

# Philmont Scout Ranch

## 2024 Trail Food Menu

### Items in the Meal Bags

#### [Breakfast Items—Menu](#)

Gear up for a swift trail breakfast with our selection of essentials! Packed with primarily proteins and simple carbohydrates, our offerings provide a quick burst of energy and sustained fuel for your morning adventures. Three cooked breakfast options to switch things up from the usual snacks. Remember to carry extra water and allocate a few additional minutes for efficient rehydration on those trail days. Start your day right and keep the momentum going!

#### [Lunch Items—Menu](#)

Experience the ultimate convenience with our assortment of crackers, delectable toppings, and savory jerky! Elevate your on-the-go meals or quick trail stops with ease. Don't forget to enhance your snack game by grabbing a pack of tortillas and some extra peanut butter if you're still craving more.

#### [Dinner Items—Menu](#)

Indulge in the satisfaction of a hearty, high-carbohydrate, and protein-rich meal after a day of trekking through Philmont. Our carefully curated selection of easy-to-prepare, filling, dehydrated, and freeze-dried meals ensures your body receives the essential fuel for recovery, leaving you energized and prepared for the adventures that lie ahead. Take heed of special instructions and valuable insights from your knowledgeable Ranger for an optimal experience.

### On the Trail, Other Meal Adventures

[Chuckwagon Dinner—Ponil, Beaubien, Clark's Fork](#)

[Mexican Homestead Dinner—Abreu](#)

### [Steps to prepare for handling food allergies and special diets while on the trail.](#)

#### [Additional Information on Kosher, Halal, and Other Food](#)

##### [Substitute Needs](#)

# Philmont Scout Ranch

## Breakfast Trail Food Menu

<p style="text-align: center;"><a href="#">Breakfast #1</a></p> <p style="text-align: center;">Peppered Bison Jerky</p> <p style="text-align: center;">Raisins</p> <p style="text-align: center;">Animal Crackers</p> <p style="text-align: center;">Assorted Clif Bars</p> <p style="text-align: center;">Strawberry Granola</p> <p style="text-align: center;">Orange Drink Mix</p>	<p style="text-align: center;"><a href="#">Breakfast #5</a></p> <p style="text-align: center;">Honey Brown Sugar Turkey Ends and Curls</p> <p style="text-align: center;">Fig Newtons</p> <p style="text-align: center;">Whole Berry Blast Meal Bar</p> <p style="text-align: center;">Granola Bites</p> <p style="text-align: center;">Fruit Gummies</p> <p style="text-align: center;">Lemons and Limes Drink Mix</p>	<p style="text-align: center;"><a href="#">Breakfast #9</a></p> <p style="text-align: center;">Pepperoni Bites</p> <p style="text-align: center;">Instant Oatmeal Maple and Brown Sugar</p> <p style="text-align: center;">Pop Tarts - Frosted Strawberry</p> <p style="text-align: center;">Chewy Granola Bar</p> <p style="text-align: center;">Banana Chips</p> <p style="text-align: center;">Super C Drink Mix</p>
<p style="text-align: center;"><a href="#">Breakfast #2</a></p> <p style="text-align: center;">Pepperoni Sticks - CM</p> <p style="text-align: center;">Mixed Fruit Dried</p> <p style="text-align: center;">Blueberry Protein Energy Bar</p> <p style="text-align: center;">Blueberry Lemon Bar</p> <p style="text-align: center;">Chocolate Granola</p>	<p style="text-align: center;"><a href="#">Breakfast #6</a></p> <p style="text-align: center;">Jalapeno Cheddar Bison Jerky</p> <p style="text-align: center;">Raisins</p> <p style="text-align: center;">Animal Crackers</p> <p style="text-align: center;">Assorted Clif Bars</p> <p style="text-align: center;">Cinnamon Granola</p>	<p style="text-align: center;"><a href="#">Breakfast #10</a></p> <p style="text-align: center;">Scrambled Egg/Skillet Entrée</p> <p style="text-align: center;">Granola</p> <p style="text-align: center;">Fruit Gummies</p> <p style="text-align: center;">Blueberry Oat Snack Bar</p>
<p style="text-align: center;"><a href="#">Breakfast #3</a></p> <p style="text-align: center;">Cajun Bison Jerky</p> <p style="text-align: center;">Apples Cinnamon Instant Oatmeal</p> <p style="text-align: center;">Waffle Salted Caramel</p> <p style="text-align: center;">Fig Newtons</p> <p style="text-align: center;">Dried Cranberries - Cherry Flavor</p> <p style="text-align: center;">Hot Cocoa Mix</p>	<p style="text-align: center;"><a href="#">Breakfast #7</a></p> <p style="text-align: center;">Dark Chocolate Sunflower Seed Butter</p> <p style="text-align: center;">Blueberry Breakfast Biscuits</p> <p style="text-align: center;">BBQ Beef Bites</p> <p style="text-align: center;">Chocolate Sea Salt Energy Bar</p> <p style="text-align: center;">Chocolate Granola</p> <p style="text-align: center;">Cran-Raspberry Drink Mix</p>	
<p style="text-align: center;"><a href="#">Breakfast #4</a></p> <p style="text-align: center;">Honey Pepper Turkey Sausage Bites</p> <p style="text-align: center;">Granola</p> <p style="text-align: center;">Pop Tarts - Frosted Cinnamon</p> <p style="text-align: center;">Almond and Pumpkin Seed Bar</p> <p style="text-align: center;">Tropical Treasure Fruit Blend</p>	<p style="text-align: center;"><a href="#">Breakfast #8</a></p> <p style="text-align: center;">TURKEY Ends and Curls</p> <p style="text-align: center;">Blueberry Lemon Bar</p> <p style="text-align: center;">Vanilla Waffle</p> <p style="text-align: center;">Peanut and Sunflower Seed Bar</p> <p style="text-align: center;">Mixed Fruit Dried</p>	

# Philmont Scout Ranch

## Breakfast Meal #1

- Consumed for breakfast on calendar days ending in 1: 01, 11, and 21.
- Each bag is designed for **two campers** or “buddies”

- **Peppered Bison Jerky—Miesfelds**, (1 Package Per Camper)

Ingredients: Bison, Pork, Salt, Corn Syrup Solids, Spices, Dextrose, Garlic Powder, Water, Natural Flavoring, Paprika, Sodium Erythorbate, Lactic Acid Starter Culture, Sodium Nitrite, Red 3, and Collagen Casings. Sprayed with Potassium Sorbate to Improve Quality.

### CONTAINS:

Product Questions: 920.565.6328, [Miesfelds.com](https://www.miesfelds.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

Peppered Bison Jerky		
NUTRITION FACTS		
Serving Size: 1 stick (1.3 oz)		
Servings Per Container: 1		
Amount Per Serving		
Calories	160	Calories from Fat
		% Daily Value
Total Fat	13g	17%
Saturated Fat		4.5g 23%
Trans Fat		0mg
Cholesterol	25mg	8%
Sodium	70mg	3%
Total Carbohydrate	2g	1%
Dietary Fiber		1g 4%
Sugars		0g
Protein	8g	

- **Assorted Energy Bars (Peanut Butter Banana or Crunchy Peanut Butter)—Clif Bar**, (1 package per camper)

**Crunchy Peanut Butter Clif Bar Ingredients:** Organic Rolled Oats, Organic Brown Rice Syrup, Soy Rice Crisps (Soy Protein Isolate, Rice Flour, Barley Malt Extract), Organic Tapioca Syrup, Organic Cane Syrup, Organic Peanut Butter, Organic Peanuts, Peanut Flour, Chicory Fiber, Organic Roasted Soybeans, Organic Soy Flour, Natural Flavors, Salt. **Peanut Butter Banana Clif Bar Ingredients:** Organic Rolled Oats, Organic Brown Rice Syrup, Soy Rice Crisps (Soy Protein Isolate, Rice Flour, Barley Malt Extract), Organic Tapioca Syrup, Organic Roasted Soybeans, Organic Cane Syrup, Organic Peanut Butter, Unsweetened Chocolate, Organic Peanuts, Chicory Fiber, Banana Powder, Dried Bananas, Salt, Natural Flavors, Mixed Tocopherols (Antioxidant).

**CONTAINS: PEANUTS AND SOY**

**May Contain: Tree Nuts, Milk, Sesame, and Wheat**



Clif Bar Consumer Care 1.800.254.3227, [www.clifbar.com/contact-us](http://www.clifbar.com/contact-us)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: [thehungrybites.com](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

[Allergen Free Energy Bars from Amazon](#)

- **Animal Crackers—Nabisco/Mondelez**, (1 package per camper)

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

**CONTAINS: WHEAT and SOY**

Mondelez Global LLC, 1-855-253-8846, [snackworks.com](http://snackworks.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: [thehungrybites.com](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

Clif Bars, Assorted		
NUTRITION FACTS		
Serving Size: 1 Bar (68g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	260	Calories from Fat
<hr/>		
% Daily Value		
Total Fat	8g	10%
<hr/>		
Saturated Fat		1g 6%
<hr/>		
Trans Fat		0mg
<hr/>		
Cholesterol	0mg	0%
<hr/>		
Sodium	230mg	10%
<hr/>		
Total Carbohydrate	40g	15%
<hr/>		
Dietary Fiber		5g 19%
<hr/>		
Sugars		17g
<hr/>		
Protein	11g	

Animal Crackers		
NUTRITION FACTS		
Serving Size: 1 pouch (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	Calories from Fat
<hr/>		
% Daily Value		
Total Fat	3.5g	4%
<hr/>		
Saturated Fat		0.5g 3%
<hr/>		
Trans Fat		0mg
<hr/>		
Cholesterol	0mg	%
<hr/>		
Sodium	85mg	4%
<hr/>		
Total Carbohydrate	22g	8%
<hr/>		
Dietary Fiber		0g
<hr/>		
Sugars		7g
<hr/>		
Protein	2g	

- **Strawberry Granola—Rockin’ ola Granola, (1 Package Per Camper)**

Ingredients: Whole Grain Rolled Oats, Sugar, Corn Syrup, Canola Oil, Dried Strawberry (Strawberry, Maltodextrin, Cornstarch, Sunflower Lecithin), Natural Flavor, Vitamin E (Mixed Tocopherols) added to protect flavor.

**CONTAINS:**

Peanut/Tree Nut Free

Tarrier Foods, Columbus, OH, [rockinola.com](http://rockinola.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

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

Ingredients: Raisins (Grapes and Sunflower Oil).

Nut Free Facility, Gluten Free, NON-GMO



National Food Group, Inc.

1- 800-886-6866

Strawberry Granola		
NUTRITION FACTS		
Serving Size: 1 Pouch (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	
		% Daily Value
Total Fat	2.5g	3%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	21g	8%
	Dietary Fiber 2g	7%
	Sugars 6g	
Protein	3g	

Raisins		
NUTRITION FACTS		
Serving Size: 1.3 oz (38g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	110	Calories from Fat
		% Daily Value
Total Fat	g	%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	mg	%
Sodium	0mg	0%
Total Carbohydrate	29g	11%
	Dietary Fiber 1g	4%
	Sugars 22g	
Protein	1g	

- **Hydration Drink Mix with Oranges - Skratch Labs**, (1 Package Per Camper)

Ingredients: Cane Sugar, Sodium Citrate, Dextrose, Citric Acid, Calcium Citrate, Magnesium Carbonate, Potassium Citrate, Orange Oil, Orange Juice, Ascorbic Acid.

