

Philmont Scout Ranch

2011 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 has 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.

Although this information has been obtained from sources believed to be reliable (usually the manufacturer or supplier), we are not able to give you assurance or guarantee that this is a complete, current or accurate listing of ingredients. Should you have concerns, we suggest that you consider bringing a replacement for the item(s). Please review the policy for "special food needs for allergic and religious reasons" found above and in the Council and Unit Planning Guide.

Philmont Trail Food Ingredients 2011

Breakfast #1		Breakfast #6
Cinn. Toast Crunch Cereal Bar Olympic Granola – Honey Almond Pineapple Chunks Kashi Bar TLC - K Apple Chips Alpine Brand Apple Cider by Krusteaz - K		Jack Links Beef Jerky - Original Apples & Cinnamon Instant Oatmeal - K Raisins - K Pro Bar – Whole Berry Blast Animal Crackers Alpine Brand Apple Cider by Krusteaz - K
Breakfast #2		Breakfast #7
Jack Links Beef Jerky - Original Oatmeal To Go – Oatmeal Raisin - K Raisins - K Clif – Honey Oat Crunch Bar - K Newton’s Fruit Crisp - Apple Hot Cocoa		Pop Tarts – Brown Sugar Cinnamon Oatmeal To Go – Brown Sugar Cinnamon - K Pineapple Chunks Peanut Butter Chocolate Chip Granola Bar - K Twisted Fruit-Strawberry - K Hot Cocoa
Breakfast #3		Breakfast #8
Frosted Mini Wheats Cereal Kellogg’s Granola - K Fruitabu Strip - Strawberry - K Fruition Bar - Blueberry Twisted Fruit, Grape - K Dehydrated Milk		Cinn. Toast Crunch Cereal - K Breakfast Cookie – Oatmeal Raisin - K Apple Chips Peanut Butter Nature Valley Bar - K Newton’s Fruit Crisp – Mixed Berry Dehydrated Milk
Breakfast #4		Breakfast #9
Pop Tarts – Bluberry/Strawberry French Vanilla Granola Apricots Lara Bar – Peanut Butter Cookie - K Fig Newtons - K Country Time Lemonade – To Go - K		Jack Links Beef Jerky - Peppered Maple Almond Granola Banana Chips Lara Bar – Peanut Butter & Jelly - K Fig Newtons - K Country Time Lemonade – To Go - K
Breakfast #5		Breakfast #10
Mountain House Breakfast Skillet Banana Chips Chocolate Chip Granola Bar - K Tang - K		Cheerios Bar, Strawberry Kellogg’s Granola - K Fruitabu Strip – Apple - K Chocolate Chip Granola Bar - K Animal Crackers Tang

BREAKFAST Skillet - *Hash Browns (potatoes, vegetable oil [contains one or more of the following: canola oil, cottonseed oil, palm oil, corn oil soybean oil, sunflower oil], salt, dehydrated potatoes, enriched bleach flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid) potassium sorbate (to maintain freshness), natural flavoring, 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 Facts		
Serving Size 1 cup (70g)		
Servings per Container : about 2		
Amount Per Serving		
Calories	350	Calories from Fat 200
% Daily Value*		
Total Fat	22g	34%
Saturated Fat	6g	30%
Cholesterol	295mg	98%
Sodium	880mg	37%
Potassium	390 mg	11%
Total Carbohydrate	27g	9%
Dietary Fiber	4g	16%
Sugars	3g	
Protein	13g	27%

CEREALS

APPLES AND CINNAMON INSTANT OATMEAL - 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	

QUAKER OATMEAL TO GO – BROWN SUGAR CINNAMON 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 –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	

FRENCH VANILLA GRANOLA – Whole Grain Rolled Oats, Sugar, Speller pressed Canola Oil, Rice Crisp (Rice, Barley, Malt, Salt), Pure Honey Sea Salt, Pure Vanilla Extract

Nutrition Facts	
Serving Size 57g	
Servings per Container about 1	
Amount Per Serving	
Calories 230	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11 %
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 37g	12%
Dietary Fiber 3g	12 %
Sugars 15g	
Protein 5g	
Vitamin A 0 %	Calcium 2%
Vitamin C 0 %	Iron 6 %

Cinnamon Toast Crunch – Cereal on the Go – Whole Grain Wheat, Sugar, Rice Flour, Canola and/or rice bran oil, fructose, maltodextrin, dextrose, salt, cinnamon, soy lecithin, trisodium phosphate, color added, bht added to preserve freshness. **CONTAINS WHEAT AND SOY INGREDIENTS**

Nutrition Facts	
Serving Size 1 Package	
Servings per Container : 1	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 200mg	8%
Potassium 40 mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 3g	0%

QUAKER CHEWY GRANOLA BAR – PEANUT BUTTER Chocolate Chip– Granola (Whole grain rolled oats, brown sugar, crisp rice (rice flour, sugar, salt, malted barley extract), whole rgrain rolled wheat, soybean oil, whole wheat flour, sodium bicarbonate, soy lecithin, caramel color, nonfat dry milk), corn syrup, brown rice crisp (whole grain brown rice, sugar, malted barley, flour, salt), peanut butter spread (peanuts, sugar, palm oil, salt) semi

sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), invert sugar, peanut flavored chips (sugar, palm kernel and palm oil, partially defatted peanut flour, lactose, dry whey, dextrose, corn syrup solids, soy lecithin, salt, vanillin (artificial flavor), corn syrup solids, glycerin. **CONTAINS WHEAT, SOY, PEANUT AND MILK INGREDIENTS. MAY CONTAIN TRACES OF TREE NUTS**

Nutrition Facts	
Serving Size 1 bar	
Servings per Container : 1	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 170mg	7%
Potassium mg	%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	7%
Sugars 12g	
Protein 3g	%

MAPLE ALMOND GRANOLA- Whole Grain Rolled Oats, Evaporated Cane juice crystals, expeller pressed canola oil, maple flavor, pure honey and sea salt

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

OLYMPIC GRANOLA TRAIL BAR, HONEY ALMOND – 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 CONTAINS TRACES OF PEANUTS.**

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

Frosted Mini Wheats Cereal – Whole Grain Wheat, Sugar, High Fructose Corn Syrup, Gelatin **CONTAINS WHEAT INGREDIENTS**

Nutrition Facts	
Serving Size 1 BOX	
Servings per Container : 1	
Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium mg	%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	15%
Sugars 8g	
Protein 4g	%

SNACKS

Apple Fruit Strip - Fruitabu – apple puree concentrate, natural lemon juice concentrate, natural apple flavoring

Nutrition Facts	
Serving Size 1	
Servings per Container : 1	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Potassium 75mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	5%
Sugars 9g	
Protein 0g	
Protein 3g	0%

Strawberry Fruit Strip – Fruitabu – Apple puree concentrate, pear puree concentrate, strawberry puree, natural strawberry flavor, lemon juice concentrate.

