

Philmont Scout Ranch

2010 Trail Menu

With Nutritionals and Ingredients

SPECIAL FOOD NEEDS FOR ALLERGIC OR RELIGIOUS REASONS

Philmont trail food is, by necessity, a high-carbohydrate, high-caloric diet. The menu provides between 2,700 and 3,100 calories per person per day. It is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. If an individual is allergic to some food products or requires a special diet, suitable trail food must be purchased at home and brought by that individual to Philmont. Package each day's meals separately and write the person's name and expedition number on each package. Upon arrival at the ranch, give the food to your Ranger who will take it to Logistics. Arrangements will be made to transport it to the appropriate backcountry commissaries for your crew. **There is no fee reduction for individuals who bring their own food.** Appropriate substitutions can be arranged for food served in the dining hall by speaking with the dining hall manager prior to arrival at Philmont. Philmont asks that food substitutions be only for medical (including allergies) or religious reasons. Your cooperation is appreciated. If there is any question about food substitutions please contact Philmont by phone at 575-376-2281 or email: camping@philmontscoutranch.org.

KOSHER TRAIL MENU

A Kosher/Halal Trail Menu is available and is based, as much as possible, on the standard Philmont Trail Menu. This allows for a higher level of practicality, since it will permit the Jewish and Muslim Scout to share the same foods (in many instances) as other members of their crew, reducing the amount of extra food that needs to be packed into the backcountry and allowing more social interaction through shared food at meal time.

The My Own Meal products are used for the dinners and need only to be immersed in boiling water for 5 minutes to be ready, requiring very little clean-up afterwards. All of the meat products used in My Own Meal are Glatt Kosher and are Halal. Philmont has kosher vessels (ie. brand new and not used) available. We recommend that Jewish and Muslim Scouts either bring their own trail stove or purchase one here, so that they do not have to wait for a crew stove to boil their water and, thus, not eat at the same time as their crew members. Most, but not all, of the products currently in use at Philmont have a , , or heksher or are clearly marked Halal. While they should be adequate to fulfill the religious dietary requirements of most of our Jewish and Muslim Scouts, if it is important for you to have certification on all food products, you should consider bringing all food from home.

Much care has been placed on insuring the separation of meat and dairy at any given meal. For example, dried fruit has been substituted for the regular desserts in several suppers because the regular desserts contain milk or whey. Philmont feels it is important that the Scout have meat protein available at that point in the trek. Some dinners have been made vegetarian or cheese so that the Scout can also enjoy a dairy dessert with that meal. When practical, we can arrange one or more food pick-ups in the backcountry so that Jewish and Muslim Scouts do not have to carry all their food with them from the beginning of the trek. These can be arranged to

occur at the same times and places as the regular crew food pick-ups. Your Ranger will help make these arrangements. If you have questions or concerns, please direct them in writing to the Philmont Jewish Chaplain or the Philmont Director of Program.

**Philmont Trail Food Ingredients
2010**

Breakfast #1		Breakfast #6
Oatmeal To Go – Oatmeal Raisin Lara Bar – Peanut Butter and Jelly Bagel Chips – Cinnamon Raisin Squeeze Cheese – Cream Cheese Fruit Roll Up – Strawberry Alpine Brand Apple Cider by Krusteaz		Maple Granola Fruition Bar – Blueberry Pineapple Chunks Beef Jerky – Peppered Lemonade
Breakfast #2		Breakfast #7
French Vanilla Granola Raisins Fig Newtons Nature Valley Bar – Peanut Butter Hot Cocoa		Fruit Roll Up – Tropical Tie Dye Pop Tarts – Blueberry Nature Valley Bar – Oats N Honey Raisins Alpine Brand Apple Cider by Krusteaz
Breakfast #3		Breakfast #8
Instant Oatmeal –Maple and Brown Sugar Pro Bar – Whole Berry Blast Beef Jerky – Original Pop Tarts – Strawberry Lemonade		Oatmeal To Go – Brown Sugar Cinnamon Fig Newtons Apricots Lara Bar – Apple Pie Tang – Fruit Punch
Breakfast #4		Breakfast #9
Day Break Blend Trail Mix – Berry Almond Breakfast Cookie – Oatmeal Raisin Newton’s Fruit Crisp – Apple Cinnamon Lara Bar – Cinnamon Roll Alpine Brand Apple Cider by Krusteaz		Super Nutty Granola Chewy Granola Bar – Peanut Butter Newton’s Fruit Crisp – Mixed Berry Beef Jerky – Original Hot Cocoa
Breakfast #5		Breakfast #10
Mountain House Breakfast Skillet Chewy Granola Bar – Peanut Butter Fig Newtons Banana Chips Hot Cocoa		Instant Oatmeal – Apples & Cinnamon Fruition Bar – Cran Raspberry Pop Tarts – Brown Sugar Cinnamon Apple Slices – Dehydrated Lemonade

BREAKFAST ENTRÉE (The package and information is for a single serving, however, we are providing one package (16oz yield) for two people to share.)

Breakfast Skillet	
INGREDIENTS: Ingredients: *Hash Browns (potatoes, vegetable oil [contains one or more of the following: canola oil, cottonseed oil, palm oil, soybean oil, sunflower oil], disodium dihydrogen pyrophosphate, dextrose)), *Precooked Eggs (whole eggs, egg yolks, nonfat dry milk, modified corn starch, corn oil, salt, yeast extract, sunflower oil, smoke flavor, xanthan gum), *Pork Sausage ([pork, salt, spices, sugar], textured vegetable protein [soy flour, salt]), *Red and Green Bell Peppers, *Chopped Onions. *Freeze Dried Contains: Egg, Milk, and Soy.	
NUTRITION: Allergen Info...click here	
Product code:	53482
Pkg. Net Wt.(oz):	4.73
Servings per Pkg:	1
Serving Size:	16 oz
Total Calories:	680
From Fat:	370
Total Fat:	42 grams
Saturated Fat:	12 grams
Transfat Acid:	.5 grams
Cholesterol:	656 milligrams
Sodium:	1690 milligrams
Carbos:	52 grams
Dietary Fiber:	8 grams
Sugars:	6 grams
Protein:	26 grams

CEREALS

APPLES AND CINNAMON INSTANT OATMEAL - (B10) – 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). Malt-o-Meal Co.,Minneapolis, MN 55402 340

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	

MAPLE AND BROWN SUGAR INSTANT OATMEAL – (B3) – whole grain rolled oats, sugar, salt, natural flavors, calcium carbonate, nonfat milk, 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). **Contains: Milk Ingredients.**
Malt-o-Meal Co., Minneapolis, MN
55402

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		

QUAKER OATMEAL TO GO – BROWN SUGAR CINNAMON –(B8) WHOLE GRAIN ROLLED OATS, HIGH FRUCTOSE CORN SYRUP, BROWN SUGAR, OAT BRAN CONCENTRATE, RICE FLOUR, OAT FLOUR, SUGAR, 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), MALTODEXTRIN, MODIFIED FOOD STARCH, GLYCERIN, CORN SYRUP, DRIED WHOLE EGGS, MALTED BARLEY EXTRACT, CALCIUM CARBONATE, SALT, WATER, 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, POTASSIUM SORBATE AND BHT (PRESERVATIVES), ARTIFICIAL COLOR, NATURAL AND ARTIFICIAL FLAVORS, 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.

Nutrition Facts			
Serving Size 40g			
Servings per Container about 1 Bar			
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		
Vitamin A	10 %	Calcium	10%
Vitamin C	0 %	Iron	20 %

QUAKER OATMEAL TO GO – OATMEAL RAISIN – (B1) Ingredients

WHOLE GRAIN ROLLED OATS, HIGH FRUCTOSE CORN SYRUP, RAISINS, BROWN SUGAR, OAT BRAN CONCENTRATE, OAT FLOUR, 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), MALTODEXTRIN, MODIFIED FOOD STARCH, GLYCERIN, DRIED WHOLE EGGS, SUGAR, CORN SYRUP, NATURAL AND ARTIFICIAL FLAVORS, MALTED BARLEY EXTRACT, CALCIUM CARBONATE, SALT, SORBITOL, CINNAMON, SODIUM BICARBONATE, MALT (CONTAINS BARLEY, SOY, AND WHEAT COMPONENTS), CORN FLOUR, MALIC ACID, SODIUM ALGINATE, NATURAL MIXED TOCOPHEROLS, CALCIUM PHOSPHATE, SPICE, NIACINAMIDE*, VITAMIN A PALMITATE, POTASSIUM SORBATE AND BHT (PRESERVATIVES), REDUCED IRON, SODIUM PHOSPHATE, PYRIDOXINE HYDROCHLORIDE*, RIBOFLAVIN*, THIAMIN MONONITRATE*, FOLIC ACID*.

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

Nutrition Facts	
Serving Size 40g	
Servings per Container about 1 Bar	
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	
Vitamin A 10 %	Calcium 10%
Vitamin C 0 %	Iron 20 %

FRENCH VANILLA GRANOLA – (B2) - Rolled Oats, Sugar, Canola Oil, Rice Crisp (Rice, Barley, Malt, Salt), Almonds, Honey, Sea Salt, Vanilla.

