, SOY, AND MILK – MAY CONTAIN TREE NUTS, EGG AND WHEAT

Honey Stinger Waffle – Honey

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, organic soy lecithin, organic spices, baking soda

Contains: **Wheat and Soy**. May contain: **Egg and Milk**

Honey Stinger Organic Energy Chews – Pink Lemonade

Ingredients: Organic Tapioca Syrup, Organic Evaporated Cane Juice, Organic Honey, (Organic Grape Juice Concentrate, Ascorbic Acid), Pectin, Citric Acid, Natural Flavor, Potassium Citrate, Organic Color (Black Carrot Juice Concentrate), Organic Sunflower Oil, Carnauba Wax. Contains 95% Organic Ingredients.

Gluten Free, Dairy Free, Organic

Clif Mojo Bar – Mountain Mix

Ingredients: Organic Brown Rice Syrup, Roy Rice Crisps (soy protein isolate, organic rice flour, calcium carbonate), organic peanuts, organic raisins, almonds, organic chocolate chips (organic dried cane syrup, organic

unsweetened chocolate, organic cocoa butter, soy lecithin, natural flavors), organic pretzels (organic wheat flour, salt, organic canola oil, organic malt), organic peanut butter, organic roasted soybeans, pumpkin seeds, sunflower seeds, organic oat syrup solids, vegetable glycerin, organic sunflower oil, sea salt, organic gum Arabic, natural vitamin E (antioxidant). **Allergen Statement: Contains**

Soy, Peanuts, Almonds, And Wheat.

May contain traces of Dairy and Other Tree Nuts, May contain nutshell fragments; we source ingredients that are not genetically engineered.

70% Organic Ingredients.

Nutrition Facts

Serving Size 1 (30g)
Servings per Container : 1

Amount Per Serving		
Calories	160	Calories from Fat
		% Daily Value*
Total Fat	7g	11%
Saturated Fat	3g	15%
Cholesterol	0mg	0%
Sodium	55mg	2%
Potassium	mg	%
Total Carbohydrate	21g	7%
Dietary Fiber	1g	5%
Sugars	14g	
Protein	0g	%

Nutrition Facts

Serving Size 50g
Servings per Container about 1

Amount Per Serving		
Calories	160	Calories from Fat
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	80mg	3%
Total Carbohydrate	39g	13%
Dietary Fiber	1g	4%
Sugars	27g	
Protein	1g	
Vitamin A	0 %	Calcium 0%
Vitamin C	100 %	Iron 0%

Nutrition Facts

Serving Size 1 Bar
Servings per Container : 1

Amount Per Serving		
Calories	190	Calories from Fat
		% Daily Value*
Total Fat	9g	14%
Saturated Fat	1.5g	8%
Cholesterol	0mg	0%
Sodium	200mg	8%
Potassium	180 mg	5%
Total Carbohydrate	21g	7%
Dietary Fiber	2g	8%
Sugars	12g	
Protein	8g	16%

Clif Crunchy Peanut Butter Bar Ingredients: Organic Brown Rice Syrup, ClifPro (Soy Rice Crisps (Soy Protein Isolate, Rice Flour, Barley (Malt Extract), Organic Soy Flour, Organic Roasted Soybeans), Organic Rolled Oats, Organic Toasted Oats (Organic Oats, Organic Dried Cane Syrup, Ascorbic Acid, Natural Vitamin E (antioxidant), Organic Cane Syrup, Organic Peanut Butter (Organic Peanuts, Salt), Peanut Flour, Peanuts, ClifCrunch (apple Fiber, Organic Oat Fiber, Inulin (Chicory Extract), Organic Milled Flaxseed, Psyllium), Organic Date Paste, Natural Flavors, Sea Salt. Vitamins and Minerals: Dicalcium Phosphate, Ascorbic Acid (Vit. C), Magnesium Oxide, DL-Alpha, Tocopheryl Acetate (Vit. E), Beta Carotene (Vit. A) Ferric Orthophosphate (iron), Zinc, Citrate, Biotin, Niacinamide (Vit B3), D-Calcium Pantothenate (Vit B5), Phytonadione (Vit K1), Manganese Gluconate, Copper Gluconate, Riboflavin (Vit B2), Folic Acid (Vit B9), Sodium Selenite, Thiamin (Vit B1), Pyridoxine Hydrochloride (Vit B6), Ergocalciferol (Vit D2), Cyanocobalamin (Vit B12), Chromium Chloride, Potassium Iodide.
Allergen Statement: Contains Soy and Peanuts. May Contain traces of Dairy, Wheat, and Tree Nuts. We source ingredients that are not genetically engineered.

Nutrition Facts	
Serving Size 1 Bar (68g)	
Servings per Container : 1	
Amount Per Serving	
Calories 240	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 41g	14%
Dietary Fiber 5g	20%
Sugars 21g	
Protein 11g	22%

MOJO BAR – PEANUT PRETZEL

Ingredients: 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 Chips (Evaporated Cane Juice, Palm Kernel Oil, Peanut Flour, Soy Lecithin), Organic Pretzels (Organic Wheat Flour, Salt, Organic Canola Oil, Organic Malt), 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)

Contains: Soy, Peanuts, Wheat and Traces of Milk. We source ingredients that are not genetically engineered.