Nutrition Facts			
Serving Size 1			
Servings per Container : 1			
Amount Per Serving			
Calories	45	Calories from Fat	0
			% Daily Value*
Total Fat	0g		3%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	0mg		0%
Potassium	95mg		3%
Total Carbohydrate	12g		4%
Dietary Fiber	1g		5%
Sugars	9g		

Kellogg’s Brown Sugar Cinnamon Pop Tarts – Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Brown Sugar (Sugar, Molasses), Soybean and palm oil (with tbhq for freshness), corn syrup, dextrose, high fructose corn syrup, cracker meal, contains two percent or less of salt, calcium carbonate, cornstarch, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), cinnamon, wheat starch, gelatin, caramel color, soy lecithin, vitamin A palmitate, niacinamide, reduced iron, pyridoxine hydrochloride (vitamin B6), riboflavin (Vitamin B2),

Nutrition Facts			
Serving Size 2 pastries (100g)			
Servings per Container : 1			
Amount Per Serving			
Calories	420	Calories from Fat	130
			% Daily Value*
Total Fat	14g		22%
Saturated Fat	4.5g		23%
Cholesterol	0mg		0%
Sodium	350mg		15%
Potassium	mg		%
Total Carbohydrate	68g		23%
Dietary Fiber	1g		6%
Sugars	30g		
Protein	5g		0%

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		

RAISINS – Raisins. Boghosian Raisin Packing Co., Inc. Fowler, CA 93625.

BARNUM'S ANIMALS CRACKERS 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.

Nutrition Facts		
Serving Size 1 Package		
Servings per Container : 1		
Amount Per Serving		
Calories	250	Calories from Fat 60
% Daily Value*		
Total Fat	7g	11%
Saturated Fat	1.5g	8%
Cholesterol	0mg	0%
Sodium	280mg	12%
Potassium	60 mg	2%
Total Carbohydrate	43g	14%
Dietary Fiber	2g	8%
Sugars	14g	
Protein	3g	0%

JACK LINKS BEEF JERKY – ORIGINAL 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 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 APPRICOTS –Ingredients: Dried Apricots

Nutrition Facts	
Serving Size 1 pkg	
Servings per Container : 1	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Potassium mg	%
Total Carbohydrate 33g	11%
Dietary Fiber 4g	16%
Sugars 28g	
Protein 1g	%

SNAPZ APPLE CRISPS Apples, Lemon Juice Concentrate (to preserve color) and Cinnamon

Nutrition Facts	
Serving Size 1 Package	
Servings per Container : 1	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 0g	0%

BANANA CHIPS - 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–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	

QUAKER BREAKFAST COOKIE – OATMEAL RAISIN

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

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	

Twisted Fruit, Strawberry– Clif – Organic Apple puree, organic apple juice concentrate, organic flavors, maltic acid, pectin, colored with fruit and vegetable juice. **Vitamins and Minerals:** Ascorbic acid, ferric orthophosphate. *One Serving of Fruit

Nutrition Facts		
Serving Size 1 piece		
Servings per Container : 1		
Amount Per Serving		
Calories	70	Calories from Fat 0
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Potassium	120mg	3%
Total Carbohydrate	17g	6%
Dietary Fiber	1g	4%
Sugars	15g	

Twisted Fruit, Grape – Clif – Organic Apple puree, organic apple juice concentrate, organic flavors, maltic acid, pectin, colored with fruit and vegetable juice. **Vitamins and Minerals:** Ascorbic acid, ferric orthophosphate. *One Serving of Fruit

Nutrition Facts		
Serving Size 1 piece		
Servings per Container : 1		
Amount Per Serving		
Calories	70	Calories from Fat 0
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Potassium	120mg	3%
Total Carbohydrate	17g	6%
Dietary Fiber	1g	4%
Sugars	15g	

Pop Tarts, Frosted Blueberry - ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), SUGAR, CRACKER MEAL, WHEAT STARCH, SALT, DRIED BLUEBERRIES, DRIED GRAPES, DRIED APPLES, CORNSTARCH, LEAVENING(BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CITRIC ACID, CORN CEREAL, GELATIN, PARTIALLY HYDROGENATED SOYBEAN OIL†, MODIFIED CORN STARCH, NATURAL AND ARTIFICIAL BLUEBERRY FLAVOR, MODIFIED WHEAT STARCH, SOY LECITHIN, TRICALCIUM PHOSPHATE, XANTHAN GUM, CARAMEL COLOR, COLOR ADDED, NATURAL AND ARTIFICIAL FLAVOR, TURMERIC EXTRACT, RED #40, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, BLUE #2, BLUE #1, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), FOLIC ACID. †LESS THAN 0.5g TRANS FAT PER SERVING

Nutrition Facts		
Serving Size 1 pastry (52g)		
Servings per Container : 2		
Amount Per Serving		
Calories	200	Calories from Fat 45
% Daily Value*		
Total Fat	5g	8%
Saturated Fat	1.5g	8%
Cholesterol	0mg	0%
Sodium	170mg	7%
Potassium	mg	%
Total Carbohydrate	38g	13%
Dietary Fiber	less than 1g	3%
Sugars	16g	
Protein	2g	%

Pop Tarts, Frosted Strawberry - ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), SUGAR, CONTAINS TWO PERCENT OR LESS OF CRACKER MEAL, WHEAT STARCH, SALT, DRIED STRAWBERRIES, DRIED PEARS, DRIED APPLES, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CITRIC ACID, CORN CEREAL, GELATIN, PARTIALLY HYDROGENATED SOYBEAN OIL†, CARAMEL COLOR, MODIFIED CORN STARCH, SOY LECITHIN,

XANTHAN GUM, MODIFIED WHEAT STARCH, TRICALCIUM PHOSPHATE, COLOR ADDED, TURMERIC COLOR, VITAMIN A PALMITATE, RED #40, NIACINAMIDE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), YELLOW #6, RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), FOLIC ACID, BLUE #1.†LESS THAN 0.5g TRANS FAT PER SERVING

Nutrition Facts		
Serving Size 1 pastry (52g)		
Servings per Container : 2		
Amount Per Serving		
Calories	200	Calories from Fat 45
% Daily Value*		
Total Fat	5g	8%
Saturated Fat	1.5g	8%
Cholesterol	0mg	0%
Sodium	170mg	7%
Potassium	mg	%
Total Carbohydrate	38g	13%
Dietary Fiber	less than 1g	3%
Sugars	16g	
Protein	2g	%

Kellogg’s Brown Sugar Cinnamon Pop Tarts – Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Brown Sugar (Sugar, Molasses), Soybean and palm oil (with tbhq for freshness), corn syrup, dextrose, high fructose corn syrup, cracker meal, contains two percent or less of salt, calcium carbonate, cornstarch, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), cinnamon, wheat starch, gelatin, caramel color, soy lecithin, vitamin A palmitate, niacinamide, reduced iron, pyridoxine hydrochloride (vitamin B6), riboflavin (Vitamin B2),

Nutrition Facts		
Serving Size 2 pastries (100g)		
Servings per Container : 1		
Amount Per Serving		
Calories	420	Calories from Fat 130
% Daily Value*		
Total Fat	14g	22%
Saturated Fat	4.5g	23%
Cholesterol	0mg	0%
Sodium	350mg	15%
Potassium	mg	%
Total Carbohydrate	68g	23%
Dietary Fiber	1g	6%
Sugars	30g	
Protein	5g	0%

