

Philmont Scout Ranch

2016 Lunch Trail Food Menu

<p>Lunch #1</p> <p>Pilot Biscuits</p> <p>Pouched Salmon—K/GF</p> <p>Mountain Mix Bar—K</p> <p>All American Beef and Cheese Combo</p> <p>Riptide Rush Gatorade —K</p>	<p>Lunch #6</p> <p>Graham Cracker Squares—K</p> <p>Chocolate Hazelnut Spread—K/GF/Vegan</p> <p>Turkey Jerky</p> <p>Blueberry Buzz Energy Bar—K</p> <p>Sunflower Seeds—K</p> <p>Riptide Rush Gatorade—K</p>
<p>Lunch #2</p> <p>Graham Cracker Squares—K</p> <p>Honey Peanut Butter—K/GF</p> <p>Teriyaki Beef Jerky</p> <p>Berry Banana Buzz Energy Bar—K</p> <p>Oatmeal Raisin Cookies—K</p> <p>All Sport Orange—K</p>	<p>Lunch #7</p> <p>Saltines Crackers —K</p> <p>Chicken</p> <p>Peanut Butter Pretzel Bar—K</p> <p>Peanut Butter Cookies—K</p> <p>All Sport Orange—K</p>
<p>Lunch #3</p> <p>Club Crackers—K</p> <p>Original Cheese Wedges</p> <p>Jalapeno Beef and Cheese Combo</p> <p>Orange Blossom Organic Energy Chews—K</p> <p>Corn Nuts—K</p> <p>Lemon Lime Gatorade—K</p>	<p>Lunch #8</p> <p>Ritz Crackers —K</p> <p>Pepper Jack Cheese Wedges</p> <p>Spam Singles—GF</p> <p>Pink Lemonade Organic Energy Chews—GF/DF</p> <p>Corn Nuts—K</p> <p>Lemon Lime Gatorade—K</p>
<p>Lunch #4</p> <p>Saltines Crackers—K</p> <p>Ham</p> <p>Crunchy Peanut Butter Bar—K</p> <p>Honey Waffle—K</p> <p>Sunflower Seed Trail Mix—K</p> <p>All Sport—Blue Raz Ice—K</p>	<p>Lunch #9</p> <p>Bagel Chips</p> <p>Tuna—K</p> <p>Sunflower Seed Trail Mix—K</p> <p>Peanut Butter N Honey Energy Bar—K</p> <p>Caramel Waffle—K</p> <p>All Sport—Blue Raz Ice—K</p>
<p>Lunch #5</p> <p>Ritz Crackers—K</p> <p>Tuna—K</p> <p>Nutter Butter Cookies—K</p> <p>Orange Bolt Organic Energy Chews—GF</p> <p>Cashews—K</p> <p>Fruit Punch Gatorade—K</p>	<p>Lunch #10</p> <p>Club Crackers—K</p> <p>Sunflower Seed Spread—K</p> <p>Rocket Chocolate Bar—K</p> <p>Sweet & Hot Beef Jerky</p> <p>Fruit Punch Gatorade—K</p>

“K” Kosher

“GF” Gluten Free

“DF” Dairy Free

PSR Lunch #1

- **Pilot Bread Crackers, Katadyn North American Foods**— (1 package shared between 2 campers)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Sugar, Contains 2% or less of: Corn Syrup, Salt, Baking Soda, Monocalcium Phosphate, Enzymes, Soy Lecithin.

CONTAINS: WHEAT AND SOY

Pilot Bread Crackers			
NUTRITION FACTS			
Serving Size: 4 Crackers			
Servings Per Container: 2			
Amount Per Serving			
Calories	220	Calories from Fat	50
		% Daily Value	
Total Fat	6g		9%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	220mg		9%
Total Carbohydrate	40g		13%
	Dietary Fiber	2g	8%
	Sugars	4g	
Protein	4g		

- **Pouched Salmon—Bumblebee**, (1 package shared between 2 campers)

Ingredients: Pink Salmon, Water, Salt

Pouched Salmon			
NUTRITION FACTS			
Serving Size: 2 oz (56g—about 1/4 cup)			
Servings Per Container: 2			
Amount Per Serving			
Calories	60	Calories from Fat	10
		% Daily Value	
Total Fat	1g		2%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	30mg		10%
Sodium	180mg		8%
Total Carbohydrate	0g		0%
	Dietary Fiber	0g	0%
	Sugars	0g	
Protein	14g		

- **All American Beef and Cheese Combo—Jack Link’s**, (1 package per camper)

Ingredients: Beef Stick: Beef, Salt, Corn Syrup, Spices, Contains 2% or less of Water, Dextrose, Sugar, Flavorings, Sodium Erythorbate, Lactic Acid Starter Culture, Sodium Nitrite, BHA, BHT, Citric Acid, Treated with a solution of Potassium Sorbate to ensure freshness. Pasteurized Process Cheese Food: Cheddar Cheese (Cultured Milk, Salt, Enzymes), Water, Sodium Phosphate, Natural Flavoring, Salt, Sorbic Acid (Preservative), Color (Paprika and Turmeric Extract).