**Non-GMO, Gluten Free, Dairy Free, Vegan**

Skratch Labs, LLC., Boulder, CO 80301, 1.800.735.8904, [skratchlabs.com](http://skratchlabs.com)



Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

## Orange Drink Mix

### NUTRITION FACTS

Serving Size: 1 Packet (22g)

Servings Per Container: 1

Amount Per Serving

Calories 80

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0mg

Cholesterol 0mg 0%

Sodium 400mg 17%

Total Carbohydrate 20g 7%

Dietary Fiber 0g 0%

Sugars 19g

Protein 0g

# Philmont Scout Ranch

## Breakfast Meal #2

- Consumed for breakfast on calendar days ending in 2: 02, 12, and 22.
- Each bag is designed for **two campers** or “buddies”

- **Pepperoni Stick—Country Meats, Inc.**, (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 Nitrite, in Collagen Casing.

Product Questions: 1.800.277.8989 or [www.countrymeats.com](http://www.countrymeats.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

[Jack Links Turkey Jerky](#) Pork-Free Option

Pepperoni Sticks			
NUTRITION FACTS			
Serving Size: 1 oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
	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 Protein Bar—RXBAR**, (1 package per camper)

Ingredients: Dates, Egg Whites, Cashews, Almonds, Blueberries, Natural Flavors

**CONTAINS: EGG, ALMONDS, CASHEWS**

**Manufactured in a facility that also processes Peanuts, Tree Nuts, Eggs, Milk, Soy, and Wheat**



Distributed by Insurgent Brands Sales, Co. RXBAR, 312.624.8200, [rxbar.com](http://rxbar.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: [thehungrybites.com](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

Blueberry Protein Bar		
NUTRITION FACTS		
Serving Size: 1 bar (52g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	210	Calories from Fat
		% Daily Value
Total Fat	7g	9%
Saturated Fat		1g 5%
Trans Fat		0mg
Cholesterol	mg	%
Sodium	140mg	6%
Total Carbohydrate	24g	9%
Dietary Fiber		4g 14%
Sugars		15g
Protein	12g	

- **Mixzees Dried Fruit, ZeeZees.**, (1 package per camper)

Ingredients: Dark Raisins, Pineapple (Pineapple, Sugar, Citric Acid, Sodium Metabisulfite), Golden Raisins (Raisins, Sunflower Oil, Sulfur Dioxide), Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Dried Apples

**Nut Free Facility**

**May contain seeds and/or seed fragments.**



Distributed by National Food Group, Inc. Novi, MI 48377

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Mixed Dried Fruit		
NUTRITION FACTS		
Serving Size: 1 box (38g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	Calories from Fat
		% Daily Value
Total Fat		%
Saturated Fat		g %
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	25mg	1%
Total Carbohydrate	31g	11%
Dietary Fiber		2g 6%
Sugars		24g
Protein	1g	



- **Chocolate Granola, Rockin' ola Granola, (1 Package Per Camper)**

Ingredients: Whole Grain Rolled Oats, Sugar, Corn Syrup, Canola Oil, Cocoa (Processed with Alkali), Natural Flavor, Baking Soda, Vitamin E (Mixed Tocopherols) added to protect flavor.

**CONTAINS:**

Peanut/Tree Nut Free

Tarrier Foods, Columbus, OH, [rockinola.com](http://rockinola.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

- **Blueberry Lemon Nutrition Bar, ZeeZees, (1 package per camper)**

Ingredients: Whole Grain Oat Blend (Oats, Whole Oat Flour), Sugar, Corn Syrup, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Palm Oil, Icing (Sugar, Palm Kernel Oil, Soy Lecithin, Corn Starch), Crisp Rice (Brown Rice Flour), Raisin Paste, Blueberry Flavored Bits (Sugar, Vegetable Oil (Palm, Palm Kernel), Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Natural Flavor, Malic Acid, Fruit and Vegetable Juice for Color, Soy Lecithin, Sodium Citrate), Natural Flavors, Salt, Baking Soda, Citric Acid, Soy Lecithin.

**CONTAINS: WHEAT AND SOY INGREDIENTS**

Nut Free Facility

National Food Group, Inc.

1- 800-886-6866

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: [thehungrybites.com](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

[Allergen Free Energy Bars from Amazon](#)



Chocolate Granola		
NUTRITION FACTS		
Serving Size: 1 package(28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	
		% Daily Value
Total Fat	2.5g	3%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	45mg	2%
Total Carbohydrate	22g	8%
	Dietary Fiber 2g	7%
	Sugars 6g	
Protein	3g	

Blueberry Lemon Bar		
NUTRITION FACTS		
Serving Size: 1 package (62g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	260	Calories from Fat
		% Daily Value
Total Fat	8g	10%
	Saturated Fat 2.5g	13%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carbohydrate	41g	15%
	Dietary Fiber 3g	11%
	Sugars 14g	
Protein	4g	

# Philmont Scout Ranch

## Breakfast Meal #3

- Consumed for breakfast on calendar days ending in 3: 03, 13, and 23.
- Each bag is designed for **two campers** or “buddies”

- **Cajun Bison Jerky—Miesfelds**, (1 Package Per Camper)

Ingredients: Bison, Pork, Salt, Dextrose, Spices, Onion, Water, Garlic, Sodium Erythorbate, Lactic Acid Starter Culture, Sodium Nitrite, and Collagen Casings. Sprayed with Potassium Sorbate to Improve Quality.

### CONTAINS:

Product Questions: 920.565.6328, [Miesfelds.com](https://www.miesfelds.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

Cajun Bison Stick		
NUTRITION FACTS		
Serving Size: 1 stick (37g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	140	Calories from Fat
		% Daily Value
Total Fat	12g	15%
	Saturated Fat 4.5g	23%
	Trans Fat 0mg	
Cholesterol	25mg	8%
Sodium	450mg	20%
Total Carbohydrate	1g	%
	Dietary Fiber g	%
	Sugars 0g	
Protein	7g	

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

Ingredients: Whole Grain Rolled Oats, Sugar, Dried Apples, Salt, Cinnamon, Calcium Carbonate, Guar Gum, Citric Acid, Natural Flavor, Sodium Sulfite (to Maintain Apple Color), Vitamins and Minerals: Niacinamide (Vitamin B3), Vitamin A Palmitate, Reduced Iron, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid.



Post Consumer Brands, LLC

Lakeville, MN

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://www.shape.com/healthy-eating/meal-ideas/8-exciting-oatmeal-alternatives>

Oatmeal –Apples & Cinnamon		
NUTRITION FACTS		
Serving Size: 1 Pouch (42g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	
		% Daily Value
Total Fat	1g	2%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	200mg	9%
Total Carbohydrate	28g	10%
	Dietary Fiber 3g	10%
	Sugars 15g	
Protein	2g	

- **Fig Newtons—Mondelez**, (1 package per camper)

Ingredients: Figs, Whole Grain Wheat Flour, Sugar, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Corn Syrup, Invert Sugar, Soybean and/or Canola Oil, Palm Oil, Salt, Baking Soda, Calcium Lactate, Malic Acid, Soy Lecithin, Sodium Benzoate (Added to Preserve Freshness), Natural and Artificial Flavor, Sulfur Dioxide (Sulfites) Added to Preserve Freshness).

**CONTAINS: WHEAT, SOY**



Mondelez Global LLC, 1-855-253-8846, [snackworks.com](http://snackworks.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: [thehungrybites.com](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

Fig Newtons		
NUTRITION FACTS		
Serving Size: 1 Pack		
Servings Per Container: 1		
Amount Per Serving		
Calories	200	
		% Daily Value
Total Fat	4g	5%
	Saturated Fat 1g	5%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	180mg	8%
Total Carbohydrate	41g	15%
	Dietary Fiber 2g	7%
	Sugars 24g	
Protein	2g	

- **Salted Caramel Waffle—Honey Stinger**, (1 Package Per Camper)

Ingredients: Gluten Free Flour Blend (Organic Rice Flour, Organic Potato Starch, Organic Tapioca Starch), Organic Brown Rice Syrup, Organic Palm Oil, Organic Sugar, Organic Eggs, Organic Soy Flour, Sea Salt, Organic Honey, Natural Flavor, Baking Soda, Soy Lecithin, Xanthan Gum, Organic Rice Extract.

**CONTAINS: SOY and EGGS.**

**May contain: Milk**



**Certified Gluten Free**

EN-R-G Foods, LLC. Steamboat Springs, CO 80477, 1.866.464.6639, [honestinger.com](http://honestinger.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[88 Acres Store on Amazon](#)

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

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

**CONTAINS: Milk**

**May contain Peanuts, Other tree nuts, Milk, and Wheat, Nutshell Fragments.**

Distributed by Conagra Brands P.O. Box 3534 Chicago, IL 60654

1.800.457.6649, [www.swissmiss.com](http://www.swissmiss.com)

Salted Caramel Waffle		
NUTRITION FACTS		
Serving Size: 1 Waffle (30g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	140	Calories from Fat
		% Daily Value
Total Fat	6g	8%
Saturated Fat	2.5g	13%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	150mg	7%
Total Carbohydrate	21g	8%
Dietary Fiber	1g	4%
Sugars	10g	
Protein	1g	

Swiss Miss Hot Cocoa		
NUTRITION FACTS		
Serving Size: 1 envelope		
Servings Per Container: 1		
Amount Per Serving		
Calories	90	Calories from Fat
		% Daily Value
Total Fat	2g	3%
Saturated Fat	2g	10%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	150mg	7%
Total Carbohydrate	16g	6%
Dietary Fiber	g	%
Sugars	12g	
Protein	1g	

- **Craisins Dried Cranberries Infused with Cherry Juice— Ocean Spray**, (1 Package per Camper)

Ingredients: Sugar, Cranberries, Cherry Juice Concentrate, Natural Flavor.

**CONTAINS:**

**Gluten Free, Peanut Free**

Refined sunflower oil is used as a processing aid.

Distributed by: Ocean Spray Cranberries, INC. Lakeville-Middleboro, MA , [oceanspray.com](http://oceanspray.com), 1.800.662.63263

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:



**Cherry Cranberries**

**NUTRITION FACTS**

Serving Size: 1 pouch

Servings Per Container: 1

Amount Per Serving

Calories	110	Calories from Fat	
		% Daily Value	
Total Fat	0g		0%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	27g		10%
	Dietary Fiber	2g	7%
	Sugars	24g	
Protein	0g		

# Philmont Scout Ranch

## Breakfast Meal #4

- Consumed for breakfast on calendar days ending in 4: 04, 14, and 24.
- Each bag is designed for **two campers** or “buddies”

- **Honey Pepper Turkey Sausage 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 including Black Pepper, Mustard, Dextrose, Lactic Acid Starter Culture, Carrageenan, Sodium Erythorbate (Made From Sugar), Garlic Powder, Sodium Nitrite, In Beef Collagen Casing.

