

# Philmont Scout Ranch

## 2017 Breakfast Trail Food Menu

<p><b>Breakfast #1</b></p> <p>Peppered Beef Jerky</p> <p>Chocolate Chip Granola Bar—K</p> <p>Peanut Butter and Jelly Bar—K/GF/DF/SF/Vegan</p> <p>Raisins</p> <p>Animal Crackers—K</p> <p>Spiced Apple Cider—K</p>	<p><b>Breakfast #6</b></p> <p>Honey Peppered Beef Stick—GF</p> <p>Peanut Butter Granola Bar—K</p> <p>Raisins</p> <p>Cherry Pie Bar—GF/DF/Vegan</p> <p>French Toast Pieces—K</p> <p>Spiced Apple Cider—K</p>
<p><b>Breakfast #2</b></p> <p>Honey Peppered Beef Stick—GF</p> <p>Instant Oatmeal, Apples and Cinnamon—K</p> <p>Whole Berry Blast Meal Bar—GF/DF/Vegan</p> <p>Mango Chia Bar—K/GF/SF/DF/Vegan</p> <p>Lemonade Mix—K</p>	<p><b>Breakfast #7</b></p> <p>Turkey Jerky</p> <p>Instant Oatmeal Maple and Brown Sugar—K</p> <p>Banana Chips</p> <p>Peanut Butter Cookie Bar—K/GF/DF/SF/Vegan</p> <p>Strawberry Pop Tarts</p> <p>Lemonade Mix—K</p>
<p><b>Breakfast #3</b></p> <p>Teriyaki Beef Jerky</p> <p>French Vanilla Granola</p> <p>Fruit Blend—K</p> <p>Butterscotch Oatmeal Bar—K</p> <p>Blueberry Fig Bar—K/DF</p> <p>Hydration Mix w/ Lemons &amp; Limes—GF/K/DF/Vegan</p>	<p><b>Breakfast #8</b></p> <p>Maple Flavored Turkey Sausage Breakfast Links—GF</p> <p>Brown Sugar Honey Oat Granola or French Vanilla Granola</p> <p>Peanut Butter &amp; Jelly Trail Mix Bar—GF/K</p> <p>Fruit Blend—K</p> <p>Strawberry Fig Bar—K/DF</p> <p>Cran-Raspberry Acli-Mate</p>
<p><b>Breakfast #4</b></p> <p>Turkey Deli Bites—GF</p> <p>Maple and Brown Sugar Bar—K</p> <p>Mixed Berry Bite Bar—GF/K/DF/Vegan</p> <p>Cinnamon Pop Tarts</p> <p>Hot Chocolate—K/GF</p>	<p><b>Breakfast #9</b></p> <p>Cinnamon Raisin Bagel (Fresh) - K</p> <p>Honey Peanut Butter—K</p> <p>Honey Peppered Turkey Stick—GF</p> <p>Smoeres Granola Bar</p> <p>Hot Chocolate—K/GF</p>
<p><b>Breakfast #5</b></p> <p>Biscuits and Gravy                      Honey Pepper Turkey Stick—GF</p> <p>Oatmeal Raisin Cookie—K      Pineapple Chunks</p> <p>Apple Granola Bar</p> <p>Kool Aid—Cherry—K</p>	<p><b>Breakfast #10</b></p> <p>Biscuits and Gravy                      Peanut Butter Crunch Bar</p> <p>Oats ‘n Honey Bar—K                      Banana Chips</p> <p>Sweet N Hot Beef Jerky</p> <p>Kool Aid—Cherry—K</p>

“K” Kosher                      “GF” Gluten Free                      “PF” Peanut Free                      “TNF” Tree Nut Free                      “DF” Dairy Free