Nutrition Facts	
Serving Size 85g	
Servings per Container about 1	
Amount Per Serving	
Calories 340	Calories from Fat 90
% Daily Value*	
Total Fat 11g	17 %
Saturated Fat 1 g	4 %
Cholesterol 0mg	0%
Sodium 85mg	4 %
Total Carbohydrate 56g	19%
Dietary Fiber 5g	19 %
Sugars 22g	
Protein 8g	
Vitamin A 0 %	Calcium 0%
Vitamin C 15 %	Iron 28 %

QUAKER CHEWY GRANOLA BAR – PEANUT BUTTER – (B5, B9)

GRANOLA (WHOLE GRAIN ROLLED OATS, BROWN SUGAR, CRISP RICE [RICE FLOUR, SUGAR, SALT, MALTED BARLEY EXTRACT], WHOLE GRAIN ROLLED WHEAT, PARTIALLY HYDROGENATED SOYBEAN AND COTONSEED OILS* WITH TBHQ AND CITRIC ACID ADDED TO PRESERVE FRESHNESS AND/OR SUNFLOWER OIL WITH NATURAL TOCOPHEROL ADDED TO PRESERVE FRESHNESS, DRIED COCONUT, WHOLE WHEAT FLOUR, SODIUM BICARBONATE, SOY LECITHIN, CARAMEL COLOR, NONFAT DRY MILK), SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), CORN SYRUP, CRISP RICE (RICE FLOUR, SUGAR, BARLEY MALT, SALT), INVERT SUGAR, SUGAR, CORN SYRUP SOLIDS, GLYCERIN, PARTIALLY HYDROGENATED SOYBEAN OIL*. CONTAINS 2% OR LESS OF SORBITOL, CALCIUM CARBONATE, SALT, WATER, SOY LECITHIN, MOLASSES, NATURAL AND ARTIFICIAL FLAVOR, BHT (PRESERVATIVE), CITRIC ACID. CONTAINS WHEAT, COCONUT, SOY AND MILK INGREDIENTS. MAY CONTAIN TRACES OF PEANUT AND OTHER TREE NUTS.

Nutrition Facts	
Serving Size 42g	
Servings per Container about 1 Bar	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8 %
Saturated Fat 1.5g	7 %
Cholesterol 0mg	0%
Sodium 160mg	7 %
Total Carbohydrate 30g	10%
Dietary Fiber 2g	6 %
Sol. Fiber 1g	
Sugars 12g	
Protein 3g	
Vitamin A 0 %	Calcium 15%
Vitamin C 0 %	Iron 6 %

MAPLE ALMOND GRANOLA-(B6) - Rolled Oats, Sugar, Canola Oil, Almonds, Maple Syrup, Honey, Maple Flavor, Salt.

Nutrition Facts	
Serving Size 85g	
Servings per Container about 1	
Amount Per Serving	
Calories 340	Calories from Fat 110
% Daily Value*	
Total Fat 12g	19 %
Saturated Fat 2.5 g	12 %
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 51g	17%
Dietary Fiber 6g	25 %
Sugars 19g	
Protein 8g	
Vitamin A 0 %	Calcium 4%
Vitamin C 15 %	Iron 15 %

SUPER NUTTY GRANOLA – (B9) - Rolled Oats, Sugar, Canola Oil, Sunflower Seeds, Cashews, Walnuts, Almonds, Sesame Seeds, Honey, Coconut, Sea Salt, vanilla extract.

Nutrition Facts	
Serving Size 85g	
Servings per Container about 1	
Amount Per Serving	
Calories 340	Calories from Fat 110
% Daily Value*	
Total Fat 12g	19 %
Saturated Fat 2.5 g	12 %
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 51g	17%
Dietary Fiber 6g	25 %
Sugars 19g	
Protein 8g	
Vitamin A 0 %	Calcium 4%
Vitamin C 15 %	Iron 15 %

SNACKS

RAISINS – (B2, B7) –Raisins. Boghosian Raisin Packing Co., Inc. Fowler, CA 93625.

Nutrition Facts	
Serving Size 40g	
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	

JACK LINKS BEEF JERKY – ORIGINAL (B3, B9) – 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** Link Snacks, Inc., 1 Snack Food Lane, Minong, WI 54859
 Calories = 70 Carbs = 3 g, Protein = 13g

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 LINKS BEEF JERKY –PEPPERED (B6) - 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** Link Snacks, Inc., 1 Snack Food Lane, Minong, WI 54859

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	

DRIED APRICOTS –(B8) Ingredients: Dried Apricots

BANANA CHIPS (B5) - Banana, coconut and/or vegetable oil, sugar and/or honey, natural flavors. Allergen Warning: Packed in a facility that processes products that contain peanuts, tree nuts, milk, egg, wheat and soy beans. Azar Nut Co., El Paso, TX 79912

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	

PINEAPPLE CHUNKS –(B6) – Pineapple, sugar, citric acid, calcium, sulphur dioxide. **Packed in a facility that Processes Product that contain peanuts, tree nuts, milk, egg, wheat, and soybeans.** Azar Nut Co., El Paso, Texas

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	

SQUEEZE CREAM CHEESE –(B1) Cream, nonfat milk, water, less than 2% of: lactic acid, sodium citrate, titanium dioxide, cheese culture, sorbic acid, carob gum, guar gum, locust bean gum, sodium stearoyl lactylate, xanthan gum. Old Fashioned Foods, Inc., PO Box 111, Mayville, WI 53050. Calories = 60 Carbs = 3 g, Protein = 1g

BAGLE CHIPS – CINNAMON RAISIN –(B1) – unbleached enriched wheat flour (unbleached four, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), cinnamon raisin seasoning (sugar, cinnamon, salt, natural raisin flavor, caramel color), palm oil, raisins, less than 2% of the following: partially hydrogenated soybean oil, liquid brown sugar, salt, malted barley flour, yeast, vinegar, ascorbic acid, beta carotene (color), artificial flavor, citric acid (preservative).

Nutrition Facts	
Serving Size 35g	
Servings per Container about 1	
Amount Per Serving	
Calories 170	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11 %
Saturated Fat 3 g	15 %
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4 %
Sugars 8g	
Protein 3g	
Vitamin A 0 %	Calcium 0%
Vitamin C 0 %	Iron 6 %

PLANTER’S DAYBREAK BLEND BERRY ALMOND TRAIL MIX –(B4) - almonds, , golden raisins, sugar dried cranberries, whole grain rolled oats, brown sugar, whole grain wheat, vegetable oil (cottonseed, high oleic canola, high oleic sunflower, peanut and/or sunflower), rice flour, dried bananas, rice, corn syrup, whey (from milk), salt, maltodextrin, natural flavor, sea salt, emulsifiers (soy lecithin, sunflower lecithin), reduced iron, caramel color, sulfites added to preserve color. **Contains: almond, wheat, milk, soy, sunflower seed, sulfites. Manufactured on equipment that processes peanut , other tree nuts.** Kraft Foods Global, Inc., Northfield, IL 60093 Calories = 180 Carbs = 28 g, Protein = 3g

Nutrition Facts	
Serving Size 42g	
Servings per Container about 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 55mg	2%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12 %
Sugars 19g	
Protein 3g	
Vitamin A 0 %	Calcium 4%
Vitamin C 0 %	Iron 40 %

QUAKER BREAKFAST COOKIE – OATMEAL RAISIN (B4)

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.

*ONE OF THE B VITAMINS

**ADDS A DIETARILY INSIGNIFICANT AMOUNT OF TRANS FAT

CONTAINS WHEAT AND EGG INGREDIENTS.

MAY CONTAIN TRACES OF TREE NUTS.

Serving size 1 Cookie (48g)	
Amount per serving	
Calories 170	Calories from Fat 40
%daily value	
Total Fat 4.5g	7%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1.5g	
Cholesterol 5mg	1%
Sodium 190mg	8%
Potassium 120mg	3%
Total Carbohydrate 33g	11%
Dietary Fiber 5g	19%
Soluble Fiber 2g	
Sugars 15g	
Protein 3g	

BARS

LARA BAR - CINNAMON ROLL – (B4) - Dates, walnuts, almonds, raisins, cashews, cinnamon. Small Planet Foods, Inc., PO Box 18932, Denver, CO. 80218 Calories = 240 Carbs = 30 g, Protein = 5g

Nutrition Facts

Serv. Size 1 bar (51g)
 Servings: 16
Calories 240
 Calories from fat 110

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Total Fat 12g	18%	Sodium 0mg	0%
Saturated Fat 1g	6%	Potassium 320mg	9%
Transfat 0g		Total Carbohydrate 30g	10%
Polyunsat. Fat 6g		Dietary Fiber 4g	16%
Monounsat. Fat 4g		Sugars 23g	
Cholesterol 0mg	0%	Protein 5g	
Vitamin A 0% - Vitamin C 0% - Calcium 4% - Iron 6%			
Vitamin E 6% - Thiamin 4% - Riboflavin 6% - Niacin 4%			
Vitamin B6 6% - Folic Acid 4% - Phosphorus 10%			
Magnesium 15% - Zinc 4% - Copper 15%			

LARA BAR – APPLE PIE (B8) – Dates, almonds, unsweetened apples, walnuts, raisins cinnamon. Humm Foods, Inc., PO Box 18932, Denver, CO. 80218. Calories = 180 Carbs = 23 g, Protein = 4g

Nutrition Facts

Serv. Size 1 bar (45g)
 Servings: 16
Calories 190
 Calories from fat 90

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Total Fat 10g	15%	Sodium 10mg	1%
Saturated Fat 1g	4%	Potassium 280mg	8%
Transfat 0g		Total Carb. 24g	8%
Polyunsat. Fat 4.5g		Dietary Fiber 5g	20%
Monounsat. Fat 4g		Sugars 18g	
Cholesterol 0mg	0%	Protein 4g	
Vitamin A 0% - Vitamin C 0% - Calcium 4% - Iron 6%			
Vitamin E 8% - Thiamin 4% - Riboflavin 8% - Niacin 2%			
Vitamin B6 4% - Folic Acid 4% - Phosphorus 8%			
Magnesium 10% - Zinc 4% - Copper 15%			

LARA BAR – PEANUT BUTTER & JELLY (B1) – Dates, peanuts, unsweetened cherries, salt. Small Planet Foods, Inc., PO Box 18932, Denver, CO. 80218 Calories = 210 Carbs = 27 g, Protein = 6g

Nutrition Facts

Serv. Size 1 bar (48g)
 Servings: 16
Calories 210
 Calories from fat 90

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Total Fat 10g	16%	Sodium 60mg	2%
Saturated Fat 2g	9%	Potassium 340mg	10%
Transfat 0g		Total Carbohydrate 27g	9%
Polyunsat. Fat 3g		Dietary Fiber 4g	16%
Monounsat. Fat 5g		Sugars 19g	
Cholesterol 0mg	0%	Protein 6g	
Vitamin A 0% - Vitamin C 0% - Calcium 2% - Iron 4% - Vitamin E 6%			
Thiamin 2% - Riboflavin 2% - Niacin 10% - Vitamin B6 4%			
Folic Acid 8% - Phosphorus 8% - Magnesium 10%			
Zinc 4% - Copper 10%			

PRO BAR – WHOLE BERRY BLAST(B3) –

Nutrition Facts

Serving Size 1 bar (85g)
Servings per container 1

Calories 370 Calories from Fat 160

Amount/Serving	%Daily Value
Total Fat 18g	28%
Saturated Fat 5g	24%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Potassium 200mg	6%
Total Carbohydrate 49g	16%
Dietary Fiber 6g	25%
Sugars 31g	
Protein 8g	

Vitamin A 0% • Vitamin C 10% • Calcium 10% • Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.