Nutrition Facts	
Serving Size 1 Bar (45g)	
Servings per Container : 1	
Amount Per Serving	
Calories 190	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 9g	18%

Nabisco Nutter Butter Cookies

Ingredients: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE 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), SOYBEAN OIL AND/OR PALM OIL, HIGH FRUCTOSE CORN SYRUP, GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), PARTIALLY HYDROGENATED COTTONSEED OIL, SALT, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), CORNSTARCH, SOY LECITHIN (EMULSIFIER), VANILLA - AN ARTIFICIAL FLAVOR.

CONTAINS: **WHEAT, PEANUT, SOY.**

Nutrition Facts			
Serving Size 53g			
Servings per Container about 1			
Amount Per Serving			
Calories	250	Calories from Fat	90
			% Daily Value*
Total Fat	10g		15%
Saturated Fat	2.5g		13%
Cholesterol	0mg		0%
Sodium	200mg		8%
Total Carbohydrate	37g		12%
Dietary Fiber	2g		8%
Sugars	16g		
Protein	4g		
Vitamin A	0 %	Calcium	2%
Vitamin C	0 %	Iron	8%

Honey Stinger Bar – Blueberry Buzz

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), Nonfat Dry Milk Solids, Soya Lecithin (an emulsifier), Soy Protein Isolate, Vitamins and Minerals (Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vitamin C), Alpha-tocopherl Acetate (vitamin E), Biotin, Zinc Oxide, Niacin, Ferrous Fumarate (iron), Molybdenum Glycinate, Calcium Pantothenate, Copper Manganese, Beta Carotene (Vitamin A), Selenium, Pyridoxine (B6), Riboflavin (B2), Thiamine (B1), Chromium, Cyanocobolamin (B12), Folic Acid, Potassium Iodine), Rolled Oats, Natural Flavor.

Allergens: Contains **Soy, Milk, and Tree Nuts.** May contain: **Peanut, Wheat and Egg**

Nutrition Facts			
Serving Size 50g			
Servings per Container about 1			
Amount Per Serving			
Calories	170	Calories from Fat	30
			% Daily Value*
Total Fat	5g		8%
Saturated Fat	2g		10%
Cholesterol	0mg		0%
Sodium	160mg		7%
Total Carbohydrate	30g		9%
Dietary Fiber	1g		6%
Sugars	20g		
Protein	5g		

SOFT BATCH COOKIES – Bleached and enriched flour (wheat flour, niacin, reduced iron thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), high fructose corn syrup, vegetable oil(soybean, palm and palm kernel oil with TBHQ for freshness), sugar, semisweet chocolate (sugar, chocolate liquor, cocoa butter, dextrose, soy lecithin, natural and artificial flavor, salt), chocolate flavored drops (sugar, partially hydrogenated cottonseed and soybean oil*, cocoa, cocoa processed with alkali, acid pyrophosphate, monocalcium phosphate), natural flour (contains milk), salt, soy lecithin, caramel color, eggs, yellow #6.

Contains: **Wheat, milk, soy and egg** ingredients. May contain traces of **peanuts**

Nutrition Facts	
Serving Size 2 cookies (32g)	
Servings per Container about 2	
Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	1%
Sugars 12g	
Protein 1g	

Gatorade – Fruit Punch

Ingredients: Sucrose, Dextrose, Citric Acid, Salt, Sodium Citrate, Natural Lemon and Lime Flavors with other Natural Flavors, Monopotassium Phosphate, Yellow 5

Gatorade – Frost Riptide Rush

Ingredients: Sucrose, Dextrose, Citric Acid, Natural Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Calcium Silicate, Gum Arabic, Ascorbic Acid, (to promote color retention), Red 40, Blue 1

GATORADE – LEMON LIME – Sucrose, Dextrose, Citric Acid, Salt, Sodium Citrate, Natural Lemon and Lime Flavors with other Natural Flavors, Monopotassium Phosphate, Yellow 5

Nutrition Facts	
Serving Size 1 2/3 Tbsp (23g)	
Servings per Container : 2.5	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 21g	
Protein 0g	0%

Philmont Scout Ranch

Trail Dinner Menu and Ingredients

2013

Dinner #1		Dinner #6
Wise Brand – Cheesy Lasagna Pretzels Azar’s Salted Peanuts Pecan Sandies - K		Katadyn – Chicken and Rice Pretzels Azar’s Salted Peanuts Pecan Sandies - K
Dinner #2		Dinner #7
Backpacker’s Pantry – Santa Fe Style Chicken Cracked Pepper Bread Pieces Original Gorp Rice Krispie Treats		Backpacker’s Pantry – Jamaican Style Jerk Rice Buttermilk Ranch Bread Pieces Frito Lay Honey Roasted Peanuts - K Rice Krispie Treats
Dinner #3		Dinner #8
Katadyn – Mexican Beef w/ Rice and Cheese Refried Beans Frito Lay Honey Roasted Peanuts - K Backpacker’s Pantry – Strawberry Cheesecake		Wise Brand – Chili Mac Bacon Cheddar Bread Pieces Original Gorp Bug Bites - K
Dinner #4		Dinner #9
Wise Brand – Cheesy Macaroni Combo Bread – Jalapeno Cheddar Frito Lay Salted Peanuts - K Oreos - K		Katadyn - Fettuccine Primavera Combo Bread Pepperoni Pizza Frito Lay Salted Peanuts - K Oreos - K
Dinner #5		Dinner #10
Idahoan Four Cheese Mashed Potatoes Canned Chicken Katadyn – Dried Vegetables Lipton Cup of Soup Cream of Chicken Bug Bites - K		Canned Turkey Stove-Top Stuffing Mix Honey Roasted Cashews - K Famous Amos - K