CONTAINS: MILK

All American Beef & Cheese Combo			
NUTRITION FACTS			
Serving Size: 1 oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	330	Calories from Fat	270
		% Daily Value	
Total Fat	30g		45%
	Saturated Fat 4.5g		69%
	Trans Fat 0mg		
Cholesterol	25mg		24%
Sodium	810mg		33%
Total Carbohydrate	3g		1%
	Dietary Fiber 0g		0%
	Sugars 0g		
Protein	15g		

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

Ingredients: Organic Brown Rice Syrup, Soy 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, Organic Soy Lecithin, Organic Vanilla Extract), 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).

CONTAINS: SOY, PEANUTS, ALMONDS, WHEAT AND TRACES OF MILK. MAY CONTAIN OTHER TREE NUTS. MAY CONTAIN NUT-SHELL FRAGMENTS.

WE SOURCE PRODUCTS THAT ARE NOT GENETICALLY ENGINEERED. 70% ORGANIC INGREDIENTS.

Mountain Mix Bar			
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 1.5g		8%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	200mg		8%
Total Carbohydrate	21g		7%
	Dietary Fiber 2g		8%
	Sugars 12g		
Protein	8g		

- **Frost Riptide Rush Gatorade—The Gatorade Co.,** (1 package per camper)

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

Riptide Rush Gatorade		
NUTRITION FACTS		
Serving Size: 1 2/3 Tbsp (23g)		
Servings Per Container: 2.5		
Amount Per Serving		
Calories	80	Calories from Fat
		% Daily Value
Total Fat	0g	%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	150mg	6%
Total Carbohydrate	21g	7%
	Dietary Fiber g	%
	Sugars 21g	
Protein	g	

PSR Lunch #2

- **Honey Maid Graham Cracker Lil' Squares—Mondelez**, (2 packages per camper)

Ingredients: Graham Flour (Whole Grain Wheat Flour), Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Sugar, Soybean Oil, Honey, Leavening (Baking Soda and/or Calcium Phosphate), Salt.

CONTAINS: WHEAT.

Honey Maid Graham Cracker Lil' Squares			
NUTRITION FACTS			
Serving Size: 1 Pack (30g)			
Servings Per Container: 1 (2 packs per person)			
Amount Per Serving			
Calories	130	Calories from Fat	25
		% Daily Value	
Total Fat	3g		5%
	Saturated Fat	0g	0%
	Trans Fat	0g	0%
Cholesterol	0mg		0%
Sodium	150mg		6%
Total Carbohydrate	24g		8%
	Dietary Fiber	2g	8%
	Sugars	8g	

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

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

CONTAINS: PEANUTS. Prepared in a Facility that Produces Tree Nut Products.

Honey Peanut Butter			
NUTRITION FACTS			
Serving Size: 1 package (32g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	140
		% Daily Value	
Total Fat	16g		25%
	Saturated Fat	3g	15%
	Trans Fat	0g	0%
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	7g		2%
	Dietary Fiber	3g	12%
	Sugars	3g	
Protein	7g		

- **Teriyaki Beef Jerky—Jack Link’s**, (1 package per camper)

Ingredients: Beef, Water, Sugar, Less Than 2% Soy Sauce, (Wheat, Soybeans, salt), Maltodextrin, Flavorings, Salt, Yeast Extract, Citric Acid.

CONTAINS: WHEAT AND SOY.

Teriyaki Beef Jerky		
NUTRITION FACTS		
Serving Size: 1 package (26g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	70	Calories from Fat 10
		% Daily Value
Total Fat	1g	2%
Saturated Fat		0g 0%
Trans Fat		0g
Cholesterol	25mg	8%
Sodium	430mg	18%
Total Carbohydrate	5g	2%
Dietary Fiber		0g 0%
Sugars		5g
Protein	11g	22%

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

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

(ALLERGENS) CONTAINS SOY, MILK, AND TREE NUTS. May Contain Peanut, Wheat and Egg.