### GLUTEN FREE

Highland Beef Farms, [highlandbeeffarms.com](http://highlandbeeffarms.com), 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

Turkey Sausage Bites		
NUTRITION FACTS		
Serving Size: 6 pieces (30g)		
Servings Per Container: 4		
Amount Per Serving		
Calories	80	Calories from Fat 45
		% Daily Value
Total Fat	5g	8%
Saturated Fat		1.5g 8%
Trans Fat		0mg
Cholesterol	25mg	8%
Sodium	280mg	12%
Total Carbohydrate	3g	1%
Dietary Fiber		0g 0%
Sugars		2g
Protein	6g	

- **Almond and Pumpkin Seed Bar—Honey Stinger**, (1 package per camper)

Ingredients: Organic Honey, Almonds (Almonds, Sunflower Oil), Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Peanuts, Pumpkin Seeds (Pepitas, Sunflower Oil), Caramel Layer (Cane Sugar, Tapioca Syrup, Organic Honey, Sustainable Palm Oil, Reduced Lactose Whey (Milk), Salt, Sunflower Lecithin), Salt, Sustainable Palm Oil, Coconut Oil, Fruit and Mushroom Blend (Orange, Banana, Papaya, Shiitake Mushroom), Antioxidant (Sunflower Oil, Rosemary Extract, Mixed Tocopherols), Sunflower Seeds.

**CONTAINS: PEANUTS, TREE NUTS (ALMONDS), & MILK**

**NON-GMO, GLUTEN FREE**



**Manufactured in a facility that processes Eggs and Wheat**

EN-R-G Foods, LLC. Steamboat Springs, CO 80477, 1.866.464.6639, [honeystinger.com](http://honeystinger.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://www.yummly.com/recipes/energy-bars-without-nuts>

[No Nuts Bars from Amazon](#)

- **Pop Tarts— Frosted Cinnamon** , Kellogg Sales Co, (1 package per camper)

Ingredients: Whole Wheat Flour, Sugar, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Corn Syrup, Dextrose, Soybean and Palm Oil, Bleached Wheat Flour, Polydextrose, Glycerin. Contains 2% or less of: Maltodextrin, Molasses, Calcium Carbonate, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Wheat Starch, Salt, Cinnamon, Sodium Stearoyl Lactylate, DATEM, Gelatin, Xanthan Gum, Niacinamide, Reduced Iron, Vitamin A Palmitate, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Soy Lecithin.

**CONTAINS: WHEAT AND SOY INGREDIENTS**

Kellogg Sales Co.

Battle Creek, MI 1-800-962-1413, [poptarts.com](http://poptarts.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Katz Gluten Free Snacks](#), [Gluten Free Pastry](#) from Amazon

Recipes for gluten free/vegan granola bars: [thehungrybites.com](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

Almond/Pumpkin Seed Bar		
NUTRITION FACTS		
Serving Size: 1 Bar		
Servings Per Container: 1		
Amount Per Serving		
Calories	260	Calories from Fat
		% Daily Value
Total Fat	16g	21%
	Saturated Fat 3g	15%
	Trans Fat 0mg	
Cholesterol	5mg	2%
Sodium	140mg	6%
Total Carbohydrate	21g	8%
	Dietary Fiber 1g	4%
	Sugars 16g	
Protein	14g	

Pop Tarts— Frosted Cinnamon		
NUTRITION FACTS		
Serving Size: 1 Pouch (96g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	350	
		% Daily Value
Total Fat	6g	8%
	Saturated Fat 2g	10%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrate	73g	27%
	Dietary Fiber 6g	27%
	Sugars 30g	
Protein	5g	

- **Tropical Treasures Snacks—Azar, (1 Package Per Camper)**

Ingredients: Raisins Coated with Sunflower Oil, Sweetened Banana Chips (Banana, Refined Coconut Oil, Sugar, Natural Banana Flavor), Dehydrated Papaya (Papaya, Cane Sugar, Sulfur Dioxide), Dehydrated Pineapple (Pineapple, Cane Sugar, Citric Acid, Sulfur Dioxide).

**CONTAINS:**

**This product is manufactured and packaged on shared equipment with Peanuts, Tree Nuts, Milk, Wheat, Soy, and Sesame.**

Azar Nut Company, El Paso, TX



Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://www.yummly.com/recipes/energy-bars-without-nuts>

[Allergen Free Dried Fruit—Bulk on Amazon](#)

- **Premium Granola - Fieldstone Bakery, (1 package per camper)**

Ingredients: Whole Grain Rolled Oats, Sugar, Canola Oil, Whole Grain Oat Flour, Brown Rice Syrup, Molasses, Salt, Natural Flavor, Baking Soda, Mixed Tocopherols (added to protect flavor).

**May Contain: WHEAT and SOY**



Fieldstone Bakery, McKee Foods, Collegedale, TN 37315, [fieldstonebakery.com](http://fieldstonebakery.com)

1-800-251-6346

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://www.shape.com/healthy-eating/meal-ideas/8-exciting-oatmeal-alternatives>

Recipes for gluten free/vegan granola bars: [thehungrybites.com](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

[Allergen Free Granola Bites from Amazon](#)

Tropical Treasures		
NUTRITION FACTS		
Serving Size: 1 package(28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	
		% Daily Value
Total Fat	3g	4%
	Saturated Fat 3g	15%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	21g	8%
	Dietary Fiber 1g	4%
	Sugars 12g	
Protein	1g	

Fieldstone Granola		
NUTRITION FACTS		
Serving Size: 1 packet (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	Calories from Fat
		% Daily Value
Total Fat	3g	4%
	Saturated Fat 0.5g	3%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	20g	7%
	Dietary Fiber 2g	7%
	Sugars 6g	
Protein	3g	



# Philmont Scout Ranch

## Breakfast Meal #5

- Consumed for breakfast on calendar days ending in 5: 05, 15, and 25.
- Each bag is designed for **two campers** or “buddies”

- **Whole Berry Blast Meal Bar—PROBAR**, (1 package per Camper)

Ingredients: Brown Rice Syrup, Oats, Dates, Sunflower Seeds, Cashew Butter (Cashews), Almond Butter (Almonds), Cashews, Raisins, Flax Seeds, Blueberries (Cane Sugar, Sunflower Oil), Almonds, Cane Sugar, Strawberries (Apple Juice Concentrate), Brown Rice Crisp (Brown Rice, Cane Syrup, Sea Salt), Expeller Pressed Canola Oil, Vegetable Glycerine, Oat Flour, Natural Flavor, Cane Sugar, Brown Rice Flour, Brown Rice Syrup, Unsweetened Chocolate, Molasses, Pumpkin Seeds, Cocoa Butter, Sea Salt, Citric Acid, Sunflower Oil.

**CONTAINS: ALMONDS, CASHEWS**

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



PROBAR, 800.921.2294, [theprobar.com](http://theprobar.com)

Ideas for high protein replacements that you can purchase or try making yourself if you have an allergy to this product:

[Nut Free Bars](#) that you can purchase or a [recipe](#) that you can try making yourself.

Whole Berry Blast Bar		
NUTRITION FACTS		
Serving Size: 1 Package		
Servings Per Container: 1		
Amount Per Serving		
Calories	370	Calories from Fat
		% Daily Value
Total Fat	15g	19%
	Saturated Fat 2g	10%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	25mg	1%
Total Carbohydrate	50g	18%
	Dietary Fiber 5g	18%
	Sugars 23g	
Protein	8g	13%

- **Mixed Fruit Snacks—Welch’s**, (1 package per camper)

Ingredients: Fruit Puree (Grape, Peach, Orange, Strawberry, and Raspberry), Water, Corn Syrup, Sugar, Chicory Root Extract, Modified Corn Starch, Gelatin, Concord Grape Juice from Concentrate, Citric Acid, Lactic Acid, Ascorbic Acid (Vitamin C), Natural and Artificial Flavors, Alpha Tocopherol Acetate (Vitamin E), Vitamin A Palmitate, Sodium Citrate, Coconut Oil, Carnauba Wax, Annatto (Color), Turmeric (Color), Red 40, and Blue 1.

GLUTEN FREE

Promotion in Motion Companies, Inc. Parkridge, New Jersey 07656, 1.800.340.6870, [welchsfruitsnacks.com](http://welchsfruitsnacks.com),

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[https://www.amazon/Pure-Organic-Pineapple\\_PassionFruit-Strawberry/dp/B081Y4TS23](https://www.amazon/Pure-Organic-Pineapple_PassionFruit-Strawberry/dp/B081Y4TS23)

Mixed Fruit Snacks		
NUTRITION FACTS		
Serving Size: 1 Pouch (44g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	130	
		% Daily Value
Total Fat	0g	0%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	32g	14%
	Dietary Fiber 3g	11%
	Sugars 15g	
Protein	2g	

- **Fig Newtons - Mondelez**, (1 package per camper)

Ingredients: Figs, Whole Grain Wheat Flour, Sugar, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Corn Syrup, Invert Sugar, Soybean and/or Canola Oil, Palm Oil, Salt, Baking Soda, Calcium Lactate, Malic Acid, Soy Lecithin, Sodium Benzoate (Added to Preserve Freshness), Natural and Artificial Flavor, Sulfur Dioxide (Sulfites) Added to Preserve Freshness).

**CONTAINS: WHEAT, SOY**



Mondelez Global LLC, 1-855-253-8846, [snackworks.com](http://snackworks.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Gluten Free Fig Bars on Amazon](http://Gluten Free Fig Bars on Amazon)

Fig Newtons		
NUTRITION FACTS		
Serving Size: 1 Pack		
Servings Per Container: 1		
Amount Per Serving		
Calories	200	
		% Daily Value
Total Fat	4g	5%
	Saturated Fat 1g	5%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	180mg	8%
Total Carbohydrate	41g	15%
	Dietary Fiber 2g	7%
	Sugars 24g	
Protein	2g	

- **Honey Brown Sugar Turkey Ends and Curls— Highland Beef Farms, (1 Package Per Camper)**

Ingredients: Turkey, Mechanically Separated Turkey, Brown Sugar, Blend of Sugar and Honey (Cane Sugar, Honey), Contains 2% or Less of: Salt, Hydrolyzed Corn Protein, Fructose, Lactic Acid Starter Culture, Dextrose, Sodium Erythorbate, Sodium Nitrite. In Beef Collagen Casing.

**GLUTEN FREE, NO MSG**

**CONTAINS:**

Highland Beef Farms, [highlandbeeffarms.com](http://highlandbeeffarms.com), 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

<b>Brown Sugar Turkey E&amp;C</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Package (68g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	170	Calories from Fat	60
		% Daily Value	
Total Fat	7g		11%
	Saturated Fat 2.5g		13%
	Trans Fat 0mg		
Cholesterol	50mg		17%
Sodium	830mg		35%
Total Carbohydrate	12g		4%
	Dietary Fiber 0g		%
	Sugars 12g		
Protein	15g		

- **Hydration Lemon & Lime - Skratch Labs, (1 Package Per Camper)**

Ingredients: Cane Sugar, Sodium Citrate, Dextrose, Citric Acid, Calcium Citrate, Magnesium Carbonate, Potassium Citrate, Lemon Oil, Lime Oil, Lemon Juice, Lime Juice, Ascorbic Acid.

