

# Philmont Scout Ranch

## 2017 Dinner Trail Food Menu

<p><b>Dinner #1</b></p> <p>Beef Stroganoff</p> <p>Pretzel Pieces</p> <p>Nut and Chocolate Trail Mix—K</p> <p>Teddy Grahams</p>	<p><b>Dinner #6</b></p> <p>Four Cheese Mashed Potatoes—GF</p> <p>Chicken</p> <p>Dried Vegetable Mix</p> <p>Cream of Chicken Soup Mix</p> <p>Cajun Trail Mix—K</p> <p>Shortbread Cookies</p>
<p><b>Dinner #2</b></p> <p>Santa Fe Style Rice with Chicken</p> <p>Honey Mustard and Onion Bread Pieces</p> <p>Honey Roasted Peanuts—K</p> <p>Marshmallow Squares—GF</p>	<p><b>Dinner #7</b></p> <p>Chicken and Rice</p> <p>Hot Buffalo Wings Bread Pieces</p> <p>Salted Peanuts—K</p> <p>Marshmallow Squares—GF</p>
<p><b>Dinner #3</b></p> <p>Jambalaya</p> <p>Hickory Fatty Meat Stick—GF</p> <p>Tropical Fruit and Nut Trail Mix—K</p> <p>Shortbread Cookies—K</p>	<p><b>Dinner #8</b></p> <p>Spaghetti with Meat Sauce</p> <p>Pepperoni Pizza Crackers</p> <p>Oreos—K</p>
<p><b>Dinner #4</b></p> <p>Fettuccini Primavera</p> <p>Original Gorp</p> <p>Oreos—K</p>	<p><b>Dinner #9</b></p> <p>Southwestern Style Rice with Beef and Beans</p> <p>Honey Roasted Cashews—K</p> <p>Soft Batch Cookies—K</p>
<p><b>Dinner #5</b></p> <p>Chicken Fried Rice</p> <p>Cheddar Cheese Pretzels</p> <p>Chips Ahoy—K</p>	<p><b>Dinner #10</b></p> <p>Chicken</p> <p>Stuffing Mix</p> <p>Dried Cranberries</p> <p>Chips Ahoy—K</p>

“K” Kosher

“GF” Gluten Free

“PF” Peanut Free

“TNF” Tree Nut Free

“DF” Dairy Free

# PSR Dinner #1

- **Beef Stroganoff with Noodles—Mountain House**, (1 package shared between 2 campers)

Ingredients: **Beef Stroganoff:** Cooked Beef: (Beef, Flavoring, Salt), Sour Cream (Cultured Cream, Milk, Whey, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Sodium Citrate), Mushroom, Modified Corn Starch, Corn Oil with Spice Extract, Nonfat Dry Milk, Dehydrated Onions, Less than 2% of Hydrolyzed Vegetable Protein (Corn, Yeast, Wheat Gluten, Soy Protein, Soybean Oil), Lemon Juice Concentrate and Lemon Oil, Sea Salt, Beef Flavor (Beef Stock, Maltodextrin, Salt), Molasses, Spice, Garlic Powder; **Precooked Noodles:** Durum (Wheat) Semolina, Whole Egg, Salt.

**CONTAINS: MILK, SOY, WHEAT, EGG**

## Beef Stroganoff with Noodles

### NUTRITION FACTS

Serving Size: 1 cup (57g)

Servings Per Container: about 3.5

Amount Per Serving

			% Daily Value
Calories	260	Calories from Fat	100
<hr/>			
Total Fat	11g		17%
	Saturated Fat 4g		20%
	Trans Fat mg		
<hr/>			
Cholesterol	45mg		15%
Sodium	910mg		38%
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Total Carbohydrate	29g		10%
	Dietary Fiber 1g		4%
	Sugars 3g		
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Protein	11g		

- **Mini Pretzels—KNA Foods**, (1 package per camper)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt,

Malt, Dextrose, Canola Oil, Yeast, Soda.