Berry Banana Buzz Energy Bar		
NUTRITION FACTS		
Serving Size: 1 bar (50g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	180	Calories from Fat 30
		% Daily Value
Total Fat	4g	5%
Saturated Fat		2g 8%
Trans Fat		0g 0%
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrate	28g	9%
Dietary Fiber		2g 8%
Sugars		22g 0%

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

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

CONTAINS: WHEAT AND EGG INGREDIENTS. ALLERGY INFORMATION: This Product is made on Equipment that Processes Peanuts and Tree Nuts.

Oatmeal Raisin Cookie			
NUTRITION FACTS			
Serving Size: 2 cookie (75.8g)			
Servings Per Container: 1			
Amount Per Serving (2 servings)			
Calories	310	Calories from Fat	110
		% Daily Value	
Total Fat	12g		19%
	Saturated Fat	4g	20%
	Trans Fat	0g	0%
Cholesterol	25mg		8%
Sodium	390mg		16%
Total Carbohydrate	46g		15%
	Dietary Fiber	3g	14%
	Sugars	24g	
Protein	4g		

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

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

CONTAINS: PHENYLALANINE

Orange All Sport			
NUTRITION FACTS			
Serving Size: 1/2 packet			
Servings Per Container: 2			
Amount Per Serving			
Calories	0	Calories from Fat	0
		% Daily Value	
Total Fat	0g		0%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	0g		0%
	Dietary Fiber	0g	0%
	Sugars	0g	
Protein	0g		

PSR Lunch #3

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

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

INGREDIENTS: CONTAINS WHEAT AND SOY.

Club Crackers			
NUTRITION FACTS			
Serving Size: 4 Crackers (14g)			
Servings Per Container: 10			
Amount Per Serving			
Calories	70	Calories from Fat	25
		% Daily Value	
Total Fat	3g		5%
	Saturated Fat 0.5g		3%
	Trans Fat 0g		
Cholesterol	0mg		0%
Sodium	125mg		5%
Total Carbohydrate	9g		3%
	Dietary Fiber <1g		1%
	Sugars 1g		
Protein	<1g		

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

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

Original Cheese Wedges			
NUTRITION FACTS			
Serving Size: 1 wedge (19g)			
Servings Per Container: 6			
Amount Per Serving (1 Wedge)			
Calories	25	Calories from Fat	15
		% Daily Value	
Total Fat	1.5g		2%
	Saturated Fat 1g		5%
	Trans Fat 0g		
Cholesterol	5mg		1%
Sodium	250mg		10%
Total Carbohydrate	1g		<1%
	Dietary Fiber 0g		0%
	Sugars 1g		
Protein	2g		

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

Ingredients: Beef Stick: Beef, Salt, Corn Syrup, Spices, Contains 2% less of Water, Dextrose, Sugar, Flavorings, Sodium Erythorbate, Lactic Acid Starter Culture, Sodium Nitrite, Maltodextrin, BHA, BHT, Citric Acid. Treated with a Solution of Potassium Sorbate to Ensure Freshness. Pasteurized Process Cheese Food with Jalapeno Peppers: Cheddar Cheese and Monterey Jack Cheeses (Cultured Milk, Salt, Red and Green Jalapeno Peppers, Enzymes), Water, Sodium Phosphate, Salt, Sorbic Acid (Preservative), Natural Flavor.

CONTAINS: MILK

Jalapeno Beef and Cheese Combo			
NUTRITION FACTS			
Serving Size: 28g			
Servings Per Container: 1			
Amount Per Serving			
Calories	330	Calories from Fat	270
			% Daily Value
Total Fat	30g		45%
	Saturated Fat 4.5g		69%
	Trans Fat 0mg		
Cholesterol	25mg		24%
Sodium	810mg		33%
Total Carbohydrate	3g		1%
	Dietary Fiber 0g		%
	Sugars g		
Protein	15g		

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

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

Orange Blossom Energy Chews			
NUTRITION FACTS			
Serving Size: 1 packet (50g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	160	Calories from Fat	0%
			% Daily Value
Total Fat	0g		0%
	Saturated Fat 0g		0%
	Trans Fat 0g		
Cholesterol	0mg		3%
Sodium	80mg		3%
Total Carbohydrate	39g		13%
	Dietary Fiber 1g		4%
	Sugars 27g		
	Protein 1g		

- **Corn Nuts—Kraft Food Group, Inc.,** (1 package per person)

Ingredients: Corn, Corn Oil, Salt

Corn Nuts			
NUTRITION FACTS			
Serving Size: 1 package			
Servings Per Container: 1			
Amount Per Serving			
Calories	180	Calories from Fat	60
			% Daily Value
Total Fat	6g		9%
	Saturated Fat 1g		5%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	28g		9%
	Dietary Fiber 2g		8%
	Sugars 0g		
Protein	3g		