Omega 3: 720mg per bar Omega 6: 1530mg per bar

INGREDIENTS: Oats (organic rolled oats, rolled oats), organic brown rice syrup, organic barley malt syrup, organic raisins, organic dates, organic raw sunflower seeds, almond butter, organic cashew butter, organic raw coconut, unsweetened dark chocolate (cocoa, cocoa butter), organic raw cashews, rolled rye, raw organic brown flax seed, juice sweetened dehydrated strawberries and blueberries, raw organic brown sesame seed, organic raw almonds, organic evaporated cane juice, dehydrated pineapple, dehydrated papaya, raw cashews, organic soy oil, expeller pressed canola oil, organic molasses, almonds, blueberry puree, raw Brazil nuts, organic pumpkin seeds, organic crisp brown rice (organic brown rice, organic evaporated cane juice, sea salt), oat bran, organic oat solids, organic hemp seed, organic brown rice flour, natural blueberry flavour, dehydrated apples, organic sunflower oil, natural orange oil, natural flavours, sea salt, grape juice concentrate, tocopherols.

All natural product may contain pit pieces, nutshells and other organic matter.

Certified organic by QAI
100% Vegan • NON-GMO

NEWTONS FRUIT CRISPS - APPLE CINNAMON-(B4) – enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), sugar, invert sugar, soybean oil, cornstarch, apple powder, apple puree, glycerin, corn syrup, modified cornstarch, calcium carbonate (source of calcium), partially hydrogenated cottonseed oil, natural flavor, salt, pectin, citric acid, cinnamon, baking soda, sodium citrate, dextrose, whey (from Milk), sodium benzoate added to preserve freshness. **Contains: wheat, milk. Manufactured on equipment that processes tree nuts.** Kraft Foods Global, Inc., Northfield, IL 60093. Calories = 100 Carbs = 20 g, Protein = >1g

Nutrition Facts	
Serving Size 28g	
Servings per Container about 1	
Amount Per Serving	
Calories	100
Calories from Fat	15
% Daily Value*	
Total Fat	2g 3%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	90mg 4%
Total Carbohydrate	20g 7%
Dietary Fiber	0g 0%
Sugars	8g
Protein	1g

NEWTONS FRUIT CRISPS – MIXED BERRY-(B9) – Enriched flour (wheat flour, niacin, reduced iron, thimine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), sugar, invert sugar, soybean oil, cornstarch, apple powder, glycerin, corn syrup, modified cornstarch, calcium carbonate (source of calcium 0, partially hydrogenated cotton seed oil, blueberry puree, red raspberry puree, strawberry puree, blackberry puree, salt, pectin, natural flavor, citric acid, baking soda, sodium citrate, dextrose, whey (from milk), sodium benzoate added to preserve freshness. Kraft Foods Global, Inc., Northfield, IL 60093. **Contains: Wheat, milk. Manufactured on equipment that processes tree nuts.** Calories = 100 Carbs = 20 g, Protein = 1g

Nutrition Facts	
Serving Size 28g	
Servings per Container about 1	
Amount Per Serving	
Calories	100
Calories from Fat	15
% Daily Value*	
Total Fat	2g 3%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	85mg 4%
Total Carbohydrate	20g 7%
Dietary Fiber	0g 0%
Sugars	8g
Protein	1g

FRUIT ROLL UP – STRAWBERRY (B1) – Pears from concentrate, corn syrup, dried corn syrup, sugar, partially hydrogenated cottonseed oil, citric acid, sodium citrate, acetylated mono and diglycerides, pectin, malic acid, vitamin C(ascorbic acid), acerola extract (a natural source of vitamin C), color (red 40), natural flavor. General Mills Sales, Inc., Minneapolis, MN 55440. Calories = 50 Carbs = 11 g, Protein = 0g

Nutrition Facts			
Serving Size 14g			
Servings per Container about 1			
Amount Per Serving			
Calories	50	Calories from Fat	5
% Daily Value*			
Total Fat	1g		1 %
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	55mg		2%
Total Carbohydrate	11g		4%
Dietary Fiber	0g		0 %
Sugars	7g		
Protein	0g		
Vitamin A	0 %	Calcium	0%
Vitamin C	25 %	Iron	0 %

FRUIT ROLL UP – TROPICAL TIE DYE (B7) – Pears from concentrate, corn syrup, dried corn syrup, sugar, partially hydrogenated cottonseed oil, citric acid, sodium citrate, acetylated mono and diglycerides, pectin, malic acid, vitamin C(ascorbic acid), natural flavor, acerola extract (a natural source of tiamin C), color (red 40, yellow 5, blue 1). General Mills Sales, Inc., Minneapolis, MN 55440. Calories = 50 Carbs = 11 g, Protein = 0g

Nutrition Facts			
Serving Size 14g			
Servings per Container about 1			
Amount Per Serving			
Calories	50	Calories from Fat	5
% Daily Value*			
Total Fat	1g		1 %
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	55mg		2%
Total Carbohydrate	11g		4%
Dietary Fiber	0g		0 %
Sugars	7g		
Protein	0g		
Vitamin A	0 %	Calcium	0%
Vitamin C	25 %	Iron	0 %

FRUITION BAR – BLUEBERRY (B6)

Nutrition Facts

Serving Size 1 bar (48g)

Servings per container 1

*Percent Daily Values are based on a 2,000 calorie diet.

Calories 160 Calories from Fat 20

Amount/Serving %Daily Value

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 34g 11%

Dietary Fiber 4g 16%

Sugars 21g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

INGREDIENTS: Organic Date Paste, Organic Rolled Oats, Organic Brown Rice Syrup, Organic Barley Malt Syrup, Blueberry Puree, Cashews, Apple Juice Infused Blueberries, White Chia Seeds, Black Chia Seeds, Natural Blueberry Flavor, Blueberry Extract, Tocopherols, Natural Flavor, Ascorbic Acid, Citric Acid, Arabic Gum

ALLERGY INFORMATION: Produced in a facility that processes nuts.

100% VEGAN – NON GMO

Nutrition Facts

Serving Size 1 bar (48g)

Servings per container 1

*Percent Daily Values are based on a 2,000 calorie diet.

Calories 160 **Calories from Fat** 20

Amount/Serving	%Daily Value
----------------	--------------

Total Fat 2g	3%
---------------------	-----------

Saturated Fat 0g	0%
------------------	----

Trans Fat 0g	
--------------	--

Cholesterol 0mg	0%
------------------------	-----------

Sodium 20mg	1%
--------------------	-----------

Total Carbohydrate 34g	11%
-------------------------------	------------

Dietary Fiber 4g	16%
------------------	-----

Sugars 22g	
------------	--

Protein 3g	
-------------------	--

Vitamin A 0%	• Vitamin C 0%
--------------	----------------

Calcium 2%	• Iron 4%
------------	-----------

INGREDIENTS: Organic Date Paste, Organic Rolled Oats, Organic Brown Rice Syrup, Raspberry Puree, Cashews, Apple Juice Infused Cranberries, White Chia Seeds, Black Chia Seeds, Natural Raspberry Flavor, Raspberry Extract, Sunflower Oil, Tocopherols, Natural Flavor, Ascorbic Acid, Citric Acid, Arabic Gum

ALLERGY INFORMATION: Produced in a facility that processes nuts.

100% VEGAN – NON GMO

NATURE VALLEY BAR – PEANUT BUTTER (B2) – whole 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.** General Mills Sales, Inc., Minneapolis, MN 55440.

Nutrition Facts	
Serving Size 42g	
Servings per Container about 1	
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%

NATURE VALLEY BAR – OATS N HONEY (B7) – whole grain rolled oats, sugar, canola oil, crisp rice with soy protein (rice flour, soy protein concentrate, sugar, malt, salt), honey, brown sugar syrup, slat, soy lecithin, baking soda natural flavor, peanut flour, almond flour, pecan flour. **Contains: soy, peanut, almond and pecan ingredients.** General Mills Sales, Inc. Minneapolis, MN 55440.

Nutrition Facts	
Serving Size 42g	
Servings per Container about 1	
Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10 %
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8 %
Sugars 12g	
Protein 4g	
Vitamin A 0 %	Calcium 0%
Vitamin C 0 %	Iron 4%

FIG NEWTONS (B2,B5, B8) – 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, sulfites.** Kraft Foods Global, Inc., Northfield, IL 60093.