**CONTAINS: WHEAT.**

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

## Mini Pretzels

### NUTRITION FACTS

Serving Size: 1 oz (28g)

Servings Per Container: 1

Amount Per Serving

			% Daily Value
Calories	110	Calories from Fat	0
<hr/>			
Total Fat	0g		0%
	Saturated Fat 0g		0%
	Trans Fat mg		
<hr/>			
Cholesterol	0mg		0%
Sodium	250mg		10%
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Total Carbohydrate	25g		8%
	Dietary Fiber 1g		4%
	Sugars 1g		
<hr/>			
Protein	3g		

- **Nuts and Chocolate Trail Mix—KraftHeinz**, (1 package per camper)

Ingredients: Peanuts, Raisins, M&Ms (Milk Chocolate (Sugar, Chocolate, Skim Milk, Cocoa Butter, Lactose, Milkfat, Soy Lecithin, Salt, Artificial Flavors), Sugar, Corn Starch, Less than 1% - Corn Syrup, Dextrin, Coloring (Includes Blue 1 Lake, Yellow 6, Red 40, Yellow 5, Blue 1, Red 40 Lake, Blue 2 Lake, Yellow 6 Lake, Yellow 5 Lake, Blue 2), Gum Acacia), Almonds, Peanut Oil, Sea Salt, High Oleic Sunflower Oil.

**CONTAINS: PEANUT, MILK, SOY, ALMOND**

Manufactured on equipment that processes other tree nuts.

<b>NUT AND CHOCOLATE TRAIL MIX</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 3 Tbsp			
Servings Per Container: 2			
Amount Per Serving			
Calories	130	Calories from Fat	70
			% Daily Value
Total Fat	8g		12%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	0 mg		%
Sodium	30mg		1%
Total Carbohydrate	12g		4%
	Dietary Fiber 2g		8%
	Sugars 9g		
Protein	4g		

- **Teddy Grahams - Mondelez**, (1 package per camper)

Ingredients: Graham Flour (Whole Grain Wheat Flour), Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Soybean And/Or Canola Oil, Dextrose, Calcium Carbonate (Source of Calcium), Baking Soda, Maltodextrin, Salt, Cinnamon, Soy Lecithin, Natural Flavor.

**CONTAINS: Wheat, Soy**

<b>Teddy Grahams</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Pack (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	120	Calories from Fat	35
			% Daily Value
Total Fat	4g		6%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
Cholesterol	0 mg		%
Sodium	90mg		4%
Total Carbohydrate	21g		7%
	Dietary Fiber 1g		4%
	Sugars 7g		
Protein	2g		

## PSR Dinner #2

- **Santa Fe Style Rice with Chicken**—Backpacker’s Pantry (1 package split between 2 campers)

Ingredients: Sauce (Black Beans, Tomato, Chicken Breast (Cooked, Diced and Freeze Dried), Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Annatto), Onion, Sweet Corn, Non-Fat Milk, Potato Starch, Maltodextrin, Salt, Green Chili Pepper, Sugar, Torula Yeast, New Mexico Chili Pepper, Garlic, Savory Soup Base (Maltodextrin, Salt, Autolyzed Yeast Extract, Yeast Extract, Onion Powder, Silicon Dioxide, Turmeric Extract (color), Sunflower Oil), Dextrose (from corn), Cumin Seed, Gluten-Free Tamari Sauce (Tamari Sauce (Soybeans, Salt), Maltodextrin, Salt), Oregano, Cayenne Pepper), Precooked Parboiled Long Grain Brown Rice.

**CONTAINS: MILK, SOY**

Produced in a facility that processes peanuts, milk, soy, wheat, gluten, egg and tree nut ingredients.

<b>SANTA FE STYLE RICE WITH CHICKEN</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1/2 Package			
Servings Per Container: 2			
Amount Per Serving			
Calories	360	Calories from Fat	45
		% Daily Value	
Total Fat	5g		8%
	Saturated Fat	2g	11%
	Trans Fat	0mg	
Cholesterol	30 mg		9%
Sodium	980 mg		41%
Total Carbohydrate	59g		20%
	Dietary Fiber	21g	83%
	Sugars	16g	
Protein	22g		

- **Honey Mustard and Onion Bread Pieces**—KNA Foods (1 package per camper)

Ingredients: Honey Mustard and Onion Pretzel Pieces (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), 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, Tumeric), Maltodextrin, Corn Starch), Wheat Starch, Yeast, Spices, Extract of Tumeric, Citric Acid, Horse-radish Powder, Natural Flavors, Soda).

**CONTAINS: MILK, SOY, WHEAT**

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

<b>HONEY MUSTARD BREAD PIECES</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 OZ (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	140	Calories from Fat	60
		% Daily Value	
Total Fat	7g		11%
	Saturated Fat	3g	15%
	Trans Fat	0mg	
Cholesterol	0 mg		0%
Sodium	240mg		10%
Total Carbohydrate	19g		6%
	Dietary Fiber	1g	3%
	Sugars	3g	
Protein	2g		

- **Honey Roasted Peanuts**—Frito Lay (1 package per camper)

Ingredients: Peanuts, Sugar, Vegetable Oil (Peanut, Cottonseed, Soybean and/or Sunflower Oil), Honey, Salt, Modified Potato Starch, Maltodextrin (Made from Corn), and Xanthan Gum.