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

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

Lemon Lime Gatorade			
NUTRITION FACTS			
Serving Size: 1 2/3 Tbsp (23g) (Makes about 12 fl oz)			
Servings Per Container: 2.5			
Amount Per Serving			
Calories	80	Calories from Fat	
			% Daily Value
Total Fat	0g		%
	Saturated Fat g		%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	150mg		6%
Total Carbohydrate	21g		7%
	Dietary Fiber g		%
	Sugars 21g		
Protein	g		

PSR Lunch #4

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

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), (Vegetable Oil (Soybean and/or Canola and/or Partially Hydrogenated Cottonseed Oil), Sea Salt, Salt, Malted Barley Flour, Baking Soda, Yeast.

CONTAINS: WHEAT

Saltine Crackers—K			
NUTRITION FACTS			
Serving Size: 5 Crackers (16g)			
Servings Per Container: 7			
Amount Per Serving			
Calories	70	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	135mg		6%
Total Carbohydrate	12g		4%
	Dietary Fiber	0g	0%
	Sugars	g	
Protein	1g		

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

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

CONTAINS: SOY

Chunk Ham			
NUTRITION FACTS			
Serving Size: 1/4 cup (56g)			
Servings Per Container: 3.5			
Amount Per Serving			
Calories	70	Calories from Fat	10
			% Daily Value
Total Fat	1g		2%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	40mg		13%
Sodium	650mg		27%
Total Carbohydrate	2g		1%
	Dietary Fiber	0g	%
	Sugars	1g	
Protein	10g		

- **Crunchy Peanut Butter Bar—Clif Bar**, (1 package per camper)

Ingredients: Organic Brown Rice Syrup, Organic Rolled Oats, Organic Cane Syrup, Soy Protein Isolate, Organic Peanut Butter, Rice Flour, Peanuts, Organic Soy Flour, Organic Oat Fiber, Organic Roasted Soybeans, Organic Date Paste, Natural Flavors, Sea Salt, Barley Malt Extract. Vitamins and Minerals: Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), DL-Alpha Tocopheryl Acetate (Vit E), Beta Carotene (Vit A), Niacinamide (Vit B3), Ergocalciferol (Vit D2), Thiamin Mononitrate (Vit B1), Pyridoxine Hydrochloride (Vit B6), Riboflavin (Vit B2), Cyanocobalamin (Vit B12),

ALLERGEN STATEMENT: CONTAINS SOY AND PEANUTS.

May Contain traces of wheat and tree nuts. We source ingredients that are not genetically engineered.

Crunchy Peanut Butter Bar		
NUTRITION FACTS		
Serving Size: 1 Bar (68g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	260	Calories from Fat 60
		% Daily Value
Total Fat	7g	11%
	Saturated Fat 1g	5%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	230mg	10%
Total Carbohydrate	41g	14%
	Dietary Fiber 4g	16%
	Sugars 20g	
Protein	11g	

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

Ingredients: Honey Roasted Sunflower Seeds (Sunflower Oil, Sugar, Modified Food Starch, Honey, Maltodextrin, Xanthan Gum, Salt), Honey Roasted Soybeans (Sunflower Oil, Sugar, Modified Food Starch, Honey, Maltodextrin, Xanthan Gum), Raisins, Pineapple, Cranberries, Dates. Contains 2% or less of Cane Sugar, Citric Acid, Sulfur Dioxide, Dextrose, Partially Hydrogenated Sunflower Oil (With added Tocopherols), and sugar.

CONTAINS SOY. May contain Sulfur Dioxide.

PROCESSED IN A PEANUT AND TREE NUT FREE FACILITY.

Sunflower Seed Trail Mix		
NUTRITION FACTS		
Serving Size: 42.5g		
Servings Per Container: 1		
Amount Per Serving		
Calories	200	Calories from Fat 90
		% Daily Value
Total Fat	10g	15%
	Saturated Fat 1g	5%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	20g	7%
	Dietary Fiber 4g	16%
	Sugars 12g	
Protein	8g	

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

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

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

Honey Waffle			
NUTRITION FACTS			
Serving Size: 1 (30g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	150	Calories from Fat	70
			% Daily Value
Total Fat	7g		11%
	Saturated Fat	3g	16%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	60mg		2%
Total Carbohydrate	21g		7%
	Dietary Fiber	1g	5%
	Sugars	11g	
Protein	1g		

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

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

CONTAINS: PHENYLALANINE

Blue Raz Ice All Sport			
NUTRITION FACTS			
Serving Size: 1/2 packet			
Servings Per Container: 2			
Amount Per Serving			
Calories	0	Calories from Fat	
			% Daily Value
Total Fat	0g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	g		%
	Dietary Fiber	g	%
	Sugars	g	
Protein	g		