Wise Brand – Cheesy Lasagna

Ingredients: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Textured Vegetable Protein (Soy flour, Caramel Color), Soybean Oil, Salt, Natural Flavoring (Yeast Extract, Maltodextrin, Natural Smoke Flavoring), Dextrose, Spices, Garlic Powder), Whey Powder, Parmesan and Romano Cheese (Pasteurized Part-Skim Milk, Salt, Cheese Culture, Enzymes), Food Starch-Modified, Tomatoes, Potato Flour, Salt, Tomato Powder, Natural Romano and Parmesan Flavors (salt, yeast extract), sugar, partially hydrogenated soybean oil, corn syrup solids, paprika, onion powder, sodium caseinate (a milk derivative), garlic powder, guar gum, hydrolyzed soy protein, soybean oil, spices, extractives of paprika and turmeric, mono and diglycerides, sodium citrate, dipotassium phosphate, carrageenan, natural flavor, citric acid, caramel color.

Contains: **Milk, Soy, Wheat**

Nutrition Facts	
Serving Size 1 cup prepared (69g)	
Servings per Container about 4	
Amount Per Serving	
Calories 260	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Cholesterol 5mg	2%
Sodium 1170mg	49%
Total Carbohydrate 42g	14%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 12g	
Vitamin A 25 %	Calcium 10%
Vitamin C 15 %	Iron 15%

Katadyn –Vegetable Mix

Ingredients: Carrots, Mixed Red and Green Bell Peppers, Onion, Peas, Celery.

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings per Container about 1	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	7%
Sugars 11g	
Protein 3g	

Backpacker’s Pantry – Santa Fe Style Rice with Chicken

Ingredients: Sauce (Black Beans, Tomato, Chicken (Cooked Diced and Freeze Dried), Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto), Onion, Sweet Corn, Nonfat Milk, potato starch, maltodextrin, salt, green chili pepper, sugar, torula yeast, new mexico chili pepper, garlic, vegetarian soup with imitation chicken flavor (maltodextrin, salt, autolyzed yeast extract, yeast extract, onion powder, turmeric extract (color), sunflower oil), dextrose (from corn), cumin seed, oregano, gluten free soy sauce (soy sauce (wheat, soybeans, salt), maltodextrin and salt), cayenne pepper), precooked parboiled long grain brown rice.

Contains: **Milk, Soybean, Gluten, Wheat**

Nutrition Facts	
Serving Size ½ Package	
Servings per Container about 2	
Amount Per Serving	
Calories 360	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	11%
Cholesterol 30mg	9%
Sodium 980mg	41%
Total Carbohydrate 59g	20%
Dietary Fiber 21g	83%
Sugars 16g	
Protein 22g	

Katadyn, Mexican Beef w/ Rice and Cheese

Ingredients: Instant white rice, sharp cheddar cheese powder (pasteurized milk, cheese cultures, salt, enzymes, disodium phosphate, annatto extract), chopped onion, tomato flakes, cooked freeze dried beef, parmesan cheese powder (partially skim milk, cheese cultures, salt, enzymes, disodium phosphate), low sodium salt, tomato powder, corn meal, minced green onion, chili powder (chili pepper, cumin, salt, oregano, garlic, silicone dioxide (not more than 2% as an anti caking agent), and ethoxyquin (not more than 100 ppm added as an anti-oxidant), Jalapeno pepper powder, garlic granules, cumin, oregano, basil.

Contains: **Milk, Processed in a facility that produces peanuts, soybeans, milk, eggs, fish, crustaceans, tree nuts and wheat.**

Nutrition Facts	
Serving Size (7oz) 198g	
Servings per Container about 1	
Amount Per Serving	
Calories 760	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 8g	40%
Cholesterol 55mg	18%
Sodium 1320mg	55%
Total Carbohydrate 129g	43%
Dietary Fiber 4g	16 %
Sugars 16g	
Protein 32g	

Lipton Cup a Soup – Cream of Chicken

Ingredients: Maltodextrin, Modified Potato Starch, Creamer (Whey, Partially Hydrogenated Soybean Oil, Sodium Caseinate (Milk), Potassium Phosphate, Soy Lecithin), Salt, Sugar, Autolyzed Yeast Extract, Guar Gum, Onion Powder, Chicken Broth, Turmeric and Paprika Extractive (for Color), Parsley, Chicken Powder, Natural Flavors, Spices, Dehydrated.

Nutrition Facts		
Serving Size 1 envelope (17g)		
Servings per Container about 4		
Amount Per Serving		
Calories	60	Calories from Fat 15
% Daily Value*		
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	640mg	27%
Total Carbohydrate	12g	4%
Dietary Fiber	g	%
Sugars	4g	
Protein	g	

Wise Brand – Chili Mac with Beef and Textured Vegetable Protein – Macaroni with Beef and Beans in Chili

Sauce

Ingredients: Elbow Pasta (Durum Semolina Flour (wheat), Niacin, Reduced Iron and/or Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Freeze Dried Beef, Textured Vegetable Protein (Soy Flour, Caramel Color), Maltodextrin, Pinto Beans, Whey, Dried Tomato, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Salt, Dried Onion, Guar Gum, Sugar, Hydrolyzed Soy Protein, Garlic Powder, Spices, Extractives of Paprika and Turmeric, Disodium Inosinate and Disodium Guanylate, Parmesan Flavor (salt, Yeast Extract), Citric Acid.