**CONTAINS: PEANUT INGREDIENTS**

This product is made on equipment that also makes products containing tree nuts.

<b>HONEY ROASTED PEANUTS</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 1 package		
Servings Per Container: 1		
Amount Per Serving		
Calories	230	Calories from Fat 150
		% Daily Value
Total Fat	17g	26%
Saturated Fat	3.5g	17%
Trans Fat	0mg	
Cholesterol	0 mg	0%
Sodium	120mg	5%
Total Carbohydrate	10g	3%
Dietary Fiber	3g	11%
Sugars	6g	
Protein	10g	

- **Whole Grain Crispy Squares (Marshmallow Squares)** - Super Bakery (1 package per camper)

Ingredients: Organic Whole Grain Crisp Rice, Corn Syrup, Sugar, Margarine (Palm Oil, Fractionated Palm Oil, Water, Salt, Whey, Monoglycerides, Soy Lecithin, Sodium Benzoate Preservative, Citric Acid Preservative, Artificial Flavor, Beta-Carotene Color, Vitamin A Palmitate), Crystalline Fructose, Water, Contains 2% or less of each of the following: Glycerin, Gelatin, Organic Dried Cane Syrup, Corn Syrup Solids, Salt, Soybean Oil, Propylene Glycol, Soy Lecithin, Monoglycerides, Artificial Flavors, Capric/ Caprylic Triglycerides, Baking Soda, Citric Acid Preservative, Ascorbic Acid Preservative.

**CONTAINS: MILK AND SOYBEANS**

Gluten Free, Contains No High Fructose Corn Syrup

<b>MARSHMALLOW SQUARES</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 1 bar (45g/1.6oz)		
Servings Per Container: 1		
Amount Per Serving		
Calories	160	Calories from Fat 30
		% Daily Value
Total Fat	3.5g	5%
Saturated Fat	1.5g	8%
Trans Fat	0mg	
Cholesterol	0 mg	0%
Sodium	60mg	3%
Total Carbohydrate	30g	10%
Dietary Fiber	0g	%
Sugars	15g	
Protein	2g	

## PSR Dinner #3

- **Jambalaya Heat & Serve Rice** —Zatarain's/McCormick (1 package shared between 2 campers)

Ingredients: Cooked Enriched Long Grain Rice (Water, Rice, Iron, Niacin, Thiamine Mononitrate, Folic Acid), Green and Red Bell Peppers, Soybean Oil, Modified Potato Starch, Sea Salt, Yeast Extract, Spices (Including Paprika (For Color), Chili Pepper, Oregano, Bay Leaves), Salt, Garlic, Autolyzed Yeast Extract, Pork Stock, Natural Flavor, Lard, Carmel Color.

<b>JAMBALAYA RICE</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Cup			
Servings Per Container: 2			
Amount Per Serving			
Calories	240	Calories from Fat	30
		% Daily Value	
Total Fat	3.5g		5%
	Saturated Fat 0.5g		3%
	Trans Fat 0mg		
Cholesterol	0 mg		%
Sodium	580mg		24%
Total Carbohydrate	46g		15%
	Dietary Fiber 1g		4%
	Sugars g		
Protein	5g		

- **Fatty, Original Flavored Hickory Smoked Meat Stick**—Sweet-wood Cattle Co. (1 package shared between 2 campers. Meant to be combined with Jambalaya Entree)

Ingredients: Pork, Beef, Water, Sea Salt, Dextrose, Sugar, Pepper, Celery Juice Powder (Celery Powder, Sea Salt), Garlic Powder, Encapsulated Citric Acid, in Collagen Casing.

**GLUTEN FREE, NO MSG, NO NITRATE OR NITRITE ADDED**

<b>FATTY—ORIGINAL MEAT STICK</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 2 oz			
Servings Per Container: 1			
Amount Per Serving			
Calories	140	Calories from Fat	100
		% Daily Value	
Total Fat	11g		17%
	Saturated Fat 4g		20%
	Trans Fat 0mg		
Cholesterol	35 mg		12%
Sodium	700mg		29%
Total Carbohydrate	1g		%
	Dietary Fiber g		%
	Sugars 1g		
Protein	9g		

- **Tropical Fruit and Nut Trail Mix—KraftHeinz**, (1 package per camper)

Ingredients: Peanuts, Raisins, Sugar, Dried Bananas, Cashews, Vegetable Oil (Coconut, Palm, Palm Kernel, Peanut, High Oleic Sunflower, and Sunflower Oil), Dried Pineapple, Contains 2% or less of: Skim Milk, Whey Powder, Sea Salt, Cultured Milk, Citric Acid, Natural and Artificial Flavor, Artificial Color, Soy Lecithin, Lactic Acid, Gum Arabic, Lac Resin, Corn Syrup, Sulfur Dioxide (Sulfites) Added to Preserve Color.