Nutrition Facts	
Serving Size 57g	
Servings per Container about 1	
Amount Per Serving	
Calories 200	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6 %
Saturated Fat 1g	5 %
Trans Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0 %
Sodium 230mg	10 %
Total Carbohydrate 39g	13 %
Dietary Fiber 3g	12 %
Sugars 22g	
Protein 2g	
Vitamin A 0 %	Calcium 4 %
Vitamin C 0 %	Iron 6 %

POP TARTS – STRAWBERRY (B3) – strawberry filling [high fructose corn syrup, dextrose, wheat flour, water, glycerine, modified corn and wheat starch, sugar, partially hydrogenated vegetable oil (soybean and/or cottonseed oils), dried strawberries, salt, natural and artificial flavors, malic acid, citric acid, sodium alginate, sodium hexametaphosphate, dicalcium phosphate, cornstarch, sodium stearoyl lactylate, colored with (red 40, yellow 6, blue 1)], enriched bleached flour [wheat flour, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, sugar, partially hydrogenated vegetable oil (soybean and/or cotton seed oils), dextrose. Contains 2% or less of each of the following: corn flour, modified corn and wheat starch, corn syrup, salt, colored with (turmeric, titanium dioxide, red 3, yellow 6, yellow 5, blue 1), high fructose corn syrup, wheat gluten, cornstarch, sodium stearoyl lactylate, leavening (baking soda, sodium acid pyrophosphate), gelatin, BHT and TBHQ and citric acid (preservatives), thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), niacin, folic acid, vitamin A palmitate, iron, pyridoxine hydrochloride (vitamin B6), soy flour. **Contains: Wheat and Soy.** Calories = 200 Carbs = 36 g, Protein = 2g

POP TARTS – BLUEBERRY (B7) – Blueberry filling [high fructose corn syrup, dextrose, wheat flour, water, glycerine, modified cornstarch, sugar, partially hydrogenated vegetable oil (soybean and/or cottonseed oils), dried blueberries, wheat starch, salt, natural and artificial flavors, malic acid, sodium alginate, sodium hexametaphosphate, dicalcium phosphate, citric acid, cornstarch, sodium stearoyl lactylate, soy lecithin, colored with (red 40, blue 1)], enriched bleached flour [wheat flour, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, sugar, partially hydrogenated vegetable oil (soybean and/or cottonseed oils), dextrose. Contains 2% or less of each of the following: corn flour, modified corn and wheat starch, corn syrup, colored with (turmeric, titanium dioxide, blue 2, red 40, yellow 5 red 3, blue 1), high fructose corn syrup, wheat gluten, salt, sodium stearoyl lactylate, leavening (baking soda, sodium acid pyrophosphate), gelatin, BHT and TBHQ and citric acid (preservatives), thiamin, mononitrate (vitamin B1), riboflavin (vitamin B2), niacin, folic acid, vitamin A palmitate, iron, pyridoxine hydrochloride (vitamin B6), soy flour. **Contains: Wheat and Soy.** Calories = 200 Carbs = 36 g, Protein = 2g

POP TARTS – BROWN SUGAR CINNAMON (B10) – Brown Sugar cinnamon filling (high fructose corn syrup, brown sugar, dextrose, wheat flour, water glycerine, modified cornstarch, sugar cinnamon, salt, maltodextrin, natural flavors, cornstarch, sodium alginate, sodium hexametaphosphate, dicalcium phosphate), enriched bleached flour [wheat flour, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, partially hydrogenated vegetable oil (soybean and/or cottonseed oils), sugar dextrose. Contains 2% or less of the following: high fructose corn syrup, wheat gluten, salt, molasses, sodium stearoyl lactylate, modified wheat starch, leavening(baking soda, sodium acid pyrophosphate), cornstarch, gelatin, BHT and TBHQ and citric acid (preservatives), niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid, vitamin A palmitate, iron, pyridoxine hydrochloride (vitamin B6), cled with (caramel color, yellow 5), soy flour. **Contains : Wheat and Soy.** Calories = 200 Carbs = 37 g, Protein = 2g

APPLE SLICES – DEHYDRATED (B10) - Dehydrated Sliced Apples.

Nutrition Facts	
Serving Size 57g	
Servings per Container about 1	
Amount Per Serving	
Calories 200	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2 %
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 53g	18%
Dietary Fiber 2g	8 %
Sugars 30g	
Protein 1g	
Vitamin A 4 %	Calcium 25%
Vitamin C 2 %	Iron 2%

DRINKS

ALPINE BRAND APPLE CIDER BY KRUSTEAZ (B1,B4,B7) – sugar, malic acid, maltodextrin, tricalcium phosphate (prevents caking), apple juice solids, caramel color, sodium citrate (controls acidity), ascorbic acid, natural and artificial flavors, psice extractive. **Allergy Information: This product is manufactured in a facility that makes products containing milk, eggs, soy and wheat.** Continental Mills, Seattle, WA 98138. Calories = 80 Carbs = 20 g, Protein = 0g

SWISS MISS COCOA (B2, B5, B9) – 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 diglycerides, artificial flavor, carrageenan. **Contains: Milk** ConAgra Foods, Omaha, NE, 68103-0768. Calories = 120 Carbs = 23 g, Protein = 1g

COUNTRY TIME LEMONADE (B3, B6, B10) – 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). Kraft Foods Global, Inc., Northfield, IL 60083. Calories = 70 Carbs = 18 g, Protein = 0g

TANG SPORT – FRUIT PUNCH (B8) - 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). Kraft Foods Global Inc., Northfield, IL 60083. Calories = 0 Carbs = 0 g, Protein = 0g

Philmont Trail Food Ingredients 2010

Lunch #1		Lunch #6
Tuna Saltine Crackers Honey Stinger Bar – Apple Marshmellow Squares Planter Fruit & Nut Trail Mix Gatorade – Orange		Tuna Club Crackers Sunflower Trail Mix Clif Bar – Cranberry Apple Cherry Keebler Gripz Gatorade – Orange
Lunch #2		Lunch #7
Ham Club Crackers Mojo Bar – Peanut Pretzel Reeces Pieces GROF Keebler Gripz Gatorade – Glacier Freeze		Bagel Chips – Sea Salt Sun Butter Mojo Bars – Mountain Mix Planter’s Fruit & Nut Trail Mix Nutter Butters Gatorade - Glacier Freeze
Lunch #3		Lunch #8
Squeeze Cheese-Cheddar Ritz Crackers Honey Stinger Chews – Cherry Sunflower Trail Mix Corn Nuts Gatorade – Fruit Punch		Chicken Saltine Crackers Planter’s Cajun Nut Trail Mix Honey Stinger Bar – Berry Banana Buzz Sunflower Seeds-Roasted and Salted Gatorade – Fruit Punch
Lunch #4		Lunch #9
Sun Butter Bagel Chips – Sea Salt Planter’s Cajun Nut Trail Mix Honey Stinger Bar – Peanut Butter N Honey Nutter Butters Gatorade – Lemon Lime		Ritz Crackers Jalapeno Squeeze Cheese Honey Stinger Chews – Fruit Smoothie Corn Nuts Reeces Pieces GORP Gatorade – Lemon Lime
Lunch #5		Lunch #10
Chicken Saltine Crackers Marshmellow Squares Planter’s Nut and Chocolate Trail Mix Sunflower Seeds-Roasted and Salted Gatorade – Riptide Rush		Honey Grahams Sun Butter Planters Nut and Chocolate Trail Mix Clif Bar – Carrot Cake Freeze Dried Cherries Gatorade – Riptide Rush

Philmont Trail Meal Ingredients - 2010

SPREADS

CHUNK CHICKEN – (L5, L8) White Chicken, Water, Sea Salt

Nutrition Facts		
Serving Size 68g		
Servings per Container about 1		
Amount Per Serving		
Calories	80	Calories from Fat 25
% Daily Value*		
Total Fat	2.5g	4%
Saturated Fat	1g	5%
Cholesterol	45mg	15%
Sodium	85mg	4%
Total Carbohydrate	210g	7%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	15g	

TUNA –(L1, L6) Light Tuna, Water, Vegetable Broth, (contains soy) and Salt.

Nutrition Facts		
Serving Size 85g		
Servings per Container about 1		
Amount Per Serving		
Calories	100	Calories from Fat 15
% Daily Value*		
Total Fat	1g	2%
Saturated Fat	0g	0%
Cholesterol	45mg	15%
Sodium	380mg	16%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	20g	

HAM – (L2) Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Smoke Flavoring, Sodium Nitrate

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	

SQUEEZE CHEDDAR CHEESE (L3)– Water , partially hydrogenated soybean oil, cheese, modified food starch, less than 2% of : sodium phosphate, salt, lactic acid, guar gum, sorbic acid, enzymes, annatto. Old Fashion Foods, Inc., PO Box 111, Mayville, WI 53050.

SQUEEZE JALAPENO CHEESE (L9) – Water, partially hydrogenated soybean oil, cheese, modified food starch, less than 2% of : sodium phosphate, salt, lactic acid, jalapeno peppers, guar gum, sorbic acid, annatto, pepper concentrate. Old Fashion Foods, Inc., PO Box 111, Mayville, WI 53050.

SUN BUTTER (L4, L7, L10) Sunflower Seed, Dehydrated Cane Juice, Salt, and Natural Mixed Tocopherols to preserve freshness.

Nutrition Facts	
Serving Size 2 Tbsp (32g)	
Servings Per Container: About 14	
Amount per serving	
Calories 200	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 2g	11%
Polyunsaturated Fat 6g	
Monounsaturated Fat 8g	
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrates 7g	2%
Dietary Fiber 4g	17%
Sugars 3g	
Protein 7g	
Vitamin A 0%*	Vitamin C 0%*
Calcium 2%*	Iron 8%*
Vitamin E 27%*	Niacin 12%*
Magnesium 25%*	Zinc 10%*
Copper 25%*	

*Percent Daily Values are based on a 2000 calorie diet

CRACKERS

HONEY GRAHAM CRACKERS (L10)- *Ingredients*

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

Allergen Information

CONTAINS WHEAT AND SOY INGREDIENTS.

Nutrition Facts	
Serving Size 31g	
4 Crackers = 1 full Cracker Sheet	
Servings per Container about 5	
Amount Per Serving	
Calories	140
	Calories from Fat 35
% Daily Value*	
Total Fat	4g 6%
Saturated Fat	1g 5%
Cholesterol	0mg 0%
Sodium	150mg 6%
Total Carbohydrate	23g 8%
Dietary Fiber	1g 3%
Sugars	7g
Protein	2g

RITZ CRACKERS (L3, L9) - *Ingredients:* ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE 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 (EMULSIFIER), NATURAL FLAVOR, CORNSTARCH.

