

# Philmont Scout Ranch

## 2017 Lunch Trail Food Menu

<p><b>Lunch #1</b></p> <p>Rice Crackers—K/GF</p> <p>Hummus Cup</p> <p>Peanut Butter N Honey Bar—K</p> <p>Chicken Strip</p> <p>Riptide Rush Gatorade —K</p>	<p><b>Lunch #6</b></p> <p>Club Crackers—K</p> <p>Hummus Cup</p> <p>Pepperoni Stick</p> <p>Berry Banana Buzz Bar—K</p> <p>Nutter Butters—K</p> <p>Riptide Rush Gatorade—K</p>
<p><b>Lunch #2</b></p> <p>Plain Bagel (Fresh) - K</p> <p>Honey Peanut Butter—K</p> <p>Pepperoni Stick</p> <p>Blueberry Buzz Bar—K</p> <p>Sunflower Seed Trail Mix—K, Nut Free</p> <p>All Sport Orange—K</p>	<p><b>Lunch #7</b></p> <p>Rice Crackers—K/GF</p> <p>Chicken</p> <p>Mountain Mix Bar—K</p> <p>Sunflower Seed Trail Mix—K, Nut Free</p> <p>Peanut Butter Cookie—K</p> <p>All Sport Orange—K</p>
<p><b>Lunch #3</b></p> <p>Club Crackers—K</p> <p>Original Cheese Wedges</p> <p>Jalapeno Beef and Cheese Combo</p> <p>Orange Energy Chews—GF/DF</p> <p>Corn Nuts—K</p> <p>Lemon Lime Gatorade—K</p>	<p><b>Lunch #8</b></p> <p>Plain Bagel (Fresh) - K</p> <p>Pepper-Jack Cheese Wedges</p> <p>Spam Singles—GF</p> <p>Strawberry Waffle—K</p> <p>Ranch Corn Nuts —K</p> <p>Lemon Lime Gatorade—K</p>
<p><b>Lunch #4</b></p> <p>Saltines Crackers—K</p> <p>Smoked Ham</p> <p>Oatmeal Raisin Cookie—K</p> <p>Caramel Waffle—K</p> <p>Sunflower Seeds —K, Nut Free</p> <p>All Sport— Blue Raz Ice—K</p>	<p><b>Lunch #9</b></p> <p>Ritz Crackers—K</p> <p>Tuna—K/GF</p> <p>Pink Lemonade Energy Chews—GF/DF</p> <p>Sunflower Seeds—K, Nut Free</p> <p>Fruit and Nut Trail Mix—K</p> <p>All Sport—Blue Raz Ice—K</p>
<p><b>Lunch #5</b></p> <p>Ritz Crackers - K</p> <p>Tuna—K/GF</p> <p>Orange Bolt Energy Chews - GF/DF</p> <p>Nut and Chocolate Trail Mix—K</p> <p>Fruit Punch Gatorade—K</p>	<p><b>Lunch #10</b></p> <p>Saltines Crackers—K</p> <p>Sunflower Seed Spread—K/PF/TNF/GF/DF</p> <p>Rocket Chocolate Bar—K</p> <p>Turkey N Swiss Combo—GF</p> <p>Fruit Punch Gatorade—K</p>

“K” Kosher

“GF” Gluten Free

“PF” Peanut Free

“TNF” Tree Nut Free

“DF” Dairy Free

# PSR Lunch #1

- **Good Thins, Mondelez**, (1 package per camper)

Ingredients: Whole Grain Brown Rice Flour, Whole Grain Brown Rice, Potato Starch, Corn Flour, Inulin (from Chicory Root), High Oleic Safflower Oil, Maltodextrin, Sugar, Sea Salt, Black Pepper, High Oleic Sunflower Oil, Citric Acid, Natural Flavor.

**Manufactured on Equipment that processes SOY, SESAME SEED, TREE NUTS**

<b>Good Thins</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 pack			
Servings Per Container: 1			
Amount Per Serving			
Calories	90	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	85mg		4%
Total Carbohydrate	19g		6%
	Dietary Fiber	2g	8%
	Sugars	<1g	
Protein	1g		

- **Red Pepper Hummus, National Food Group** (1 package per camper)

Ingredients: Garbanzo Beans, Water, Roasted Red Bell Peppers, Pear Juice Concentrate, contains 2% or less of the following: Olive Oil, Lemon Juice Concentrate, Lemon Juice, Citric Acid, Salt, Spices, Garlic.

