

Philmont Scout Ranch

2016 Breakfast Trail Food Menu

<p>Breakfast #1</p> <p>Peppered Beef Jerky</p> <p>Chocolate Chip Granola Bar—K</p> <p>Peanut Butter and Jelly —K/GF/DF/SF/Vegan</p> <p>Goldfish Giant Honey Grahams—K</p> <p>Banana Chips</p> <p>Spiced Apple Cider—K</p>	<p>Breakfast #6</p> <p>Honey Peppered Beef Stick—GF</p> <p>Peanut Butter Nature Valley Bar—K</p> <p>Raisins—K</p> <p>Strawberry Bliss Meal Bar—K/DF/Vegan</p> <p>French Toast Pieces—K</p> <p>Apples and Cinnamon Hydration Mix —K/GF/Vegan/DF</p>
<p>Breakfast #2</p> <p>Honey Peppered Beef Stick—GF</p> <p>Instant Oatmeal, Apples and Cinnamon—K</p> <p>Raisins—K</p> <p>Whole Berry Blast Meal Bar—K</p> <p>Mango Chia Bar—K/GF</p> <p>Lemonade Mix—K</p>	<p>Breakfast #7</p> <p>Pepperoni Stick</p> <p>Instant Oatmeal Maple and Brown Sugar—K</p> <p>Peanut Butter Cookie Bar—K/GF/DF/SF/Vegan</p> <p>Strawberry Pop Tarts</p> <p>Lemonade Mix—K</p>
<p>Breakfast #3</p> <p>Pepperoni Stick</p> <p>Butterscotch Oatmeal Bar—K</p> <p>Maple Almond Granola—K</p> <p>Blueberry Fig Bar—K/DF</p> <p>Hydration Mix w/ Lemons & Limes—GF/K/DF/Vegan</p>	<p>Breakfast #8</p> <p>Maple Flavored Turkey Sausage Breakfast Links—GF</p> <p>French Vanilla Granola</p> <p>Cinnamon Toast Crunch Cereal Bar—K</p> <p>Baked Oatmeal Raisin Breakfast Cookie—K</p> <p>Strawberry Fig Bar—K/DF</p> <p>Cran-Raspberry Acli-Mate—K</p>
<p>Breakfast #4</p> <p>Turkey Deli Bites—GF</p> <p>Maple and Brown Sugar Bar—K</p> <p>Mixed Berry Bite Bar—GF/K</p> <p>Cinnamon Pop Tarts</p> <p>Hot Chocolate—K/GF</p>	<p>Breakfast #9</p> <p>Honey Peppered Turkey Stick—GF</p> <p>Brown Sugar Honey Oat Granola—K</p> <p>Blueberry Breakfast Biscuits—K</p> <p>Animal Crackers</p> <p>Hot Chocolate—K/GF</p>
<p>Breakfast #5</p> <p>Breakfast Skillet</p> <p>Olympia Granola Bar</p> <p>Kool Aid—Cherry—K</p>	<p>Breakfast #10</p> <p>Biscuits and Gravy</p> <p>Honey Oat Nature Valley Bar—K</p> <p>Caramel Apple Bar</p> <p>Pineapple Chunks</p> <p>Kool Aid—Cherry—K</p>

“K” denotes Kosher

“GF” Gluten Free

“DF” Dairy Free

“SF” Soy Free

PSR Breakfast #1

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

Ingredients: Beef, Water, Sugar, Salt, Less than 2% Flavorings, Soy Sauce (Wheat, Soybeans, Salt), Maltodextrin, Yeast Extract, Hydrolyzed Corn Protein, Citric Acid.

CONTAINS: WHEAT AND SOY

Peppered Beef Jerky		
NUTRITION FACTS		
Serving Size: 1 package (26g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	80	Calories from Fat 10
		% Daily Value
Total Fat	1g	2%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	25mg	8%
Sodium	400mg	17%
Total Carbohydrate	6g	2%
	Dietary Fiber g	%
	Sugars 6g	
Protein	10g	

- **Chocolate Chip Granola Bar—Quaker/Pepsico**, (1 package per camper)

Ingredients: Granola (Whole Grain Rolled Oats, Brown Sugar, Crisp Rice (Rice Flour, Sugar, Salt, Malted Barley Extract), Whole Grain Rolled Wheat, Soybean Oil, Dried Coconut, Whole Wheat Flour, Sodium Bicarbonate, Soy Lecithin, Caramel Color, Non-fat Dry Milk), Semisweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla Extract), Corn Syrup, Sugar, Brown Rice Crisp (Whole Grain Brown Rice, Sugar, Malted Barley Flour, Salt), Invert Sugar, Corn Syrup Solids, Glycerin, Soybean Oil, Vegetable Oil (Palm Oil, Palm Kernel Oil). Contains 2% or less of: Sorbitol, Calcium Carbonate, Cocoa Powder (Processed with Alkali), Salt, Cocoa Powder, Water, Whey, Nonfat Dry Milk, Lactose, Soy Lecithin, Molasses, Natural and Artificial Flavor, Vanilla Extract, BHT (preservative), Citric Acid.

CONTAINS: WHEAT, COCONUT, SOY AND MILK INGREDIENTS.

May contain traces of peanut and other tree nuts.

Chocolate Chip Granola Bar		
NUTRITION FACTS		
Serving Size: 1 bar (42g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	180	Calories from Fat 50
		% Daily Value
Total Fat	6g	10%
	Saturated Fat 2.5g	14%
	Trans Fat 0mg	
Cholesterol	mg	%
Sodium	120mg	5%
Total Carbohydrate	30g	10%
	Dietary Fiber 2g	7%
	Sugars 13g	
Protein	2g	

- **Peanut Butter and Jelly Larabar—Larabar/Small Planet Foods, (1 package per camper)**

Ingredients: Dates, Peanuts, Un-sweetend Cherries, Sea Salt.