**CONTAINS: PEANUT, CASHEW, MILK, SOY**

Manufactured on equipment that processes other tree nuts, Wheat.

<b>FRUIT AND NUT TRAIL MIX</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 3 Tbsp (27g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	140	Calories from Fat	80
			% Daily Value
<b>Total Fat</b>	<b>9g</b>		<b>14%</b>
	Saturated Fat 2.5g		13%
	Trans Fat 0mg		
Cholesterol	0 mg		%
Sodium	30mg		1%
<b>Total Carbohydrate</b>	<b>13g</b>		<b>4%</b>
	Dietary Fiber 1g		5%
	Sugars 8g		
Protein	4g		

- **Mini Sandies— Keebler/Kellogg's** ( 1 package per camper) - K

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Soybean and Palm Oil, Cornstarch, Butter (Cream, Salt), Contains 2% or less of: Whey, Salt, Natural Flavor, Soy Lecithin, Baking Soda, Datem, Distilled Monoglycerides.

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

<b>Mini Sandies Shortbread Cookies</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 package (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	130	Calories from Fat	45
			% Daily Value
<b>Total Fat</b>	<b>5g</b>		<b>8%</b>
	Saturated Fat 2g		10%
	Trans Fat 0mg		
Cholesterol	<5 mg		1%
Sodium	125mg		5%
<b>Total Carbohydrate</b>	<b>21g</b>		<b>7%</b>
	Dietary Fiber 0g		%
	Sugars 7g		
Protein	1g		

# PSR Dinner #4

- **Fettuccini Primavera—KNA Foods**, (1 package shared between 2 campers)

Ingredients: Instant Pasta (Durum Semolina (Enriched with Niacin), Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, and Folic Acid), Corn Starch, Parmesan Cheese Powder (Partially Skim Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Whole Milk Powder, Instant Non-Fat Milk Powder, Sour Cream Powder (Cream Solids, Cultured Nonfat Milk, Citric Acid), Butter Flavor (Whey Solids, Enzyme-Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto, and Turmeric), Tomato Flakes, Mixed Red and Green Bell Pepper, Freeze-Dried Broccoli, Brewers Yeast (Dried Yeast, Niacin, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin), Parsley Flakes, Black Pepper, Nutmeg, Rosemary.

**CONTAINS: MILK, WHEAT. Processed in a facility that produces peanuts, soybeans, milk, eggs, fish, crustaceans, tree nuts and wheat.**

<b>Fettuccine Primavera</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 7 oz (198g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	780	Calories from Fat	140
			% Daily Value
Total Fat	16g		25%
	Saturated Fat	9g	45%
	Trans Fat	0mg	
Cholesterol	45mg		15%
Sodium	1200mg		50%
Total Carbohydrate	156g		52%
	Dietary Fiber	6g	24%
	Sugars	13g	
Protein	33g		



- **Original Gorp—KNA Foods**, (1 package per camper)

Ingredients: Raisins, Roasted Salted Peanuts, M&Ms (Milk Chocolate (Sugar, Chocolate, Cocoa Butter, Skim Milk, Milkfat Lactose, Soy Lecithin, Salt, Artificial Flavors), Sugar, Corn Starch, Less than 1% Corn Syrup, Gum Acacia, Coloring (Includes Red 40 Lake, Yellow 6, Yellow5, Blue 2 Lake, Red 40, Blue 1 Lake, Blue 1, Blue 2, Yellow 5 Lake, Yellow 6 Lake), Dextrin)

**CONTAINS: MILK, SOY, PEANUTS.**

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

<b>Original Gorp</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 2 oz (57g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	260	Calories from Fat	120
			% Daily Value
Total Fat	13g		20%
	Saturated Fat 4g		20%
	Trans Fat 0mg		
Cholesterol	5mg		2%
Sodium	35mg		1%
Total Carbohydrate	31g		10%
	Dietary Fiber 3g		12%
	Sugars 26g		
Protein	6g		

- **Oreo—Mondelez/Nabisco**, (1 package per person)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Palm and/or Canola Oil, Cocoa (Processed with Alkali), High Fructose Corn Syrup, Leavening (Baking Soda and/or Calcium Phosphate), Salt, Soy Lecithin, Chocolate, Artificial Flavor.