BARS

Chocolate Chip Big Chewy Granola Bar – 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, nonfat dry milk), semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), corn syrup, brown rice crisp (whole grain brown rice, sugar, malted barley flour, salt), invert sugar, sugar, corn syrup solids, glycerin, 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 1 bar		
Servings per Container : 1		
Amount Per Serving		
Calories	180	Calories from Fat 50
% Daily Value*		
Total Fat	6g	9%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	130mg	5%
Potassium	0mg	0%
Total Carbohydrate	30g	10%
Dietary Fiber	2g	7%
Sugars	12g	
Protein	2g	
Protein	3g	0%

CINNAMON TOAST CRUNCH CEREAL BAR – Whole Grain Oats, Whole Grain Wheat, Corn Syrup, Sugar, Canola and/or Rice Bran Oil, Fructose, Whole Grain Rice, High Fructose Corn Syrup, Rice Flour, Whole Grain Corn, Wheat Starch, Contains 2% or less of: Salt, Maltodextrin, Sorbitol, Dextrose, Caramel and Annatto Extract Color, Gelatin, Cinnamon, Mono and Diglycerides, Baking Soda, Trisodium Phosphate, Natural Flavor, Mixed Tocopherols and BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral Nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), A B Vitamin (folic Acid). **CONTAINS WHEAT INGREDIENTS**

Nutrition Facts		
Serving Size 1 BAR (37g)		
Servings per Container : 1		
Amount Per Serving		
Calories	140	Calories from Fat 30
% Daily Value*		
Total Fat	3.5g	5%
Saturated Fat	0.5g	3%
Cholesterol	0mg	0%
Sodium	125mg	5%
Total Carbohydrate	27g	9%
Dietary Fiber	1g	6%
Sugars	10g	
Protein	2g	10%

KASHI BAR – TLC– Rolled Grain Blend (hard red wheat, oats, rye, triticale, barley) Roasted, Salted whole almonds, brown rice syrup, soy protein isolate, evaporated cane juice crystals, soy grits, chicory root fiber, raisins, sunflower seeds, evaporated cane juice syrup, cranberries, vegetable glycerin, corn flour, honey, rice starch, expeller pressed canola oil, oat fiber, evaporated salt, natural flavors, molasses, kasha seven whole grains and sesame flour

(whole oats, hard red wheat, rye, brown rice, triticale, barley, buckwheat, sesame seeds), cottonseed and or sunflower oil, soy lecithin, peanut flour, whey protein isolate. CONTAINS WHEAT, ALMOND, SOY, PEANUT AND MILK INGREDIENTS, MAY CONTAIN OTHER TREE NUTS.

Nutrition Facts			
Serving Size 1 BAR (35g)			
Servings per Container : 1			
Amount Per Serving			
Calories	140	Calories from Fat	45
% Daily Value*			
Total Fat	5g		8%
Saturated Fat	0.5g		3%
Cholesterol	0mg		0%
Sodium	95mg		4%
Total Carbohydrate	20g		7%
Dietary Fiber	4g		14%
Sugars	6g		
Protein	6g		

PRO BAR – WHOLE BERRY BLAST– 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 can juice, sea salt), oat bran, organic oat solids, organic hemp seed, organic brown rice flour, natural blueberry flavor, dehydrated apples, organic sunflower oil, natural orange oil, natural flavors, sea salt, grape juice concentrate, tocopherols. May contain pit pieces, nutshells and other organic matter. Certified organic by QAI, 100% Vegan, Non-GMO

Nutrition Facts			
Serving Size 1 Package			
Servings per Container : 1			
Amount Per Serving			
Calories	370	Calories from Fat	160
% Daily Value*			
Total Fat	18g		28%
Saturated Fat	5g		24%
Cholesterol	0mg		0%
Sodium	50mg		2%
Potassium	200 mg		6%
Total Carbohydrate	49g		16%
Dietary Fiber	6g		25%
Sugars	31g		
Protein	8g		

NEWTONS FRUIT CRISPS - APPLE CINNAMON– 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– 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		

FRUITION BAR – BLUEBERRY 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 chica seeds, natural blueberry flavor, blueberry extract, tocopherals, natural flavor, ascorbic acid, citric acid, Arabic gum, Produced in a facility that processes nuts, 100% Vegan, Non GMO

Nutrition Facts	
Serving Size 1 Package	
Servings per Container : 1	
Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Potassium 200 mg	6%
Total Carbohydrate 34g	11%
Dietary Fiber 4g	16%
Sugars 21g	
Protein 3g	
Protein 3g	0%

NATURE VALLEY BAR – PEANUT BUTTER– 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%

Cheerios Strawberry Cereal Bar – Whole Grain Oats, Corn Syrup, Sugar, Rice Bran and/or Canola Oil, Whole Grain Corn, Fructose, Sweetened Dried Cranberries (dried cranberries, sugar, citric acid, elderberry juice concentrate, sunflower oil) Whole Grain Wheat, High Fructose Corn Syrup, Brown Rice Flour, Hulled Barley, Glycerin, Maltodextrin, Corn Flour, Wheat Starch, Sorbitol, Salt, Corn Starch, Brown Sugar Syrup, Corn Bran, Gelatin, Color (red 40 and other color added), Natural and Artificial flavor, trisodium phosphate, mono and diglycerides, baking soda, tricalcium phosphate, bht and vitamin E (mixed tocopherols) added to preserve freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (Mineral nutrients), A B Vitamin (niacinamide), Vitamin C (sodium ascorbate), Vitamin E (tocopheryl acetate), A B Vitamin (calcium pantothenate), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), nVitamin B1 (thiamin mononitrate), A B Vitamin (folic Acid), Vitamin A (palmitate), Vitamin B12, Vitamin D3. **Contains Wheat Ingredients**

Nutrition Facts		
Serving Size 1 bar		
Servings per Container : 1		
Amount Per Serving		
Calories	140	Calories from Fat 30
% Daily Value*		
Total Fat	3.5g	5%
Saturated Fat	0.5g	3%
Cholesterol	0mg	0%
Sodium	95mg	4%
Potassium		
Total Carbohydrate	27g	9%
Dietary Fiber	2g	7%
Sugars	10g	
Protein	2g	
Protein	3g	0%

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

Kellogg's Granola – Whole oats, whole grain wheat, sugar, corn syrup, raisins, rice glycerin, palm oil, molasses, modified corn starch, almonds, salt, cinnamon, nonfat dry milk, high fructose corn syrup, polyglycerol esters of mono and diglycerides, malt flavoring, niacinamide, zinc oxide, alpha tocopherol, acetate (vitamin E), ascorbic acid (Vitamin C), Pyridoxine hydrochloride (Vitamin B6), Reduced iron, guar gum, bht (Preservative), riboflavin (Vitamin B2), Vitamin A palmitate, folic acid, thiamin hydrochloride (vitamin B1), Vitamin B12, and Vitamin D.
Contains wheat, almond and milk ingredients

Nutrition Facts		
Serving Size 1		
Servings per Container : 1		
Amount Per Serving		
Calories	160	Calories from Fat 20
% Daily Value*		
Total Fat	2g	3%
Saturated Fat	0.5g	3%
Cholesterol	0mg	0%
Sodium	100mg	3%
Potassium		
Total Carbohydrate	34g	11%
Dietary Fiber	3g	10%
Sugars	12g	
Protein	3g	
Protein	3g	0%

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

Nutrition Facts		
Serving Size 2 bars		
Servings per Container : 1		
Amount Per Serving		
Calories	180	Calories from Fat 70
% Daily Value*		
Total Fat	7g	11%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	110mg	5%
Potassium	90mg	3%
Total Carbohydrate	27g	9%
Dietary Fiber	3g	12%
Sugars	11g	
Protein	4g	8%

Lara Bar Peanut Butter and Jelly – Dates, Peanuts, Unsweetened Cherries, Salt – May contain occasional nut shells or pit pieces.