**Non-GMO, Gluten Free, Dairy Free, Vegan**



Skratch Labs, LLC., Boulder, CO 80301, 1.800.735.8904, [skratchlabs.com](http://skratchlabs.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<b>Lemon &amp; Lime Drink Mix</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Packet (22g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	80		
		% Daily Value	
Total Fat	0g		0%
	Saturated Fat 0g		0%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	400mg		17%
Total Carbohydrate	19g		7%
	Dietary Fiber 0g		%
	Sugars 19g		
Protein	0g		

- **Granola Crispy Bites— Appleways**, (1 Package Per Camper)

Ingredients: Whole Oats, Corn Syrup, Sugar, Whole Grain Wheat Flour, Molasses, Soybean Oil, Applesauce, Apple Fiber, Apple Juice Concentrate, Soy Lecithin, Natural Flavors (Contains Milk), Baking Soda, Salt, Spices

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



**Produced in a nut-free bakery**

Darlington Snacks, 1.800.754.2202, Indianapolis, IN 46256, [darlingtonsnacks.com](http://darlingtonsnacks.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[88 Acres Allergen Free Granola Bars on Amazon](#)

Granola Bites		
NUTRITION FACTS		
Serving Size: 1 Package (68g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	Calories from Fat
		% Daily Value
Total Fat	2g	3%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carbohydrate	22g	8%
	Dietary Fiber 2g	7%
	Sugars 6g	
Protein	2g	

# Philmont Scout Ranch

## Breakfast Meal #6

- Consumed for breakfast on calendar days ending in 6: 06, 16, and 26.
- Each bag is designed for **two campers** or “buddies”

- **Jalapeno Cheddar Bison Jerky—Miesfelds**, (1 Package Per Camper)

Ingredients: Bison, Pork, Salt, Cheddar Cheese (Cheddar Cheese (Cultured Milk, Salt, Enzymes), Water, Cream, Sodium Phosphates, Salt, and Beta Carotene (Color), Powdered Cellulose (to Prevent Caking), Potassium Sorbate and/or Natamycin (Preservatives), Salt, Corn Syrup Solids, Dried Jalapenos, Spices, Dextrose, Water, Natural Flavoring, Paprika, Sodium Erythorbate, Lactic Acid Starter Culture, Sodium Nitrite, Red 3, and Collagen Casings. Sprayed with Potassium Sorbate to Improve Quality.

### CONTAINS:

Product Questions: 920.565.6328, [Miesfelds.com](https://www.miesfelds.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

Jalapeno Cheddar Bison Jerky		
NUTRITION FACTS		
Serving Size: 1 sticks (37g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	170	Calories from Fat
		% Daily Value
Total Fat	15g	19%
Saturated Fat		6g 30%
Trans Fat		0mg
Cholesterol	35mg	12%
Sodium	660mg	29%
Total Carbohydrate	2g	1%
Dietary Fiber		0g %
Sugars		1g
Protein	8g	

- **Assorted Energy Bars (Oatmeal Raisin or Chocolate Brownie)—Clif Bar**, (1 package per camper)

**Oatmeal Raisin Clif Bar Ingredients:** Organic Rolled Oats, Organic Brown Rice Syrup, Soy Rice Crisps (Soy Protein Isolate, Rice Flour, Barley Malt Extract), Organic Roasted Soybeans, Organic Tapioca Syrup, Organic Cane Syrup, Organic Raisins, Chicory Fiber, Organic Soy Flour, Walnuts, Sunflower and/or Soybean Oil, Natural Flavors, Salt, Organic Cinnamon, Mixed Tocopherols (Antioxidant). **Chocolate Brownie Clif Bar Ingredients:** Organic Rolled Oats, Organic Brown Rice Syrup, Soy Rice Crisps (Soy Protein Isolate, Rice Flour, Barley Malt Extract), Organic Roasted Soybeans, Organic Tapioca Syrup, Organic Cane Syrup, Chicory Fiber, Unsweetened Chocolate, Cocoa, Organic Soy Flour, Sunflower and/or Soybean Oil, Natural Flavors, Alkalized Cocoa, Salt, Mixed Tocopherols (Antioxidant).

**CONTAINS: WALNUTS AND SOY**

**May Contain: Peanuts, Other Tree Nuts, Milk, Sesame, and Wheat. May Contain Nutshell Fragments**

Clif Bar Consumer Care 1.800.254.3227, [www.clifbar.com/contact-us](http://www.clifbar.com/contact-us)



Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: [thehungrybites.com](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

[Allergen Free Energy Bars from Amazon](#)

Assorted Clif Bars		
NUTRITION FACTS		
Serving Size: 1 Bar (68g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	250	Calories from Fat
		% Daily Value
Total Fat	6g	7%
	Saturated Fat 1.5g	8%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	180mg	8%
Total Carbohydrate	43g	16%
	Dietary Fiber 5g	19%
	Sugars 17g	
Protein	10g	

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

Ingredients: Raisins (Grapes and Sunflower Oil).

Nut Free Facility



National Food Group, Inc.

1- 800-886-6866

Raisins		
NUTRITION FACTS		
Serving Size: 1.3 oz (38g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	110	Calories from Fat
		% Daily Value
Total Fat	g	%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	mg	%
Sodium	0mg	0%
Total Carbohydrate	29g	11%
	Dietary Fiber 1g	4%
	Sugars 22g	
Protein	1g	

- **Animal Crackers—Nabisco/Mondelez**, (1 package per camper)

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

**CONTAINS: WHEAT and SOY**

Mondelez Global LLC, 1-855-253-8846, [snackworks.com](http://snackworks.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: [thehungrybites.com](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

Animal Crackers		
NUTRITION FACTS		
Serving Size: 1 pouch (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	Calories from Fat
		% Daily Value
Total Fat	3.5g	4%
Saturated Fat	0.5g	3%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	85mg	4%
Total Carbohydrate	22g	8%
Dietary Fiber	0g	
Sugars	7g	
Protein	2g	

- **Cinnamon Granola—Rockin’ ola Granola**, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Sugar, Corn Syrup, Canola Oil, Natural Flavor, Cinnamon, Vitamin E (Mixed Tocopherols), added to protect flavor.

**100% Whole Grain, No Peanuts, No Tree-Nuts**

Tarrier Foods, Columbus, OH, [rockinola.com](http://rockinola.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Cinnamon Granola		
NUTRITION FACTS		
Serving Size: 1 ounce pouch (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	
		% Daily Value
Total Fat	2.5g	3%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	0mg	%
Total Carbohydrate	21g	8%
Dietary Fiber	2g	7%
Sugars	6g	
Protein	3g	

# Philmont Scout Ranch

## Breakfast Meal #7

- Consumed for breakfast on calendar days ending in 7: 07, 17, and 27.
- Each bag is designed for **two campers** or “buddies”

- **Chocolate Sea Salt Energy Bar—RXBAR**, (1 package per camper)

Ingredients: Dates, Egg Whites, Cashews, Almonds, Chocolate, Cocoa, Natural Flavors, Sea Salt.

**CONTAINS: EGG, ALMONDS, CASHEWS**

**Manufactured in a facility that also processes Peanuts, Tree Nuts, Eggs, Milk, Soy, and Wheat**

Distributed by Insurgent Brands Sales, Co. RXBAR, 312.624.8200, [rxbar.com](http://rxbar.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: [thehungrybites.com](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)



Chocolate RXBAR		
NUTRITION FACTS		
Serving Size: 1 Bar (52g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	210	Calories from Fat
		% Daily Value
Total Fat	9g	12%
Saturated Fat		2g 10%
Trans Fat		0mg
Cholesterol	mg	%
Sodium	260mg	11%
Total Carbohydrate	23g	8%
Dietary Fiber		5g 18%
Sugars		13g
Protein	12g	



- **Dark Chocolate Sunflower Seed Butter —88 Acres**, (1 package Per Camper)

Ingredients: Sunflower Seeds, Powdered Sugar (Cane Sugar, Tapioca Starch), Expeller Pressed Sunflower Oil, Cocoa Powder, Cocoa Butter, Sea Salt.

**CONTAINS:**

**Nut Free, Vegan, Gluten-Free, No Palm Oil**



88 Acres, Boston, MA, [88acres.com](http://88acres.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

This item is allergen free

- **Belvita Blueberry Breakfast Biscuit—Mondelez**, (1 Package Per Camper)

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

**CONTAINS: WHEAT, SOY**



Mondelez Global LLC, 1-800-622-4726, [snackworks.com](http://snackworks.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: [thehungrybites.com](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

**Chocolate Sunflower Seed Butter**

**NUTRITION FACTS**

Serving Size: 1 package (33g)

Servings Per Container: 1

Amount Per Serving

		% Daily Value
Calories	190	
Total Fat	15g	19%
Saturated Fat	2.5g	13%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	11g	4%
Dietary Fiber	3g	11%
Sugars	5g	
Protein	5g	

**Blueberry Biscuit**

**NUTRITION FACTS**

Serving Size: 1 pack (4 biscuits)

Servings Per Container: 1

Amount Per Serving

		% Daily Value
Calories	230	
Total Fat	8g	10%
Saturated Fat	0.5g	3%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	200mg	9%
Total Carbohydrate	36g	13%
Dietary Fiber	2g	7%
Sugars	12g	
Protein	3g	

- **Chocolate Granola—Rockin’ ola Granola, (1 Package Per Camper)**

Ingredients: Whole Grain Rolled Oats, Sugar, Corn Syrup, Canola Oil, Cocoa (Processed with Alkali), Natural Flavor, Baking Soda, Vitamin E (Mixed Tocopherols) added to protect flavor.

**CONTAINS:**

100% whole grain, Peanut/Tree Nut Free

Tarrier Foods, Columbus, OH, [rockinola.com](http://rockinola.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Chocolate Granola		
NUTRITION FACTS		
Serving Size: 1 package(28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	
		% Daily Value
Total Fat	2.5g	3%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	45mg	2%
Total Carbohydrate	22g	8%
	Dietary Fiber 2g	7%
	Sugars 6g	
Protein	3g	

- **BBQ Flavored Beef Sausage Bites —Highland Beef Farms, (1 Shared Between 2 Campers)**

Ingredients: Beef, Brown Sugar, Salt, Contains 2% or less of: Water, Sugar, Spices, Dextrose, Molasses Powder (Cane Sugar, Cane Molasses, Cane Caramel), Lactic Acid Starter Culture, Onion Powder, Garlic Powder, Natural Mesquite Smoke Flavor, Paprika, Sodium Erythorbate, Sodium Nitrite.

**CONTAINS:**

**Gluten Free**

Highlandbeeffarms.com, Highland Beef Farms PO BOX 2414 Reston, VA 20195

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

**BBQ Beef Sausage Bites**

**NUTRITION FACTS**

Serving Size: 6 Bites (30g)

Servings Per Container: 4

Amount Per Serving		
		% Daily Value
Calories	130	Calories from Fat 90
Total Fat	10g	15%
	Saturated Fat 4.5g	23%
	Trans Fat 0mg	
Cholesterol	25mg	8%
Sodium	380mg	16%
Total Carbohydrate	3g	1%
	Dietary Fiber 0g	0%
	Sugars 2g	
Protein	6g	

- **Cran-Raspberry Drink Mix—Aclimate, (1 package per camper)**

Ingredients: Organic Cane Sugar, Citric Acid, Natural Flavors, Silicon Dioxide (anti-caking), Vegetable Juice Color, Stevia Leaf Extract, Monk Fruit Extract.

**CONTAINS:**

Acli-Mate.com, 1-866-641-5361

Ideas for replacements that you can purchase:

[A more natural electrolyte replacement drink mix—Pedialyte](#)

**Cran-Raspberry Drink Mix**

**NUTRITION FACTS**

Serving Size: 1 packet (10.3g)

Servings Per Container: 1

Amount Per Serving		
		% Daily Value
Calories	30	Calories from Fat 0
Total Fat	0g	0%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	105mg	4%
Total Carbohydrate	6g	2%
	Dietary Fiber 0g	0%
	Sugars 6g	
Protein	0g	

# Philmont Scout Ranch

## Breakfast Meal #8

- Consumed for breakfast on calendar days ending in 8: 08, 18, and 28.
- Each bag is designed for **two campers** or “buddies”

- **Turkey Ends and Curls—Highland Beef Farms**, (1 package Per Camper)

Ingredients: Turkey, Mechanically Separated Turkey, Contains 2% or Less of: Salt, Corn Syrup Solids, Spices, Dextrose, Lactic Acid Starter Culture, Carrageenan, Sodium Erythorbate, Garlic Powder, Sodium Nitrite. In Beef Collagen Casing.