# PSR Breakfast #1

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

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

**CONTAINS: WHEAT AND SOY**

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

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

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

**CONTAINS: COCONUT, MILK, SOY AND WHEAT INGREDIENTS.**

**May contain traces of peanut and other tree nuts.**

<b>Chocolate Chip Granola Bar</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 bar (42g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	180	Calories from Fat	50
			% Daily Value
Total Fat	6g		10%
	Saturated Fat	2.5g	14%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	125mg		5%
Total Carbohydrate	30g		10%
	Dietary Fiber	2g	7%
	Sugars	13g	
Protein	2g		

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

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

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

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

- **Zoo Animal Crackers—Austin/Kellogg’s, (1 package per camper)**

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

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

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

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

Ingredients: Raisins (Raisins coated with Vegetable Oil).

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

<b>Raisins</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1.5 oz (42g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	120	Calories from Fat	0
			% Daily Value
Total Fat	g		%
Saturated Fat		g	%
Trans Fat		0mg	
Cholesterol	mg		%
Sodium	mg		%
Total Carbohydrate	33g		11%
Dietary Fiber		1.5g	6%
Sugars		26g	
Protein	1.5g		

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

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

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

## PSR Breakfast #2

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

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

**CONTAINS: ALMONDS, CASHEWS.**

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

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

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

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

**GLUTEN FREE. NO MSG**

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

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

Ingredients: Whole Grain Rolled Oats, Sugar, Dried Apple Pieces (Treated with Sodium Sulfite to promote color retention), Salt, Cinnamon, Calcium Carbonate, Guar Gum, Natural Flavors, Citric Acid, Niacin (Niacinamide), Vitamin A Palmitate, Reduced Iron, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), Folate (Folic Acid).

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

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

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

**CONTAINS: TREE NUTS (ALMONDS, CASHEWS, COCONUT)**

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

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

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

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

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

**CONTAINS: SOY**

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

# PSR Breakfast #3

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

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

**CONTAINS: WHEAT AND SOY**

Teriyaki Beef Jerky		
NUTRITION FACTS		
Serving Size: 1 package (26g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	70	Calories from Fat 10
		% Daily Value
Total Fat	1g	2%
	Saturated Fat 0g	%
	Trans Fat 0mg	
Cholesterol	25mg	7%
Sodium	430mg	18%
Total Carbohydrate	5g	2%
	Dietary Fiber 0g	0%
	Sugars 5g	
Protein	11g	

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

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

**CONTAINS: WHEAT, MILK, SOY AND EGG INGREDIENTS.**

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



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

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

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

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

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

**CONTAINS: WHEAT.**

<b>Blueberry Fig Bar</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 oz (28g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	90	Calories from Fat	20
			% Daily Value
Total Fat	2.5g		4%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	35mg		1%
Total Carbohydrate	17g		6%
	Dietary Fiber 2g		8%
	Sugars 9g		
Protein	2g		

- **Mountain Quest Blend—True Fruit Snacks, Prize Brand, Cal-Tropic Producers, Inc.** (1 package per camper)

Ingredients: Dried Pineapple, Raisins, Golden Raisins, Dried Cranberries, Dried Apples, Sugar, Citric Acid, Sulfur Dioxide for Color Retention.

May contain occasional pit or stem fragment. Peanut Free

<b>Fruit Blend</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 box (1.33 oz)			
Servings Per Container: 1			
Amount Per Serving			
Calories	120	Calories from Fat	0%
			% Daily Value
Total Fat	0g		0%
	Saturated Fat	0g	0%
	Trans Fat	0g	0%
Cholesterol	0mg		0%
Sodium	25mg		1%
Total Carbohydrate	30g		10%
	Dietary Fiber	2g	8%
	Sugars	24g	
Protein	1g		

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

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

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

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

# PSR Breakfast #4

- **Honey Pepper Turkey Deli Bites—Highland Beef Farms.**, (1 package shared between 2 campers)

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

**GLUTEN FREE**

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

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

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

**CONTAINS: WHEAT AND SOY INGREDIENTS**

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

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

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

**CONTAINS: CASHEWS. Organic.**

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

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

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

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

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

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

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

**CONTAINS: MILK. GLUTEN FREE**

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

# PSR Breakfast #5

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

Ingredients: **Buttermilk Biscuits:** Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Shortening (Palm Oil, Mono and Diglycerides, Polysorbate 60, Citric Acid), Buttermilk Solids, Sugar, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Calcium Sulfate, Monocalcium Phosphate), Salt.