GLUTEN FREE, DAIRY FREE, SOY FREE, NON-GMO, VEGAN, KOSHER

Peanut Butter and Jelly Bar			
NUTRITION FACTS			
Serving Size: 1 bar			
Servings Per Container: 1			
Amount Per Serving			
Calories	210	Calories from Fat	90
			% Daily Value
Total Fat	10g		16%
	Saturated Fat	1.5g	7%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	50mg		2%
Total Carbohydrate	27g		9%
	Dietary Fiber	4g	16%
	Sugars	19g	
Protein	6g		

- **Goldfish Giant Cinnamon Grahams—Pepperidge Farm, Inc., (1 package per camper)**

Ingredients: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Riboflavin (Vit B2), Thiamine Mononitrate (Vitamin B1), Reduced Iron, Folic Acid), Sugar, Vegetable Oils (Soybean and Palm), Fructose, Contains 2% or less of: Cinnamon, Calcium Carbonate, Salt, Baking Soda, Ferric Orthophosphate, Vitamin A Palmitate, Soy Lecithin.

CONTAINS: WHEAT AND SOY

Cinnamon Grahams			
NUTRITION FACTS			
Serving Size: 1 pouch			
Servings Per Container: 1			
Amount Per Serving			
Calories	120	Calories from Fat	35
			% Daily Value
Total Fat	4g		6%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	135mg		6%
Total Carbohydrate	19g		6%
	Dietary Fiber	1g	5%
	Sugars	6g	
Protein	2g		

- **Banana Chips—Katadyn North American Foods, (1 package per camper)**

Ingredients: Bananas, Coconut Oil, Sugar, Natural Banana Flavor.

Banana Chips			
NUTRITION FACTS			
Serving Size: 1 pouch (57g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	300	Calories from Fat	175
			% Daily Value
Total Fat	19g		29%
	Saturated Fat	17g	85%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	mg		%
Total Carbohydrate	33g		11%
	Dietary Fiber	5g	20%
	Sugars	20g	
Protein	1g		

- **Spiced Apple Cider Mix—Continental Mills, (1 package per camper)**

Ingredients: Sugar, Malic Acid, Maltodextrin, Tricalcium Phosphate (prevents caking), Apple Juice Solids, Caramel Color, Sodium Citrate (controls acidity), Ascorbic Acid, Natural and Artificial Flavors, Spice Extractive.

CONTAINS:

Spiced Apple Cider Mix			
NUTRITION FACTS			
Serving Size: 1 pouch (21g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	80	Calories from Fat	
			% Daily Value
Total Fat	0g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	30mg		1%
Total Carbohydrate	20g		7%
	Dietary Fiber	g	%
	Sugars	20g	
Protein	0g		

PSR Breakfast #2

- **Wholeberry Blast Meal Bar—Pro Bar**, (1 package per camper)

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

CONTAINS: ALMONDS, CASHEWS.

Natural ingredients may contain pit pieces, nut shells and other organic matter.

Wholeberry Blast Meal Bar			
NUTRITION FACTS			
Serving Size: 1 bar (85g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	360	Calories from Fat	140
			% Daily Value
Total Fat	16g		24%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	25mg		1%
Total Carbohydrate	51g		17%
	Dietary Fiber 5g		20%
	Sugars 26g		
Protein	8g		

- **Honey Peppered Beef Sticks—Highland Beef Farms**, (1 package per camper)

Ingredients: Beef, Honey, Contains 2% or less of: Spices, Corn Syrup Solids, Water, Dextrose, Salt, Natural Flavoring, Lactic Acid Starter Culture, Sodium Erythorbate (Made from Sugar), Sodium Nitrite.

GLUTEN FREE. NO MSG

Honey Peppered Beef Sticks			
NUTRITION FACTS			
Serving Size: 2 sticks (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	60	Calories from Fat	20
			% Daily Value
Total Fat	2g		3%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
Cholesterol	20mg		7%
Sodium	200mg		8%
Total Carbohydrate	3g		1%
	Dietary Fiber g		%
	Sugars 2g		
Protein	8g		

- **Apple and Cinnamon Instant Oatmeal—Malt O Meal**, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Sugar, Dried Apple Pieces (Treated 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).

Apples & Cinnamon Oatmeal			
NUTRITION FACTS			
Serving Size: 1 packet (35g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	130	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
Saturated Fat		g	%
Trans Fat		0mg	
Cholesterol	mg		%
Sodium	170mg		7%
Total Carbohydrate	27g		9%
Dietary Fiber		3g	12%
Sugars		11g	
Protein	3g		

- **Raisins—Bountiful Harvest.**, (1 package per camper)

Ingredients: Raisins (Raisins coated with Vegetable Oil).

May contain peanuts, tree nuts, wheat, soy, milk, eggs and stem fragments.

Raisins			
NUTRITION FACTS			
Serving Size: 1 oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	80	Calories from Fat	0
			% Daily Value
Total Fat	g		%
Saturated Fat		g	%
Trans Fat		0mg	
Cholesterol	mg		%
Sodium	mg		%
Total Carbohydrate	22g		7%
Dietary Fiber		1g	4%
Sugars		17g	
Protein	1g		

- **Mango Chia Bar, Health Warrior** (1 Bar per camper)

Ingredients: White Chia Seeds, Brown Rice Syrup, Organic Cashew Butter, Rolled Oats, Dried Mango, Organic Agave Syrup, Almonds, Organic Brown Rice Crisps (Organic Brown Rice, Organic Brown Rice Syrup, Sea Salt), Arabic Gum, Unsweetened Coconut, Natural Flavors, Sea Salt, Mixed Tocopherols (Natural Vitamin E).

CONTAINS: TREE NUTS (ALMONDS, CASHEWS, COCONUT)

Good Manufacturing practices are used to segregate ingredients in a facility that process other products, which may contain peanuts, tree nuts, wheat (gluten), milk, soy and/or eggs.

SOY FREE, DAIRY FREE, GLUTEN FREE, 100% VEGAN

Mango Chia Bar			
NUTRITION FACTS			
Serving Size: 1 Bar (25g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	100	Calories from Fat	45
			% Daily Value
Total Fat	5g		8%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	45mg		2%
Total Carbohydrate	14g		5%
	Dietary Fiber	4g	16%
	Sugars	5g	
Protein	3g		

- **Country Time Lemonade On-The-Go—Kraft**, (1 package per camper)

Ingredients: Sugar, Citric Acid (Provides Tartness), Contains 2% or Less of: Ascorbic Acid (Vitamin C), Natural Flavor, Soy Lecithin, Sodium Citrate (Controls Acidity), Magnesium Oxide (Prevents Caking), Sucralose (Sweetener), Calcium Fumarate, Artificial Color, Yellow 5 Lake, Tocopherol (Preserves Freshness).