Gluten Free, No MSG

Highland Beef Farms, [highlandbeeffarms.com](http://highlandbeeffarms.com), 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

Turkey Ends and Curls		
NUTRITION FACTS		
Serving Size: 1 pkg (60g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	160	Calories from Fat 90
		% Daily Value
Total Fat	10g	15%
Saturated Fat		3g 15%
Trans Fat		0mg
Cholesterol	55mg	18%
Sodium	640mg	27%
Total Carbohydrate	3g	1%
Dietary Fiber		0g %
Sugars		1g
Protein	14g	

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

Ingredients: Organic Wheat Flour, Organic Brown Rice Syrup, Organic Palm Oil, Organic Sugar, Organic Soy Flour, Organic Eggs, Sea Salt, Organic Honey, Natural Flavor, Organic Vanilla Extract, Soy Lecithin, Baking Soda, Organic Rice Extract.

**CONTAINS: WHEAT, SOY, and EGG.**

**May contain Milk**



En R G Foods, LLC, 1-866-464-6639, [honeystinger.com](http://honeystinger.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: [thehungrybites.com](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

Vanilla Waffle		
NUTRITION FACTS		
Serving Size: 1 package (30g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	150	Fat Calories
<hr/>		
		% Daily Value
Total Fat	7g	9%
<hr/>		
	Saturated Fat 3g	15%
<hr/>		
	Trans Fat 0mg	
<hr/>		
Cholesterol	0mg	%
<hr/>		
Sodium	55mg	2%
<hr/>		
Total Carbohydrate	19g	7%
<hr/>		
	Dietary Fiber 1g	4%
<hr/>		
	Sugars 10g	
<hr/>		
Protein	1g	

- **Peanut and Sunflower Seed Bar—Honey Stinger**, (1 package per camper)

Ingredients: Peanuts, Organic Honey, Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Sunflower Seeds (Sunflower Kernels, Sunflower Oil), Caramel Layer (Cane Sugar, Tapioca Syrup, Organic Honey, Sustainable Palm Oil, Reduced Lactose Whey (Milk), Salt, Sunflower Lecithin), Almonds, Salt, Sustainable Palm Oil, Coconut Oil, Fruit and Mushroom Blend (Orange, Banana, Papaya, Shiitake Mushroom), Antioxidant (Sunflower Oil, Rosemary Extract, Mixed Tocopherols), Pumpkin Seeds.

**CONTAINS: PEANUTS, TREE NUTS (ALMONDS) & MILK**

**NON-GMO, GLUTEN FREE**



**Manufactured in a facility that processes Eggs and Wheat**

EN-R-G Foods, LLC. Steamboat Springs, CO 80477, 1.866.464.6639, [honeystinger.com](http://honeystinger.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Nut free bars from amazon](#) [Recipe for shelf stable nut-free energy bar](#)

Peanut/Sunflower Seed Bar		
NUTRITION FACTS		
Serving Size: 1 Bar(56g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	260	
<hr/>		
		% Daily Value
Total Fat	15g	19%
<hr/>		
	Saturated Fat 3g	15%
<hr/>		
	Trans Fat 0mg	
<hr/>		
Cholesterol	5mg	2%
<hr/>		
Sodium	125mg	5%
<hr/>		
Total Carbohydrate	21g	8%
<hr/>		
	Dietary Fiber 2g	7%
<hr/>		
	Sugars 16g	
<hr/>		
Protein	14g	

- **Mixzees Dried Fruit, ZeeZees.**, (1 package per camper)

Ingredients: Dark Raisins, Pineapple (Pineapple, Sugar, Citric Acid, Sodium Metabisulfite), Golden Raisins (Raisins, Sunflower Oil, Sulfur Dioxide), Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Dried Apples

**Nut Free Facility**

**May contain seeds and/or seed fragments.**



Distributed by National Food Group, Inc. Novi, MI 48377

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

- **Blueberry Lemon Nutrition Bar, ZeeZees**, (1 package per camper)

Ingredients: Whole Grain Oat Blend (Oats, Whole Oat Flour), Sugar, Corn Syrup, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Palm Oil, Icing (Sugar, Palm Kernel Oil, Soy Lecithin, Corn Starch), Crisp Rice (Brown Rice Flour), Raisin Paste, Blueberry Flavored Bits (Sugar, Vegetable Oil (Palm, Palm Kernel), Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Natural Flavor, Malic Acid, Fruit and Vegetable Juice for Color, Soy Lecithin, Sodium Citrate), Natural Flavors, Salt, Baking Soda, Citric Acid, Soy Lecithin.

**CONTAINS: WHEAT AND SOY INGREDIENTS**

Nut Free Facility

National Food Group, Inc.



1- 800-886-6866

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: [thehungrybites.com](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

[Allergen Free Energy Bars from Amazon](#)

Mixed Dried Fruit		
NUTRITION FACTS		
Serving Size: 1 pouch (38g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	Calories from Fat
		% Daily Value
Total Fat		%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	25mg	1%
Total Carbohydrate	31g	11%
	Dietary Fiber 2g	4%
	Sugars 24g	
Protein	1g	

Blueberry Lemon Bar		
NUTRITION FACTS		
Serving Size: 1 package (62g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	260	Calories from Fat
		% Daily Value
Total Fat	8g	10%
	Saturated Fat 2.5g	13%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carbohydrate	41g	15%
	Dietary Fiber 3g	11%
	Sugars 14g	
Protein	4g	

# Philmont Scout Ranch

## Breakfast Meal #9

- Consumed for breakfast on calendar days ending in 9: 09, 19, and 29.
- Each bag is designed for **two campers** or “buddies”
- Don’t forget the add-ons of dried fruit, bagels, or drink mixes.

- **Pepperoni Sausage Bites—Highland Beef Farms**, (1 Package Shared Between 2 Campers)

Ingredients: Pork, Pepperoni (Pork, Beef, Salt, Spices, Dextrose, Lactic Acid Starter Culture, Oleoresin of Paprika, Natural Smoke Flavor, Flavoring, Sodium Erythorbate, Sodium Nitrite, BHA, BHT, Citric Acid), Beef, Salt, Contains 2% or Less of: Corn Syrup Solids, Spices, Dextrose, Lactic Acid Starter Culture, Oleoresin of Paprika, Natural Flavorings, Sodium Erythorbate, Garlic Powder, Sodium Nitrite, BHA, BHT, Citric Acid.

**GLUTEN FREE**

Highland Beef Farms, [highlandbeeffarms.com](http://highlandbeeffarms.com), 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

Pepperoni Sausage Bites		
NUTRITION FACTS		
Serving Size: 6 pieces (30g)		
Servings Per Container: 4		
Amount Per Serving		
Calories	120	Calories from Fat 90
		% Daily Value
Total Fat	10g	15%
	Saturated Fat 3.5g	18%
	Trans Fat 0mg	
Cholesterol	25mg	8%
Sodium	460mg	19%
Total Carbohydrate	1g	%
	Dietary Fiber 0g	0%
	Sugars 1g	
Protein	6g	

- **Pop Tarts—Frosted Strawberry, Kellogg Co.,** (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, Bleached Wheat Flour, Polydextrose, Glycerin. Contains 2% or less of: Fructose, Wheat Starch, Calcium Carbonate, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Vegetable Juice for Color, Dried Pears, Dried Apples, Salt, Dried Strawberries, Sodium Stearoyl Lactylate, Citric Acid, DATEM, Gelatin, Cornstarch, Modified Wheat Starch, Xanthan Gum, Brown Rice Syrup, Paprika Extract Color, Soy Lecithin, Niacinamide, Reduced Iron, Vitamin A Palmitate, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1, (Thiamin Hydrochloride).

**CONTAINS: WHEAT AND SOY INGREDIENTS**

Kellogg NA Co., 1-800-962-1413, [kelloggs.com](http://kelloggs.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: [thehungrybites.com](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

[Allergen Free Granola Bars on Amazon](#)

- **Trail Mix Chewy Granola Bar - Kashi,** (1 Package Per Camper)

Ingredients: Whole Grain Oats, Brown Rice Syrup, Almonds, Dried Frown Rice Syrup, Cane Sugar, Crisp Brown Rice, Raisins (Raisins, Vegetable Glycerin), Cranberries (Cranberries, Cane Sugar, Vegetable Glycerin), Sunflower Seeds, Oat Fiber, Expeller Pressed Vegetable Oil (Sunflower and/or Canola), Vegetable Glycerin, Sea Salt, Natural Flavors, Rosemary Extract for freshness, Peanut Flour.

**CONTAINS: ALMOND AND PEANUT INGREDIENTS**

**May Contain: Other Tree Nuts, Soy, and Milk**



Distributed by Kashi Sales, LLC., [www.kashi.com](http://www.kashi.com), 877.747.2467

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Recipes for gluten free/vegan granola bars: [thehungrybites.com](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

Pop Tarts-Frosted Strawberry		
NUTRITION FACTS		
Serving Size: 1 Pouch (96g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	340	
		% Daily Value
Total Fat	5g	6%
	Saturated Fat 1.5g	8%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	230mg	10%
Total Carbohydrate	73g	27%
	Dietary Fiber 6g	20%
	Sugars 29g	
Protein	4g	

Trail Mix Bar		
NUTRITION FACTS		
Serving Size: 1 bar (35g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	130	Calories from Fat
		% Daily Value
Total Fat	4.5g	6%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	105mg	5%
Total Carbohydrate	24g	9%
	Dietary Fiber 3g	11%
	Sugars 7g	
Protein	3g	



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

Ingredients: Whole Grain Rolled Oats, Sugar, Salt, Calcium Carbonate, Guar Gum, Molasses, Natural Flavor, Caramel Color, Maple Syrup, Niacinamide (Vitamin B3), Vitamin A Palmitate, Reduced Iron, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Folic acid.



Post Consumer Brands, LLC Lakeville, MN

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Grain Free Breakfast Cereal](#)

Oatmeal – Maple & Brown Sugar		
NUTRITION FACTS		
Serving Size: 1 Pouch (43g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	160	
		% Daily Value
Total Fat	2g	2%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrate	33g	12%
Dietary Fiber	3g	10%
Sugars	14g	
Protein	4g	

- **Banana Chips—Power Snacks**, (1 package per camper)

Ingredients: Sweetened Banana Chips (Banana, Refined Coconut Oil, Sugar, Natural Banana Flavor).