<b>Hummus Cup</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 3 oz			
Servings Per Container: 1			
Amount Per Serving			
Calories	120	Calories from Fat	30
			% Daily Value
Total Fat	3g		5%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	17g		6%
	Dietary Fiber	4g	16%
	Sugars	4g	
Protein	5g		

- **Original Chicken Strip—Jack Link’s**, (1 package per camper)

Ingredients: Chicken, Sugar, Apple Sauce (Water, Apples), Flavorings, Contains 2% or less of Glycerin, Oat Flour, Chicken Broth, Brown Sugar, Salt, Potassium Chloride, Fructose, Yeast Extract, Orange Juice Powder, Citric Acid, Water

**CONTAINS:**

<b>Chicken Strip</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 pkg (22g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	10
			% Daily Value
Total Fat	1g		2%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	25mg		8%
Sodium	200mg		8%
Total Carbohydrate	6g		2%
	Dietary Fiber	0g	0%
	Sugars	5g	
Protein	6g		

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

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

**ALLERGENS: CONTAINS: PEANUTS, SOY, AND MILK. May contain: Tree Nuts, Wheat and Egg.**

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

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

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

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

## PSR Lunch #2

- **Plain 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, Contains 2% or less of each of the following: Salt, Yeast, Wheat Gluten, Rice Flour, Calcium Propionate and Sodium Metabisulfite (Preservatives), Dough Conditioners (May Contain One or More of the Following: Mono- and Di-glycerides, Ascorbic Acid, Enzymes, Potassium Iodate), Monocalcium Phosphate, Corn Starch, Soy Lecithin, Soy Flour.

**CONTAINS: WHEAT AND SOY**

<b>Plain 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	320	Calories from Fat	10
			% Daily Value
Total Fat	1g		2%
Saturated Fat		0g	%
Trans Fat		0mg	
Cholesterol	0mg		0%
Sodium	490mg		20%
Total Carbohydrate	64g		21%
Dietary Fiber		2g	8%
Sugars		6g	
Protein	11g		

- **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		

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

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

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

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

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

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

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

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

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

**CONTAINS SOY. May contain Sulfur Dioxide.**

**PROCESSED IN A PEANUT AND TREE NUT FREE FACILITY.**

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

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

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

**CONTAINS: PHENYLANINE**

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

# PSR Lunch #3

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

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

**CONTAINS: WHEAT AND SOY INGREDIENTS**

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

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

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

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



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

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

**CONTAINS: MILK**

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

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

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

**CONTAINS 95% ORGANIC INGREDIENTS**

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

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

Ingredients: Corn, Corn Oil, Salt

<b>Corn Nuts</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 package (39g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	180	Calories from Fat	60
		% Daily Value	
Total Fat	6g		9%
	Saturated Fat 1g		5%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	230mg		10%
Total Carbohydrate	28g		9%
	Dietary Fiber 2g		8%
	Sugars 0g		
Protein	3g		

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

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

<b>Lemon Lime Gatorade</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 2/3 Tbsp (23g)			
Servings Per Container: 2.5			
Amount Per Serving			
Calories	90	Calories from Fat	
		% Daily Value	
Total Fat	0g		%
	Saturated Fat g		%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	150mg		6%
Total Carbohydrate	22g		7%
	Dietary Fiber g		%
	Sugars 21g		
Protein	g		

# PSR Lunch #4

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

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

**CONTAINS: WHEAT**

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

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

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

**CONTAINS: SOY**

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

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

Ingredients: Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Shortening (Palm Oil, Canola Oil, TBHQ (To Preserve Freshness)), Rolled Oats, Raisins, High Fructose Corn Syrup, Raisin Paste and less than 2% of: Leavening (Baking Soda, Monocalcium Phosphate), Eggs, Molasses, Modified Corn Starch, Malt Extract, Salt, Cinnamon, Artificial Flavor, Caramel Color, Allspice, Calcium Propionate (To Preserve Freshness),.