CONTAINS: SOY

Lemonade			
NUTRITION FACTS			
Serving Size: 1/2 packet (10g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	35	Calories from Fat	
			% Daily Value
Total Fat	g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	9g		3%
	Dietary Fiber	g	%
	Sugars	9g	
Protein	g		

PSR Breakfast #3

- **Pepperoni Stick—Country Meats**, (1 package per camper)

Ingredients: Pork, Salt, Dextrose, Water, Spices, Natural Smoke Flavorings, Lactic Acid Starter Culture, Garlic Powder, Sodium Erythorbate, Spice Extractives and Sodium Nitrate in Collagen Casing.

Pepperoni Sticks			
NUTRITION FACTS			
Serving Size: 1 oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	50
		% Daily Value	
Total Fat	5g		8%
	Saturated Fat 2g		9%
	Trans Fat 0mg		
Cholesterol	20mg		6%
Sodium	320mg		13%
Total Carbohydrate	0g		0%
	Dietary Fiber 0g		0%
	Sugars 0g		
Protein	5g		

- **Butterscotch Oatmeal Bar—General Mills**, (1 package per camper)

Ingredients: Whole Grain Oats, Whole Wheat Flour, Sugar, Corn Syrup, Canola Oil, Caramel Flavored Chips (Sugar, Palm Kernel and Palm Oils, Reduced Minerals Whey, Soy Lecithin, Color Added, Nonfat Dry Milk, Salt, Natural Flavor), Vegetable Glycerin, Contains 2% or Less of: Enzyme Modified Butter, Molasses, Semisweet Chocolate Chips (Sugar, Chocolate Liquor, cocoa Butter, Soda, Salt, Natural Artificial Flavor, Egg White, Oil of Rosemary, Color Added.

CONTAINS: WHEAT, MILK, SOY AND EGG INGREDIENTS.

Butterscotch Oatmeal Bar			
NUTRITION FACTS			
Serving Size: 1 bar (35g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	150	Calories from Fat	45
		% Daily Value	
Total Fat	5g		7%
	Saturated Fat 1g		6%
	Trans Fat 0g		
Cholesterol	0mg		0%
Sodium	110mg		4%
Total Carbohydrate	24g		8%
	Dietary Fiber 2g		8%
	Sugars 8g		
Protein	2g		

- **Maple Almond Granola—AlpineAire Foods**, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Evaporated Cane Juice Crystals, Expeller Pressed Canola Oil, Maple Syrup, Almonds, Pure Honey, Sea Salt, Almond Extract, Maple Flavor and Vitamin E.

CONTAINS: TREE NUTS. Processed in a facility that produces peanuts, soy, milk, eggs, tree nuts and wheat.

Maple Almond Granola			
NUTRITION FACTS			
Serving Size: 2 oz(57g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	340	Calories from Fat	110
		% Daily Value	
Total Fat	12g		19%
	Saturated Fat	2g	12%
	Trans Fat	0g	0%
Cholesterol	0mg		0%
Sodium	40mg		2%
Total Carbohydrate	51g		17%
	Dietary Fiber	6g	17%
	Sugars	19g	
Protein	8g		

- **Blueberry Fig Bar—Nature’s Bakery**, (1 package per camper)

Ingredients: Stone Ground Whole Wheat Flour, Dried Cane Syrup, Brown Rice Syrup, Fig Paste, Canola Oil, Blueberry Paste (Organic Dried Cane Syrup, Naturally Milled Sugar, Rice Starch, Blueberries, Apple Powder, Glycerin, Natural Flavors, Pectin, Citric Acid, Locust Bean Gum, Red Cabbage Extract for color), Rolled Oats, Oat Fiber, Caramel Color (Ammonia-Free), Sea Salt, Citric Acid, Natural Flavors, Baking Soda.

CONTAINS: WHEAT.

Blueberry Fig Bar			
NUTRITION FACTS			
Serving Size: 1 oz (28g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	110	Calories from Fat	20
		% Daily Value	
Total Fat	2g		4%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	35mg		1%
Total Carbohydrate	20g		7%
	Dietary Fiber	2g	8%
	Sugars	10g	
Protein	2g		

- **Exercise Hydration Mix with Lemons & Limes, Skratch Labs LLC, (1 package per camper)**

Ingredients: Cane Sugar, Dextrose, Sodium Citrate, Citric Acid, Oranges, Magnesium Lactate, Calcium Citrate, Lemon Juice Powder, Lime Juice Powder, Potassium Citrate, Ascorbic Acid (Vitamin C)

Non-GMO, Gluten Free, Dairy Free, Vegan, Kosher, Delicious

Exercise Hydration Mix w/Lemons & Limes			
NUTRITION FACTS			
Serving Size: 1 pkg (24g) (Makes 16oz Prepared)			
Servings Per Container: 1			
Amount Per Serving			
Calories	80	Calories from Fat	0%
			% Daily Value
Total Fat	0g		0%
	Saturated Fat	0g	0%
	Trans Fat	0g	0%
Cholesterol	0mg		0%
Sodium	360mg		15%
Total Carbohydrate	21g		7%
	Dietary Fiber	0g	0%
	Sugars	20g	

PSR Breakfast #4

- **Honey Pepper Turkey Deli Bites**—American Premium Dist., (1 package shared between 2 campers)

Ingredients: Turkey, Mechanically Separated Turkey, Honey, Contains 2% Or Less Of: Salt, Corn Syrup Solids, Spices, Dextrose, Lactic Acid Starter Culture, Carrageenan, Sodium Erythorbate (Made From Sugar), Garlic Powder, Sodium Nitrite, In Collagen Casing.