Nutrition Facts	
Serving Size 1 bar	
Servings per Container : 1	
Amount Per Serving	
Calories 100	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3.5g	17%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium mg	%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	9%
Sugars 9g	
Protein 1g	%

Lara Bar Peanut Butter Cookie – Dates, peanuts, salt – May contain occasional nut shells or pit pieces.

Nutrition Facts	
Serving Size 1 bar (22g)	
Servings per Container : 1	
Amount Per Serving	
Calories 100	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 20mg	1%
Potassium mg	%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 3g	%

DRINKS

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

artificial flavors, psice stractive. **Allergy Information: This product is manufactured in a facility that makes products containing milk, eggs, soy and wheat.** Continental Mills, Seattle, WA 98138.

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

SWISS MISS COCOA – Sugar, corn syrup, modified whey, cocoa (processed with alkali), hydrogenated coconut oil, nonfat milk, calcium carbonate, less than 2% of: salt, dipotassium phosphate, mono and diglyderides, artificial flavor, carrageenan. **Contains: Milk** ConAgra Foods, Omaha, NE, 68103-0768.

COUNTRY TIME LEMONADE ON THE GO – 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.

Nutrition Facts	
Serving Size ½ pkt	
Servings per Container : 2	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium mg	%
Total Carbohydrate 9g	3%
Dietary Fiber g	16%
Sugars 9g	
Protein 0g	%

TANG SPORT – FRUIT PUNCH - citric acid, salt, sodium citrate, magnesium oxide, potassium citrate, ascorbic acid (vitamin C), aspartame *, maltodextrin, modified cornstarch, contains less than 2% of natural & artificial flavor, calcium carbonate, sodium and potassium bicarbonate, vitamin E acetate, niacinamide, vitamin A palmitate, vitamin B6, riboflavin (vitamin B2), red 40, red 40 lake, BHA (to help protect flavor). Kraft Foods Global Inc., Northfield, IL 60083.

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

Milk Whole Instant Whole Milk Powder

Nutrition Facts	
Serving Size 28g	
Servings per Container : 1	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4.5g	23%
Cholesterol 0mg	0%
Sodium 200mg	8%
Potassium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
Protein 7g	

Philmont Trail Food Ingredients 2011

Lunch #1		Lunch #6
Saltine Crackers - K Canned Chicken Nut & Chocolate Trail Mix - K Honey Stinger Chews - Orange Halo Bar – Marshmallow Nut Gatorade – Fruit Punch		Bagel Chips – Simply Naked Justin’s Chocolate Hazelnut Spread - K Sunflower Trail Mix - K Corn Nuts Honey Stinger Waffle Gatorade – Riptide Rush
Lunch #2		Lunch #7
Pilot Biscuits Justin’s Nut Butter – Honey - K Sunflower Seeds - K Corn Nuts Honey Stinger Waffle Gatorade – Lemon Lime		Saltine Crackers - K Canned Smoked Ham Cajun Trail Mix - K Honey Stinger Chews - Pomegranite Clif Bar – Crunchy Peanut Butter - K Gatorade – Fruit Punch
Lunch #3		Lunch #8
Club Crackers - K M.H. Chicken Salad Cajun Trail Mix - K Nutter Butters - K Honey Stinger Bar – Apple Cinnamon Gatorade – Riptide Rush		Ritz Crackers - K Squeeze Cheese - Cheddar Nut & Chocolate Trail Mix - K Nutter Butters - K Halo Bar – Honey Graham Gatorade – Lemon Lime
Lunch #4		Lunch #9
Ritz Crackers - K Squeeze Cheese - Jalapeno Sunflower Trail Mix - K Pecan Sandies - K Mojo Bar – Peanut Pretzel - K Gatorade – Fruit Punch		Club Crackers - K Tuna - K Sunflower Seeds - K Pecan Sandies - K Honey Stinger Bar – Berry Banana Gatorade – Fruit Punch
Lunch #5		Lunch #10
Town House Crackers - K Tuna - K Nut & Chocolate Trail Mix - K Rice Krispie Treats Honey Stinger Bar – Peanut Butter & Honey Gatorade – Lemon Lime		Honey Grahams - K Sun Butter - K Cajun Trail Mix - K Rice Krispie Treats Mojo Bar – Mountain Mix - K Gatorade – Riptide Rush

SPREADS

CHICKEN SALAD – MOUNTAIN HOUSE –Cooked Chicken White Meat, Seasoning Blend, (high oleic sunflower oil, buttermilk, whey, maltodextrin, salt, Dijon mustard (distilled vinegar, mustard, white wine, citric acid, tartaric acid and spices) modified corn starch, onion, natural flavor, xanthan gum, vinegar powder, chives, sugar, spices, citric acid, disodium inosinate and disodium guanylate and less than 2% sunflower oil added to prevent caking), Roasted Pumpkin kernels, soybean oil and/or cottonseed oil), Sliced Cranberries, Red Onions **CONTAINS MILK, SOY**

Nutrition Facts	
Serving Size 1/3 Cup (30g)	
Servings per Container : about 4	
Amount Per Serving	
Calories 130	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 50mg	17%
Sodium 280mg	12%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 18g	36%

CHUNK CHICKEN –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 -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—Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Smoke Flavoring, Sodium Nitrate
NO MSG ADDED

Nutrition Facts	
Serving Size 56g	
Servings per Container about 2.5	
Amount Per Serving	
Calories 90	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Cholesterol 30mg	10%
Sodium 620mg	26%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 9g	

SQUEEZE CHEDDAR CHEESE— 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 – 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 Sunflower Seed, Dehydrated Cane Juice, Salt, and Natural Mixed Tocopherols to preserve

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	

Justins Nut Butter, Honey – Organic Dry roasted peanuts, honey powder (sugar, honey), organic palm fruit oil, sea salt.

Nutrition Facts		
Serving Size 1 pkg (32g)		
Servings per Container : 1		
Amount Per Serving		
Calories	190	Calories from Fat 140
% Daily Value*		
Total Fat	16g	24%
Saturated Fat	3g	15%
Cholesterol	0mg	0%
Sodium	65mg	3%
Potassium	mg	%
Total Carbohydrate	8g	3%
Dietary Fiber	2g	9%
Sugars	3g	
Protein	6g	%

Justins Nut Butter, Chocolate Hazelnut Butter – Dry roasted hazelnuts, organic evaporated cane juice, organic cocoa, organic cocoa butter, organic palm fruit oil, natural vanilla, sea salt.