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

<b>Oatmeal Raisin Cookie</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 2 cookie (70.8g)			
Servings Per Container: 1			
Amount Per Serving (2 servings)			
Calories	310	Calories from Fat	110
% Daily Value			
Total Fat	12g		19%
	Saturated Fat 4g		20%
	Trans Fat 0g		0%
Cholesterol	25mg		8%
Sodium	390mg		16%
Total Carbohydrate	46g		15%
	Dietary Fiber 3g		14%
	Sugars 24g		
Protein	4g		

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

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

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

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

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

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

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

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

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

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

**CONTAINS: PHENYLALANINE**

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

# PSR Lunch #5

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

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

**CONTAINS: WHEAT AND SOY**

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

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

Ingredients: Light Tuna, Water, Vegetable Broth, Salt

**CONTAINS: TUNA, SOY**

<b>Tuna—2.5 oz Pouch</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Pouch (71g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	5
		% Daily Value	
Total Fat	0.5g		1%
	Saturated Fat 0g		%
	Trans Fat 0mg		
Cholesterol	30mg		10%
Sodium	230mg		10%
Total Carbohydrate	g		%
	Dietary Fiber g		%
	Sugars 0g		
Protein	16g		

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

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

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

- **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.

NUT AND CHOCOLATE TRAIL MIX			
NUTRITION FACTS			
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		

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

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

Fruit Punch Gatorade		
NUTRITION FACTS		
Serving Size: 1 2/3 Tbsp		
Servings Per Container: 1		
Amount Per Serving		
Calories	90	Calories from Fat
		% Daily Value
Total Fat	0g	%
	Saturated Fat 0g	%
	Trans Fat 0mg	
Cholesterol	mg	%
Sodium	150mg	6%
Total Carbohydrate	22g	7%
	Dietary Fiber g	%
	Sugars 21g	
Protein	g	



# PSR Lunch #6

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

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

**CONTAINS: WHEAT AND SOY INGREDIENTS**

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

- **Red Pepper Hummus, National Food Group** (1 package per camper)

Ingredients: Garbanzo Beans, Water, Roasted Red Bell Peppers, Pear Juice Concentrate, contains 2% or less of the following: Olive Oil, Lemon Juice Concentrate, Lemon Juice, Citric Acid, Salt, Spices, Garlic.

<b>Hummus Cup</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 3 oz			
Servings Per Container: 1			
Amount Per Serving			
Calories	120	Calories from Fat	30
		% Daily Value	
Total Fat	3g		5%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	17g		6%
	Dietary Fiber 4g		16%
	Sugars 4g		
Protein	5g		

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

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

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

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

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

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

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

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

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

**CONTAINS: WHEAT, PEANUT, SOY**

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

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

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

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

# PSR Lunch #7

- **Good Thins, Mondelez**, (1 package per camper)

Ingredients: Whole Grain Brown Rice Flour, Whole Grain Brown Rice, Potato Starch, Corn Flour, Inulin (from Chicory Root), High Oleic Safflower Oil, Maltodextrin, Sugar, Sea Salt, Black Pepper, High Oleic Sunflower Oil, Citric Acid, Natural Flavor.

**Manufactured on Equipment that processes SOY, SESAME SEED, TREE NUTS**

<b>Good Thins</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 pack			
Servings Per Container: 1			
Amount Per Serving			
Calories	90	Calories from Fat	15
			% Daily Value
Total Fat	1.5g		2%
	Saturated Fat 0g		%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	85mg		4%
Total Carbohydrate	19g		6%
	Dietary Fiber 2g		8%
	Sugars <1g		
Protein	1g		

- **Chicken Breast– Sweet Sue/Bumblebee Foods** (1 pouch per camper)

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

<b>CHICKEN BREAST—3OZ POUCH</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Pouch (85g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	80	Calories from Fat	10
			% Daily Value
Total Fat	1.5g		2%
	Saturated Fat 0g		%
	Trans Fat 0mg		
Cholesterol	45 mg		15%
Sodium	270mg		11%
Total Carbohydrate	1g		%
	Dietary Fiber g		%
	Sugars g		
Protein	17g		