**CONTAINS: WHEAT, SOY**

<b>OREO COOKIES—4 PACK</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Pack (45g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	210	Calories from Fat	80
			% Daily Value
Total Fat	9g		14%
	Saturated Fat 2.5g		13%
	Trans Fat 0mg		
Cholesterol	0 mg		%
Sodium	180mg		8%
Total Carbohydrate	33g		11%
	Dietary Fiber <1g		3%
	Sugars 18g		
Protein	2g		

# PSR Dinner #5

- **Chicken Fried Rice with Vegetables— Mountain House.** (1 package shared between 2 campers)

Ingredients: Long Grain Parboiled Rice, Cooked Chicken (Chicken Meat, Salt), Freeze Dried Precooked Scrambled Eggs (Whole Egg (Glucose Removed for Stability), Egg Yolk, Nonfat Dry Milk, Modified Corn Starch, Corn Oil, Salt, Yeast Extract, Xanthan Gum), Onion, Mushroom, Green Peas (Peas, Salt), Red Pepper, Carrot, Soy Sauce (Wheat, Soybean, Salt, Alcohol, Vinegar, Lactic Acid), Oyster Sauce (Sugar, Salt, Oyster Extractives (Oyster, Salt), Modified Corn Starch, Caramel Color), Less than 2% of: Dextrin, Corn Oil with Spice Extract, Modified Corn Starch, Sesame Oil, Soybean Oil

**CONTAINS: MILK, SOY, WHEAT, EGG**

<b>CHICKEN FRIED RICE</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Cup (61g) dry mix			
Servings Per Container: 4			
Amount Per Serving			
Calories	310	Calories from Fat	90
			% Daily Value
Total Fat	10g		15%
	Saturated Fat	2.5g	13%
	Trans Fat	0mg	
Cholesterol	115 mg		38%
Sodium	670mg		28%
Total Carbohydrate	45g		15%
	Dietary Fiber	5g	20%
	Sugars	4g	
Protein	14g		

- **Cheddar Cheese Pretzel—Combo Baked Snacks, Mars Inc.,** (1 package per camper)

Ingredients: Wheat Flour, Vegetable Oil (Palm Kernel, Palm Oil, Hydrogenated Palm Oil), Whey, Maltodextrin, Food Starch-Modified, Salt, Less than 1.5% - Cheese Blend (Bakers and Cheddar, Parmesan, Romano (Milk, Cultures, Salt, Enzymes, Annatto Color)), Corn Flour, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Natural and Artificial Flavors, Yeast Extract, Red Pepper, Soy Lecithin, Skim Milk, Hydrolyzed Wheat Gluten, Calcium Oxide, Coloring (Yellow 5 Lake, Yellow 6 Lake, Blue 1 Lake), Lactic Acid, Citric Acid, Lactose, Sodium Caseinate.

**CONTAINS: WHEAT, SOY, MILK**

<b>Cheddar Cheese Pretzel</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 bag (1.8oz)			
Servings Per Container: 1			
Amount Per Serving			
Calories	240	Calories from Fat	80
			% Daily Value
Total Fat	9g		14%
	Saturated Fat	5g	25%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	540mg		23%
Total Carbohydrate	35g		12%
	Dietary Fiber	1g	3%
	Sugars	7g	
Protein	4g		

- **Chips Ahoy! - Nabisco/Mondelez,** (1 package per camper)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Semisweet Chocolate Chips (Sugar, Chocolate, Dextrose, Cocoa Butter, Soy Lecithin), Sugar, Vegetable Oil (Soybean and/or Canola and/or Partially Hydrogenated Cottonseed Oil, High Fructose Corn Syrup, Salt, Leavening (Baking Soda, Ammonium Phosphate), Artificial Flavor, Caramel Color, Natural Color Whey (From Milk).