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	135mg 6%
Total Carbohydrate	10g 34%
Dietary Fiber	0g 0%
Sugars	1g
Protein	1g
Vitamin A 0 %	Calcium 2%
Vitamin C 0 %	Iron 2%

PREMIUM SALTINE CRACKERS (L1, L5, L8) –Ingredients: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SOYBEAN OIL, SALT, HIGH FRUCTOSE CORN SYRUP, PARTIALLY HYDROGENATED COTTONSEED OIL, MALTED BARLEY FLOUR, YEAST, BAKING SODA, VEGETABLE MONOGLYCERIDES (EMULSIFIER).

Nutrition Facts	
Serving Size 15g	
Servings per Container about 8	
Amount Per Serving	
Calories	60
	Calories from Fat 10
% Daily Value*	
Total Fat	1.5g 2%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	190mg 8%
Total Carbohydrate	11g 4%
Dietary Fiber	0g 0%
Sugars	0g
Protein	1g
Vitamin A	0 %
Calcium	0%
Vitamin C	0 %
Iron	4%

CLUB CRACKERS (L2, L6) –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.

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

BAGEL CHIPS – SEA SALT (L4, L7) – unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), palm oil, soybean oil, liquid brown sugar, sea salt, salt, malted barley flour, yeast, vinegar, ascorbic acid. **Contains: wheat and soy.** New York Style Brand, Nonni’s Food Company, Inc., 601 S. Boulder, #900, Tulsa, OK 74119

Nutrition Facts	
Serving Size 35g	
Servings per Container about 1	
Amount Per Serving	
Calories	150
	Calories from Fat 60
% Daily Value*	
Total Fat	7g 11%
Saturated Fat	3g 15%
Cholesterol	0mg 0%
Sodium	360mg 15%
Total Carbohydrate	19g 6%
Dietary Fiber	1g 4%
Sugars	1g
Protein	4g

ENERGY BARS

HONEY STINGER BAR – PEANUT BUTTER ‘N HONEY (L4) –**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, Cyanocobalamin (B12), Folic Acid, Potassium Iodine]; **Natural Flavors.**

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 – APPLE CINNAMON (L1) Ingredients: Honey Stinger™ (Honey, Sea Salt, Water); Honey Stinger™ Apple Cranberry Fruit Smoothie Blend (Apple Bits, Cranberry Bits & Honey); Rolled Whole Oats; 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]; Soy Nuts & Natural Flavors.

Nutrition Facts	
Serving Size 50g	
Servings per Container about 1	
Amount Per Serving	
Calories	180
	Calories from Fat 30
% Daily Value*	
Total Fat	3g 5%
Saturated Fat	1.5g 8%
Cholesterol	0mg 0%
Sodium	160mg 6%
Total Carbohydrate	28g 9%
Dietary Fiber	1g 6%
Sugars	20g
Protein	10g

HONEY STINGER BAR – BERRY BANANA BUZZ (L8) - 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].

Nutrition Facts	
Serving Size 50g	
Servings per Container about 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%
Total Carbohydrate	28g 9%
Dietary Fiber	2g 8%
Sugars	22g
Protein	10g

HONEY STINGER CHEWS – CHERRY (L3) - Ingredients: Organic Tapioca Syrup, Organic Evaporated Cane Juice, Organic Grape Juice Concentrate, Organic Honey, Pectin, Citric Acid, Ascorbic Acid, Color (Black Carrot Juice Concentrate (Red)), Natural Flavors, Potassium Citrate, 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 CHEWS – FRUIT SMOOTHIE (L9) –Ingredients: Organic Tapioca Syrup, Organic Evaporated Cane Juice, Organic Grape Juice Concentrate, Organic Honey, Pectin, Citric Acid, Ascorbic Acid, Color (Black Carrot Juice Concentrate (Red), Annatto (Orange)), Natural Flavors, Potassium Citrate, 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%

MOJO BAR – PEANUT PRETZEL (L2) 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).

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 Bar (45g)		Total Fat 9g	14%	Cholest. 0mg	0%	Dietary Fiber 2g	8%
Calories 200		Sat. Fat 2g	10%	Sodium 230mg	9%	Insoluble Fiber 1g	
Calories from Fat 80		Trans Fat 0g		Potassium 200mg	6%	Sugars 9g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Polysat. Fat 3g		Total Carb. 21g	7%	Other Carb. 10g	
		Monounsatur. Fat 4g				Protein 10g	20%
Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 6% • Vitamin E 15% • Magnesium 10%							

1.0.R7

MOJO BAR – MOUNTAIN MIX (L 7) ingredients: Organic Brown Rice Syrup, Organic Dry Roasted Peanuts, Organic Raisins, Dry Roasted Almonds, Soy Rice Crisps (Soy Protein Isolate, Organic Rice Flour, Calcium Carbonate), Organic Chocolate Chips (Organic Evaporated Cane Juice, Organic Unsweetened Chocolate, Organic Cocoa Butter, Soy Lecithin, Natural Flavors), Organic Pretzels (Organic Wheat Flour, Salt, Organic Canola Oil, Organic Malt), Organic Peanut Butter, Organic Dry Roasted Soybeans, Dry Roasted Pumpkin Seeds, Sunflower Seeds, Sunflower Oil, Roasted Sunflower Kernal, Organic Oat Syrup, Vegetable Glycerin, Organic Sunflower Oil, Sea Salt, Organic Gum Arabic, Natural Vitamin E (antioxidant).

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 Bar (45g)		Fat 8g	12%	Cholest. 0mg	0%	Dietary Fiber 2g	8%
Calories 180		Sat. Fat 1.5g	8%	Sodium 220mg	9%	Insoluble Fiber 2g	
Calories from Fat 70		Trans Fat 0g		Potassium 240mg	7%	Sugars 12g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Polysat. Fat 3g		Total Carb. 21g	7%	Other Carb. 7g	
		Monounsatur. Fat 3.5g				Protein 9g	18%
Vit. A 0% • Vit. C 2% • Calcium 8% • Iron 6% • Vitamin E 15% • Magnesium 15%							

1.0.R11

CLIF BAR – CRANBERRY APPLE CHERRY (L6) Ingredients: Organic Brown Rice Syrup, ClifPro® (Soy Rice Crisps[Soy Protein Isolate, Rice Flour, Barley Malt Extract], Organic Roasted Soybeans, Organic Soy Flour), Organic Rolled Oats, Organic Evaporated Cane Juice, Organic Dried Apples, Dried Cranberries (Cranberries, Apple Juice), ClifCrunch® (Apple Fiber, Organic Oat Fiber, Organic Milled Flaxseed, Inulin [Chicory Extract], Psyllium), Organic Fig Paste, Dried Cherries, Natural Flavors, Sea Salt.

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	Amount/Serving	% DV*
Serv. Size 1 Bar (68g)		Fat 2.5g	4%	Sodium 100mg	4%	Insoluble Fiber 4g	
Calories 230		Sat. Fat 0.5g	3%	Potassium 240mg	7%	Sugars 21g	
Calories from Fat 20		Trans Fat 0g		Total Carb. 45g	15%	Other Carb. 19g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Cholest. 0mg	0%	Dietary Fiber 5g	20%	Protein 10g	20%
Vit. A 30% • Vit. C 100% • Calcium 25% • Iron 25% • Vit. E 100% • Vit. K 25% Thiamin (B1) 25% • Riboflavin (B2) 15% • Niacin (B3) 15% • Vit. B6 20% • Folate 20% Vit. B12 15% • Biotin 10% • Pantothenic Acid 20% • Phosphorus 20% • Iodine 15% Magnesium 25% • Zinc 20% • Selenium 20% • Copper 15% • Manganese 35% Chromium 10% • Molybdenum 15%							

6.2.R6

CLIF BAR – CARROT CAKE (L10) Ingredients: Organic Brown Rice Syrup, ClifPro® (Soy Rice Crisps [Soy Protein Isolate, Rice Flour, Barley Malt Extract], Organic Roasted Soybeans, Organic Soy Flour), Organic Rolled Oats, Organic Evaporated Cane Juice, Organic Dried Apples, Soy White Chocolate (Organic Evaporated Cane Juice, Cocoa Butter, Soy Flour, Soy Lecithin, Natural Flavors), ClifCrunch® (Apple Fiber, Organic Oat Fiber, Organic Milled Flaxseed, Inulin [Chicory Extract], Psyllium), Organic Soy Butter, Dried Carrots, Raisins, Coconut, Sea Salt, Natural Flavors, Nutmeg, Cinnamon, Cloves.

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	Amount/Serving	% DV*
Serv. Size 1 Bar (68g)		Fat 4g	6%	Sodium 150mg	6%	Insoluble Fiber 4g	
Calories 240		Sat. Fat 1.5g	8%	Potassium 250mg	7%	Sugars 21g	
Calories from Fat 35		Trans Fat 0g		Total Carb. 46g	16%	Other Carb. 20g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Cholest. 0mg	0%	Dietary Fiber 5g	20%	Protein 10g	20%
Vit. A 30% • Vit. C 100% • Calcium 25% • Iron 25% • Vit. E 100% • Vit. K 25% Thiamin (B1) 25% • Riboflavin (B2) 15% • Niacin (B3) 15% • Vit. B6 20% • Folate 20% Vit. B12 15% • Biotin 10% • Pantothenic Acid 20% • Phosphorus 20% • Iodine 15% Magnesium 25% • Zinc 20% • Selenium 20% • Copper 15% • Manganese 35% Chromium 10% • Molybdenum 15%							

6.2.R13

SNACKS

CORN NUTS (L3, L9) –Ingredients: CORN, PARTIALLY HYDROGENATED SOYBEAN AND/OR CANOLA OIL, SALT.