PSR Lunch #5

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

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

CONTAINS: WHEAT AND SOY

Ritz Crackers			
NUTRITION FACTS			
Serving Size: 5 Crackers (16g)			
Servings Per Container: 6			
Amount Per Serving			
Calories	80	Calories from Fat	40
			% Daily Value
Total Fat	4.5g		7%
	Saturated Fat 1g		5%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	105mg		4%
Total Carbohydrate	10g		3%
	Dietary Fiber 0g		0%
	Sugars 1g		
Protein	1g		

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

Ingredients: Light Tuna, Water, Vegetable Broth, Salt

Tuna			
NUTRITION FACTS			
Serving Size: 1 pouch (2.5 oz)			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	10
			% Daily Value
Total Fat	1g		2%
	Saturated Fat 0g		%
	Trans Fat 0mg		
Cholesterol	35mg		11%
Sodium	240mg		10%
Total Carbohydrate	g		%
	Dietary Fiber g		%
	Sugars 0g		
Protein	16g		

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

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

Orange Bolt Energy Chews			
NUTRITION FACTS			
Serving Size: 4-5 Chews (30g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	90	Calories from Fat	0
		% Daily Value	
Total Fat	0g		0%
	Saturated Fat	0g	0%
	Trans Fat	0g	
Cholesterol	0mg		0%
Sodium	60mg		3%
Total Carbohydrate	24g		8%
	Dietary Fiber	0g	0%
	Sugars	12g	
Protein	0g		

- **Cashews, Katadyn North America Foods** (1 package per camper)

Ingredients: Cashews, Canola Oil, Salt.

CONTAINS: TREE NUTS

Cashews			
NUTRITION FACTS			
Serving Size: 1oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	160	Calories from Fat	120
		% Daily Value	
Total Fat	13g		20%
	Saturated Fat	2.5g	13%
	Trans Fat	0g	
Cholesterol	0mg		0%
Sodium	85mg		04%
Total Carbohydrate	8g		3%
	Dietary Fiber	1g	0%
	Sugars	1g	
Protein	5g		

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

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

CONTAINS: WHEAT, PEANUT, SOY.

Nutter Butters			
NUTRITION FACTS			
Serving Size: 1 pack (56g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	270	Calories from Fat	100
		% Daily Value	
Total Fat	11g		17%
	Saturated Fat 3g		15%
	Trans Fat 0g		
Cholesterol	0mg		0%
Sodium	210mg		9%
Total Carbohydrate	39g		13%
	Dietary Fiber 2g		8%
	Sugars 17g		
Protein	4g		

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

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

Fruit Punch Gatorade			
NUTRITION FACTS			
Serving Size: 1 2/3 Tbsp (23g) Makes about 12fl oz			
Servings Per Container: 2.5			
Amount Per Serving			
Calories	80	Calories from Fat	
		% Daily Value	
Total Fat	0g		0%
	Saturated Fat 0g		0%
	Trans Fat 0mg		0%
Cholesterol	0mg		%
Sodium	150mg		6%
Total Carbohydrate	21g		7%
	Dietary Fiber g		%
	Sugars 21g		
Protein	0g		

PSR Lunch #6

- **Honey Maid Lil Squares—Mondelez**, (2 packages per camper)

Ingredients: Graham Flour (Whole Grain Wheat Flour), Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vit B1), Riboflavin (Vit B2), Folic Acid), Sugar, Soybean Oil, Honey, Leavening (Baking Soda, and/or Calcium Phosphate), Salt.

CONTAINS: WHEAT

Graham Crackers			
NUTRITION FACTS			
Serving Size: 1 package			
Servings Per Container: 1			
Amount Per Serving			
Calories	130	Calories from Fat	25
			% Daily Value
Total Fat	3g		5%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	150mg		7%
Total Carbohydrate	24g		8%
	Dietary Fiber	2g	6%
	Sugars	8g	
Protein	2g		

- **Chocolate Hazelnut Butter Blend—Justin’s**, (1.5 packages per camper)

Ingredients: Dry Roasted Hazelnuts, Dry Roasted Almonds, Organic Cane Sugar, Organic Cocoa, Organic Cocoa Butter, Palm Fruit Oil, Vanilla, Sea Salt.