Nutrition Facts		
Serving Size 1 pkg (32g)		
Servings per Container 1		
Amount Per Serving		
Calories	190	Calories from Fat 140
% Daily Value*		
Total Fat	16g	24%
Saturated Fat	2.5g	13%
Cholesterol	0mg	0%
Sodium	75mg	3%
Potassium	mg	%
Total Carbohydrate	10g	3%
Dietary Fiber	3g	11%
Sugars	7g	
Protein	4g	%

CRACKERS

Keebler Grahams Crackers - ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, vegetable oil (COTTONSEED AND PARTIALLY HYDROGENATED SOYBEAN OIL WITH TBHQ FOR FRESHNESS), 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 PYRO PHOSPHATE, MONOCALCIUM PHOSPHATE), SOY LECITHIN, ARTIFICIAL FLAVOR.

Allergen Information

CONTAINS WHEAT AND SOY INGREDIENTS.

Nutrition Facts		
Serving Size 8 crackers 31g		
4 Crackers = 1 full Cracker Sheet		
Servings per Container about 5		
Amount Per Serving		
Calories	140	Calories from Fat 35
% Daily Value*		
Total Fat	4.5g	7%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	135mg	6%
Total Carbohydrate	23g	8%
Dietary Fiber	1g	3%
Sugars	7g	
Protein	2g	

RITZ CRACKERS - 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 - 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—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

Stacy's Simply Naked Bagel Chips enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sunflower oil (rosemary extract, ascorbic acid) and/or canola oil (rosemary extract, ascorbic acid), organic cane sugar, wheat gluten, sea salt, malt extract, yeast, malted barley flour.

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

PILOT BISCUITS Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Shortening (contains one or more of the following: Partially Hydrogenated oils: soybean, canola, cottonseed), Sugar, corn syrup, whey, leavening (sodium bicarbonate, monocalcium phosphate, ammonium bicarbonate), salt **contains soy, wheat**

Nutrition Facts		
Serving Size 1 pkg (81g)		
Servings per Container : 1		
Amount Per Serving		
Calories	330	Calories from Fat 50
% Daily Value*		
Total Fat	6g	9%
Saturated Fat	3g	15%
Cholesterol	0mg	0%
Sodium	330mg	14%
Potassium	mg	%
Total Carbohydrate	57g	19%
Dietary Fiber	3g	12%
Sugars	6g	
Protein	6g	%

Town House Original Crackers – 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) corn syrup, high fructose corn syrup, cornstarch, soy lecithin.

Nutrition Facts		
Serving Size 5 crackers (16g)		
Servings per Container : 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	130mg	5%
Potassium	mg	%
Total Carbohydrate	10g	3%
Dietary Fiber	1g	1%
Sugars	1g	

ENERGY BARS

HONEY STINGER BAR – PEANUT BUTTER ‘N HONEY –**Ingredients:** Honey Stinger™ (Honey, Sea Salt, Water); **Peanuts;** **Soy Nuggets** (Soy Protein Isolate, Rice Flour, Malt, Salt); **Coating** [Sugar, Vegetable Oil (Fractionated Palm Kernel Oil), Cocoa Powder, Whole Milk, Natural Flavor, Soya Lecithin (an emulsifier), Salt]; **Rolled Whole Oats;**

Vitamins & Minerals [Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), Alpha-tocopherol Acetate (Vit E), Biotin, Zinc Oxide, Niacin, Ferrous Fumarate (Iron), Molybdenum Glycinate, Calcium Pantothenate, Copper, Manganese, Beta Carotene (Vit A), Selenium, Pyridoxine (B6), Riboflavin (B2), Thiamine (B1), Chromium, 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 **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, Cyanocobalamin (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

Halo Bar, Honey Graham – Organic Brown Rice syrup, organic oats, organic peanut butter, organic flour, whole wheat flour, organic flax seed, organic brown rice, organic naturally milled sugar, organic evaporated cane juice, organic expeller pressed canola oil, organic molasses, organic hemp seed, organic oat flour, baking powder, salt, natural flavors, natural tocopherols, citric acid, ascorbic acid, Arabic gum.

Nutrition Facts	
Serving Size 1 bar (37g)	
Servings per Container : 1	
Amount Per Serving	
Calories 150	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 200mg	8%
Potassium mg	%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 4g	%

HONEY STINGER BAR – BERRY BANANA BUZZ - 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 – POMEGRANATE PASSION **Ingredients:** Organic Tapioca Syrup, Organic Evaporated Cane Juice, Organic Honey, Organic Grape Juice Concentrate, Pectin, Citric Acid, Color (Black Carrot Juice Concentrate (red)), Natural Flavor, Ascorbic Acid, 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 – Orange – **Ingredients:** Organic Tapioca Syrup, Organic Evaporated Cane Juice, Organic Honey, Organic Grape Juice Concentrate, Pectin, Citric Acid, Ascorbic Acid, 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 Waffle – 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

Nutrition Facts		
Serving Size 1 (30g)		
Servings per Container : 1		
Amount Per Serving		
Calories	160	Calories from Fat
% Daily Value*		
Total Fat	7g	11%
Saturated Fat	3g	15%
Cholesterol	0mg	0%
Sodium	55mg	2%
Potassium	mg	%
Total Carbohydrate	21g	7%
Dietary Fiber	1g	5%
Sugars	14g	
Protein	0g	%

Halo Bar, Marshmallow Nut – Organic Brown Rice Syrup, Organic oats, Organic Peanut Butter, Vegan Marshmallows (Evaporated Cane Juice, Tapioca Syrup, Potato Starch, Water, Carrageenan, Soy Protein, Natural Vanilla Flavor), Roasted Peanut Pieces, Organic Flax Seed, Organic Brown Rice, Organic Evaporated Cane juice, organic expeller, pressed canola oil, organic rice syrup, organic hemp seed, organic oat flour, organic molasses, peanut extract, vanilla powder, salt, sea salt, natural flavors, natural tocopherols, citric acid, ascorbic acid, arabic gum.