Contains: Milk, Soy, Wheat

Nutrition Facts		
Serving Size 1/4 Package		
Servings per Container : 4		
Amount Per Serving		
Calories	340	Calories from Fat 120
% Daily Value*		
Total Fat	13g	20%
Saturated Fat	3.5g	18%
Cholesterol	20mg	7%
Sodium	1200mg	50%
Potassium		%
Total Carbohydrate	47g	16%
Dietary Fiber	6g	24%
Sugars	9g	
Protein	15g	0%

Canned Chicken, Valley Fresh

Ingredients: Chicken Breast Meat with Rib Meat, water, contains 2% or less of sea salt, flavoring.

Gluten Free

Nutrition Facts		
Serving Size 68g		
Servings per Container about 1		
Amount Per Serving		
Calories	70	Calories from Fat 15
% Daily Value*		
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Cholesterol	45mg	15%
Sodium	390mg	16%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	13g	

Wise Brand – Cheesy Macaroni

Ingredients: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch- Modified, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Cheese Powder (Whey, Buttermilk Solids, Granular and Cheddar Cheeses (Pasteurized Milk, Culture, Salt, Enzymes), Whey Protein Concentrate, Salt, Sodium Phosphate, Citric Acid, Yellow #5, Yellow #6, Lactic Acid, Enzyme), Maltodextrin, Sunflower Oil (Sunflower Oil, Food Starch – Modified, Maltodextrin, Natural Tocopherols), Textured Vegetable Protein (Soy Flour, Red #3), Soybean Oil, Water, Salt, Hydrolyzed Corn, Soy, Wheat

Protein, Brown Sugar, Yeast Extract, Smoke Flavoring, Artificial Flavoring, Thiamine Hydrochloride, Dextrose, Partially Hydrogenated

Cottonseed Oil, Disodium Inosinate and Disodium Guanylate, Spice Extract), Salt, Soybean Oil, Natural Flavor, Disodium Inosinate and Disodium Guanylate, Lactic Acid, Spices, Disodium Phosphate.

Contains: Milk, Soy, Wheat. Produced on equipment that also processes milk, soy, wheat, egg, shellfish, fish, tree nuts and peanuts. 100% Vegetarian.

Nutrition Facts	
Serving Size 1 cup prepared	
Servings per Container : 4	
Amount Per Serving	
Calories 280	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Cholesterol 5mg	2%
Sodium 1070mg	45%
Potassium	%
Total Carbohydrate 42g	14%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 6g	0%

Idahoan Four Cheese Mashed Potatoes

Ingredients: Idaho Potatoes, Four Cheese Blend (Cheddar Cheese (reduced lactose whey, whey, partially hydrogenated soybean oil, maltodextrin, cheddar cheese (milk, salt, cheese cultures, enzymes), salt, disodium phosphate, nonfat dry milk, whey protein concentrate, citric acid, lactic acid, artificial color (including fd&c yellow #5 and fd&c yellow #6), bleu cheese (milk, salt, cheese cultures, enzymes), parmesan cheese (partially skimmed milk, cultures, salt, enzymes), disodium phosphate), romano cheese (partially skimmed milk, cheese culture, salt, enzymes), disodium phosphate), salt, partially hydrogenated oil (contains one or more of the following: soybean, sunflower, cottonseed), coconut oil, corn syrup solids, sugar, whey powder, nonfat dry milk, sodium caseinate, mono and diglycerides, calcium stearoyl, lactylate, dipotassium phosphate, natural and artificial flavor, spice, artificial color (including fd&c yellow #5 and #6), sodium acid pyrophosphate (to maintain freshness), lecithin, sodium bisulfate (to maintain freshness), disodium guanylate and

inosinate, citric acid (to maintain freshness), mixed tocopherols (vitamin E)(to maintain freshness) and less than 2% silicon dioxide.

Contains: Milk, Soy. Gluten Free

Nutrition Facts	
Serving Size 1/2 cup prepared	
Servings per Container : 4	
Amount Per Serving	
Calories 110	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 590mg	25%
Potassium	%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 2g	0%

Katadyn – Chicken and Rice

Ingredients: Instant White Rice, Cooked Chicken Powder, Cooked Freeze Dried Diced Chicken, Low Sodium Salt, Potato Starch, Freeze Dried Peas, Low Sodium Chicken Broth (Maltodextrin, Salt, Torula Yeast, Dehydrated Vegetables (Onion, Celery, Parsley, Spinach, Garlic, Carrot), Potato Flour, Xanthan Gum, Spices, Extractives of Spice (including Turmeric and Paprika), Soy Lecithin. Not more than 2% soybean oil added as a processing aid), onion, granules, parsley flakes, garlic granules, white pepper, rosemary, sage.

Contains: Soy. Processed in a facility that produces peanuts, soybeans, milk, eggs, fish, crustaceans, tree nuts and wheat.

Backpacker’s Pantry – Jamaican Style Jerk Rice with Chicken

Ingredients: Precooked Parboiled Long Grain Brown Rice, Black Beans, Sauce (Salt, Potato Starch, Maltodextrin, Fructose (from corn), Savory Soup Base (maltodextrin, salt, autolyzed yeast extract, yeast extract, onion powder, silicon dioxide, turmeric extract (color), sunflower oil), Celery Seed, Dextrose (from corn), Sugar, Black Pepper, Caribe Chili Pepper, Onion, Gluten-Free Soy Sauce (Soy Sauce (Soybeans, Rice, Salt), Maltodextrin, Salt), Citric Acid, Cayenne Pepper, Allspice, Chili Powder (chili pepper, spices, salt, garlic), Orange Peel, Cumin Seed, Garlic, Crushed Red Chili Pepper, Mace, Thyme), Chicken (Cooked, Diced and Freeze-Dried), Onion, Tomato.