GLUTEN FREE

Turkey Deli Bites			
NUTRITION FACTS			
Serving Size: 6 pieces (30g)			
Servings Per Container: 4			
Amount Per Serving			
Calories	80	Calories from Fat	45
			% Daily Value
Total Fat	4.5g		7%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	20mg		7%
Sodium	290mg		12%
Total Carbohydrate	3g		1%
	Dietary Fiber 0g		0%
	Sugars 2g		
Protein	6g		

- **Frosted Cinnamon Pop Tarts**—Kellogg's, (1 package per camper)

Ingredients: Whole Wheat Flour, Sugar, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Corn Syrup, Dextrose, Soybean and Palm Oil (With TBHQ For Freshness), Cracker Meal, Polydextrose, Glycerin, Contains 2% Or Less Of Maltodextrin, Molasses, Calcium Carbonate, Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Wheat Starch, Cinnamon, Sodium Stearoyl Lactylate, Datem, Gelatin, Carmel Color, Xanthan Gum, Vitamin A Palmitate, Niacinamide, Reduced Iron, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Soy Lecithin.

CONTAINS: WHEAT AND SOY INGREDIENTS

Cinnamon Pop Tarts			
NUTRITION FACTS			
Serving Size: 1 package (100g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	370	Calories from Fat	50
			% Daily Value
Total Fat	5g		8%
	Saturated Fat 2g		10%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	380mg		16%
Total Carbohydrate	75g		25%
	Dietary Fiber 6g		22%
	Sugars 31g		
Protein	5g		

- **Mixed Berry Bite Bar—Pro Bar**, (1 package per camper)

Ingredients: Tapioca Syrup, Rolled Oats, Cashew Butter (Cashews, Sunflower Oil), Crisp Brown Rice, Brown Rice Protein, Cashews, Sunflower Seeds, Agave Fiber (Inulin), Whole Grain Brown Rice Flour, Dried Cane Syrup, Blueberries, Flax Seeds, Chia Seeds, Glycerin, Expeller Pressed Canola Oil, Apple Juice Concentrate, Cranberries, Natural Strawberry Flavor, Rice Syrup, Natural Blackberry Flavor, Oat Flour, Salt, Molasses, Citric Acid, Rosemary Extract.

CONTAINS: CASHEWS. Organic.

Mixed Berry Bite Bar			
NUTRITION FACTS			
Serving Size: 1 bar (46g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	60
		% Daily Value	
Total Fat	7g		11%
	Saturated Fat 1g		5%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	45mg		2%
Total Carbohydrate	28g		9%
	Dietary Fiber 3g		12%
	Sugars 11g		
Protein	6g		8%

- **Chewy Maple Brown Sugar Granola Bar—Quaker**, (1 package per camper)

Ingredients: Granola (Whole Grain Rolled Oats, Brown Sugar, Brown Rice Crisp (Whole Grain Brown Rice, Sugar, Malted Barley Flour, Salt), Whole Grain Rolled Wheat, Soybean Oil, Whole Wheat Flour, Maltodextrin, Sodium Bicarbonate, Soy Lecithin, Caramel Color, Nonfat Dry Milk), Corn Syrup, Brown Rice Crisp (Whole Grain Brown Rice, Sugar, Malted Barley Flour, Salt), Corn Syrup Solids, Confectionary Chips (Sugar, Palm Kernel Oil, Non-Fat Dry Milk, Palm Oil, Artificial Color, Soy Lecithin), Glycerin, Invert Sugar, Sorbitol, Soybean Oil, Calcium Carbonate, Sugar, Fructose, Salt, Natural and Artificial Color, Cinnamon, Soy Lecithin, Molasses, BHT (preservative), Citric Acid, Water.

CONTAINS: WHEAT, SOY AND MILK INGREDIENTS. May contain traces of Peanuts and Tree Nuts.

Maple Brown Sugar Bar			
NUTRITION FACTS			
Serving Size: 1 bar (36g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	140	Calories from Fat	25
		% Daily Value	
Total Fat	2.5g		4%
	Saturated Fat 1g		4%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	120mg		5%
Total Carbohydrate	28g		9%
	Dietary Fiber 1g		6%
	Sugars 9g		
Protein	2g		

- **Swiss Miss Hot Cocoa Mix— Con Agra Foods**, (1 package per camper)

Ingredients: Sugar, Corn Syrup, Modified Whey, Cocoa (Processed with Alkali), Hydrogenated Coconut Oil, Nonfat Milk, Calcium Carbonate, Less than 2% of: Salt, Dipotassium Phosphate, Mono and Diglycerides, Carrageenan, Acesulfame Potassium, Sucralose, Artificial Flavor.

CONTAINS: MILK. GLUTEN FREE

Swiss Miss Hot Cocoa			
NUTRITION FACTS			
Serving Size: 1 Envelope (21g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	90	Calories from Fat	20
			% Daily Value
Total Fat	2g		3%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	150mg		6%
Total Carbohydrate	16g		5%
	Dietary Fiber	<1g	2%
	Sugars	8g	
Protein	1g		

PSR Breakfast #5

- **Breakfast Skillet—Mountain House**, (1 package shared between 2 campers)

Ingredients: Hashbrowns (Potato, Vegetable Oil (may contain: canola, sunflower, cottonseed, palm, corn, soybean, hydrogenated soybean, hydrogenated cottonseed oils), Salt, Dehydrated Potato, Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Potassium Sorbate (to maintain freshness), Natural Flavoring, Disodium Dihydrogen Pyrophosphate (color retention), Dextrose.). PreCooked Eggs (Whole Egg (glucose removed for stability), Egg Yolk, Nonfat Dry Milk, Modified Corn Starch, Corn Oil, Salt, Yeast Extract, Sunflower Oil, Smoke Flavor, Xanthan Gum). Pork Sausage (Sausage (Pork, Salt, Spice, Sugar), Textured Vegetable Protein (Soy Flour, Salt)). Red and Green Bell Pepper, Dehydrated Onion.