**CONTAINS: MILK, SOY, WHEAT**

<b>CHIPS AHOY!</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Pack (41g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	200	Calories from Fat	90
			% Daily Value
Total Fat	10g		15%
	Saturated Fat	3g	15%
	Trans Fat	0mg	
Cholesterol	0 mg		%
Sodium	125mg		5%
Total Carbohydrate	27g		9%
	Dietary Fiber	g	%
	Sugars	13g	
Protein	2g		

## PSR Dinner #6

- **Four Cheese Mashed Potatoes**, Idahoan (1 package shared between 2 campers)

Ingredients: Idaho Potatoes, Four Cheese Blend (Cheddar Cheese Blend (Whey, Maltodextrin, Reduced Lactose Whey, Canola Oil, Cheddar and Blue Cheese (Cultured Milk, Salt, Enzymes), Salt, Disodium Phosphate, Whey Protein Concentrate, Citric Acid, Lactic Acid, Artificial Color (Including FD&C Yellow #6 and #5), Romano and Parmesan Cheeses (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate)), Vegetable Oil (Contains One or More of the Following: Coconut, Palm, Soybean, Cottonseed, Sunflower, Canola), Salt, Corn Syrup Solids, Sugar, Whey Powder, Nonfat Dry Milk, Natural and Artificial Flavor (Milk, Soy), Maltodextrin, Mono and Di-Glycerides, Calcium Stearoyl Lactylate, Spice, Artificial Coloring (Including FD&C Yellow #6 and #5), Sodium Acid Pyrophosphate (Preserve Freshness), Sodium Bisulfite (Preserve Freshness), Citric Acid (Preserve Freshness), Sodium Caseinate, Dipotassium Phosphate, disodium Inosinate, Disodium Guanylate, Mixed Tocopherols (Preserve Freshness), and less than 2% Silicon Dioxide Added as an Anti-Caking Agent.

**CONTAINS: MILK AND SOY. Gluten Free**

### Four Cheese Mashed Potatoes

#### NUTRITION FACTS

Serving Size: 1/4 cup Dry Mix (28g), 1/2 cup Prepared Mix

Servings Per Container: 4

Amount Per Serving

Calories	110	Calories from Fat	20
% Daily Value			
Total Fat	2.5g		4%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	0 mg		%
Sodium	570mg		24%
Total Carbohydrate	20g		7%
	Dietary Fiber 1g		4%
	Sugars 2g		
Protein	2g		

- **Chicken Breast**, Bumblebee/Sweet Sue (1 pouch shared between 2 campers)

Ingredients: Chicken Breast (Chicken Breast, Water, Modified Food Starch, Salt, Sodium Phosphates.

### Pouched Chicken, 7 oz

#### NUTRITION FACTS

Serving Size: 1/4 Cup (56g)

Servings Per Container: 3.5

Amount Per Serving

Calories	50	Calories from Fat	10
% Daily Value			
Total Fat	1g		2%
	Saturated Fat g		%
	Trans Fat 0mg		
Cholesterol	30 mg		10%
Sodium	180mg		8%
Total Carbohydrate	1g		%
	Dietary Fiber 1g		4%
	Sugars g		
Protein	11g		

- **Cream of Chicken Cup-a-Soup—Lipton/Unilever Food Solutions**, (1 package shared between 2 campers)

Ingredients: Maltodextrin, Modified Potato Starch, Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate (Milk), Mono and Diglycerides, Disodium Phosphate, Silicon Dioxide), Salt, Sugar, Autolyzed Yeast Extract, Guar Gum, High Oleic Sunflower Oil, Onion Powder, Hydrolyzed Soy Protein, Chicken Broth, Turmeric and Paprika Oleoresin (for Color), Parsley, Natural Flavors (Milk), Chicken Fat, Spices, Caramel Color.

May contain **Wheat and Sulfites**.

<b>Cup a Soup</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 envelope (17g)			
Servings Per Container: 4			
Amount Per Serving			
Calories	70	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	620mg		26%
Total Carbohydrate	12g		4%
	Dietary Fiber g		%
	Sugars 1g		
Protein	0g		

- **Lorna Doone Shortbread Cookie Crisps—Mondelez**, (1 package per camper)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vit B1), Riboflavin (Vit B2), Folic Acid), Sugar, Palm and/or Canola Oil, Corn Flour, Dextrose, Salt, Baking Soda, Soy Lecithin, Cornstarch, Artificial Flavor, Natural Flavor.

**CONTAINS: WHEAT AND SOY INGREDIENTS**

<b>Lorna Doone Cookies</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 pkg (21g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	100	Calories from Fat	30
			% Daily Value
Total Fat	3g		5%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	120mg		5%
Total Carbohydrate	16g		5%
	Dietary Fiber g		%
	Sugars 6g		
Protein	1g		

- **Vegetable Mix—KNA Foods**, (1 package shared between 2 campers)

Ingredients: Carrots, Mixed Red and Green Bell Peppers, Onion, Peas, Celery.