Contains: Soy. Produced in a facility that processes peanuts, milk, soy, wheat, gluten, egg and tree nut ingredients.

Katadyn – Fettuccine Primavera

Ingredients: Instant Pasta (Durum Semolina (Enriched with Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, and folic Acid), Corn Starch, Parmesan Cheese Powder (partially skim Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Whole Milk Powder, Instant Non-Fat Milk Powder, Sour Cream Powder (Cream Solids, Cultured Nonfat Milk, Citric Acid), Natural Butter Flavor, Low Sodium Salt, Tomato Flakes, Mixed Red and Green Bell Pepper, Freeze Dried Broccoli, Brewers Yeast (Dried Yeast, Niacin, Pyridixone Hydrochloride, Thiamine Hydrochloride, Riboflavin), Parsley Flakes, Black Pepper, Nutmeg, Rosemary.

Contains: Milk, Wheat. Processed in a facility that produces peanuts, soybeans, milk, eggs, fish, crustaceans, tree nuts and wheat.

Nutrition Facts

Serving Size 7 oz (198g)
Servings per Container : 1

Amount Per Serving

Calories 710 Calories from Fat 120

% Daily Value*

Total Fat	13g	20%
Saturated Fat	4g	20%
Cholesterol	65mg	22%
Sodium	1650mg	69%
Potassium		%
Total Carbohydrate	123g	41%
Dietary Fiber	2g	8%
Sugars	2g	
Protein	34g	0%

Nutrition Facts

Serving Size ½ package
Servings per Container : 2

Amount Per Serving

Calories 310 Calories from Fat 15

% Daily Value*

Total Fat	2g	3%
Saturated Fat	0g	0%
Cholesterol	25mg	9%
Sodium	1440mg	60%
Potassium		%
Total Carbohydrate	58g	19%
Dietary Fiber	13g	51%
Sugars	9g	
Protein	19g	0%

Nutrition Facts

Serving Size 7 oz (198g)
Servings per Container : 1

Amount Per Serving

Calories 750 Calories from Fat 150

% Daily Value*

Total Fat	16g	25%
Saturated Fat	9g	45%
Cholesterol	50mg	17%
Sodium	1900mg	79%
Potassium		%
Total Carbohydrate	147g	49%
Dietary Fiber	6g	24%
Sugars	9g	
Protein	32g	0%

Hormel – White and Dark Turkey in Water

Ingredients: White and Dark Turkey, Water, Contains 2% or less of Sea Salt, Modified Food Starch, sodium phosphates, turkey flavor (salt, turkey broth, natural flavors), Flavoring
Gluten Free – No preservatives – No MSG added

Nutrition Facts

Serving Size 2 oz (56g)
Servings per Container : 2.5

Amount Per Serving

Calories 50 **Calories from Fat** 15

% Daily Value*

Total Fat	1.5g	2%
Saturated Fat	0g	0%
Cholesterol	30mg	10%
Sodium	290mg	12%
Potassium		%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	9g	%

Kraft – Stovetop Stuffin Mix, Savory Herbs

Ingredients: Enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate (vitamin B1) riboflavin (vitamin B2) folic acid), high fructose corn syrup, onions, salt, contains less than 2% of the following: partially hydrogenated soybean and/or cottonseed oil, hydrolyzed soy protein, monosodium glutamate, cooked chicken and chicken broth, yeast, spice, celery, parsley, caramel color, garlic, turmeric, with bha, bht, citric acid and propyl gallate as preservatives.
Contains wheat, soy

Nutrition Facts

Serving Size 1/6 box
Servings per Container :6

Amount Per Serving

Calories 110 **Calories from Fat** 10

% Daily Value*

Total Fat	1g	2%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	450mg	19%
Potassium	mg	%
Total Carbohydrate	21g	7%
Dietary Fiber	1g	4%
Sugars	2g	
Protein	3g	%

Azar Brand – Salted Peanuts

Ingredients: Peanuts, Roasted in Peanut and/or Cottonseed Oil, Salt.
Manufactured in a facility that processes products that contain peanuts, tree nuts, milk, egg, wheat and soybeans.

Nutrition Facts

Serving Size 1 oz (28g)
Servings per Container: 1

Amount Per Serving

Calories 170 **Calories from Fat** 120

% Daily Value*

Total Fat	13.6g	21%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	100mg	4%
Potassium	mg	%
Total Carbohydrate	6g	2%
Dietary Fiber	2g	8%
Sugars	1g	
Protein	7g	%

Frito Lay Honey Roasted Peanuts

Ingredients: Peanuts, Sugar, Vegetable Oil (Peanut, Cottonseed, Soybean, and/or Sunflower Oil), Honey, Modified Food Starch, Salt, and Xanthan Gum.