**CONTAINS:**

**This product is manufactured and packaged on shared equipment with peanuts, tree nuts, milk, wheat, soy, and egg.**

Distributed by Azar Nut Co. El Paso, TX 79912

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Nut Free Dried Fruits](#)

Banana Chips		
NUTRITION FACTS		
Serving Size: 1 package (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	140	Calories from Fat
		% Daily Value
Total Fat	8g	10%
Saturated Fat	7g	35%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	19g	7%
Dietary Fiber	1g	4%
Sugars	9g	
Protein	0g	

- **Super C Drink Mix —The Jel Sert Company,** (1 Package per Camper—Meal bags contain an assortment of the flavors)

Ingredients: **Orange:** Ascorbic Acid (Vit C), Citric Acid, Potassium Citrate, Maltodextrin, Natural Flavor, Tricalcium Phosphate, Magnesium Oxide, Contains 2% or Less of: Zinc Sulfate, Niacinamide (Vit B3), Manganese Gluconate, D-Calcium Pantothenate (Vit B5), D-Alpha Tocopheryl Acetate (Vit E), Pyridoxine Hydrochloride (Vit B6), Thiamin Hydrochloride (Vit B1), Riboflavin (Vit B2), Sodium Selenate, Chromium Chloride, Cyanocobalamin (Vit B12), Beta-Carotene, Sucralose, Acesulfame Potassium, Vegetable Juice (for Color). **Pink Lemonade:** Citric Acid, Ascorbic Acid (Vit C), Potassium Citrate, Maltodextrin, Natural Flavors, Tricalcium Phosphate, Sucralose, Magnesium Oxide, Contains 2% or less of: Zinc Sulfate, Niacinamide (Vit B3), Manganese Gluconate, D-Calcium Pantothenate (Vit B5), D-Alpha Tocopheryl Acetate (Vit E), Pyridoxine Hydrochloride (Vit B6), Thiamin Hydrochloride (Vit B1), Riboflavin (Vit B2), Sodium Selenate, Chromium Chloride, Cyanocobalamin (Vit B12), Acesulfame Potassium, Colored with Fruit and Vegetable Juice Powder. **Raspberry:** Citric Acid, Ascorbic Acid (Vit C), Colored with Fruit and Vegetable Juice Powder, Natural Flavors, Potassium Citrate, Maltodextrin, Tricalcium Phosphate, Contains 2% or less of: Sucralose, Magnesium Oxide, Zinc Sulfate, Niacinamide (Vit B3), Manganese Gluconate, D-Calcium Pantothenate (Vit B5), D-Alpha Tocopheryl Acetate (Vit E), Pyridoxine Hydrochloride (Vit B6), Thiamin Hydrochloride (Vit B1), Riboflavin (Vit B2), Sodium Selenate, Chromium Chloride, Cyanocobalamin (Vit B12), Acesulfame Potassium.

**CONTAINS:**

The Jel Sert Company, West Chicago, IL 60186, <https://jelsert.com/collections/super-c>



Ideas for replacements that you can purchase:

[A more natural electrolyte replacement drink mix—Pedialyte](#)

Super C Drink Mix		
NUTRITION FACTS		
Serving Size: 1 Packet		
Servings Per Container: 1		
Amount Per Serving		
Calories	5	Calories from Fat
		% Daily Value
Total Fat	0g	0%
Saturated Fat		0g 0%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	1g	1%
Dietary Fiber		0g 0%
Sugars		0g
Protein	0g	

# Philmont Scout Ranch

## Breakfast Meal #10

- Consumed for breakfast on calendar days ending in 0: 10, 20, and 30.
- Each bag is designed for two campers or “buddies”

- **Scrambled Egg Entrée—Mountain House, Oregon FreezeDry** (1 Package Shared Between 2 Campers)

\*\*\*One of Three Different Entrees will be in the Meal Bag\*\*\*

**Scrambled Eggs with Ham and Peppers Ingredients:** Precooked Egg Mix: Whole Egg (Stabilized, Glucose Removed), NonFat Milk, Egg Yolk (Stabilized, Glucose Removed), Tapioca Starch, Sunflower Oil, Less than 2% of: Salt, Smoke Flavor (Sunflower Oil, Smoke Flavor), Yeast Extract, Xanthan Gum. Uncured Cooked Ham: (No Nitrates or Nitrites Added Except Those Naturally Found in Vegetable Juice Powder), Ham, Salt, Raw Sugar, Celery Juice Powder. Bell Peppers

**CONTAINS: MILK, EGGS**

Mountain House—Oregon FreezeDry, Albany OR, 877.366.3877, [mountainhouse.com](http://mountainhouse.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[AlpineAire Meals](#)

Scrambled Egg with Ham		
NUTRITION FACTS		
Serving Size: 1 Package		
Servings Per Container: 1		
Amount Per Serving		
Calories	240	Calories from Fat
		% Daily Value
Total Fat	14g	18%
	Saturated Fat 4g	20%
	Trans Fat 0mg	
Cholesterol	395mg	132%
Sodium	680mg	30%
Total Carbohydrate	11g	4%
	Dietary Fiber 1g	4%
	Sugars 7g	
Protein	17g	

\*\*\*One of Three Different Entrees will be in the Meal\*\*\*

**Scrambled Eggs with Uncured Bacon Ingredients:** Precooked Egg Mix: Whole Egg (Stabilized, Glucose Removed), NonFat Milk, Egg Yolk (Stabilized, Glucose Removed), Tapioca Starch, Sunflower Oil, Less than 2% of: Salt, Smoke Flavor (Sunflower Oil, Smoke Flavor), Yeast Extract, Xanthan Gum. Uncured Cooked Ham: (No Nitrates or Nitrites Added Except Those Naturally Found in Vegetable Juice Powder), Ham, Salt, Raw Sugar, Celery Juice Powder. Bell Peppers

**CONTAINS: MILK, EGGS**

Mountain House—Oregon FreezeDry, Albany OR, 877.366.3877, [mountainhouse.com](http://mountainhouse.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[AlpineAire Meals](#)

\*\*\*One of Three Different Entrees will be in the Meal\*\*\*

**Breakfast Skillet Ingredients:** Precooked Egg Mix (Whole Egg (Stabilized, Glucose Removed), Nonfat Milk, Egg Yolk (Stabilized, Glucose Removed), Tapioca Starch, Sunflower Oil, Salt, Smoke Flavor (Sunflower Oil, Smoke Flavor), Yeast Extract, Xanthan Gum), Potatoes (Potato, Sodium Acid Pyrophosphate), Pork Sausage Crumble (Pork, Sea Salt, Cane Sugar, Spices, Rosemary Extract, Chili Pepper), Onion, Natural Fried Flavor (Maltodextrin, Yeast Extract, Sea Salt, Natural Flavor (Contains Canola Oil)), Bell Pepper, Less than 2% of: Garlic Powder, White Pepper.

**CONTAINS: MILK, EGGS**

Mountain House—Oregon FreezeDry, Albany OR, 877.366.3877, [mountainhouse.com](http://mountainhouse.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[AlpineAire Meals](#)

Scrambled Eggs with Bacon		
NUTRITION FACTS		
Serving Size: 1 Package		
Servings Per Container: 1		
Amount Per Serving		
Calories	360	
		% Daily Value
Total Fat	24g	31%
	Saturated Fat 7g	35%
	Trans Fat 0mg	
Cholesterol	725mg	242%
Sodium	760mg	33%
Total Carbohydrate	12g	4%
	Dietary Fiber 3g	11%
	Sugars 6g	
Protein	22g	

Breakfast Skillet		
NUTRITION FACTS		
Serving Size: 1 Package		
Servings Per Container: 1		
Amount Per Serving		
Calories	510	
		% Daily Value
Total Fat	24g	31%
	Saturated Fat 7g	35%
	Trans Fat 0mg	
Cholesterol	525mg	175%
Sodium	1580mg	69%
Total Carbohydrate	46g	17%
	Dietary Fiber 4g	14%
	Sugars 8g	
Protein	28g	

- **Premium Granola - Fieldstone Bakery**, (1 package per camper)

Ingredients: Whole Grain Rolled Oats, Sugar, Canola Oil, Whole Grain Oat Flour, Brown Rice Syrup, Molasses, Salt, Natural Flavor, Baking Soda, Mixed Tocopherols (added to protect flavor).

**May Contain: WHEAT and SOY**



Fieldstone Bakery, McKee Foods, Collegedale, TN 37315, [fieldstonebakery.com](http://fieldstonebakery.com)

1-800-251-6346

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://www.shape.com/healthy-eating/meal-ideas/8-exciting-oatmeal-alternatives>

Recipes for gluten free/vegan granola bars: [thehungrybites.com](http://thehungrybites.com), [glutenfreeonashoestring.com](http://glutenfreeonashoestring.com)

[Allergen Free Granola Bites from Amazon](#)

Fieldstone Granola		
NUTRITION FACTS		
Serving Size: 1 packet (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	Calories from Fat
		% Daily Value
Total Fat	3g	4%
	Saturated Fat 0.5g	3%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	20g	7%
	Dietary Fiber 2g	7%
	Sugars 6g	
Protein	3g	

- **Mixed Fruit Snacks, Welch's**, (1 package per camper)

Ingredients: Fruit Puree (Grape, Peach, Orange, Strawberry, and Raspberry), Water, Corn Syrup, Sugar, Chicory Root Extract, Modified Corn Starch, Gelatin, Concord Grape Juice from Concentrate, Citric Acid, Lactic Acid, Ascorbic Acid (Vitamin C), Natural and Artificial Flavors, Alpha Tocopherol Acetate (Vitamin E), Vitamin A Palmitate, Sodium Citrate, Coconut Oil, Carnauba Wax, Annatto (Color), Turmeric (Color), Red 40, and Blue 1.

GLUTEN FREE

Promotion in Motion Companies, Inc. Parkridge, New Jersey 07656, 1.800.340.6870, [welchsfruitsnacks.com](http://welchsfruitsnacks.com),

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[https://www.amazon/Pure-Organic-Pineapple\\_PassionFruit-Strawberry/dp/B081Y4TS23](https://www.amazon/Pure-Organic-Pineapple_PassionFruit-Strawberry/dp/B081Y4TS23)

Mixed Fruit Snacks		
NUTRITION FACTS		
Serving Size: 1 Pouch (44g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	130	
		% Daily Value
Total Fat	0g	0%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	32g	14%
	Dietary Fiber 3g	11%
	Sugars 15g	
Protein	2g	

- **Blueberry Oat Snack Bar—ProBar**, (1 package per camper)

Ingredients: Oats, Tapioca Syrup, Sunflower Butter (Sunflower Seeds, Sunflower Oil), Sunflower Seeds, Blueberries (Cane Sugar, Sunflower Oil), Flax Seeds, Cane Sugar, Brown Rice Crisp (Brown Rice, Cane Syrup, Sea Salt), Expeller Pressed Canola Oil, Vegetable Glycerine, Natural Flavor, Brown Rice Syrup, Brown Rice Flour, Oat Flour, Molasses, Sea Salt.

**Gluten Free, Nut Free, Dairy Free, NON-GMO**

PROBAR, 800.921.2294, [theprobar.com](http://theprobar.com)

Ideas for high protein replacements that you can purchase or try making yourself if you have an allergy to this product:

[Nut Free Bars](#) that you can purchase or a [recipe](#) that you can try making yourself.