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

<b>Vegetable Mix</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	90	Calories from Fat	5
			% Daily Value
Total Fat	0g		%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	100mg		4%
Total Carbohydrate	21g		7%
	Dietary Fiber	2g	7%
	Sugars	11g	
Protein	3g		

- **Spicy Nuts and Cajun Sticks Trail Mix—KraftHeinz**, (1 package per camper)

Ingredients: Peanuts, Corn, Vegetable Oil (Soybean, Peanut Corn and Canola Oil), Yellow Corn Masa Flour, Unbleached Wheat Flour, Sesame Seeds, Bulgur Wheat, Contains 2% or less of: Salt, Sea Salt, Dextrose, Dried Chili Peppers, Maltodextrin, Spices, Dried Onion, Corn Flour, Vegetable Color (Turmeric Extract, Beet Powder, Oleoresin Paprika, Paprika Extract), Dried Garlic, Potato Flour, Monosodium Glutamate (Flavor Enhancer), Dried Tomato, Torula Yeast, Dried Green Bell Peppers, Potato Maltodextrin, Dried Corn Syrup, Cocoa Pressed with Alkali, Sugar, Sodium Diacetate (for Tartness), Natural and Artificial Flavor, Spice Extractives, Modified Cornstarch, Malic Acid, Lactic Acid, Disodium Phosphate, Sodium Citrate (Controls Acidity), Citric Acid, Malted Barley Flour, Disodium Inosinate and Disodium Guanylate (Flavor Enhancer), Mustard Flour, Vinegar, Natural and Artificial Flavor, Artificial Color (Red 40 Lake).

**CONTAINS: PEANUT, WHEAT, SESAME SEED. Manufactured on equipment that handles tree nuts.**

<b>Cajun Trail Mix</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1/4 cup (28g)			
Servings Per Container: 2			
Amount Per Serving			
Calories	150	Calories from Fat	90
			% Daily Value
Total Fat	11g		17%
	Saturated Fat	1.5g	8%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	250mg		10%
Total Carbohydrate	11g		4%
	Dietary Fiber	2g	8%
	Sugars	1g	
Protein	5g		

# PSR Dinner #7

- **Chicken and Rice—KNA Foods** (1 package shared between 2 campers)

Ingredients: Instant White Rice, Cooked Chicken Powder, (Cooked Chicken and Natural Flavor, (Extract of Rosemary), Cooked Freeze-Diced Chicken, Potato Starch, Freeze-Dried Peas, Chicken Flavored Broth (Maltodextrin, Salt, Torula Yeast, Dehydrated Vegetables (Onion, Celery, Parsley, Spinach, Garlic, Carrot), Potato Flour, Xanthan Gum, Spices, Extractives of Spice (including Turmeric and Paprika), Soy Lecithin, Not more than 2% Soybean Oil added as a processing aid), Low Sodium Sea Salt (Sea Salt, Potassium Chloride), Onion Granules, Parsley Flakes, Garlic Granules, White Pepper, Rosemary, Sage.

**CONTAINS: SOY**

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

<b>CHICKEN AND RICE</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 7 oz (198g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	740	Calories from Fat	120
% Daily Value			
Total Fat	13g		20%
	Saturated Fat 4g		20%
	Trans Fat 0mg		
Cholesterol	65 mg		22%
Sodium	950mg		40%
Total Carbohydrate	129g		43%
	Dietary Fiber 3g		12%
	Sugars 2g		
Protein	35g		

- **Hot Buffalo Wing Pieces—KNA Foods** (1 package per camper)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Palm Oil, Water, Maltodextrin, Salt, Dried Cayenne Pepper Sauce (Cayenne Peppers, Vinegar, Salt, Garlic), Sodium Diacetate, Modified Corn Starch, Monosodium Glutamate, Yeast, Vinegar, Paprika Extract, Citric Acid, Garlic Powder, Caramel Color, Disodium Inosinate and Guanylate, Lactic Acid, Soda.

**CONTAINS: WHEAT**

Produced in a facility that handles peanut butter.

<b>HOT BUFFALO WINGS BREAD PIECES</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	140	Calories from Fat	60
% Daily Value			
Total Fat	7g		11%
	Saturated Fat 3g		15%
	Trans Fat 0mg		
Cholesterol	0 mg		%
Sodium	380mg		16%
Total Carbohydrate	17g		6%
	Dietary Fiber 1g		3%
	Sugars 0g		
Protein	2g		

- **Salted Peanuts**—Frito Lay (1 package per camper)

Ingredients: Peanuts, Vegetable Oil (Peanut, Cottonseed, Soybean, and/or Sunflower Oil), and Salt.

**CONTAINS: A PEANUT INGREDIENT**

This product is made on equipment that also makes products containing tree nuts.  
No preservatives.