Contains: **Peanut** Ingredients

Nutrition Facts	
Serving Size 1 pkg	
Servings per Container 1	
Amount Per Serving	
Calories 230	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 3.5g	17%
Cholesterol 0mg	0%
Sodium 120mg	5%
Potassium mg	%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	11%
Sugars 6g	
Protein 10g	%

Original Gorp

Ingredients: Raisins, Roasted Salted Peanuts, M&Ms (Milk Chocolate (sugar, chocolate, cocoa butter, skim milk, milkfat lactose, soy lecithin, salt (artificial flavors), sugar, cornstarch, less than 1% 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), Dextrin

Contains: **Peanuts and Milk**

Nutrition Facts	
Serving Size 1 pkg	
Servings per Container about 1	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 4	20%
Cholesterol 5mg	2%
Sodium 35mg	1%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 26g	
Protein 6g	

Mini Pretzels

Ingredients: Mini Pretzel Twists (Enriched Wheat Flour (Wheat Flour, Niacin, Iron, Thiamin, Riboflavin, Folic Acid), Water, Salt, Yeast, Natural Flavor, Vitamin E (mixed tocopherols) added to preserve freshness, Soda)

Contains: **Wheat**

Nutrition Facts

Serving Size 1oz 28 g
Servings per Container about 1

Amount Per Serving			
Calories	110	Calories from Fat	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	190mg		8%
Total Carbohydrate	23g		8%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	3g		

Frito Lay Salted Peanuts

Ingredients: Peanuts, vegetable oil (contains one or more of the following: peanut, cottonseed, soybean, and/or sunflower oil) and salt

Nutrition Facts

Serving Size 1 pkg
Servings per Container about 1

Amount Per Serving			
Calories	260	Calories from Fat	200
% Daily Value*			
Total Fat	22g		34%
Saturated Fat	3.5g		16%
Cholesterol	0mg		0%
Sodium	190mg		8%
Total Carbohydrate	8g		3%
Dietary Fiber	4g		15%
Sugars	2g		
Protein	13g		

Bacon Cheddar Pieces

Ingredients: Enriched Flour (wheat flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Palm Oil, Corn Syrup Solids, Whey Powder, Water, Salt, Buttermilk Powder, Sour Cream Powder, (cream, Non-Fat Milk

Cultures), Cheddar Cheese (Cultured Milk, Salt, Enzymes) Whey, Yeast, Yeast Extract, Natural Flavoring, Maltodextrin,

Onion Powder, Buttermilk, Soda.

Contains: **Milk, Wheat**

Nutrition Facts

Serving Size 1 oz
Servings per Container about 1

Amount Per Serving			
Calories	140	Calories from Fat	70
% Daily Value*			
Total Fat	7g		11%
Saturated Fat	3g		15%
Cholesterol	0mg		0%
Sodium	270mg		11%
Total Carbohydrate	17g		6%
Dietary Fiber	1g		3%
Sugars	1g		
Protein	2g		
Vitamin A 2 %		Calcium 0%	
Vitamin C 0 %		Iron 6%	

Honey Roasted Cashews –

Ingredients: Cashews, sugar, peanut and/or cottonseed oil, honey, corn syrup, sea salt, fructose, cornstarch, xanthan gum.

Contains: **Cashew**. Manufactured on equipment that processes peanut, other tree nuts.

Nutrition Facts		
Serving Size 1 pouch		
Servings per Container : 1		
Amount Per Serving		
Calories	230	Calories from Fat 160
% Daily Value*		
Total Fat	18g	28%
Saturated Fat	3.5g	18%
Cholesterol	0mg	0%
Sodium	135mg	6%
Potassium	250mg	7%
Total Carbohydrate	14g	5%
Dietary Fiber	1g	4%
Sugars	6g	
Protein	7g	%

Nutrition Facts		
Serving Size 113g		
Servings per Container about 1		
Amount Per Serving		
Calories	410	Calories from Fat 25
% Daily Value*		
Total Fat	2.5g	4%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	1560mg	65%
Total Carbohydrate	71g	24%
Dietary Fiber	25g	100%
Sugars	0g	
Protein	24g	
Vitamin A	0 %	Calcium 0%
Vitamin C	0 %	Iron 35%

REFRIED BEANS

Pinto Beans, Salt, Partially Hydrogenated Canola Oil, Red Pepper, Onion, Garlic, Cumin.

Processed in a facility that produces: **peanuts, soybeans, milk, eggs, fish, crustaceans, tree nuts and wheat.**

Cracked Pepper Bread Pieces

Ingredients: Cracked Pepper bread pieces (enriched wheat flour (wheat flour, niacin, iron, thiamin, riboflavin, folic acid), palm oil, sea salt, water, whey (milk), spice, sugar, dextrose, onion powder, maltodextrin, modified corn starch, yeast extract, Garlic powder, vinegar, citric acid , natural flavors, disodium inosinate, disodium Guanylate, malic acid, lactic acid, caramel color, extractive of turmeric, Extractive of paprika, soda).

Contains: **Wheat and Milk**

Nutrition Facts		
Serving Size 1 oz		
Servings per Container : 1		
Amount Per Serving		
Calories	140	Calories from Fat 50
% Daily Value*		
Total Fat	6g	9%
Saturated Fat	3g	15%
Cholesterol	0mg	0%
Sodium	370mg	15%
Potassium	mg	%
Total Carbohydrate	17g	6%
Dietary Fiber	1g	4%
Sugars	2g	
Protein	2g	%

Buttermilk Ranch Bread Pieces

Ingredients: Unbleached wheat flour, water, palm oil, whey powder, buttermilk powder, salt, onion powder, garlic powder, maltodextrin, yeast extract, corn syrup solids, yeast, monosodium glutamate, xanthan gum, lactose, dextrose, malic acid, parsley, citric acid, vinegar, cellulose powder, nonfat milk, sweet cream, disodium inosinate and guanylate lactic acid, spices, natural and artificial flavors, modified corn starch, soy lecithin, molasses, caramel color, soda.