Nutrition Facts	
Serving Size 39g	
Servings per Container about 1	
Amount Per Serving	
Calories 180	Calories from Fat 50
% 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	
Vitamin A 0 %	Calcium 0%
Vitamin C 0 %	Iron 4%

PLANTER'S TRAIL MIX – FRUIT AND NUT (L1, L7) –Peanuts, Raisins, Dried Bananas, Sugar, Cashews, Coconut Oil, Dried Pineapple, Dried Papaya, Dried Cranberries, Citric Acid, Peanut And/Or Cottonseed Oil, Sea Salt, Natural Flavor, Sulfites Added to Preserve Flavor

Nutrition Facts	
Serving Size 56g	
Servings per Container about 1	
Amount Per Serving	
Calories 280	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 6g	30%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 19g	
Protein 7g	

PLANTER'S TRAIL MIX – NUT AND CHOCOLATE (L5, L10) 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, Soy, Wheat) Raisins, Almonds, Cashews, Peanut and or Cottonseed Oil, Sea Salt

Contains: Peanuts, Milk, Soy, Wheat, Almond, Cashews

Manufactured on equipment that processes other tree nuts

Nutrition Facts	
Serving Size 48g	
Servings per Container about 1	
Amount Per Serving	
Calories 280	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28 %
Saturated Fat 4g	20 %
Cholesterol 0mg	0 %
Sodium 35mg	1 %
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12 %
Sugars 22g	
Protein 8g	
Vitamin A 0 %	Calcium 4 %
Vitamin C 0 %	Iron 10 %

PLANTER'S TRAIL MIX – SPICY NUTS AND CAJUN STICKS (L4, L8) – Peanuts, Corn, Vegetable Oil, (Soybean, Corn, Peanut and/or Cottonseed) Wheat Flour, Sesame Seeds, Salt, Contains 2% or less of Bulgar Wheat, Spices, Maltodextrin, Onion and Garlic and Tomato Powders, Yellow Corn Flour, Dextrose, Monosodium Glutamate, Vegetable Color (Paprika Extract, Beet Powder, Turmeric), Cocoa, Torula Yeast, Green Bell Pepper Powder, Natural and Artificial Flavors, Potato Flour, Citric and Malic And Lactic Acids (for Tartness), Corn Syrup Solids, Sugar, Sodium Diacetate (For Tartness), Malted Barley Flour, Degermed Yellow Corneal, Disodium Phosphate, Sodium Citrate (Controls Acidity), Disodium Inosinate and Disodium uanylate (Flavor Enhancers), Vinegar, Modified Cornstarch, Artificial Color (Red 40 Lake), Propionic Acid

Contains Peanut, Wheat, Sesame Seed

Manufactured on equipment that processes tree nuts.

Nutrition Facts	
Serving Size 56g	
Servings per Container about 1	
Amount Per Serving	
Calories 310	Calories from Fat 200
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 3g	15%
Cholesterol 0mg	0%
Sodium 540mg	23%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 10g	

MARSHMALLOW CRISPY SQUARES (L1, L5) –

Kellogg's® Rice Krispies Treats®

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. Size 1 Bar (22g)	Total Fat 2.5g	4%	Total Carb. 17g	6%
Calories 90	Saturated Fat 1g	5%	Dietary Fiber 0g	0%
Fat Calories 20	Trans Fat 0g		Sugars 7g	
	Cholesterol 0mg	0%	Protein less than 1g	
	Sodium 105mg	4%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 4% • Vitamin C 0% • Calcium 0% • Iron 2% • Vitamin D 2% Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B ₆ 10% • Folic Acid 6%			

INGREDIENTS: TOASTED RICE CEREAL (RICE, SUGAR, SALT, HIGH FRUCTOSE CORN SYRUP, MALT FLAVORING, NIACINAMIDE, REDUCED IRON, RIBOFLAVIN [VITAMIN B₂], FOLIC ACID), MARSHMALLOW (CORN SYRUP, SUGAR, GELATIN, NATURAL AND ARTIFICIAL FLAVOR), 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 [PRESERVATIVE], VITAMIN A PALMITATE, VITAMIN D), CORN SYRUP SOLIDS, CONTAINS TWO PERCENT OR LESS OF DEXTROSE, GLYCERIN, SALT, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), THIAMIN HYDROCHLORIDE (VITAMIN B₁), SOY LECITHIN.
CONTAINS MILK AND SOY INGREDIENTS.

NLI#04535

NUTTER BUTTER COOKIES (L4, L7) Ingredients: 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. COITNAINS: 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%

REECES PIECES GORP (L2, L9) - Butter Toffee Peanuts [Peanuts, Honey Coating (Sucrose, Wheat Starch, Honey, Maltodextrin, Xanthan Gum), Vegetable Oil, (Peanut, Canola, Sunflower, Soybean), Sugar, Salt], Raisins, Reese's Pieces [Sugar, Partially Defatted Peanuts, Partially Hydrogenated Vegetable Oil (Palm Kernel Oil and Soybean Oil), Whey, Dextrose, contains 2% or less of Corn Syrup, Salt, Soy Lecithin, Artificial Color (Blue 1 Lake, Red 40 Lake, Yellow 5 Lake, Yellow 6 Lake), Carnauba Wax, Resinous Glaze and Artificial Flavor] Richmoor Corp., Loomis, CA 95650.

Nutrition Facts	
Serving Size 57g	
Servings per Container about 1	
Amount Per Serving	
Calories	250
	Calories from Fat 80
% Daily Value*	
Total Fat	9g 14%
Saturated Fat	3.5g 18%
Cholesterol	0mg 0%
Sodium	120mg 5%
Total Carbohydrate	38g 13%
Dietary Fiber	2g 9%
Sugars	34g
Protein	5g
Vitamin A	0 %
Calcium	2%
Vitamin C	0 %
Iron	4%

KEEBLER "GRIPZ" (L2, L6) ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, GRAHAM FLOUR, POLYDEXTROSE, SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS, FRUCTOSE, CONTAINS TWO PERCENT OR LESS OF CINNAMON, MOLASSES, ARTIFICIAL FLAVOR, SALT, SOY LECITHIN, BAKING SODA, WHEY, VITAMIN A PALMITATE.

Nutrition Facts	
Serving Size 25g	
Servings per Container about 1	
Amount Per Serving	
Calories	100
	Calories from Fat 25
% Daily Value*	
Total Fat	3g 5%
Saturated Fat	1g 5%
Cholesterol	0mg 0%
Sodium	75mg 3%
Total Carbohydrate	20g 7%
Dietary Fiber	3g 11%
Sugars	5g
Protein	1g
Vitamin A	15 %
Calcium	0%
Vitamin C	0 %
Iron	4%

SUNFLOWER TRAIL MIX (L3, L6) 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 6%
Saturated Fat	1g 5%
Cholesterol	0mg 0%
Sodium	50mg 2%
Total Carbohydrate	16g 5%
Dietary Fiber	2g 10%
Sugars	11g
Protein	4g
Vitamin A	0 %
Calcium	2%
Vitamin C	0 %
Iron	6%

SUNFLOWER SEEDS – ROASTED AND SALTED (L5, L8) (Processed in a tree nut free facility)

FREEZE DRIED CHERRIES (L10) - Freeze-Dried Whole Cherries Richmoor Corp., Loomis, CA 95650.

Nutrition Facts	
Serving Size 10g	
Servings per Container about 1	
Amount Per Serving	
Calories	35
Calories from Fat	0
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	0mg 0%
Total Carbohydrate	9g 3%
Dietary Fiber	0g 10%
Sugars	8g
Protein	1g
Vitamin A	15 %
Calcium	0%
Vitamin C	6 %
Iron	2%

DRINKS

GATORADE – LEMON LIME (L4, L9) – Sucrose, Dextrose, Citric Acid, Salt, Sodium Citrate, Natural Lemon and Lime Flavors with other Natural Flavors, Monopotassium Phosphate, Yellow 5

GATORADE – GLACER FREEZE (L2, L7) – Sucrose, Dextrose, Citric Acid, Natural Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Coconut Oil, Brominated Vegetable Oil, Blue 1

GATORADE – RIPTIDE RUSH (L5, L10)– Sucrose, Dextrose, Citric Acid, Natural Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Ascorbic Acid, (to promote color retention), Red 40, Blue 1

GATORADE - ORANGE (L1, L6)– Sucrose, Dextrose, Citric Acid, Salt, Sodium Citrate, Natural Orange Flavor with Other Natural Flavors, Monopotassium Phosphate, Partially Hydrogenated Soybean and Cottonseed Oils, Yellow 6

GATORADE FRUIT PUNCH (L3, L8) – Sucrose, Dextrose, Citric Acid, Salt, Sodium Citrate, Natural and Artificial Flavors, Monopotassium Phosphate, Red 40, Partially Hydrogenated Coconut Oil

Philmont Trail Food Ingredients 2010

Dinner #1			Dinner #6
Mountain House Beef Stroganoff Pretzel Poppers – Cheesy Nacho Oreos			Homestyle Chicken and Rice Pilot Biscuits Corn Oreos
Dinner #2			Dinner #7
Mountain House Mac & Cheese Pilot Biscuits Soft Batch Cookies			Mountain House – Chili Mac Pretzel Poppers – Hot Buffalo Wings Soft Batch Cookies
Dinner #3			Dinner #8
Mountain House Potatoes w/Beef & Onions Corn Chips Ahoy!			Mountain House – Spaghetti Garlic Bread Sticks Chips Ahoy!
Dinner #4			Dinner #9
Mexican Beef w/Rice Refried Beans Apples and Spice			Fettuccine Primavera Pilot Biscuits Pecan Sandies
Dinner #5			Dinner #10
Mountain House Veggie Lasagna Pretzel Poppers – Buttermilk Ranch Pecan Sandies			Mountain House – BBQ Wraps Pretzel Poppers – Buttermilk Ranch Hot Apple Cobbler