Nutrition Facts		
Serving Size 1 bar (37g)		
Servings per Container : 1		
Amount Per Serving		
Calories	150	Calories from Fat 50
% Daily Value*		
Total Fat	6g	9%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	250mg	10%
Potassium	mg	%
Total Carbohydrate	22g	7%
Dietary Fiber	2g	8%
Sugars	9g	
Protein	4g	%

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.		Polyunsat. Fat 3g		Total Carb. 21g	7%	Other Carb. 10g	
		Monounsat. Fat 4g				Protein 10g	20%
Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 6% • Vitamin E 15% • Magnesium 10%							

1.0.07

MOJO BAR – MOUNTAIN MIX (L7) 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.		Polyunsat. Fat 3g		Total Carb. 21g	7%	Other Carb. 7g	
		Monounsat. Fat 3.5g				Protein 9g	18%
Vit. A 0% • Vit. C 2% • Calcium 8% • Iron 6% • Vitamin E 15% • Magnesium 15%							

1.0.011

CLIF BAR – CRUNCHY PEANUT BUTTER (L7) – 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 Peanut Butter (Organic Peanuts, Salt), Peanut Flour, Peanuts, ClifCrunch (Apple Fiber, Organic Oat Fiber, Organic Milled Flaxseed, Inulin (Chicory Extract), Organic Date Paste, Natural Flavors, Sea Salt. Vitamins and Minerals: Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vitamin C), Tocopheryl Acetate (Vitamin F), Ferric Orthophosphate (Iron), Beta Carotene (Vitamin A), Zinc Citrate, Phytonadione (Vitamin K1), Biotin, Niacinamide (Vitamin B3), Calcium Pantothenate (Vitamin B5), Potassium Iodide, Manganese Gluconate, Copper Cluconate, Sodium Selenite, Thiamin (Vitamin B1), Chromium Chloride, Cyanocobalamin (Vitamin B12), Sodium Molybdate, Folic Acid (Vitamin B9), Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6) **CONTAINS SOY AND PEANUTS, MAY CONTAIN TRACES OF DAIRY, WHEAT AND TREE NUTS. WE SOURCE INGREDIENTS THAT ARE NOT GENETICALLY ENGINEERED.**

Nutrition Facts	
Serving Size 1 Bar (68g)	
Servings per Container : 1	
Amount Per Serving	
Calories	250
Calories from Fat	60
% Daily Value*	
Total Fat	6g 9%
Saturated Fat	1g 5%
Cholesterol	0mg 0%
Sodium	230mg 10%
Total Carbohydrate	42g 14%
Dietary Fiber	5g 20%
Sugars	20g
Protein	11g 22%

SNACKS

Kelloggs Rice Krispie Treats – 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 flavoring), fructose, margarine (vegetable oil (soybean, palm and palm kernel oil with tbhq for freshness), water, natural and artificial butter flavor (contains milk). Datem. Acetylated monoglycerides, bht vitamin A palmitate, vitamin d) corn syrup solids, contains two percent or less of the following: dextrose, glycerin, salt, niacinamide, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, soy lecithin.

1

Nutrition Facts	
Serving Size 1 bar (37g)	
Servings per Container : 1	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 170mg	7%
Potassium mg	%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 1g	%

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 – 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, Carnuba 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 Bulgur 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 Cormeal, 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	

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. COTNAINS: 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%

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	

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 Sunflower Seeds, Soybeans (Maltodextrine, xanthan gum, sucrose, wheat starch, honey) (Processed in a tree nut free facility)

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 – 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 FRUIT PUNCH (L3, L8) – Sucrose, Dextrose, Citric Acid, Salt, Sodium Citrate, Natural and Artificial Flavors, Monopotassium Phosphate, Calcium Silicate, modified food starch, caramel color, red 40

Nutrition Facts	
Serving Size 1 Tbsp (15g)	
Servings per Container : 4	
Amount Per Serving	
Calories	50
Calories from Fat	0
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	100mg 4%
Total Carbohydrate	14g 5%
Dietary Fiber	0g 0%
Sugars	14g
Protein	0g 0%

Philmont Trail Food Ingredients 2011

Dinner #1			Dinner #6
M. H. - Beef Stroganoff Cheesy Bread Pieces Reece's Pieces Gorp Grandma's Cookies – Oatmeal Raisin - K			M.H. – Chili Mac Pretzels Reece's Pieces Gorp Grandma's Cookies – Peanut Butter - K
Dinner #2			Dinner #7
Kraft Mac & Cheese Singles Tuna - K Freeze Dried Peas Fruit & Nut Trail Mix - K Soft Batch Cookies - K			R.M. – Rice and Chicken Corn Peanuts - K Oreos - K
Dinner #3			Dinner #8
M.H. - Potatoes w/Beef & Onions Corn Salted Peanuts - K Honey Mustard Bread Pieces Teddy Grahams - K			M.H. – Spaghetti Garlic Bread Pieces Fruit & Nut Trail Mix - K Soft Batch Cookies - K
Dinner #4			Dinner #9
R.M. - Mexican Beef w/Rice & Cheese Refried Beans Cool Ranch Bread Pieces Oreos - K			R.M. - Fettuccine Primavera Hot Buffalo Wing Bread Pieces Honey Roasted Cashews - K Chips Ahoy! - K
Dinner #5			Dinner #10
M.H. - Veggie Lasagna Garlic Bread Pieces Honey Roasted Cashews - K Apples & Spice Dessert			Canned Turkey Stove-Top Stuffing Mix Honey Roasted Peanuts - K Keebler Bug Bites - K

ENTREES

Beef Stroganoff, Mountain House: Cooked Beef (beef, flavoring, salt), sour cream (cultured cream, milk, whey, sodium phosphate, guar gum, carrageenan, calcium sulfate, locust bean gum, cultures), mushrooms, modified corn starch, corn oil, nonfat dry milk, dehydrated onions, and contains 2 % or less of: hydrolyzed vegetable protein (corn, torula, and brewers yeast, wheat gluten, soy protein), lemon juice concentrate, and lemon oil, beef base (roasted beef and concentrated beef stock, hydrolyzed protein (corn, gluten, soy, corn and wheat), sugar, dried whey, onion powder, yeast extract) sea salt, molasses, spices, garlic powder, soybean oil, and spice extract Precooked noodles: durum semolina, whole eggs and salt.

Contains milk, wheat, soy, egg.

Nutrition Facts		
Serving Size 1 cup (54g)		
Servings per Container : 2.5		
Amount Per Serving		
Calories	250	Calories from Fat 90
% Daily Value*		
Total Fat	10g	15%
Saturated Fat	3.5g	18%
Cholesterol	40mg	13%
Sodium	730mg	30%
Potassium	90mg	3%
Total Carbohydrate	30g	10%
Dietary Fiber	5g	20%
Sugars	6g	
Protein	10g	%

Potatoes and Beef with Onions, Mountain House – Potatoes, Cooked Beef (beef, flavoring, salt) and contains 2% or less of nonfat dry milk, modified corn starch, 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.

Nutrition Facts		
Serving Size 1/3 pkg (62g)		
Servings per Container : 3		
Amount Per Serving		
Calories	260	Calories from Fat 50
% Daily Value*		
Total Fat	6g	9%
Saturated Fat	2.5g	12%
Cholesterol	30mg	10%
Sodium	1080mg	45%
Potassium	700mg	20%
Total Carbohydrate	38g	13%
Dietary Fiber	2g	9%
Sugars	6g	
Protein	13g	26%

Kraft Easy Macaroni and Cheese – Enriched macaroni product (wheat flour, glycerol monostearate, niacin, ferrous sulfate (iron), thiamin mononitrate (vitamin b1), riboflavin (vitamin B2), folic acid) cheese sauce mix (whey, corn syrup solids, palm oil, maltodextrin, modified food starch, salt, milkfat, milk protein concentrate, calcium carbonate, contains less than 2% of the following: medium chain tryglycerides, sodium tripolyphosphate, high acid whey, whey protein concentrate, monosodium glutamate, milk, citric acid, guar gum, sodium phosphate, lactic acid, calcium phosphate, artificial flavor, yellow 5, enqymes, yellow 6, cheese culture, apocarotenal (color), dried onions, natural flavor) **contains wheat and milk**

Nutrition Facts	
Serving Size 1 pouch	
Servings per Container : 4	
Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Cholesterol 5mg	2%
Sodium 520mg	22%
Potassium mg	%
Total Carbohydrate 41g	14%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 7g	%

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%

TUNA -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	

Freeze Dried Peas – Freeze dried peas.