CONTAINS: EGG, MILK, WHEAT, SOY

Breakfast Skillet		
NUTRITION FACTS		
Serving Size: 1 Cup (70g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	400	Calories from Fat 220
		% Daily Value
Total Fat	24g	37%
	Saturated Fat 7g	35%
	Trans Fat 0mg	
Cholesterol	240mg	80%
Sodium	920mg	38%
Total Carbohydrate	30g	10%
	Dietary Fiber 4g	16%
	Sugars 5g	
Protein	14g	

- **Honey Almond Olympia Granola Bar—Olympia Granola**, (1 package per camper)

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

POTENTIAL ALLERGENS: CONTAINS TREE NUTS. MAY CONTAIN TRACES OF PEANUTS

Honey Almond Olympia Bar		
NUTRITION FACTS		
Serving Size: 1 Bar (43g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	190	Calories from Fat 80
		% Daily Value
Total Fat	9g	14%
	Saturated Fat 2.5g	11%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	65mg	3%
Total Carbohydrate	24g	8%
	Dietary Fiber 3g	12%
	Sugars 10g	
Protein	5g	

- **Cherry Kool Aid Singles—Kraft**, (1 package per camper)

Ingredients: Sugar, Fructose, Citric Acid (Provides Tartness), Contains Less than 2% of Artificial Flavor, Ascorbic Acid (Vit C), Vitamin E Acetate, Calcium Phosphate (Prevents Caking), Acesulfame Potassium and Sucralose (Sweeteners), Artificial Color, Red 40.

Cherry Kool Aid			
NUTRITION FACTS			
Serving Size: 1/2 packet (8g)			
Servings Per Container: 2			
<hr/>			
Amount Per Serving			
Calories	30	Calories from Fat	0
			% Daily Value
<hr/>			
Total Fat	0g		0%
<hr/>			
	Saturated Fat	0g	0%
<hr/>			
	Trans Fat	0mg	
<hr/>			
Cholesterol	0mg		0%
<hr/>			
Sodium	mg		%
<hr/>			
Total Carbohydrate	7g		2%
<hr/>			
	Dietary Fiber	0g	0%
<hr/>			
	Sugars	7g	
<hr/>			
Protein	0g		

PSR Breakfast #6

- **Honey Peppered Beef Sticks—Highland Beef Farms**, (1 package per camper)

Ingredients: Beef, Honey, Contains 2% or less of: Spices, Corn Syrup Solids, Water, Dextrose, Salt, Natural Flavoring, Lactic Acid Starter Culture, Sodium Erythorbate (Made from Sugar), Sodium Nitrite.

GLUTEN FREE. NO MSG

Honey Peppered Beef Sticks			
NUTRITION FACTS			
Serving Size: 2 sticks (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	60	Calories from Fat	20
			% Daily Value
Total Fat	2g		3%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	20mg		7%
Sodium	200mg		8%
Total Carbohydrate	3g		1%
	Dietary Fiber	g	%
	Sugars	2g	
Protein	8g		

- **Strawberry Bliss Meal Bar—ProBar**, (1 package per camper) - K/DF/Vegan

Ingredients: Brown Rice Syrup, Oats, Cashew Butter (Cashews, Sunflower Oil), Sunflower Seeds, Sesame Seeds, Almonds, Crisp Brown Rice, Dried Cane Syrup, Apple Juice Concentrate, Blueberries, Strawberries, Flax Seed, Expeller Pressed Canola Oil, Strawberry Puree, Blueberry Puree, Rice Syrup, Salt, Natural White Chocolate Flavor, Natural Strawberry Flavor, Oat Flour (Molasses, Vegetable Glycerine, Arabic Gum, Natural Blueberry Flavor, Rosemary Extract, Citric Acid, Natural Tocopherols and Ascorbic Acid (to preserve flavor), Sunflower Oil.

CONTAINS: ALMONDS AND CASHEWS

Natural Ingredients may contain pit pieces, nutshells, and other organic matter.

Strawberry Bliss Meal Bar			
NUTRITION FACTS			
Serving Size: 1 bar (85g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	370	Calories from Fat	140
			% Daily Value
Total Fat	16g		25%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	190mg		8%
Total Carbohydrate	50g		17%
	Dietary Fiber	4g	18%
	Sugars	23g	
Protein	8g		

- **Crunch Mania French Toast—Kellogg’s**, (1 package per camper)

Ingredients: Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vit B1), Riboflavin (Vit B2), Folic Acid), Sugar, Soybean and Palm Oil, Molasses, Contains 2% or less of: Calcium Carbonate, Salt, Dextrose, Baking Soda, Cinnamon, Soy Lecithin, Natural and Artificial Flavors (Contains Milk), Vitamin A Palmitate, BHT for Freshness, Niacinamide Pyridoxine Hydrochloride (Vitamin B6), Thiamin Hydrochloride (Vitamin B1), Riboflavin (Vitamin B2).

CONTAINS: WHEAT, MILK, AND SOY INGREDIENTS.

French Toast			
NUTRITION FACTS			
Serving Size: 1 package (50g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	210	Calories from Fat	60
			% Daily Value
Total Fat	6g		9%
	Saturated Fat 2g		10%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	220mg		9%
Total Carbohydrate	37g		12%
	Dietary Fiber 3g		12%
	Sugars 13g		
Protein	4g		

- **Nature Valley Crunchy Peanut Butter Granola Bar—General Mills**, (1 package per camper)

Ingredients: Whole Grain Oats, Sugar, Canola Oil, Peanut Butter (Peanuts, Salt), Rice Flour, Brown Sugar Syrup, Salt, Soy Lecithin, Baking Soda.

CONTAINS: PEANUT, SOY; MAY CONTAIN ALMOND AND PECAN INGREDIENTS.

Peanut Butter Nature Valley Bar			
NUTRITION FACTS			
Serving Size: 2 bars (42g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	80
			% Daily Value
Total Fat	8g		13%
	Saturated Fat 1g		5%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	180mg		7%
Total Carbohydrate	27g		9%
	Dietary Fiber 2g		8%
	Sugars 11g		
Protein	4g		

- **Raisins—Bountiful Harvest**, (1 package per camper)

Ingredients: Raisins (Raisins coated with Vegetable Oil).

May contain peanuts, tree nuts, wheat, soy, milk, eggs and stem fragments.

Raisins			
NUTRITION FACTS			
Serving Size: 1 oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	80	Calories from Fat	0
			% Daily Value
Total Fat	g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	mg		%
Total Carbohydrate	22g		7%
	Dietary Fiber	1g	4%
	Sugars	17g	
Protein	1g		

- **Apples and Cinnamon Hydration Mix—Skratch Labs**, (1 package per camper) - K/GF

Ingredients: Cane Sugar, Dextrose, Apples, Sodium Citrate, Citric Acid, Cinnamon, Magnesium Lactate, Calcium Citrate, Potassium Citrate, Ascorbic Acid (Vitamin C).