**Pork Patty Crumbles:** Pork Sausage (Pork, Salt, Spice, Sugar), Textured Vegetable Protein (Soy Flour, Salt). **Gravy Mix:** Modified Corn Starch, Palm Oil, Buttermilk Powder, Nonfat Dry Milk, Corn Syrup Solids, Spice, Sugar, Yeast Extract, Salt, Sodium Caseinate, Disodium Inosinate and Guanylate, Dipotassium Phosphate.

**CONTAINS: MILK, SOY, WHEAT**

## Biscuits and Gravy

### NUTRITION FACTS

Serving Size: 1 cup (65g) dry mix

Servings Per Container: about 2

Amount Per Serving

Calories	310	Calories from Fat	130
% Daily Value			
Total Fat	14g		22%
	Saturated Fat	6g	30%
	Trans Fat	0mg	
Cholesterol	10mg		3%
Sodium	900mg		38%
Total Carbohydrate	36g		12%
	Dietary Fiber	2g	8%
	Sugars	6g	
Protein	8g		

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

Ingredients: Whole Grain Rolled Oats, Raisins, Whole Wheat Flour, Invert Sugar, Brown Sugar, Corn Syrup, Vegetable Shortening (Canola Oil, Palm Oil, Palm Kernel Oil), Modified Wheat Starch, Polydextrose, Water, Glycerin, Dried Apple Purée. Contains 2% or less of Calcium Carbonate, Mono and Diglycerides, Egg Whites, Sugar, Sodium Bicarbonate, Dried Whole Eggs, Salt, Modified Food Starch, Corn Flour, Sodium Alginate, Malic Acid, Vitamin E Acetate, Reduced Iron, Vitamin A Palmitate, Niacinamide, Tricalcium Phosphate, Potassium Sorbate (a preservative), Sodium Phosphate, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Cyanocobalamin.

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

## Breakfast Cookie

### NUTRITION FACTS

Serving Size: 1 cookie (48g)

Servings Per Container: 1

Amount Per Serving

Calories	170	Calories from Fat	40
% Daily Value			
Total Fat	4.5g		7%
	Saturated Fat	1g	6%
	Trans Fat	0mg	
Cholesterol	5mg		1%
Sodium	190mg		8%
Total Carbohydrate	33g		11%
	Dietary Fiber	5g	19%
	Sugars	15g	
Protein	3g		

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

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

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

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

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

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

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

- **Pineapple Chunks—Katadyn North American Foods, (1 package per camper)**

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

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

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

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

**GLUTEN FREE. NO MSG**

<b>Honey Peppered Turkey Sticks</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 2 sticks (34g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
Saturated Fat	0g		%
Trans Fat	0mg		
Cholesterol	25mg		8%
Sodium	200mg		8%
Total Carbohydrate	6g		2%
Dietary Fiber	g		%
Sugars	4g		
Protein	8g		



# PSR Breakfast #6

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

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

**GLUTEN FREE. NO MSG**

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

- **Cherry Pie Fuel Bar—ProBar**, (1 package per camper)

Ingredients: Date Paste, Cashews, Dried Cranberries Sweetened with Apple Juice Concentrate (Cranberries, Apple Juice Concentrate, Sunflower Oil), Dried Cherries, Chia Seeds, Sea Salt, Natural Cherry Flavor.