Nutrition Facts		
Serving Size 7 g		
Servings per Container : 2		
Amount Per Serving		
Calories	25	Calories from Fat 0
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	45mg	2%
Potassium mg		%
Total Carbohydrate	5g	2%
Dietary Fiber	0g	0%
Sugars	1g	
Protein	2g	%

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 : 2		
Amount Per Serving		
Calories	360	Calories from Fat 60
% Daily Value*		
Total Fat	7g	11%
Saturated Fat	2g	10%
Cholesterol	35mg	12%
Sodium	580mg	24%
Potassium mg		%
Total Carbohydrate	62g	21%
Dietary Fiber	1g	4%
Sugars	1g	
Protein	17g	%

Chili Mac with Beef, Mountain House – Cooked Beef (beef, flavoring, salt), enriched macaroni (durum semolina enriched with niacin, iron, thiamine mononitrate, riboflavin, folic acid), kidney beans, tomato paste, chili seasoning (chili pepper and other spices, dehydrated onion and garlic, salt, hydrolyzed soy protein, potassium chloride, paprika, sugar, maltodextrin, beef extract, disodium inosinate and disodium guanylate, autolyzed yeast extract, caramel color, natural flavors, citric acid), and modified corn starch. **Contains Wheat and Soy**

Nutrition Facts		
Serving Size 1 cup (54g)		
Servings per Container : 4		
Amount Per Serving		
Calories	240	Calories from Fat 60
% Daily Value*		
Total Fat	7g	10%
Saturated Fat	2.5g	12%
Cholesterol	30mg	10%
Sodium	650mg	27%
Potassium	400mg	11%
Total Carbohydrate	31g	10%
Dietary Fiber	3g	11%
Sugars	3g	
Protein	12g	25%

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 :2		
Amount Per Serving		
Calories	380	Calories from Fat 70
% Daily Value*		
Total Fat	8g	12%
Saturated Fat	4.5g	23%
Cholesterol	25mg	8%
Sodium	900mg	38%
Potassium	mg	%
Total Carbohydrate	74g	25%
Dietary Fiber	3g	12%
Sugars	5g	
Protein	16g	%

Spaghetti, Mountain House – Enriched Spaghetti (durum semolina enriched with niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid), tomato paste, cooked beef (beef, flavoring, salt), and contains 1.5% or less of textured soy flour, dehydrated cheese (cheddar cheese (milk, cheese culture, salt, enzymes), cream, salt, sodium phosphate, lactic acid), sugar, sea salt, 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 Facts		
Serving Size 1 ¼ cup (51g)		
Servings per Container : 4		
Amount Per Serving		
Calories	220	Calories from Fat 45
% Daily Value*		
Total Fat	5g	8%
Saturated Fat	2g	10%
Cholesterol	20mg	7%
Sodium	760mg	32%
Potassium	380mg	11%
Total Carbohydrate	31g	10%
Dietary Fiber	2g	8%
Sugars	2g	
Protein	11g	22%

Vegetable Lasagna, Mountain House – Tomatoes (tomatoes, tomato juice, salt, citric acid, calcium chloride), Zucchini, tomato paste, enriched macaroni product (durum semolina enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), carrots, spinach, modified corn starch, dehydrated onions, sugar, salt, spices, garlic powder. Cheese Blend: Mozzarella Cheese (culture 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 cows milk) cheeses (part skim milk, cheese culture, salt, enzymes). **Contains Wheat, milk, soy**

Nutrition Facts		
Serving Size 1 cup (42g)		
Servings per Container : 4		
Amount Per Serving		
Calories	160	Calories from Fat 30
% Daily Value*		
Total Fat	3.5g	5%
Saturated Fat	1.5g	8%
Cholesterol	5mg	2%
Sodium	340mg	14%
Potassium	340mg	10%
Total Carbohydrate	27g	9%
Dietary Fiber	3g	12%
Sugars	7g	
Protein	7g	15%

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

Nutrition Facts		
Serving Size 1/6 box		
Servings per Container :6		
Amount Per Serving		
Calories	110	Calories from Fat 10
% Daily Value*		
Total Fat	1g	2%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	450mg	19%
Potassium	mg	%
Total Carbohydrate	21g	7%
Dietary Fiber	1g	4%
Sugars	2g	
Protein	3g	%

White and Dark Turkey – white and dark turkey, water contains 2% or less of sea salt, modified food starch, sodium phosphates, turkey flavoring (salt, turkey broth, natural flavors) flavoring.

Nutrition Facts		
Serving Size 2 oz		
Servings per Container :2		
Amount Per Serving		
Calories	70	Calories from Fat 25
% Daily Value*		
Total Fat	2.5g	4%
Saturated Fat	1g	5%
Cholesterol	45mg	15%
Sodium	270mg	11%
Potassium	mg	%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	11g	%

SIDE DISHES :

Cheddar Cheese Pieces: Enriched Wheat flour (wheat flour, niacin, iron, thiamin, riboflavin, folic acid), water, palm oil, whey powder, cheddar cheese (pasteurized milk, cheese cultures, salt enzymes), salt, maltodextrin,

buttermilk powder, yeast, onion powder, disodium phosphate, sodium caseinate, tomato powder, citric acid, spice, nonfat dry milk, sugar, natural flavors, autolyzed yeast extract, garlic powder, turmeric extract, annatto extract, paprika extract, disodium inosinate, disodium guanylate, soda, **produced in a facility that handles peanut butter**

Nutrition Facts	
Serving Size 1 oz	
Servings per Container : 1	
Amount Per Serving	
Calories 130	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Cholesterol 40mg	13%
Sodium 260mg	11%
Potassium mg	%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	0%
Sugars 1g	
Protein 2g	%

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%

Nutrition Facts	
Serving Size .75 oz	
Servings per Container : 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%
Potassium mg	%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	11%
Sugars 4g	
Protein 3g	%

Corn – Freeze Dried Sweet Corn

Honey Roasted Peanuts - Peanuts, sugar, vegetable oil (contains one or more of the following: peanut, cottonseed, soybean, and/or sunflower oil) honey, modified food starch, salt, and xanthan gum.