Contains: **Milk, Soy and Wheat**. Produced in a facility that produces: peanuts, soybeans, milk, eggs, tree nuts and wheat.

Nutrition Facts			
Serving Size 1 oz			
Servings per Container about 1			
Amount Per Serving			
Calories	140	Calories from Fat	50
% Daily Value*			
Total Fat	6g		9%
Saturated Fat	3g		15%
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	19g		6%
Dietary Fiber	1g		3%
Sugars	0g		
Protein	2g		

Combos Baked Snacks, Pepperoni Pizza Cracker

Ingredients: Wheat Flour, Vegetable Oil (palm kernel, palm oil, corn oil, and/or hydrogenated palm oil), Whey, Maltodextrin, Food Starch-Modified, Salt, Less than 1.5% - Tomato, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Bakers and Cheddar Cheese (Milk, Cheese Cultures, Salt Enzymes), Cream, Soy Lecithin, Spice, Yeast Extract, Citric Acid, Natural and Artificial Flavors, Onion, Caramel Color, Skim Milk, Garlic, Paprika, Beef Fat, Coloring (Red 40 Lake, Yellow 6 Lake), Malic Acid, Sugar, Disodium Inosinate, Disodium Guanylate, Propionic Acid, Hydrolyzed Soy Protein, Paprika Extract (Color)

Contains: **Wheat, Soy, Dairy**

Nutrition Facts			
Serving Size 1 bag			
Servings per Container about 1			
Amount Per Serving			
Calories	240	Calories from Fat	100
% Daily Value*			
Total Fat	11g		17%
Saturated Fat	5g		25%
Cholesterol	0mg		0%
Sodium	510mg		21%
Total Carbohydrate	30g		10%
Dietary Fiber	1g		4%
Sugars	6g		
Protein	4g		

Combos Baked Snacks, Jalapeno Cheddar Tortilla

Ingredients: Wheat Flour, Vegetable Oil (Corn Oil, Palm Kernel, Palm Oil, Hydrogenated Palm Oil, and/or Partially Hydrogenated Soybean Oil), Corn Flour, Whey, Maltodextrin, Food Starch-Modified, Salt, Less than 1.5% - Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Cheese Blend (Bakers and Cheddar, Parmesan, Romano (Milk, Cultures, Salt, Enzymes, Annatto Color), Natural and Artificial Flavors, Yeast Extract, Red Pepper, Soy Lecithin, Skim Milk, Hydrolyzed Wheat Gluten, Calcium Oxide, Coloring (Yellow 5 Lake, Yellow 6 Lake, Blue 1 Lake), Lactic Acid, Citric Acid, Lactose, Sodium Caseinate.

Contains: **Wheat, Soy, Dairy**

Nutrition Facts

Serving Size 1 bag
Servings per Container about 1

Amount Per Serving

Calories	210	Calories from Fat	90
% Daily Value*			
Total Fat	10g		15%
Saturated Fat	4.5g		23%
Cholesterol	0mg		0%
Sodium	500mg		21%
Total Carbohydrate	26g		9%
Dietary Fiber	1g		4%
Sugars	6g		
Protein	3g		

Keebler Bite Size Sandies Cookies, Pecan Shortbread

Ingredients: (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1) Riboflin (Vitamin B2), Folic Acid) Vegetable Oil (Soybean, Palm and palm Kernel Oil with TBHQ for Freshness) Sugar, Pecans, Contains two percent or less of salt, eggs, baking soda, whey, soy lecithin

Contains **Wheat, Pecan, Egg, Milk, and Soy** Ingredients

May Contain **Peanuts** and other **Tree Nuts**

Nutrition Facts

Serving Size 1 pkg
Servings per Container about 1

Amount Per Serving

Calories	270	Calories from Fat	140
% Daily Value*			
Total Fat	16g		25%
Saturated Fat	4.5g		23%
Cholesterol	5mg		1%
Sodium	160mg		7%
Total Carbohydrate	29g		10%
Dietary Fiber	1g		3%
Sugars	11g		
Protein	2g		

Backpacker’s Pantry, Strawberry Cheesecake

Ingredients: Filling (Cheesecake Mix (sugar, corn syrup solids, partially hydrogenated coconut, palm kernel and soybean oil, cream cheese solids, buttermilk, non fat dry milk, modified food starch, carrageenan, sodium phosphates, sodium caseinate (a milk derivative), dipotassium phosphate, salt, natural and artificial flavor, propylene glycolesters of fatty acids, mono and diglycerides, sodium silico aluminate, soy lecithin, yellow 5, yellow 6), Cream powder (cream, nonfat milk, soy lecithin), nonfat milk, strawberries, modified food starch (from corn), sugar), filling (graham cracker crumbs (enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), high fructose corn syrup, whole wheat flour, vegetable oil (soybean, palm, palm kernel oil with tbhq for freshness), contains two percent or less of baking soda, salt, honey and soy lecithin) sugar).

Contains: Milk, Soybean, Gluten, Wheat. Produced in a facility that processes peanuts, milk, soy, wheat, gluten, egg and tree nut ingredients.