CONTAINS: HAZELNUTS AND ALMONDS

Chocolate Hazelnut Spread			
NUTRITION FACTS			
Serving Size: 1 pack (32g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	180	Calories from Fat	130
			% Daily Value
Total Fat	15g		23%
	Saturated Fat	3g	15%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	65mg		3%
Total Carbohydrate	12g		4%
	Dietary Fiber	3g	12%
	Sugars	7g	
Protein	4g		

- **Turkey Jerky—Jack Link’s**, (1 package per camper)

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

CONTAINS: WHEAT AND SOY

Turkey Jerky			
NUTRITION FACTS			
Serving Size: 1 pack (26g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	5
			% Daily Value
Total Fat	0g		0%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	20mg		7%
Sodium	450mg		19%
Total Carbohydrate	4g		1%
	Dietary Fiber	g	%
	Sugars	3g	
Protein	12g		

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

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

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

Blueberry Buzz Bar			
NUTRITION FACTS			
Serving Size: 1 bar (50g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	170	Calories from Fat	30
			% Daily Value
Total Fat	5g		8%
	Saturated Fat	2g	8%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	160mg		7%
Total Carbohydrate	30g		9%
	Dietary Fiber	2g	8%
	Sugars	20g	
Protein	5g		

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

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

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

Sunflower Seeds			
NUTRITION FACTS			
Serving Size: 1 oz			
Servings Per Container: 1			
Amount Per Serving			
Calories	165	Calories from Fat	105
			% Daily Value
Total Fat	12g		18%
	Saturated Fat	1.4g	7%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	49mg		2%
Total Carbohydrate	9g		3%
	Dietary Fiber	3g	12%
	Sugars	8g	
Protein	6g		

- **Frost Riptide Rush Gatorade—The Gatorade Co.,** (1 package per camper)

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

Riptide Rush Gatorade			
NUTRITION FACTS			
Serving Size: 1 2/3 Tbsp (23g)			
Servings Per Container: 2.5			
Amount Per Serving			
Calories	80	Calories from Fat	
			% Daily Value
Total Fat	0g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	150mg		6%
Total Carbohydrate	21g		7%
	Dietary Fiber	g	%
	Sugars	21g	
Protein	g		

PSR Lunch #7

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

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

CONTAINS: WHEAT

Saltine Crackers—K

NUTRITION FACTS

Serving Size: 5 Crackers (16g)

Servings Per Container: 7

Amount Per Serving

Calories	70	Calories from Fat	15
		% Daily Value	
Total Fat	1.5g		2%
Saturated Fat		g	%
Trans Fat		0mg	
Cholesterol	0mg		%
Sodium	135mg		6%
Total Carbohydrate	12g		4%
Dietary Fiber		0g	0%
Sugars		g	
Protein	1g		

- **Chicken Breast (3oz Pouch), Sweet Sue/Bumblebee Foods**—(1 pouch per camper)

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

CHICKEN BREAST—3 OZ POUCH

NUTRITION FACTS

Serving Size: 1 Pouch (85g)

Servings Per Container: 1

Amount Per Serving

Calories	80	Calories from Fat	10
		% Daily Value	
Total Fat	1.5g		2%
Saturated Fat		0g	0%
Trans Fat		0g	
Cholesterol	45 mg		15%
Sodium	270mg		11%
Total Carbohydrate	1g		0%
Dietary Fiber		0g	0%
Sugars		0g	
Protein	20g		

- **Peanut Butter Pretzel Mojo Bar—Clif Bar**, (1 package per camper)

Ingredients: Organic Brown Rice Syrup, Organic Peanuts, Soy Rice Crisps (Soy Protein Isolate, Organic Rice Flour, Calcium Carbonate), Peanut Butter-Filled Pretzels (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Peanut Butter, Salt, Baking Soda), Peanut Butter Chips (Dried Cane Syrup, Palm Kernel Oil, Peanut Flour, Soy Lecithin), Organic Pretzels (Organic Wheat Flour, Salt, Organic Canola Oil, Organic Malt), Organic Peanut Butter, Organic Roasted Soybeans, Organic Oat Syrup Solids, Vegetable Glycerin, Peanut Flour, Organic Sunflower Oil, Natural Flavors, Sea Salt, Organic Gum Arabic, Mixed Tocopherols (Antioxidant).

ALLERGAN STATEMENT: CONTAINS SOY, PEANUTS, WHEAT. MAY CONTAIN TRACES OF MILK. WE DO NOT SOURCE GENETICALLY MODIFIED INGREDIENTS.