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

Ingredients: Organic Brown Rice Syrup, Soy Rice Crisps (Soy Protein Isolate, Organic Rice Flour, Calcium Carbonate), Organic Peanuts, Organic Raisins, Almonds, Organic Chocolate Chips (Organic Dried Cane Syrup, Organic Unsweetened Chocolate, Organic Cocoa Butter, Organic Soy Lecithin, Organic Vanilla Extract), Organic Pretzels (Organic Wheat Flour, Salt, Organic Canola Oil, Organic Malt), Organic Peanut Butter, Organic Roasted Soybeans, Pumpkin Seeds, Roasted Sunflower Seeds (Sunflower Seeds, Sunflower Oil), Organic Oat Syrup Solids, Vegetable Glycerin, Organic Sunflower Oil, Sea salt, Organic Gum Arabic, Natural Vitamin E (Antioxidant).

**CONTAINS: SOY, PEANUTS, ALMONDS, WHEAT AND ALMONDS. MAY CONTAIN TRACES OF MILK & OTHER TREE NUTS. MAY CONTAIN NUTSHELL FRAGMENTS. WE SOURCE PRODUCTS THAT ARE NOT GENETICALLY ENGINEERED.**

<b>Mountain Mix Bar</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Bar (45g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	200	Calories from Fat	80
		% Daily Value	
Total Fat	9g		14%
	Saturated Fat 1.5g		8%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	240mg		10%
Total Carbohydrate	23g		8%
	Dietary Fiber 2g		8%
	Sugars 11g		
Protein	8g		

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

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

**CONTAINS: WHEAT, PEANUT AND EGG INGREDIENTS. This product is made on equipment that also processes tree nuts.**

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

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

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

**CONTAINS SOY. May contain Sulfur Dioxide.**

**PROCESSED IN A PEANUT AND TREE NUT FREE FACILITY.**

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

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

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

**CONTAINS: PHENYLANINE**

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

# PSR Lunch #8

- **Plain 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, Contains 2% or less of each of the following: Salt, Yeast, Wheat Gluten, Rice Flour, Calcium Propionate and Sodium Metabisulfite (Preservatives), Dough Conditioners (May Contain One or More of the Following: Mono- and Diglycerides, Ascorbic Acid, Enzymes, Potassium Iodate), Monocalcium Phosphate, Corn Starch, Soy Lecithin, Soy Flour.

**CONTAINS: WHEAT AND SOY**

Plain Bagel		
NUTRITION FACTS		
Serving Size: 1 Bagel (113g)		
Servings Per Container: 6 per bag (2 bags per crew)		
Amount Per Serving		
Calories	320	Calories from Fat 10
		% Daily Value
Total Fat	1g	2%
	Saturated Fat 0g	%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	490mg	20%
Total Carbohydrate	64g	21%
	Dietary Fiber 2g	8%
	Sugars 6g	
Protein	11g	

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

Ingredients: Light Cheddar and Cheddar Cheese (Pasteurized Cultured Milk and Skim Milk, Salt, Enzymes), Water, Skim Milk, Jalapeno Peppers, Sodium Phosphate, Sodium Citrate, Salt.

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

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

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

**GLUTEN FREE**

<b>Spam Single Classic</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 package			
Servings Per Container: 1			
Amount Per Serving			
Calories	210	Calories from Fat	160
		% Daily Value	
Total Fat	18g		28%
	Saturated Fat 7g		35%
	Trans Fat 0mg		
Cholesterol	50mg		17%
Sodium	830mg		35 %
Total Carbohydrate	2g		1%
	Dietary Fiber 0g		0%
	Sugars 1g		
Protein	9g		

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

Ingredients: Corn, Corn Oil, Maltodextrin, Contains 2% or less of Salt, Monosodium Glutamate (Flavor Enhancer), Dried Corn Syrup, Tomato Powder, Onion Powder, Spices, Sugar, Garlic Powder, Sodium Diacetate (For Tartness), Malic Acid, Lactic Acid, Sodium Citrate (Controls Acidity), Citric Acid, Turmeric Extract (Vegetable Color), Disodium Inosinate and Disodium Inosinate and Disodium Guanylate (Flavor Enhancer), Natural and Artificial Flavor, Vinegar, Artificial Color (Red 40 Lake).