**CONTAINS: CASHEWS**

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

<b>Cherry Pie Fuel Bar</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 bar (51g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	45
			% Daily Value
Total Fat	4.5g		7%
	Saturated Fat	0.5g	4%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	45mg		2%
Total Carbohydrate	34g		11%
	Dietary Fiber	6g	22%
	Sugars	22g	
Protein	3g		

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

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

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

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

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

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

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

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

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

Ingredients: Raisins (Raisins coated with Vegetable Oil).

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

<b>Raisins</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1.5 oz (42g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	120	Calories from Fat	0
			% Daily Value
Total Fat	g		%
Saturated Fat		g	%
Trans Fat		0mg	
Cholesterol	mg		%
Sodium	mg		%
Total Carbohydrate	33g		11%
Dietary Fiber		1.5g	6%
Sugars		26g	
Protein	1.5g		

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

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

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

# PSR Breakfast #7

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

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

**CONTAINS: WHEAT AND SOY**

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

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

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

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

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

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

**CONTAINS: WHEAT AND SOY INGREDIENTS**

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

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

Ingredients: Dates, Peanuts, Sea Salt

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

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

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

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

<b>Banana Chips</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 2 oz (57g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	300	Calories from Fat	175
			% Daily Value
Total Fat	19g		29%
	Saturated Fat	17g	85%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	mg		0%
Total Carbohydrate	33g		11%
	Dietary Fiber	5g	20%
	Sugars	20g	
Protein	1g		

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

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

**CONTAINS: SOY**

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

# PSR Breakfast #8

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

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

**GLUTEN FREE. NO MSG**

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

- **Mountain Quest Blend—True Fruit Snacks, Prize Brand, Cal-Tropic Producers, Inc. (1 package per camper)**

Ingredients: Dried Pineapple, Raisins, Golden Raisins, Dried Cranberries, Dried Apples, Sugar, Citric Acid, Sulfur Dioxide for Color Retention.

May contain occasional pit or stem fragment. Peanut Free

<b>Fruit Blend</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 box (1.33 oz)			
Servings Per Container: 1			
Amount Per Serving			
Calories	120	Calories from Fat	0%
			% Daily Value
Total Fat	0g		0%
	Saturated Fat 0g		0%
	Trans Fat 0g		0%
Cholesterol	0mg		0%
Sodium	25mg		1%
Total Carbohydrate	30g		10%
	Dietary Fiber 2g		8%
	Sugars 24g		
Protein	1g		

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

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

**CONTAINS: WHEAT.**

<b>Strawberry Fig Bar</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 1 oz (28g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	90	Calories from Fat 20
		% Daily Value
Total Fat	2.5g	4%
Saturated Fat		0g 0%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	35mg	1%
Total Carbohydrate	17g	6%
Dietary Fiber		2g 8%
Sugars		9g
Protein	2g	

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

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

**CONTAINS: WHEAT**

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



- **Peanut Butter & Jelly Trail Mix Bar—, En R G Foods, (1 package per camper)**

Ingredients: Organic Peanuts, Organic Tapioca Syrup, Cranberries (apple juice infused), Strawberries, Organic Honey, Natural Flavor.

**CONTAINS: PEANUTS. Made in a facility that also processes Milk, Eggs, Tree Nuts, Wheat and Soy.**

<b>PB&amp;J Trail Mix Bar</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Bar (40g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	170	Calories from Fat	70
			% Daily Value
Total Fat	8g		12%
	Saturated Fat 1g		6%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	22g		7%
	Dietary Fiber 2g		8%
	Sugars 9g		
Protein	5g		

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

**\*\*\*Could be used as a substitute for Brown Sugar Honey Oat Granola\*\*\***

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

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

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

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

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

# PSR Breakfast #9

- **Cinnamon Raisin Swirl Thaw 'N' Serve Bagel—Sara Lee Bakery, (1 Bagel per Camper)**

Ingredients: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Raisins, Contains 2% or less of each of the following: Salt, Yeast, Cinnamon, Wheat Gluten, Rice Flour, Calcium Propionate and Sodium Metabisulfite (Preservatives), Caramel Color, Dough Conditioners (May Contain One or More of the Following: Mono- and Diglycerides, Ascorbic Acid, Enzymes, Potassium Iodate), Monocalcium Phosphate, Corn Starch, Partially Hydrogenated Vegetable Oil (Soybean and Cottonseed Oils), Soy Lecithin, Soy Flour.