Peanut Butter Pretzel Mojo Bar			
NUTRITION FACTS			
Serving Size: 1 bar (45g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	200	Calories from Fat	80
			% Daily Value
Total Fat	9g		14%
	Saturated Fat 2g		10%
	Trans Fat 0g		
Cholesterol	0mg		0%
Sodium	250mg		10%
Total Carbohydrate	22g		7%
	Dietary Fiber 2g		8%
	Sugars 9g		
Protein	9g		18%

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

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

CONTAINS: WHEAT, PEANUT AND EGG INGREDIENTS. ALLERGY INFORMATION: This Product is Made on Equipment that Processes Tree Nuts.

Peanut Butter Cookie			
NUTRITION FACTS			
Serving Size: 2 cookies (70.8g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	340	Calories from Fat	160
			% Daily Value
Total Fat	17g		27%
	Saturated Fat 4.5g		24%
	Trans Fat 0g		
Cholesterol	10mg		3%
Sodium	330mg		14%
Total Carbohydrate	38g		13%
	Dietary Fiber 4g		14%
	Sugars 20g		
Protein	7g		

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

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

CONTAINS: PHENYLANINE

Orange All Sport			
NUTRITION FACTS			
Serving Size: 1/2 packet			
Servings Per Container: 2			
Amount Per Serving			
Calories	0	Calories from Fat	0
			% Daily Value
Total Fat	0g		0%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	0g		0%
	Dietary Fiber	0g	0%
	Sugars	0g	
Protein	0g		

PSR Lunch #8

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

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

CONTAINS: WHEAT AND SOY

Ritz Crackers			
NUTRITION FACTS			
Serving Size: 5 Crackers (16g)			
Servings Per Container: 6			
Amount Per Serving			
Calories	80	Calories from Fat	40
			% Daily Value
Total Fat	4.5g		7%
	Saturated Fat 1g		5%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	105mg		4%
Total Carbohydrate	10g		3%
	Dietary Fiber 0g		0%
	Sugars 1g		
Protein	1g		

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

Ingredients:

NUTRITION FACTS			
Serving Size: 28g			
Servings Per Container: 1			
Amount Per Serving			
Calories	90	Calories from Fat	
			% Daily Value
Total Fat	9g		%
	Saturated Fat 2.5g		%
	Trans Fat 0mg		
Cholesterol	5mg		%
Sodium	390mg		%
Total Carbohydrate	1g		%
	Dietary Fiber 0g		0%
	Sugars g		
Protein	1g		

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

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

GLUTEN FREE

Spam Single Classic			
NUTRITION FACTS			
Serving Size: 1 package			
Servings Per Container: 1			
Amount Per Serving			
Calories	250	Calories from Fat	200
		% Daily Value	
Total Fat	22g		34%
	Saturated Fat 8g		40%
	Trans Fat 0mg		
Cholesterol	60mg		20%
Sodium	990mg		41 %
Total Carbohydrate	2g		1%
	Dietary Fiber 0g		0%
	Sugars 1g		
Protein	11g		

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

Ingredients: Corn, Corn Oil, Salt

Corn Nuts			
NUTRITION FACTS			
Serving Size: 1 package			
Servings Per Container: 1			
Amount Per Serving			
Calories	180	Calories from Fat	60
		% Daily Value	
Total Fat	6g		9%
	Saturated Fat 1g		5%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	230mg		10 %
Total Carbohydrate	28g		9%
	Dietary Fiber 2g		8%
	Sugars 0g		
Protein	3g		

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

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

Contains 95% Organic Ingredients.

Pomegranate Passion Chews		
NUTRITION FACTS		
Serving Size: 1 package		
Servings Per Container: 1		
Amount Per Serving		
Calories	160	Calories from Fat
		% Daily Value
Total Fat	0g	%
Saturated Fat		g %
Trans Fat		0mg %
Cholesterol	0mg	%
Sodium	80mg	3%
Total Carbohydrate	39g	13%
Dietary Fiber		1g 4%
Sugars		27g
Protein	1g	

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

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

Lemon Lime Gatorade		
NUTRITION FACTS		
Serving Size: 1 2/3 Tbsp (23g)		
Servings Per Container: 2.5		
Amount Per Serving		
Calories	80	Calories from Fat
		% Daily Value
Total Fat	0g	%
Saturated Fat		g %
Trans Fat		0mg %
Cholesterol	0mg	%
Sodium	150mg	6%
Total Carbohydrate	21g	7%
Dietary Fiber		g %
Sugars		21g
Protein	g	

PSR Lunch #9

- **Bagel Chips, Simply Naked—Stacy’s Brand**, (1 package per camper)

Ingredients: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower Oil and/or Canola Oil, Organic Cane Sugar, Wheat Gluten, Sea Salt, and less than 2% of the following: Malt Extract, Yeast, Malted Barley Flour, Rosemary Extract (Antioxidant), and Ascorbic Acid (Antioxidant).