Blueberry Oat Bar		
NUTRITION FACTS		
Serving Size: 1 bar (45g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	190	
		% Daily Value
Total Fat	8g	10%
	Saturated Fat 1g	5%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	27g	10%
	Dietary Fiber 3g	11%
	Sugars 10g	
Protein	5g	

# Philmont Scout Ranch

## Lunch Trail Food Menu

<p><a href="#">Lunch #1</a></p> <p>Saltines Crackers</p> <p>Chunk Chicken</p> <p>Cheddar Goldfish</p> <p>Sea Salt Caramel Energy Bar</p> <p>Salted Peanuts</p> <p>Orange Drink Mix</p>	<p><a href="#">Lunch #5</a></p> <p>Chicken In A Biskit Crackers</p> <p>Sweet &amp; Spicy Tuna</p> <p>Raspberry and Lemon Energy Bar</p> <p>Cheezits</p> <p>Sea Salt and Vinegar Peanuts</p> <p>Fruit Punch Drink Mix</p>	<p><a href="#">Lunch #9</a></p> <p>Fire Roasted Tomato Triscuit Crackers</p> <p>Lemon Pepper Tuna</p> <p>Pink Lemonade Energy Chews</p> <p>Marshmallow Squares</p> <p>Spicy Picante Peanuts</p> <p>Strawberry Banana Drink Mix</p>
<p><a href="#">Lunch #2</a></p> <p>Graham Crackers</p> <p>Peanut Butter</p> <p>Orange Energy Chews</p> <p>Sweet BBQ Snack Stick</p> <p>Salted Sunflower Seeds</p> <p>Lemon Lime Drink Mix</p>	<p><a href="#">Lunch #6</a></p> <p>Sea Salt Pita Chips</p> <p>Smoked Gouda Cheese Cup</p> <p>Strawberry Energy Chews</p> <p>Pepperoni Sticks</p> <p>Salted Peanuts</p> <p>Orange Drink Mix</p>	<p><a href="#">Lunch #10</a></p> <p>Club Crackers</p> <p>Pepperjack Cheese Wedges</p> <p>Beef Salami Slices</p> <p>Raspberry or Orange Energy Shots</p> <p>Salt and Vinegar Flavored Corn</p> <p>Fruit Punch Drink Mix</p>
<p><a href="#">Lunch #3</a></p> <p>Original Triscuit Crackers</p> <p>Original Cheese Wedges</p> <p>Caramel Almond &amp; Sea Salt Bar</p> <p>Spam</p> <p>Chili Lime Peanuts</p> <p>Strawberry Banana Drink Mix</p>	<p><a href="#">Lunch #7</a></p> <p>Wheat Thins Crackers</p> <p>Chicken Salad</p> <p>Chocolate Cherry Cashew Energy Bar</p> <p>Cheddar Goldfish</p> <p>Honey Roasted Sunflower Seeds</p> <p>Lemon Lime Drink Mix</p>	
<p><a href="#">Lunch #4</a></p> <p>Good Thins Crackers</p> <p>Chili Con Queso Cheese Cup</p> <p>Peanut Butter Chocolate Snack Bar</p> <p>Sea Salt Flavored Corn</p> <p>Brown Sugar Jerky Stick</p> <p>Blue Raz Ice Drink Mix</p>	<p><a href="#">Lunch #8</a></p> <p>Ritz Crackers</p> <p>Jalapeno Cheese Sauce</p> <p>Chocolate Coconut Energy Bar</p> <p>Beef Sausage Mini Bites</p> <p>Hot and Spicy Corn</p> <p>Grape Drink Mix</p>	

Philmont Scout Ranch

Lunch Meal #1

- Consumed for lunch on calendar days ending in 1: 01, 11, and 21.
- Each bag is designed for **two campers** or “buddies”

- **Chicken Breast– Starkist**, (1 pouch per camper)

Ingredients: Chicken (White Chicken Meat, Water, Modified Food Starch (Corn), Salt, Sodium Phosphate).

**Soy Free, Gluten Free**

Starkist, [www.starkist.com](http://www.starkist.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[shelf stable hummus packs on Amazon](#)

CHICKEN BREAST—2.6OZ POUCH		
NUTRITION FACTS		
Serving Size: 1 Pouch (74g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	80	
		% Daily Value
Total Fat	2g	3%
	Saturated Fat 0.5g	3%
	Trans Fat 0mg	
Cholesterol	60mg	20%
Sodium	270mg	12%
Total Carbohydrate	1g	1%
	Dietary Fiber g	%
	Sugars g	
Protein	13g	



- **Salted Peanuts—Planters**, (1 Package Per Camper)

Ingredients: Peanuts, Peanut Oil, Sea Salt



**CONTAINS: PEANUT**

**May Contain Tree Nuts**

Hormel Foods Sales, LLC, 1.855.663.5387, [hormelfoodservice.com](http://hormelfoodservice.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Protein Bites](#)

[No Nuts Bars from Amazon](#)

Salted Peanuts		
NUTRITION FACTS		
Serving Size: 1 oz (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	170	Calories from Fat
<hr/>		
		% Daily Value
Total Fat	14g	19%
Saturated Fat		2g 9%
Trans Fat		mg
<hr/>		
Cholesterol	0mg	0%
Sodium	95mg	4%
Total Carbohydrate	5g	2%
Dietary Fiber		2g 9%
Sugars		1g
<hr/>		
Protein	7g	

- **Frosted Sea Salt Caramel Bar— ProBar**, (1 Package Per Camper)

Ingredients: Tapioca Syrup, Brown Rice Flour, Soluble Tapioca Fiber, Cashew Butter (Cashews), Cane Sugar, Rolled Oats, Palm Kernel Oil, Cashews, Sesame Seeds, Brown Rice Protein, Coconut, Natural Flavors, Vegetable Glycerine, Sea Salt, Sunflower Lecithin.

**CONTAINS: CASHEW, SESAME, COCONUT.**

**Gluten Free**



ProBar LLC, 800.921.2294, [theprobar.com](http://theprobar.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://www.yummly.com/recipes/energy-bars-without-nuts>

[No Nuts Bars from Amazon](#)

Sea Salt Caramel Bar		
NUTRITION FACTS		
Serving Size: 1 bar (37g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	150	Calories from Fat
<hr/>		
		% Daily Value
Total Fat	6g	8%
Saturated Fat		2.5g 12%
Trans Fat		0mg
<hr/>		
Cholesterol	0mg	0%
Sodium	130mg	6%
Total Carbohydrate	23g	8%
Dietary Fiber		0g 0%
Sugars		5g
<hr/>		
Protein	4g	

- **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: Phenylalanine**



Jel Sert CO, Chicago IL. 1-866-851-7402, <https://drinkallsport.com>

Ideas for replacements that you can purchase:

[A more natural electrolyte replacement drink mix—Pedialyte](#)

- **Saltine Crackers—Crav'n,** (1 package shared between 6 campers or 3 meal bags)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil with TBHQ and Citric Acid for Freshness, Salt, Contains 2% or Less of: Leavening (Baking Soda, Yeast), Malted Barley Flour, Sodium Sulfite, Enzymes.

**CONTAINS: WHEAT**



Distributed by Topco Associates LLC, 1.888.423.0139 or [cravnflavor.com](http://cravnflavor.com)

Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

[Good Thins Rice Crackers from Mondelez](#)

Orange All Sport			
NUTRITION FACTS			
Serving Size: 1 packet			
Servings Per Container: 1			
Amount Per Serving			
Calories	5	Calories from Fat	0
		% Daily Value	
Total Fat	0g		0%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	140mg		6%
Total Carbohydrate	2g		1%
	Dietary Fiber	0g	0%
	Sugars	0g	
Protein	0g		

Saltines Crackers			
NUTRITION FACTS			
Serving Size: 5 Crackers (16g)			
Servings Per Container: 24			
Amount Per Serving			
Calories	70		
		% Daily Value	
Total Fat	1.5g		2%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	135mg		6%
Total Carbohydrate	12g		4%
	Dietary Fiber	0g	0%
	Sugars	0g	
Protein	1g		

- **Cheddar Goldfish Baked Snack Crackers—Pepperidge Farm**, (1 package per camper)

Ingredients: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese ((Cultured Milk, Salt, Enzymes), Annatto), Vegetable Oils (Canola, Sunflower and/or Soybean), Salt, Contains 2% or Less of: Yeast, Sugar, Autolyzed Yeast Extract, Paprika, Spices, Celery, Onion Powder, Monocalcium Phosphate, Baking Soda.

**CONTAINS: WHEAT AND MILK**

Pepperidge Farm, Inc.

1-888-737-7374, [pepperidgefarm.com](http://pepperidgefarm.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://www.bestproducts.com/eats/food/g891/tasty-gluten-free-crackers/> [Gluten Free Pretzels](#)

Cheddar Goldfish		
NUTRITION FACTS		
Serving Size: 1 package (21g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	100	Calories from Fat
		% Daily Value
Total Fat	3.5g	4%
	Saturated Fat 0.5g	3%
	Trans Fat 0mg	
Cholesterol	5mg	2%
Sodium	180mg	8%
Total Carbohydrate	14g	5%
	Dietary Fiber <1g	4%
	Sugars 0g	
Protein	2g	

Philmont Scout Ranch

Lunch Meal #2

- Consumed for lunch on calendar days ending in 2: 02, 12, and 22.
- Each bag is designed for two campers or “buddies”

- **Roasted Sunflower Kernels—ZeeZee’s**, (1 Package Per Camper)

Ingredients: Sunflower Kernels, Sunflower Oil, Salt.

Nut Free Facility

Gluten Free

Vegan, NON-GMO



National Food Group, Inc.

1- 800-886-6866

**Roasted Sunflower Seeds**

**NUTRITION FACTS**

Serving Size: 1.2 oz

Servings Per Container: 1

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Amount Per Serving

	Amount	% Daily Value
Calories	200	
Calories from Fat		
<b>Total Fat</b>	17g	22%
Saturated Fat	2g	10%
Trans Fat	0mg	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	130mg	6%
<b>Total Carbohydrate</b>	8g	3%
Dietary Fiber	4g	14%
Sugars	1g	
<b>Protein</b>	7g	

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

Ingredients: Organic Tapioca Syrup, Organic Sugar, Organic Honey, Organic Grape Juice Concentrate, Pectin, Citric Acid, Organic Color (Organic Annatto), Organic Flavor, Ascorbic Acid, Potassium Citrate, Organic Sunflower Oil, Organic Carnauba Wax.

**Contains 95% Organic Ingredients.**

**Certified Gluten Free**

En-R-G Foods, LLC. [Honeystinger.com](http://Honeystinger.com), 1-866-464-6639

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://www.amazon.com/pure-organic-pineapple-passionfruit-strawberry/dp/B081Y4TS23>

### Orange Blossom Chews

#### NUTRITION FACTS

Serving Size: 1 package (60g)

Servings Per Container: 1

Amount Per Serving		
Calories	160	Calories from Fat
		% Daily Value
Total Fat	0g	%
Saturated Fat		0g %
Trans Fat		0mg
Cholesterol	0mg	%
Sodium	65mg	3%
Total Carbohydrate	39g	14%
Dietary Fiber		1g 4%
Sugars		27g
Protein	0g	

- **Peanut Butter —Skippy**, (1.5 package per camper)

Ingredients: Roasted Peanuts, Sugar, Hydrogenated Vegetable Oil (Cottonseed, Soybean and Rapeseed Oil), to Prevent Separation, Salt.

**CONTAINS: Peanuts**

**Gluten Free**

Hormel Food Sales, LLC, Austin MN 55912, [peanutbutter.com](http://peanutbutter.com)



Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Nut Free Butter from Amazon](#)

### Peanut Butter Cup

#### NUTRITION FACTS

Serving Size: 1 package (32g)

Servings Per Container: 1

Amount Per Serving		
Calories	190	
		% Daily Value
Total Fat	16g	21%
Saturated Fat		3g 15%
Trans Fat		0mg
Cholesterol	0mg	%
Sodium	150mg	7%
Total Carbohydrate	6g	2%
Dietary Fiber		2g 7%
Sugars		3g
Protein	7g	

- **All Sport Zero Drink Mix Stick—Lemon Lime Flavor, All Sport Co.,** (1 Package Per Camper)

Ingredients: Citric Acid, Monopotassium Phosphate, Salt, Natural and Artificial Flavors, Maltodextrin, Potassium Citrate, Aspartame, Ascorbic Acid (Vitamin C), Contains less than 2% of : Acesulfame Potassium, Calcium Silicate, Yellow 5.