Nutrition Facts		
Serving Size ½ package		
Servings per Container : 2		
Amount Per Serving		
Calories	260	Calories from Fat 90
% Daily Value*		
Total Fat	10g	15%
Saturated Fat	5g	24%
Cholesterol	25mg	8%
Sodium	380mg	16%
Potassium	mg	%
Total Carbohydrate	38g	13%
Dietary Fiber	2g	7%
Sugars	11g	
Protein	7g	%

Kelloggs Rice Krispies Treats –

Ingredients: Toasted Rice Cereal (rice, sugar, salt, malt flavoring, niacinamide, reduced iron, riboflavin (vitamin B2), folic acid), marshmallow (corn syrup, sugar, gelatin, natural and artificial flavoring), fructose, margarine (vegetable oil (soybean, palm and palm kernel oil with tbhq for freshness), water, natural and artificial butter flavor (contains milk). Datem. Acetylated monoglycerides, bht vitamin A palmitate, vitamin d) corn syrup solids, contains two percent or less of the following: dextrose, glycerin, salt, niacinamide, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, soy lecithin.

CONTAINS MILK AND SOY INGREDIENTS

Nutrition Facts		
Serving Size 1 bar (37g)		
Servings per Container : 1		
Amount Per Serving		
Calories	150	Calories from Fat 35
% Daily Value*		
Total Fat	4g	6%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	170mg	7%
Potassium	mg	%
Total Carbohydrate	28g	9%
Dietary Fiber	0g	0%
Sugars	13g	
Protein	1g	%

Keebler – Grahams Crackers, Bug Bites

Ingredients: Whole Wheat Flour, Enriched Flour (Wheat flour, Niacin, Reduced Iron, Thiamin Mononitrate (vitamin B1), Riboflavin (vitamin B2), Folic Acid), Sugar, Vegetable Oil (Soybean and palm oil with TBHQ for freshness), Honey, Contains Two percent or less of: Calcium Carbonate, Salt, Baking Soda, Cinnamon, Maltodextrin, Soy lecithin, Vitamin A Palmitate, BHT for freshness.

Contains: **Wheat and Soy** Ingredients

Nutrition Facts		
Serving Size 1 pkg (31g)		
Servings per Container 1		
Amount Per Serving		
Calories	120	Calories from Fat 35
% Daily Value*		
Total Fat	3.5g	5%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	115mg	5%
Potassium	mg	%
Total Carbohydrate	21g	7%
Dietary Fiber	1g	5%
Sugars	8g	
Protein	2g	%

Oreos -

Ingredients: unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, high oleic canola and/or palm and/or canola and/or soybean oil, cocoa (processed with alkali), high fructose corn syrup, leavening (baking soda and/or calcium phosphate), cornstarch, salt, soy lecithin, vanilla-an artificial flavor, chocolate.

Contains: **wheat, soy**

Nutrition Facts		
Serving Size 34g		
Servings per Container about 1		
Amount Per Serving		
Calories	160	Calories from Fat 60
% Daily Value*		
Total Fat	7g	11%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	140mg	6%
Total Carbohydrate	25g	8%
Dietary Fiber	1g	4%
Sugars	14g	
Protein	1g	

FAMOUS AMOS – CHOCOLATE CHIP COOKIES

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), semisweet chocolate (sugar, chocolate, cocoa butter, soy lecithin, natural flavor), sugar, vegetable oil (soybean, palm and palm kernel oil with tbhq for freshness), contains two percent or less of molasses, salt, egg, baking soda, natural and artificial flavor, whey, whey protein concentrate.

Contains: **Wheat, Soy, Egg and Milk** ingredients. May contain **Tree Nuts**

Nutrition Facts	
Serving Size 1 pkg	
Servings per Container about 1	
Amount Per Serving	
Calories 280	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 5mg	2%
Sodium 200mg	8%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	6%
Sugars 18g	
Protein 3g	

Philmont Scout Ranch
2013
Chuck Wagon Menu and Ingredient List

Beef Stew
Peaches
Hot Sauce
Sugar
Gatorade
Yellow cake mix
Biscuit mix
Shortening

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

PEACHES – peaches, water, corn syrup, sugar.

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

YELLOW CAKE MIX - sugar, enriched bleached flour (wheat flour, niacin, iron, thiamin nononitrate, riboflavin, folic acid), partially hydrogenated soybean oil, wheat starch, baking powder (baking soda, sodium aluminum phosphate, monocalcium phosphate, dicalcium phosphate), contains 2% or less of :dextrose, corn starch, salt, artificial flavor, propylene glycol monoesters, mono-and diglycerides, cellulose, colored with yellow 5 and red 40, xanthan gum cellulose gum, polysorbate 60, TBHQ, and citric acid. **Contains: milk and wheat ingredients. May contain soybean ingredients.**

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

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

SHORTENING- soybean oil.

Ponil Breakfast Items:

Pancake Mix – Enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated soybean and/or cottonseed oil, corn syrup solids, salt, sodium aluminum phosphate, sodium bicarbonate, sugar, sodium casinate, (a milk derivative), mono & diglycerides. **Contains allergens: Dairy and wheat.**

Pancake Syrup – corn syrup, water, salt, artificial and natural flavors, cellulose gum, caramel color, sodium benzoate, sorbic acid and potassium sorbate as preservatives, citric acid.

Pork Breakfast Sausage – Pork, water, salt, spices, dextrose, BHT, citric acid, propyl gallate.

Orange Juice – Water, orange juice concentrate.

COFFEE – coffee

Chuck Wagon Menu and Ingredient List

When Extreme **Fire Restrictions are in Place**

Beef Stew
Peaches
Pound Cake
Premade Biscuits
Gatorade
Hot Sauce

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

PEACHES – peaches, water, corn syrup, sugar.

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

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

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

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

Abreu Mexican Dinner Menu and Ingredient List

Tortilla

Refried Beans

Taco Meat

Churro

Salsa

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

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

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

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

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