<b>SALTED PEANUTS</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 package			
Servings Per Container: 1			
Amount Per Serving			
Calories	260	Calories from Fat	200
		% Daily Value	
Total Fat	22g		34%
	Saturated Fat 3.5g		16%
	Trans Fat 0mg		
Cholesterol	0 mg		%
Sodium	190mg		8%
Total Carbohydrate	8g		3%
	Dietary Fiber 4g		15%
	Sugars 2g		
Protein	13g		

- **Whole Grain Crispy Squares (Marshmallow Squares)** - Super Bakery (1 package per camper)

Ingredients: Organic Whole Grain Crisp Rice, Corn Syrup, Sugar, Margarine (Palm Oil, Fractionated Palm Oil, Water, Salt, Whey, Monoglycerides, Soy Lecithin, Sodium Benzoate Preservative, Citric Acid Preservative, Artificial Flavor, Beta-Carotene Color, Vitamin A Palmitate), Crystalline Fructose, Water, Contains 2% or less of each of the following: Glycerin, Gelatin, Organic Dried Cane Syrup, Corn Syrup Solids, Salt, Soybean Oil, Propylene Glycol, Soy Lecithin, Monoglycerides, Artificial Flavors, Capric/Caprylic Triglycerides, Baking Soda, Citric Acid Preservative, Ascorbic Acid Preservative.

**CONTAINS: MILK AND SOYBEANS**

Gluten Free, Contains No High Fructose Corn Syrup

<b>MARSHMALLOW SQUARES</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 bar (45g/1.6oz)			
Servings Per Container: 1			
Amount Per Serving			
Calories	160	Calories from Fat	30
		% Daily Value	
Total Fat	3.5g		5%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	0 mg		0%
Sodium	60mg		3%
Total Carbohydrate	30g		10%
	Dietary Fiber 0g		%
	Sugars 15g		
Protein	2g		



# PSR Dinner #8

- **Spaghetti with Meat Sauce—Mountain House**, (1 package shared between 2 campers)

Ingredients: Enriched Spaghetti (Durum (Wheat), Semolina, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Tomato Paste, Cooked Beef (Beef, Flavoring, Salt). Less than 2% of: Textured Soy Flour (Soy Flour, Caramel Color), Dehydrated Cheese (Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Cream, Salt, Sodium Phosphate, Lactic Acid), Sugar, Sea Salt, Hydrolyzed Vegetable Protein (Corn, Yeast, Wheat Gluten, Soy Protein, Soybean Oil), Spices, Onion Powder, Garlic Powder.

**CONTAINS: MILK, SOY, WHEAT**

## SPAGHETTI WITH MEAT SAUCE

### NUTRITION FACTS

Serving Size: 1 Cup (54g) Dry Mix

Servings Per Container: 3.5

Amount Per Serving

	Amount	% Daily Value
Calories	230	
Calories from Fat	45	
		% Daily Value
Total Fat	5g	8%
Saturated Fat	2g	10%
Trans Fat	0mg	
Cholesterol	20 mg	7%
Sodium	600mg	25%
Total Carbohydrate	33g	11%
Dietary Fiber	3g	12%
Sugars	5g	
Protein	12g	

- **Combos Baked Snacks Pepperoni Pizza Cracker —Mars Brand** (1 package per camper)

Ingredients: Wheat Flour, Vegetable Oil (Palm Kernel, Palm Oil, Corn Oil, and/or Hydrogenated Palm Oil), Whey, Maltodextrin, Food Starch-Modified, Salt, Less than 1.5% - Tomato, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Bakers and Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Cream, Soy Lecithin, Spice, Yeast Extract, Citric Acid, Natural and Artificial Flavors, Onion, Caramel Color, Skim Milk, Garlic, Paprika, Beef Fat, Coloring (Red 40 Lake, Yellow 6 Lake), Malic Acid, Sugar, Disodium Inosinate, Disodium Guanylate, Propionic Acid, Hydrolyzed Soy Protein, Paprika Extract (Color).

**CONTAINS: WHEAT, MILK, SOY**

## PEPPERONI PIZZA COMBOS

### NUTRITION FACTS

Serving Size: 1 Bag

Servings Per Container: 1

Amount Per Serving

	Amount	% Daily Value
Calories	240	
Calories from Fat	100	
		% Daily Value
Total Fat	11g	17%
Saturated Fat	5g	25%
Trans Fat	0mg	
Cholesterol	0 mg	%
Sodium	510mg	21%
Total Carbohydrate	30g	10%
Dietary Fiber	1g	4%
Sugars	6g	
Protein	4g	