Philmont Trail Meal Ingredients - 2010

ENTREES

MOUNTAIN HOUSE -BEEF STROGANOFF (D1)

Beef Stroganoff with Noodles
INGREDIENTS: Cooked Beef (Beef Flavoring, Salt), Sour Cream (cultured cream, milk, whey, sodium phosphate, guar gum, carrageenan, calcium sulfate, locust bean gum, and cultures), Mushrooms, Modified Corn Starch, Corn Oil, Nonfat Dry Milk, Dehydrated Onions, Salt, Hydrolyzed Corn Torula and Brewers Yeast Wheat Gluten Soy Protein, Lemon Juice Concentrate and Lemon Oil, Beef Base (roasted beef and concentrated beef stock, hydrolyzed [corn gluten, soy, corn, and wheat] protein, natural flavoring, and yeast extract), Molasses, Spices, Garlic Powder, and Soybean Oil and Spice Extract.
 Precooked Noodles: Durum Semolina, Whole Eggs, and Salt. Contains: Milk, Wheat, Soy, Egg

NUTRITION: [Allergen Info...click here](#)

Product code: 53119

Pkg. Net Wt.(oz): 4.80

Servings per Pkg: 2

Serving Size: 1/2 pouch

Total Calories: 310

From Fat: 110

Total Fat: 12 grams

Saturated Fat: 4.5 grams

Transfat Acid: 0 grams

Cholesterol: 50 milligrams

Sodium: 1010 milligrams

Carbos: 36 grams

Dietary Fiber: 6 grams

Sugars: 6 grams

Protein: 13 grams

MOUNTAIN HOUSE MACARONI & CHEESE (D2)

Macaroni & Cheese	
INGREDIENTS: Enriched Macaroni (durum semolina, niacin, iron [ferrous sulfate], thiamine mononitrate, riboflavin, folic acid), Dehydrated Cheddar Cheese Blend (cheddar cheese [milk, milk culture, cheese culture, salt, enzymes, annatto], cream, salt, sodium phosphate, lactic acid, yellow no. 5 and yellow no. 6), Nonfat Dry Milk, Modified Corn Starch, Corn Oil, Salt, and Spice. Contains: Wheat, Milk	
NUTRITION: Allergen Info...click here	
Product code:	53158
Pkg. Net Wt.(oz):	6.81
Servings per Pkg:	2
Serving Size:	1/2 pouch
Total Calories:	470
From Fat:	200
Total Fat:	22 grams
Saturated Fat:	11 grams
Transfat Acid:	0 grams
Cholesterol:	50 milligrams
Sodium:	1260 milligrams
Carbos:	47 grams
Dietary Fiber:	1 grams
Sugars:	7 grams
Protein:	21 grams

MOUNTAIN HOUSE – POTATOES W/BEEF & ONIONS (D3)

Potatoes 'n Beef	
INGREDIENTS: Potatoes, Cooked Beef (beef, flavoring, salt), Nonfat Dry Milk, Modified Cornstarch, Dehydrated Onions, Beef Base (roasted beef and concentrated beef stock, hydrolyzed [corn gluten, soy, corn and wheat] protein, dried whey, natural flavoring, yeast extract), Salt, Sugar, Corn Oil, Spices, Caramel Color, and Garlic Powder. Contains: Milk, Soy, Wheat.	
NUTRITION: Allergen Info...click here	
Product code:	53164
Pkg. Net Wt.(oz):	4.34
Servings per Pkg:	2
Serving Size:	1/2 pouch
Total Calories:	260
From Fat:	60
Total Fat:	6 grams
Saturated Fat:	2.5 grams
Transfat Acid:	0 grams
Cholesterol:	30 milligrams
Sodium:	850 milligrams
Carbos:	38 grams
Dietary Fiber:	2 grams
Sugars:	6 grams
Protein:	13 grams

RICHMOOR - MEXICAN BEEF WITH RICE & CHEESE (D4) - White Rice, Cheddar Cheese Powder [Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Salt, Disodium Phosphate], Onion*, Tomato Flakes, Cooked Freeze-Dried Diced Beef, Parmesan Cheese (Partially Skim Milk, Cultures, Salt, Enzymes), Disodium Phosphate], Sea Salt, Tomato Powder, Corn Meal, Minced Green Onion, Chili Powder, Jalapeno Powder, Garlic Granules, Cumin, Oregano, Basil.

Nutrition Facts		
Serving Size 99g		
Servings per Container about 2		
Amount Per Serving		
Calories	370	Calories from Fat 60
% Daily Value*		
Total Fat	7g	10%
Saturated Fat	4g	19%
Cholesterol	25mg	8%
Sodium	1040mg	44%
Total Carbohydrate	65g	22%
Dietary Fiber	2g	9%
Sugars	7g	
Protein	16g	
Vitamin A 110 %	Calcium	25%
Vitamin C 90 %	Iron	25%

MOUNTAIN HOUSE – VEGGIE LASAGNA (D5)

Vegetable Lasagna
INGREDIENTS: Tomatoes (tomatoes, tomato juice, salt, citric acid, and calcium chloride), Zucchini, Tomato Paste, Enriched Macaroni Product (durum semolina enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, and folic acid), Carrots, Spinach, Modified Corn Starch, Dehydrated Onions, Sugar, Salt, Spices, and Garlic Powder. Cheese Blend: Mozzarella Cheese [cultured milk, salt, enzymes], calcium caseinate, corn oil, partially hydrogenated soybean oil, sodium caseinate, salt, glucono-delta-lactone, maltodextrin, sodium aluminum phosphate, butter [cream], natural and artificial flavors), and Dehydrated Parmesan and Romano (made from cow's milk) Cheeses (part-skim milk, cheese culture, salt, enzymes). Contains: Wheat, Milk, Soy

NUTRITION: [Allergen Info...click here](#)

Product code:	53136
Pkg. Net Wt.(oz):	3.74
Servings per Pkg:	2
Serving Size:	1/2 pouch
Total Calories:	210
From Fat:	25
Total Fat:	3 grams
Saturated Fat:	1 grams
Transfat Acid:	0 grams
Cholesterol:	5 milligrams
Sodium:	450 milligrams
Carbos:	35 grams
Dietary Fiber:	6 grams
Sugars:	9 grams
Protein:	10 grams

RICHMOOR - CHICKEN AND RICE (D6)–White Rice, Chicken Powder, Diced Chicken, Potato Starch, FD Peas, Salt, Chicken Flavored Broth Mix [Maltodextrin, Salt, Autolyzed Yeast Extract, Natural Flavor, Dehydrated Vegetables (Onion, Celery, Parsley, Spinach, Garlic, Carrot), Potato Flour, Soybean Oil, Xanthan Gum, Spices, Extractives of Spices, Lecithin], Chicken Flavor (Hydrolyzed Corn and Soy Proteins, Guar Gum, Autolyzed Yeast Extract, Corn Oil, Disodium Inosinate and Disodium Guanylate, Caramel Color, Silicon Dioxide), Onion Granules, Parsley, White Pepper, Rosemary, Sage.

Nutrition Facts	
Serving Size 99g	
Servings per Container about 2	
Amount Per Serving	
Calories	380
Calories from Fat	60
% Daily Value*	
Total Fat	7g 10%
Saturated Fat	2g 10%
Cholesterol	35mg 11%
Sodium	590mg 25%
Total Carbohydrate	61g 20%
Dietary Fiber	2g 6%
Sugars	1g
Protein	18g
Vitamin A	8%
Calcium	10%
Vitamin C	15%
Iron	25%

MOUNTAIN HOUSE – CHILI MAC (D7)

Chili Mac with Beef

INGREDIENTS: Cooked Beef (beef flavoring, salt), Enriched Macaroni (durum semolina, niacin, iron [ferrous sulfate], thiamine mononitrate, riboflavin, folic acid), Kidney Beans, Tomato Paste, Chili Seasoning (chili pepper and other spices, dehydrated onion and garlic, hydrolyzed soy protein, potassium chloride, paprika, sugar, maltodextrin, beef extract, disodium inosinate and disodium guanylate, autolyzed yeast extract, caramel color, natural flavors, citric acid), Modified Corn Starch, Salt, and Dehydrated Onions. Contains: Wheat, Soy

NUTRITION: [Allergen Info...click here](#)

Product code:	53128
Pkg. Net Wt.(oz):	4.80
Servings per Pkg:	2
Serving Size:	1/2 pouch
Total Calories:	290
From Fat:	70
Total Fat:	8 grams
Saturated Fat:	3 grams
Transfat Acid:	0 grams
Cholesterol:	30 milligrams
Sodium:	850 milligrams
Carbos:	39 grams
Dietary Fiber:	3 grams
Sugars:	3 grams
Protein:	15 grams

MOUNTAIN HOUSE – SPAGHETTI (D8)

Spaghetti with Meat and Sauce
INGREDIENTS: Enriched Spaghetti (durum semolina enriched with niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), Tomato Paste, Cooked Beef (beef, flavoring, salt), and contains 1.5% or less of the following: Textured Soy Flour, Salt, Sugar, Dehydrated Cheese (cheddar cheese [milk, cheese culture, salt, enzymes], cream, salt, sodium phosphate, lactic acid), Hydrolyzed Vegetable Protein (Corn Torula and Brewers Yeast, Wheat Gluten, Soy Protein), Spices, Onion Powder, Garlic Powder, Soybean Oil, and Caramel Color.
 Contains: Wheat, Soy, Milk

NUTRITION: [Allergen Info...click here](#)

Product code:	53108
Pkg. Net Wt.(oz):	4.51
Servings per Pkg:	2
Serving Size:	1/2 pouch
Total Calories:	270
From Fat:	60
Total Fat:	7 grams
Saturated Fat:	2.5 grams
Transfat Acid:	0 grams
Cholesterol:	25 milligrams
Sodium:	1110 milligrams
Carbos:	39 grams
Dietary Fiber:	3 grams
Sugars:	4 grams
Protein:	14 grams

RICHMOOR - FETTUCINE PRIMAVERA(D9) -Pasta [Durum Semolina (Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid)] Corn Starch, Parmesan Cheese (Partially Skim Milk, Cultures, Salt, Enzymes), Disodium Phosphate], Whole Milk Powder, Nonfat Milk Powder, Sour Cream Powder [Sour Cream (Cream Solids, Cultured Nonfat Milk), Citric Acid], Natural Butter Flavor, Tomato Flakes, Red & Green Bell Pepper, Chicken Flavor (Hydrolyzed Corn and Soy Proteins, Guar Gum, Autolyzed Yeast Extract, Corn Oil, Disodium Inosinate and Disodium Guanylate, Caramel Color, Silicon Dioxide), Freeze-Dried Broccoli, Yeast, Salt, Parsley, Black Pepper, Nutmeg, Rosemary.