<b>Corn Nuts—Ranch</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 package (39g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	180	Calories from Fat	60
		% Daily Value	
Total Fat	6g		9%
	Saturated Fat 1g		5%
	Trans Fat 0mg		
Cholesterol	0mg		%
Sodium	280mg		12 %
Total Carbohydrate	28g		9%
	Dietary Fiber 2g		8%
	Sugars 0g		
Protein	3g		



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

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

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

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

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

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

Lemon Lime Gatorade		
NUTRITION FACTS		
Serving Size: 1 2/3 Tbsp (23g)		
Servings Per Container: 2.5		
Amount Per Serving		
Calories	90	Calories from Fat
		% Daily Value
Total Fat	0g	%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	150mg	6%
Total Carbohydrate	22g	7%
	Dietary Fiber g	%
	Sugars 21g	
Protein	g	

# PSR Lunch #9

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

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

**CONTAINS: WHEAT AND SOY**

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

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

Ingredients: Light Tuna, Water, Vegetable Broth, Salt

**CONTAINS: TUNA, SOY**

<b>Tuna—2.5 oz Pouch</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Pouch (71g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	5
			% Daily Value
Total Fat	0.5g		1%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	30mg		10%
Sodium	230mg		10%
Total Carbohydrate	g		%
	Dietary Fiber	g	%
	Sugars	0g	
Protein	16g		

- **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
Total Fat	9g		14%
	Saturated Fat 2.5g		13%
	Trans Fat 0mg		
Cholesterol	0 mg		%
Sodium	30mg		1%
Total Carbohydrate	13g		4%
	Dietary Fiber 1g		5%
	Sugars 8g		
Protein	4g		

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

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

**CONTAINS: PHENYLALANINE**

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

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

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

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

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

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

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

**Contains 95% Organic Ingredients.**

<b>Pink Lemonade Chews</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 package (50g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	160	Calories from Fat	
			% Daily Value
Total Fat	0g		%
	Saturated Fat	g	%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	80mg		3%
Total Carbohydrate	39g		13%
	Dietary Fiber	1g	4%
	Sugars	27g	
Protein	1g		

# PSR Lunch #10

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

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

**CONTAINS: WHEAT**

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

- **SunButter, Creamy—Red River Commodities**, (1.5 packages per camper)

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

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

<b>Sun-butter</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 2 Tbsp (32g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	200	Calories from Fat	140
			% Daily Value
Total Fat	16g		25%
	Saturated Fat	2g	11%
	Trans Fat	0mg	
Cholesterol	mg		%
Sodium	120mg		5%
Total Carbohydrate	7g		2%
	Dietary Fiber	4g	17%
	Sugars	3g	
Protein	7g		

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

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

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

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

- **Turkey ‘n Swiss Combo—Highland Beef Farms, (1 package per camper)**

Ingredients: Turkey Sticks: 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. Pasteurized Process Swiss Cheese Food: Natural American and Swiss Cheeses (Cultured Milk, Salt, Enzymes), Cream, Water, Sodium Phosphate, Natural Flavoring, Salt, Sorbic Acid (Preservative).

**CONTAINS: MILK. GLUTEN FREE**

<b>Turkey ‘n Swiss Combo</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 package (57g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	180	Calories from Fat	110
			% Daily Value
Total Fat	12g		18%
	Saturated Fat	7g	35%
	Trans Fat	0mg	
Cholesterol	45mg		15%
Sodium	660mg		28%
Total Carbohydrate	2g		1%
	Dietary Fiber	g	%
	Sugars	4g	
Protein	13g		

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

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

<b>Fruit Punch Gatorade</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 1 2/3 Tbsp		
Servings Per Container: 1		
Amount Per Serving		
Calories	90	Calories from Fat
		% Daily Value
Total Fat	0g	%
Saturated Fat		0g %
Trans Fat		0mg
Cholesterol	mg	%
Sodium	150mg	6%
Total Carbohydrate	22g	7%
Dietary Fiber		g %
Sugars		21g
Protein	g	