CONTAINS: WHEAT INGREDIENTS

Bagel Chips			
NUTRITION FACTS			
Serving Size: 1 package			
Servings Per Container: 1			
Amount Per Serving			
Calories	130	Calories from Fat	35
			% Daily Value
Total Fat	4g		6%
	Saturated Fat	0.5g	2%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	320mg		13%
Total Carbohydrate	19g		6%
	Dietary Fiber	1g	6%
	Sugars	1g	
Protein	4g		

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

Ingredients: Light Tuna, Water, Vegetable Broth, Salt

Tuna			
NUTRITION FACTS			
Serving Size: 1 pouch (2.5 oz)			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	10
			% Daily Value
Total Fat	1g		2%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	35mg		11%
Sodium	240mg		10%
Total Carbohydrate	g		%
	Dietary Fiber	g	%
	Sugars	0g	
Protein	16g		

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

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

CONTAINS SOY. May contain Sulfur Dioxide.

PROCESSED IN A PEANUT AND TREE NUT FREE FACILITY.

Sunflower Seed Trail Mix			
NUTRITION FACTS			
Serving Size: 42.5g			
Servings Per Container: 1			
Amount Per Serving			
Calories	200	Calories from Fat	90
			% Daily Value
Total Fat	10g		15%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	20g		7%
	Dietary Fiber	4g	16%
	Sugars	12g	
Protein	8g		

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

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

ALLERGENS CONTAINS: PEANUTS, SOY, AND MILK. May contain: tree nuts, wheat and egg.

Peanut Butter N’ Honey Bar			
NUTRITION FACTS			
Serving Size: 1 bar (50g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	50
			% Daily Value
Total Fat	5g		8%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	140mg		6%
Total Carbohydrate	27g		9%
	Dietary Fiber	2g	8%
	Sugars	17g	
Protein	5g		

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

Ingredients: Organic Wheat Flour, Organic Palm Fruit Oil, Organic Rice Syrup, Organic Cane Sugar, Organic 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.

Caramel Waffle			
NUTRITION FACTS			
Serving Size: 1 (30g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	150	Calories from Fat	70
		% Daily Value	
Total Fat	7g		11%
	Saturated Fat	3g	15%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	60mg		2%
Total Carbohydrate	21g		7%
	Dietary Fiber	1g	5%
	Sugars	11g	
Protein	1g		

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

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

CONTAINS: PHENYLALANINE

Blue Raz Ice All Sport			
NUTRITION FACTS			
Serving Size: 1/2 packet			
Servings Per Container: 2			
Amount Per Serving			
Calories	0	Calories from Fat	
		% Daily Value	
Total Fat	0g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	g		%
	Dietary Fiber	g	%
	Sugars	g	
Protein	g		

PSR Lunch #10

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

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

CONTAINS: WHEAT AND SOY INGREDIENTS

Club Crackers

NUTRITION FACTS

Serving Size: 4 Crackers (14g)

Servings Per Container: 10

Amount Per Serving

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

- **SunButter, Creamy—Red River Commodities**, (1 package per camper)

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

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

Sunbutter

NUTRITION FACTS

Serving Size: 2 Tbsp (32g)

Servings Per Container: 1

Amount Per Serving

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

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

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

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

Rocket Chocolate Bar			
NUTRITION FACTS			
Serving Size: 1 Bar (50g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	50
			% Daily Value
Total Fat	5g		8%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	170mg		7%
Total Carbohydrate	28g		9%
	Dietary Fiber	2g	8%
	Sugars	18g	
Protein	5g		

- **Sweet & Hot Beef Jerky—Jack Link’s, (1 package per camper)**

Ingredients: Beef, Water, Sugar, Less than 2% of Salt, Flavorings, Yeast Extract, Citric Acid.

Sweet & Hot Beef Jerky			
NUTRITION FACTS			
Serving Size: 1 package (25g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	80	Calories from Fat	5
			% Daily Value
Total Fat	1g		2%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	25mg		8%
Sodium	350mg		15%
Total Carbohydrate	6g		2%
	Dietary Fiber	g	%
	Sugars	6g	
Protein	10g		

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

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

Fruit Punch Gatorade		
NUTRITION FACTS		
Serving Size: 1 2/3 Tbsp		
Servings Per Container: 1		
Amount Per Serving		
Calories	80	Calories from Fat
		% Daily Value
Total Fat	0g	%
Saturated Fat		0g %
Trans Fat		0mg
Cholesterol	mg	%
Sodium	150mg	6%
Total Carbohydrate	21g	7%
Dietary Fiber		g %
Sugars		21g
Protein	g	