Nutrition Facts	
Serving Size 99g	
Servings per Container about 2	
Amount Per Serving	
Calories	380
	Calories from Fat 80
% Daily Value*	
Total Fat	8g 13%
Saturated Fat	4.5g 24%
Cholesterol	25mg 8%
Sodium	900mg 38%
Total Carbohydrate	56g 19%
Dietary Fiber	3g 11%
Sugars	5g
Protein	16g
Vitamin A 45 %	Calcium 30%
Vitamin C 140 %	Iron 15%

MOUNTAIN HOUSE – BBQ WRAPS (D10) (The package and information is for a single serving, however, we are providing one package (16oz yield) for two people to share.)

Barbecue Sauce W/Beef	
INGREDIENTS: Ingredients: *Cooked Beef (beef, flavoring, salt), Seasoning (tomato powder, sugar, vinegar powder, sodium diacetate, onion, modified corn starch, salt, brown sugar, worcestershire powder, spices [including cayenne], red & green bell peppers, xanthan gum, natural flavors, and less than 2% silicon dioxide & sunflower oil added to prevent caking), *Tomatoes (diced tomatoes, tomato juice, citric acid, and calcium chloride), *Red and Green Bell Peppers, *Onions. * Freeze Dried	
NUTRITION: Allergen Info...click here	
Product code:	53118
Pkg. Net Wt.(oz):	4.59
Servings per Pkg:	1
Serving Size:	16 oz
Total Calories:	630
From Fat:	290
Total Fat:	32 grams
Saturated Fat:	13 grams
Transfat Acid:	0 grams
Cholesterol:	160 milligrams
Sodium:	1640 milligrams
Carbos:	45 grams
Dietary Fiber:	8 grams
Sugars:	27 grams
Protein:	42 grams

SIDE DISHES :

CORN (D3, D6) – Freeze-Dried Sweet Corn.

Nutrition Facts	
Serving Size 21g	
Servings per Container about 1	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	11%
Sugars 4g	
Protein 3g	
Vitamin A 2 %	Calcium 0%
Vitamin C 10 %	Iron 2%

REFRIED BEANS (D4) Pinto Beans, Salt, Partially Hydrogenated Canola Oil, Red Pepper, Onion, Garlic, Cumin.

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%

BREADS AND CRACKERS

PILOT BISCUITS(D2, D6, D9)- Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Partially Hydrogenated. Soybean Oil, Sugar, contains 2% or less of Corn Syrup, Salt, Leavening (Sodium Bicarbonate, Monocalcium Phosphate), Enzymes].

Nutrition Facts	
Serving Size 5g	
Servings per Container about 1	
Amount Per Serving	
Calories 280	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Cholesterol 0mg	0%
Sodium 280mg	11%
Total Carbohydrate 48g	16%
Dietary Fiber 3g	10%
Sugars 5g	
Protein 5g	
Vitamin A 0 %	Calcium 0%
Vitamin C 0 %	Iron 0%

GARLIC BREAD STICKS (D8) – Unbleached Wheat Flour, Palm Oil, Water, Soy Flour, Salt, Garlic, Yeast, Natural Flavors (Milk), Spices, Parsley, Soda.

Nutrition Facts	
Serving Size 57g	
Servings per Container about 1	
Amount Per Serving	
Calories 280	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 6g	30%
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	8 %
Sugars 0g	
Protein 6g	
Vitamin A 0 %	Calcium 0%
Vitamin C 0 %	Iron 0%

PRETZEL POPPERS – CHEESY NACHO (D1)- whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), canola oil, corn syrup, cheddar cheese (milk, cheese cultures, salt, enzymes, calcium chloride), cultured buttermilk, salt, dextrose, whey, buttermilk solids, onion, extractives of paprika, annatto and turmeric (color), yeast extract, garlic, disodium inosinate and disodium guanylate, lactic acid, natural flavor, baking soda. **Contains: Wheat and milk ingredients.** Sugar Foods Corp., NY, NY 10022. Calories =160 Carbs = 28 g, Protein = 5g

Nutrition Facts	
Serving Size 42.5g	
Servings per Container about 1	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 5g	
Vitamin A 2 %	Calcium 2%
Vitamin C 0 %	Iron 10%

PRETZEL POPPERS – BUTERMILK RANCH (D5, D10)- whole wheat flour, enriched flour(wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), canola oil, corn syrup, salt, cultured buttermilk, corn syrup solids, whey, onion, garlic, tomato powder, corn starch, sweet cream, maltodextrin, nonfat milk, sugar, dextrose, parsley, yeast extract, citric acid, sunflower oil, malic acid, spice, sodium acetate, enzyme modified cheddar cheese,(milk, cheese cultures, salt, enzymes), natural flavors, soy lecithin, modified food starch, baking soda. **Contains: wheat, soy and milk ingredients.** Sugar Foods Corp., NY, NY 10022.

Nutrition Facts	
Serving Size 42.5g	
Servings per Container about 1	
Amount Per Serving	
Calories 160	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 5g	
Vitamin A 0 %	Calcium 2%
Vitamin C 0 %	Iron 10%

PRETZEL POPPER – HOT BUFFALO WINGS (D7) – Whole wheat flour, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine monoitrate, riboflavin, folic acid), canola oil, corn syrup, cheese powder (cheddar and romaino cheese [pasteurized milk, cheese cultures, salt, enzymes], buttermilk, soybean oil, whey, salt, disodium phosphate, citric acid), salt, sugar, spices including paprika, maltodextrin, autolyzed yeast extract, citric acid, spice extractives including annatto, whey, natural cheese flavor, buttermilk solids, disodium inosinate and guanylate, onion garlic, baking soda. **Contains: Wheat and milk ingredients.** Sugar Foods Corp., NY, NY 10022.

Nutrition Facts	
Serving Size 42.5g	
Servings per Container about 1	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 5g	
Vitamin A 2 %	Calcium 0%
Vitamin C 0 %	Iron 10%

DESSERTS

OEROS (D1,D6) – 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.** Kraft Foods Global, Inc., Northfield, IL. 60093. Calories = 160 Carbs = 25 g, Protein = 1g

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 170mg	7%
Total Carbohydrate 28g	8%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 1g	

SOFT BATCH COOKIES (D2,D7) – 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 processed with alkali, acid pyrophosphate, monocalcium phosphate), natural flour (contains milk), salt, soy lecithin, caramel color, yellow #6. **Contains: Wheat, milk, soy and egg ingredients. May contain traces of peanuts.** *Less than 0.5g trans fat per serving. Kellogg Sales Co., Battle Creek, MI 49016.

Nutrition Facts	
Serving Size 16g	
Servings per Container about 4	
Amount Per Serving	
Calories 80	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	1%
Sugars 6g	
Protein 1g	

PECAN SANDIES (D5, D9) Enriched Wheat 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 Traces of Peanut

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	

APPLES AND SPICE (D4)- Diced Apples, Sugar, Corn Starch, Sea Salt, Nutmeg, Allspice, Cinnamon, Citric Acid, Dextrose, Apple Flavor.

Nutrition Facts	
Serving Size 67g	
Servings per Container about 2	
Amount Per Serving	
Calories 250	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 63g	21%
Dietary Fiber 2g	8%
Sugars 51g	
Protein 0g	
Vitamin A 0 %	Calcium 2%
Vitamin C 4 %	Iron 2%

CHIPS AHOY! (D3, D8) – unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), semisweet chocolate chips (sugar, chocolate, cocoa butter, dextrose, soy lecithin), sugar, soybean oil, and/or partially hydrogenated cottonseed oil, high fructose corn syrup, leavening (baking soda, and /or ammonium phosphate), salt, whey (from milk), natural and artificial flavor, caramel color. **Contains: wheat, soy, milk.** Kraft Food Global, Inc., Northfield, IL 60093.

Nutrition Facts			
Serving Size 40g			
Servings per Container about 1			
Amount Per Serving			
Calories	190	Calories from Fat	80
		% Daily Value*	
Total Fat	9g		14%
Saturated Fat	2.5g		13%
Cholesterol	0mg		0%
Sodium	140mg		6%
Total Carbohydrate	27g		9%
Dietary Fiber	1g		4%
Sugars	13g		
Protein	2g		

BACKPACKER'S PANTRY – HOT APPLE COBBLER (D10) – Muffin mix (enriched wheat flour [flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], sugar, partially hydrogenated vegetable oil, (soybean and/or cottonseed oil), dry whey, dry whole egg, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate) wheat starch, salt, mono & diglycerides with BHT as preservatives, sodium caseinate, soy flour, dextrose, nonfat milk solids, artificial flavor, corn starch), apples, (apples, sodium citrate, salt, artificial flavors, cloud powder (corn syrup solids, modified food starch, soybean oil, xanthan gum), artificial color (FD & C yellow #5), salt, cinnamon. **Allergens: contains milk, egg, soybean, gluten, wheat.** Backpacker's Pantry, Boulder, CO. 80301. Calories = 280 Carbs = 59 g, Protein = 2g