Non-GMO, Gluten Free, Dairy Free, Vegan, Kosher, Delicious!

Spiced Apple Cider Mix			
NUTRITION FACTS			
Serving Size: 1 pouch (26g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	90	Calories from Fat	
			% Daily Value
Total Fat	0g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	360mg		15%
Total Carbohydrate	22g		7%
	Dietary Fiber	1g	4%
	Sugars	21g	
Protein	0g		

PSR Breakfast #7

- **Pepperoni Stick—Country Meats**, (1 package per camper)

Ingredients: Pork, Salt, Dextrose, Water, Spices, Natural Smoke Flavorings, Lactic Acid Starter Culture, Garlic Powder, Sodium Erythorbate, Spice Extractives and Sodium Nitrate in Collagen Casing.

Pepperoni Sticks			
NUTRITION FACTS			
Serving Size: 1 oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	50
		% Daily Value	
Total Fat	5g		8%
	Saturated Fat	2g	9%
	Trans Fat	0mg	
Cholesterol	20mg		6%
Sodium	320mg		13%
Total Carbohydrate	0g		0%
	Dietary Fiber	0g	0%
	Sugars	0g	
Protein	5g		

- **Maple and Brown Sugar Instant Oatmeal—Malt O Meal**, (1 package per camper)

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

Maple and Brown Sugar Oatmeal			
NUTRITION FACTS			
Serving Size: 1 packet (43g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	160	Calories from Fat	20
		% Daily Value	
Total Fat	2g		3%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	240mg		10%
Total Carbohydrate	33g		11%
	Dietary Fiber	3g	12%
	Sugars	13g	
Protein	4g		

- **Frosted Strawberry Pop Tarts—Kellogg’s**, (1 package per camper)

Ingredients: Whole Wheat Flour, Sugar, Corn Syrup, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Dextrose, Soybean and Palm Oil (With TBHQ for freshness), Cracker Meal, Polydextrose, Glycerin, Fructose, Contains 2% or less of: Wheat Starch, Calcium Carbonate, Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Dried Strawberries, Dried Pears, Dried Apples, Sodium Stearoyl Lactylate, Citric Acid), Milled Corn, Datem, Gelatin, Soybean Oil, Modified corn Starch, Modified Wheat Starch, Soy Lecithin, Caramel Color, Xanthan Gum, Strawberry Juice Concentrate, Natural and Artificial Flavor, Vitamin A Palmitate, Red 40, Niacinamide, Reduced Iron, Color Added, Turmeric Extract for Color, Yellow 6, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Blue 1.

CONTAINS: WHEAT AND SOY INGREDIENTS

Strawberry Pop Tarts			
NUTRITION FACTS			
Serving Size: 1 package (100g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	360	Calories from Fat	40
			% Daily Value
Total Fat	4.5g		7%
	Saturated Fat 2g		10%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	360mg		15%
Total Carbohydrate	75g		25%
	Dietary Fiber 6g		23%
	Sugars 30g		
Protein	4g		

- **Peanut Butter Cookie Bar—Larabar/Small Planet Foods**, (1 package per camper)

Ingredients: Dates, Peanuts, Sea Salt

GLUTEN FREE, DAIRY FREE, SOY FREE, VEGAN, KOSHER

Peanut Butter Cookie Bar			
NUTRITION FACTS			
Serving Size: 1 bar (48g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	220	Calories from Fat	110
			% Daily Value
Total Fat	12g		19%
	Saturated Fat 2g		10%
	Trans Fat 0mg		
Cholesterol	mg		%
Sodium	70mg		3%
Total Carbohydrate	23g		8%
	Dietary Fiber 4g		16%
	Sugars 18g		
Protein	7g		

- **Country Time Lemonade On-The-Go—Kraft**, (1 package per camper)

Ingredients: Sugar, Citric Acid (Provides Tartness), Contains 2% or Less of: Ascorbic Acid (Vitamin C), Natural Flavor, Soy Lecithin, Sodium Citrate (Controls Acidity), Magnesium Oxide (Prevents Caking), Sucralose (Sweetener), Calcium Fumarate, Artificial Color, Yellow 5 Lake, Tocopherol (Preserves Freshness).

CONTAINS: SOY

Lemonade		
NUTRITION FACTS		
Serving Size: 1/2 packet (10g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	35	Calories from Fat
		% Daily Value
Total Fat	g	%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrate	9g	3%
	Dietary Fiber g	%
	Sugars 9g	
Protein	g	

PSR Breakfast #8

- **Maple Flavored Turkey Sausage Breakfast Links—Highland Beef Farms**, (1 package shared between 2 campers)

Ingredients: Turkey, mechanically separated Turkey, Maple And Brown sugar, Contains 2% Or Less Of Salt, Lactic Acid Starter Culture, Spices, Sugar, Soybean Oil, Silicon Dioxide, Sodium Nitrite.

GLUTEN FREE. NO MSG

Pepperoni Sticks			
NUTRITION FACTS			
Serving Size: 1 oz (28g)			
Servings Per Container: 4			
Amount Per Serving			
Calories	70	Calories from Fat	40
			% Daily Value
Total Fat	4.5g		7%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	20mg		7%
Sodium	200mg		8%
Total Carbohydrate	1g		0%
	Fiber 0g		0%
	Sugars 1g		
Protein	6g		

- **Cinnamon Toast Crunch Cereal Bar-General Mills**, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Corn Syrup, Whole Wheat, Sugar, Fructose, Canola and or Rice Bran Oil, Brown Rice Flour, Rice Flour, Maltodextrin, Chicory Root Extract, Whole Corn Flour. Contains 2% or less of: Glycerin, Wheat Starch, Calcium Carbonate, Salt, Dextrose, Color Added, Cinnamon, Gelatin, Baking Soda, Trisodium Phosphate, Mon and Diglycerides, Potassium Hydroxide, Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), Natural Flavor, Soy Lecithin, BHT Added to Retain Freshness, Vitamin B (pyridoxine hydrochloride), Vitamin B (riboflavin).

CONTAINS WHEAT AND SOY INGREDIENTS.