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

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%

Reece’s Pieces Gorp – Butter Toffee peanuts (peanuts honey coating(sucrose, wheat starch, honey maltodextrin, xanthan gum), vegetable oil, (peanut canola, sunflower, soybean) sugar, salt), raisins, reece’s pieces (sugar, partially

defatted hydrogenated vegetable oil, (palm kernel 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 and 6 lake), carrauba wax, resinous glaze and art)

Nutrition Facts		
Serving Size 3 oz		
Servings per Container : 1		
Amount Per Serving		
Calories	390	Calories from Fat 180
% Daily Value*		
Total Fat	20g	31%
Saturated Fat	7g	35%
Cholesterol	0mg	0%
Sodium	120mg	5%
Potassium	mg	%
Total Carbohydrate	45g	15%
Dietary Fiber	4g	16%
Sugars	37g	
Protein	11g	%

Buttermilk Ranch Bread Pieces – Enriched wheat flour (wheat flour, niacin, iron, thiamin, riboflavin, folic acid) water, palm oil, whey powder, buttermilk powder, salt, onion powder, garlic powder, maltodextrin, yeast extract, corn syrup solids, yeast, xanthan gum, lactose, dextrose, malic acid, parsley, citric acid, vinegar, cellulose powder, nonfat milk, sweet cream, disodium inosinate and guanylate lactic acid, spices, natural and artificial flavors, modified corn starch, soy lecithin, molasses, caramel color, soda. Produced in a facility that handles peanut butter.

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

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

Honey Mustard and Onion Bread Pieces – unbleached wheat flour, palm oil, water, sugar, onion powder, maltodextrin, dextrose, whey (milk), salt, vinegar powder, (maltodextrin, modified corn starch, vinegar), honey powder, hydrolyzed soy protein, mustard, vinegar, water, mustard, salt, turmeric, maltodextrin, corn starch, wheat starch, yeast, spices, extrac of turmeric, citric acid, horseradish powder, natural flavors, soda

Nutrition Facts	
Serving Size 1 oz	
Servings per Container about 1	
Amount Per Serving	
Calories	140
	Calories from Fat 60
% Daily Value*	
Total Fat	7g 11%
Saturated Fat	3g 15%
Cholesterol	0mg 0%
Sodium	240mg 10%
Total Carbohydrate	18g 6%
Dietary Fiber	1g 3 %
Sugars	3g
Protein	2g
Vitamin A 0 %	Calcium 0%
Vitamin C 0 %	Iron 0%

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

Nutrition Facts		
Serving Size 1 pkg		
Servings per Container about 1		
Amount Per Serving		
Calories	260	Calories from Fat 200
% Daily Value*		
Total Fat	22g	34%
Saturated Fat	3.5g	16%
Cholesterol	0mg	0%
Sodium	190mg	8%
Total Carbohydrate	8g	3%
Dietary Fiber	4g	15%
Sugars	2g	
Protein	13g	

Honey Roasted Cashews – Cashews, sugar, peanut and/or cottonseed oil, honey, corn syrup, salt, fructose, cornstarch, xanthan gum.

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

Hot Buffalo Wing Bread Pieces – unbleached wheat flour, palm oil, water, maltodextrin, salt, dried cayenne pepper sauce (cayenne peppers, vinegar, salt, garlic) sodium dicetate, modified corn starch, yeast, vinegar, paprika extract, citric acid, garlic powder, caramel color, disodium inosinate and guanylate, lactic acid, soda **Produced in a facility that handles peanut butter.**

Nutrition Facts		
Serving Size 1 oz		
Servings per Container about 1		
Amount Per Serving		
Calories	140	Calories from Fat 60
% Daily Value*		
Total Fat	7g	11%
Saturated Fat	3g	15%
Cholesterol	0mg	0%
Sodium	380mg	16%
Total Carbohydrate	17g	6%
Dietary Fiber	1g	3%
Sugars	0g	
Protein	2g	
Vitamin A	0%	Calcium 0%
Vitamin C	0%	Iron 0%

Pretzels – Enriched flour (wheat flour, barley malt, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid, salt, corn syrup, yeast, baking soda).

Nutrition Facts	
Serving Size 1 pouch	
Servings per Container : 1	
Amount Per Serving	
Calories	110
Calories from Fat	0
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	470mg 20%
Potassium	mg %
Total Carbohydrate	24g 8%
Dietary Fiber	1g 4%

DESSERTS

Oreos - 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

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! 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		

Grandmas Cookies, Oatmeal Raisin - Enriched flour (bleached and unbleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid,) sugar, vegetable shortening and cottonseed oil) oats, raisins, high fructose corn syrup, raisin paste, leavening (sodium bicarbonate, monocalcium phosphate) molasses, modified food starch, salt, malt syrup, spices, whole eggs, calcium propionate (preservative) and artificial vanilla flavor. **Contains wheat and egg ingredients**

Nutrition Facts			
Serving Size 1 cookie			
Servings per Container : 2			
Amount Per Serving			
Calories	150	Calories from Fat	45
% Daily Value*			
Total Fat	5g		8%
Saturated Fat	1.5g		7%
Cholesterol	10mg		4%
Sodium	200mg		8%
Potassium	mg		%
Total Carbohydrate	25g		8%
Dietary Fiber	1g		5%
Sugars	7g		
Protein	2g		%

Grandmas Cookies, Peanut Butter - Enriched flour (bleached and unbleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid,) Peanut Butter (roasted peanuts, sugar, hydrogenated (canola, soybean

and/or cottonseed) oil, salt, molasses), sugar, high fructose corn syrup, vegetable shortening (partially hydrogenated soybean and cottonseed oil), modified food starch, sodium bicarbonate, salt, whole eggs, artificial vanilla flavor, caramel color. Contains wheat, peanut, and egg ingredients

Nutrition Facts	
Serving Size 1 cookie	
Servings per Container : 2	
Amount Per Serving	
Calories 170	Calories from Fat 80
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 2g	11%
Cholesterol 0mg	0%
Sodium 135mg	6%
Potassium 65mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 3g	%

Teddy Grahams, Cinnamon – unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine, mononitrate vitamin b1) riboflavin (vitamin b2), folic acid), sugar, graham flour (whole grain wheat flour), soybean oil and/or partially hydrogenated cottonseed oil, dextrose, maltodextrin, calcium carbonate (source of calcium), salt, baking soda, natural flavor, soy lecithin, cinnamon, zinc oxide (source zinc), reduced iron.

Nutrition Facts	
Serving Size 1 pkg	
Servings per Container : 1	
Amount Per Serving	
Calories 120	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Cholesterol 10mg	4%
Sodium 135mg	6%
Potassium 35 mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 2g	%

Grahams Bug Bites – enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, whole wheat (graham) flour, vegetable oil with tbhq for freshness (soybean, palm and partially hydrogenated soybean and cottonseed oil), honey, high fructose corn syrup, contains two percent or less of calcium carbonate, salt, baking soda, cinnamon, maltodextrin, soy lecithin, **contains wheat and soy ingredients**

Nutrition Facts		
Serving Size 1 pkg (31g)		
Servings per Container 1		
Amount Per Serving		
Calories	140	Calories from Fat 40
% Daily Value*		
Total Fat	4.5g	7%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	130mg	5%
Potassium	mg	%
Total Carbohydrate	23g	8%
Dietary Fiber	1g	3%
Sugars	9g	
Protein	2g	%