**CONTAINS: WHEAT AND SOY**

<b>Cinn Raisin Bagel</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Bagel (113g)			
Servings Per Container: 6 per bag (2 bags per crew)			
Amount Per Serving			
Calories	330	Calories from Fat	10
			% Daily Value
Total Fat	1g		2%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	460mg		19%
Total Carbohydrate	68g		23%
	Dietary Fiber	3g	11%
	Sugars	14g	
Protein	11g		

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

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

**GLUTEN FREE. NO MSG**

<b>Honey Peppered Turkey Sticks</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 2 sticks (34g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	25mg		8%
Sodium	200mg		8%
Total Carbohydrate	6g		2%
	Dietary Fiber	g	%
	Sugars	4g	
Protein	8g		

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

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

CONTAINS: PEANUTS, TRACE AMOUNTS OF TREE NUTS AND SOY DUE TO PROCESSING ON SHARED EQUIPMENT.

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

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

Ingredients: Granola (Whole Grain Rolled Oats, Brown Sugar, Brown Rice Crisp (Whole Grain Brown Rice Flour, Sugar, Salt), Whole Grain Rolled Wheat, Soybean Oil, Whole Wheat Flour, Sodium Bicarbonate, Soy Lecithin, Nonfat Dry Milk), Corn Syrup, Semi-sweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla Extract), Brown Rice Crisp (Whole Grain Brown Rice Flour, Sugar, Salt), Sugar, Graham Cookie Pieces (Whole Wheat Flour, Sugar, Palm Oil, Honey, Natural Flavor, Salt, Hexameta-phosphate, Blue 1), Corn Syrup Solids, Invert Sugar, Glycerin. Contains 2% or less of Soybean Oil, Calcium Carbonate, Sorbitol, Salt, Water, Coconut Paste, Molasses, Soy Lecithin, Natural and Artificial Flavor, Caramel Color, BHT (Preservative), Tocopherols (Preservative), Citric Acid.

**CONTAINS: COCONUT, MILK, SOY AND WHEAT INGREDIENTS. May contain traces of peanut and other tree nuts.**

<b>Smores Granola Bar</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 package (24g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	100	Calories from Fat	20
			% Daily Value
Total Fat	2g		3%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	75mg		3%
Total Carbohydrate	19g		6%
	Dietary Fiber <1g		4%
	Sugars 8g		
Protein	1g		

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

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

**CONTAINS: MILK. GLUTEN FREE**

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

# PSR Breakfast #10

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

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

**CONTAINS: MILK, SOY, WHEAT**

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

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

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

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

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

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

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

<b>Nature Valley Oats N Honey Bars</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 2 bars (42g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	190	Calories from Fat	60
			% Daily Value
Total Fat	7g		11%
	Saturated Fat 1g		4%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	180mg		7%
Total Carbohydrate	29g		10%
	Dietary Fiber 2g		8%
	Sugars 11g		
Protein	3g		

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

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

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

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

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

**ALLERGEN STATEMENT: CONTAINS SOY AND PEANUTS.**

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

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

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

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

<b>Banana Chips</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 2 oz (57g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	300	Calories from Fat 175
% Daily Value		
Total Fat	19g	29%
Saturated Fat 17g 85%		
Trans Fat 0mg		
Cholesterol	0mg	0%
Sodium	mg	0%
Total Carbohydrate	33g	11%
Dietary Fiber 5g 20%		
Sugars 20g		
Protein	1g	