Cinnamon Toast Crunch Cereal Bar			
NUTRITION FACTS			
Serving Size: 1 Bar (40g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	150	Calories from Fat	30
			% Daily Value
Total Fat	3g		5%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	5mg		0%
Total Carbohydrate	115g		5%
	Dietary Fiber 3g		12%
	Sugars 8g		
Protein	3g		

- **Fig Bar—Strawberry, Twin Pack, Nature’s Bakery,** (1 package per camper)

Ingredients: Stone Ground Whole Wheat Flour, Dried Cane Syrup, Brown Rice Syrup, Fig Paste, Canola Oil, Strawberry Paste (Naturally Milled Sugar, Organic Dried Cane Syrup, Strawberry Puree, Rice Starch, Apple Powder, Natural Flavors, Glycerin, Citric Acid, Pectin, Locust Bean Gum, Red Cabbage Extract for color) Rolled Oates, Oat Fiber, Caramel Color (Ammonia-Free), Sea Salt, Citric Acid, Natural Flavors. Baking Soda.

CONTAINS: WHEAT.

Strawberry Fig Bar		
NUTRITION FACTS		
Serving Size: 1 oz (28g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	110	Calories from Fat 20
		% Daily Value
Total Fat	2.5g	4%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	35mg	1%
Total Carbohydrate	20g	7%
	Dietary Fiber 2g	8%
	Sugars 10g	
Protein	2g	

- **French Vanilla Granola—Katadyn North America Foods,** (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Sugar, Rice Crisps, Honey, Canola Oil, Sea Salt, Vanilla & Mixed Tocopherols (Vitamin E).

CONTAINS: WHEAT.

French Vanilla Granola		
NUTRITION FACTS		
Serving Size: 2 oz (57g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	230	Calories from Fat 70
		% Daily Value
Total Fat	7g	11%
	Saturated Fat 0.5g	3%
	Trans Fat 0g	
Cholesterol	mg	%
Sodium	55mg	2%
Total Carbohydrate	37g	12%
	Dietary Fiber 3g	12%
	Sugars 15g	
Protein	5g	

- **Oatmeal Raisin Breakfast Cookies—Quaker/Pepsico**, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, High Fructose Corn Syrup, Raisins, Whole Wheat Flour, Brown Sugar, Corn Syrup, Partially Hydrogenated Soybean and/or Cottonseed Oils, with TBHQ and Citric Acid added to preserve freshness, Modified Wheat Starch, Polydextrose, Contains 2% or less of Calcium Carbonate, Mono and Diglycerides, Water, Glycerin, Dried Apple Puree, Egg Whites, Sugar, Sodium Bicarbonate, Dried Whole Eggs, Salt, Modified Food Starch, Cinnamon, Corn Flour, Malic Acid, Sodium Alginate, Calcium Phosphate, Vitamin E Acetate, Reduced Iron, Niacinamide, Potassium Sorbate (a preservative), Sodium Phosphate, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Vitamin A Palmitate, Cyanocobalamin.

CONTAINS WHEAT AND EGG INGREDIENTS. May contain traces of tree nuts.

Breakfast Cookie			
NUTRITION FACTS			
Serving Size: 1 cookie (48g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	170	Calories from Fat	40
			% Daily Value
Total Fat	4.5g		7%
	Saturated Fat 1g		6%
	Trans Fat 0mg		
Cholesterol	5mg		1%
Sodium	190mg		8%
Total Carbohydrate	33g		11%
	Dietary Fiber 5g		19%
	Sugars 15g		
Protein	3g		

- **Cran-Raspberry Mountain Sport Drink Altitude-Energy-Hydration—Acli-Mate**, (1 package per camper)

Ingredients: Organic Cane Sugar, Citric Acid, Silicon Dioxide (Anti-Caking), Natural Raspberry Flavoring, Natural Cranberry Raspberry Flavoring, Vegetable Juice Color, Stevia Leaf Extract, Lo Han Fruit Extract.

Cran-Raspberry Acli-Mate			
NUTRITION FACTS			
Serving Size: 1 packet (10.3g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	30	Calories from Fat	
			% Daily Value
Total Fat	g		%
	Saturated Fat 0g		%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	105mg		4%
Total Carbohydrate	6g		2%
	Dietary Fiber g		%
	Sugars 6g		
Protein	0g		

PSR Breakfast #9

- **Honey Peppered Turkey Sticks—Highland Beef Farms**, (1 package per camper)

Ingredients: Turkey, Honey (Contains 2% or less of: Corn Syrup Solids, Spices, Salt, Dextrose, Lactic Acid Starter Culture (Carrageenan, Sodium Erythorbate (Made from Sugar), Garlic Powder, Sodium Nitrite.

GLUTEN FREE. NO MSG

Honey Peppered Turkey Sticks			
NUTRITION FACTS			
Serving Size: 2 sticks			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	25mg		8%
Sodium	200mg		8%
Total Carbohydrate	6g		2%
	Dietary Fiber	g	%
	Sugars	4g	
Protein	8g		

- **Brown Sugar Honey Oat Granola—AlpineAire Foods**, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Brown Sugar, Crisp Rice, Expeller Pressed Canola Oil, Pure Honey, Unsulphered Molasses, Sea Salt, Pure Vanilla Extract and Vitamin E.

CONTAINS: WHEAT

Brown Sugar Honey Oat Granola			
NUTRITION FACTS			
Serving Size: 1 package (57g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	340	Calories from Fat	110
			% Daily Value
Total Fat	12g		19%
	Saturated Fat	2.5g	12%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	40mg		2%
Total Carbohydrate	51g		17%
	Dietary Fiber	6g	17%
	Sugars	19g	
Protein	8g		

- **Belvita Blueberry Breakfast Biscuit, Mondelez**—(1 package per camper)

Ingredients: Whole Grain Blend (Rolled Oats, Rye Flakes), Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Canola Oil, Sugar, Whole Grain Wheat Flour, Evaporated Cane Sugar, Dried Blueberries, Malt Syrup (From Corn and Barley), Invert Sugar, Baking Soda, Salt, Soy Lecithin, Disodium Pyrophosphate, Natural Flavor, Datem, Blueberry Juice Concentrate, Ferric Orthophosphate (Iron), Niacinamide, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1).

CONTAINS: WHEAT AND SOY

Blueberry Biscuit			
NUTRITION FACTS			
Serving Size: 1 pack (4 biscuits)			
Servings Per Container: 1			
Amount Per Serving			
Calories	230	Calories from Fat	70
		% Daily Value	
Total Fat	8g		12%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	210mg		9%
Total Carbohydrate	36g		12%
	Dietary Fiber	3g	12%
	Sugars	13g	
Protein	4g		

- **Barnum’s Animal Crackers, Mondelez**—(1 package per camper)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, High Fructose Corn Syrup, Sugar, Soybean Oil, Yellow Corn Flour, Partially Hydrogenated Cottonseed Oil, Calcium Carbonate (Source of Calcium), Baking Soda, Salt, Soy Lecithin, Natural and Artificial Flavor.

CONTAINS: WHEAT AND SOY INGREDIENTS

Animal Crackers			
NUTRITION FACTS			
Serving Size: 1 pack			
Servings Per Container: 1			
Amount Per Serving			
Calories	120	Calories from Fat	30
		% Daily Value	
Total Fat	3.5g		5%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	140mg		6%
Total Carbohydrate	36g		12%
	Dietary Fiber	22g	7%
	Sugars	7g	
Protein	2g		

- **Swiss Miss Hot Cocoa Mix— Con Agra Foods**, (1 package per camper)

Ingredients: Sugar, Corn Syrup, Modified Whey, Cocoa (Processed with Alkali), Hydrogenated Coconut Oil, Nonfat Milk, Calcium Carbonate, Less than 2% of: Salt, Dipotassium Phosphate, Mono and Diglycerides, Carrageenan, Acesulfame Potassium, Sucralose, Artificial Flavor.

CONTAINS: MILK. GLUTEN FREE

Swiss Miss Hot Cocoa			
NUTRITION FACTS			
Serving Size: 1 Envelope (21g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	90	Calories from Fat	20
			% Daily Value
Total Fat	2g		3%
	Saturated Fat	2g	10%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	150mg		6%
Total Carbohydrate	16g		5%
	Dietary Fiber	<1g	2%
	Sugars	8g	
Protein	1g		

PSR Breakfast #10

- **Biscuits and Gravy—Mountain House**, (1 package shared between 2 campers)

Ingredients: Buttermilk Biscuits: Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Shortening (Palm Oil, Mono and Diglycerides, Polysorbate 60, Citric Acid), Buttermilk Solids, Sugar, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Calcium Sulfate, Monocalcium Phosphate), Salt. Pork Patty Crumbles: Pork Sausage (Pork, Salt, Spice, Sugar), Textured Vegetable Protein (Soy Flour, Salt). Gravy Mix: Modified Corn Starch, Palm Oil, Buttermilk Powder, Nonfat Dry Milk, Corn Syrup Solids, Spice, Sugar, Yeast Extract, Salt, Sodium Caseinate, Disodium Inosinate and Guanylate, Dipotassium Phosphate.

CONTAINS: MILK, SOY, WHEAT

Biscuits and Gravy			
NUTRITION FACTS			
Serving Size: 1 cup (65g) dry mix			
Servings Per Container: about 2			
Amount Per Serving			
Calories	310	Calories from Fat	130
		% Daily Value	
Total Fat	14g		22%
	Saturated Fat 6g		30%
	Trans Fat 0mg		
Cholesterol	10mg		3%
Sodium	900mg		38%
Total Carbohydrate	36g		12%
	Dietary Fiber 2g		8%
	Sugars 6g		
Protein	8g		

- **Pineapple Chunks—AlpineAire Foods**, (1 package per camper)

Ingredients: Pineapple, Cane Sugar, Citric Acid, Sulfur Dioxide.

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

Pineapple Chunks			
NUTRITION FACTS			
Serving Size: 2 oz (57g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	200	Calories from Fat	25
		% Daily Value	
Total Fat	2.5g		4%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	20mg		1%
Total Carbohydrate	60g		20%
	Dietary Fiber 4g		14%
	Sugars 40g		
Protein	0g		

- **Nature Valley Oats 'n Honey Granola Bars—General Mills**, (1 package per camper)

Ingredients: Whole Grain Oats, Sugar, Canola Oil, Rice Flour, Honey, Salt, Brown Sugar Syrup, Baking Soda, Soy Lecithin, Natural Flavor.

CONTAINS: SOY; MAY CONTAIN PEANUT, ALMOND AND PECAN INGREDIENTS.

Nature Valley Oats N Honey Bars			
NUTRITION FACTS			
Serving Size: 2 bars (42g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	60
			% Daily Value
Total Fat	7g		11%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	180mg		7%
Total Carbohydrate	29g		10%
	Dietary Fiber 2g		8%
	Sugars 11g		
Protein	3g		

- **Cherry Kool Aid Singles—Kraft**, (1 package per camper)

Ingredients: Sugar, Fructose, Citric Acid (Provides Tartness), Contains Less than 2% of Artificial Flavor, Ascorbic Acid (Vit C), Vitamin E Acetate, Calcium Phosphate (Prevents Caking), Acesulfame Potassium and Sucralose (Sweeteners), Artificial Color, Red 40.

Cherry Kool Aid			
NUTRITION FACTS			
Serving Size: 1/2 packet (8g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	30	Calories from Fat	0
			% Daily Value
Total Fat	0g		0%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	mg		%
Total Carbohydrate	7g		2%
	Dietary Fiber 0g		0%
	Sugars 7g		
Protein	0g		

- **Caramel Apple Granola Bar—InHarvest Inc.,** (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Brown Rice Syrup, Brown Crisp Rice (Whole Grain Brown Rice Flour, Calcium Carbonate), Honey, Dried Apple, White Quinoa, Red Quinoa, Caramel Extract, Apple Extract, Coconut Oil, Sea Salt.

Produced and packaged in a facility that uses peanuts and tree nuts.

Caramel Apple Bar			
NUTRITION FACTS			
Serving Size: 60g			
Servings Per Container: about 2			
Amount Per Serving			
Calories	210	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	44g		15%
	Dietary Fiber	3g	12%
	Sugars	16g	
Protein	5g		