**CONTAINS: PHENYLALANINE**



Jel Sert CO, Chicago IL. 1-866-851-7402, <https://drinkallsport.com>

Ideas for replacements that you can purchase:

[A more natural electrolyte replacement drink mix—Pedialyte](#)

- **Graham Crackers - Crav'n,** (1 Box Shared Between 6 Campers)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Graham Flour (Whole Wheat Flour), Sugar, High Oleic Canola and/or Soybean Oil with TBHQ and Citric Acid for Freshness, Honey, Contains 2% or Less of: Leavening (Baking Soda, Calcium Phosphate), Salt, Natural Flavor, Soy Lecithin, Sodium Sulfite

**CONTAINS: WHEAT, SOY**

Distributed by Topco Associates LLC, 1.888.423.0139 or [cravnflavor.com](http://cravnflavor.com)



Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

[Good Thins Rice Crackers from Mondelez](#)

### All Sport Lemon Lime

#### NUTRITION FACTS

Serving Size: 1 stick (3g)

Servings Per Container: 1

Amount Per Serving		
Calories	5	Calories from Fat
% Daily Value		
Total Fat	0g	%
Saturated Fat 0g %		
Trans Fat 0mg		
Cholesterol	0mg	%
Sodium	140mg	6%
Total Carbohydrate	2g	1%
Dietary Fiber 0g %		
Sugars 0g		
Protein	0g	

### Graham Crackers

#### NUTRITION FACTS

Serving Size: 2 Full Cracker Sheets (31g)

Servings Per Container: 13

Amount Per Serving		
Calories	130	Calories from Fat
% Daily Value		
Total Fat	3g	4%
Saturated Fat 0.5g 3%		
Trans Fat 0mg		
Cholesterol	0mg	%
Sodium	135mg	6%
Total Carbohydrate	24g	9%
Dietary Fiber 1g 5%		
Sugars 8g		
Protein	2g	

- **Sweet BBQ Snack Stick —Country Meats, Inc.,** (1 package per camper)

Ingredients: Pork, Sugar, Salt, Water, Dextrose, Spices, Tomato Powder, Onion and Garlic Powder, Corn Starch, Lactic Acid Starter Culture, Hickory Smoke Flavor (Contains Maltodextrin), Citric Acid, Spice Extractives and Sodium Nitrite, In Collagen Casing.

**CONTAINS:**

Product Questions: 1.800.277.8989 or [www.countrymeats.com](http://www.countrymeats.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

Sweet BBQ Snack Stick			
NUTRITION FACTS			
Serving Size: 1 oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	25
			% Daily Value
Total Fat	2.5g		4%
	Saturated Fat 1g		4%
	Trans Fat 0mg		
Cholesterol	25mg		9%
Sodium	480mg		20%
Total Carbohydrate	4g		1%
	Dietary Fiber 0g		0%
	Sugars 3g		
Protein	9g		

Philmont Scout Ranch

Lunch Meal #3

- Consumed for lunch on calendar days ending in 3: 03, 13, and 23.
- Each bag is designed for **two campers** or “buddies”

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

Ingredients: Reduced Fat Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Water, Skim Milk, Sodium Phosphate, Natural Swiss Cheese Flavor, Milk Protein Concentrate, Salt, Sorbic Acid (Preservative), Carageenan, Locust Bean Gum, Lactic Acid, Potassium Chloride.

**CONTAINS: MILK**

Highland Beef Farms, [highlandbeeffarms.com](http://highlandbeeffarms.com), 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[shelf stable hummus packs on Amazon](#)

**Original Cheese Wedges**

**NUTRITION FACTS**

Serving Size: 1 wedge (19g)

Servings Per Container: 6

Amount Per Serving (1 Wedge)		
Calories	35	Calories from Fat 15
		% Daily Value
Total Fat	1.5g	2%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol	5mg	2%
Sodium	240mg	10%
Total Carbohydrate	1g	<1%
Dietary Fiber 0g		0%
Sugars <1g		
Protein	3g	



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

Ingredients: Pork, Water, Salt, Modified Potato Starch, Sugar, Sodium Nitrite

Certified GLUTEN FREE

Hormel Foods, LLC. 1-800-523-4635 or spam.com

Ideas for replacements that you can purchase :

<https://www.livekindly.co/11-vegan-meat-brands-that-taste-better-than-the-real-thing/>

- **Original Triscuit Crackers—Mondelez**, (1 Package Shared Between 6 Campers or 3 Meal Bags)

Ingredients: Whole Grain Wheat, Canola Oil, Sea Salt.



**CONTAINS: WHEAT**

Mondelez Global, LLC. East Hanover, NJ 07936, 1.800.622.4726, [triscuit.com](http://triscuit.com)

Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

[Good Thins Rice Crackers from Mondelez](#)

Spam Single Classic		
NUTRITION FACTS		
Serving Size: 1 package		
Servings Per Container: 1		
Amount Per Serving		
Calories	230	Calories from Fat
		% Daily Value
Total Fat	21g	27%
	Saturated Fat 7g	35%
	Trans Fat 0mg	
Cholesterol	50mg	17%
Sodium	830mg	36%
Total Carbohydrate	2g	1%
	Dietary Fiber 0g	0%
	Sugars 1g	
Protein	9g	

Triscuit Original		
NUTRITION FACTS		
Serving Size: 6 Crackers		
Servings Per Container: 9		
Amount Per Serving		
Calories	120	
		% Daily Value
Total Fat	3.5g	4%
	Saturated Fat 0g	%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	170mg	7%
Total Carbohydrate	20g	7%
	Dietary Fiber 3g	11%
	Sugars 0g	
Protein	3g	

- **Caramel Almond & Sea Salt Bar— Kind, (1 Package Per Camper)**

Ingredients: Almonds, Cranberries, Chicory Root Fiber, Honey, Glucose Syrup, Palm Kernel Oil, Sugar, Rice Flour, Milk Powder, Sea Salt, Carob Powder, Soy Lecithin, Natural Flavor, Annatto.

**GLUTEN FREE**

**CONTAINS: ALMONDS, MILK, AND SOY.**

**May contain: Peanuts, Tree Nuts and Sesame Seeds and Nut Shell Fragments.**



Kind Snacks, 1.855.884.KIND, [kindsnacks.com](https://www.kindsnacks.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://www.yummly.com/recipes/energy-bars-without-nuts>

[No Nuts Bars from Amazon](#)

Caramel Almond Kind Bar		
NUTRITION FACTS		
Serving Size: 1 bar (40g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	170	Calories from Fat
		% Daily Value
Total Fat	15g	19%
	Saturated Fat 3g	15%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	125mg	5%
Total Carbohydrate	16g	6%
	Dietary Fiber 7g	25%
	Sugars 5g	
Protein	6g	

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

Ingredients: Citric Acid, Monopotassium Phosphate, Salt, Aspartame, Natural and Artificial Flavors, Malic Acid, Potassium Citrate, Ascorbic Acid (Vit C), Contains Less than 2% of: Monocalcium Phosphate, Acesulfame Potassium, Magnesium Oxide, Calcium Silicate, Artificial Color, Red 40, Blue 1, Yellow 5, Phenylketonurics.

**CONTAINS: PHENYLALANINE**



All Sport, Inc. 1-866-851-7402 <https://drinkallsport.com>

Ideas for replacements that you can purchase:

[A more natural electrolyte replacement drink mix—Pedialyte](#)

- **Chili Lime Peanuts—Planters**, (1 Package Per Camper)

Ingredients: Peanuts, Contains 2% or Less of: Peanut Oil, Sodium Diacetate, Sea Salt, Sugar, Dried Chili Peppers, Citric Acid, Spice, Canola Oil, Yeast Extract, Gum Arabic, Modified Cornstarch, Corn Maltodextrin, Torula Yeast, Corn Syrup, Extractives of Lime, Paprika Extract, Ascorbic Acid, Natural Flavor.

**CONTAINS: PEANUT**

**May Contain: Tree Nuts**



Hormel Foods Sales, LLC, 1.855.663.5387, [hormelfoodservice.com](http://hormelfoodservice.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Protein Bites](#)

[No Nuts Bars from Amazon](#)

Strawberry Banana Ice All Sport		
NUTRITION FACTS		
Serving Size: 1 Packet		
Servings Per Container: 1		
Amount Per Serving		
Calories	5	Calories from Fat
		% Daily Value
Total Fat	0g	%
Saturated Fat		g %
Trans Fat		0mg %
Cholesterol	0mg	0%
Sodium	140mg	3%
Total Carbohydrate	1g	%
Dietary Fiber		g %
Sugars		g
Protein	g	

Chili Lime Peanuts		
NUTRITION FACTS		
Serving Size: 1 oz		
Servings Per Container: 2.25		
Amount Per Serving		
Calories	160	
		% Daily Value
Total Fat	14g	18%
Saturated Fat		2g 9%
Trans Fat		0mg %
Cholesterol	0mg	%
Sodium	160mg	7%
Total Carbohydrate	5g	2%
Dietary Fiber		2g 9%
Sugars		1g
Protein	7g	

Philmont Scout Ranch

Lunch Meal #4

- Consumed for lunch on calendar days ending in 4: 04, 14, and 24.
- Each bag is designed for **two campers** or “buddies”

- **Chili Con Queso Cheese Dip—Highland Beef Farms, (1 Package Per Camper)**

Ingredients: Pepper Jack Cheese (Pasteurized Milk, Jalapeno Peppers, Cheese Culture, Salt, Enzymes), Water, Milkfat, Sodium Phosphate, Jalapeno Peppers, Green Chile Peppers, Lactic Acid, Sorbic Acid (Preservative), Sodium Alginate, Red Bell Peppers, Color Added.

**CONTAINS: MILK**

Highland Beef Farms, [highlandbeeffarms.com](http://highlandbeeffarms.com), 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://simpleveganblog.com/vegan-cheese/>

[shelf stable hummus packs on Amazon](#)

Chili Con Queso Cheese Dip		
NUTRITION FACTS		
Serving Size: 2 Tbsp (28g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	70	Calories from Fat
		% Daily Value
Total Fat	5g	6%
Saturated Fat		3g 15%
Trans Fat		0mg
Cholesterol	15mg	5%
Sodium	350mg	15%
Total Carbohydrate	<1g	0%
Dietary Fiber		0g 0%
Sugars		0g
Protein	4g	

- **Peanut Butter Chocolate Snack Bar—ProBar**, (1 Package Per Camper)

Ingredients: Tapioca Syrup, Peanuts, Soluble Tapioca Fiber, Brown Rice Flour, Peanut Butter (Peanuts), Sugar, Rolled Oats, Peanut Extract, Sesame Seeds, Palm Kernel Oil, Brown Rice Protein, Cocoa, Natural Flavor, Vegetable Glycerine, Sea Salt, Sunflower Lecithin, Salt.

**CONTAINS: PEANUT, SESAME**

**Certified Gluten Free**



PROBAR LLC, 800.921.2294, [theprobar.com](http://theprobar.com)

Ideas for high protein replacements that you can purchase or try making yourself if you have an allergy to this product:

[Nut Free Bars](#) that you can purchase or a [recipe](#) that you can try making yourself.

Peanut Butter Choc Bar		
NUTRITION FACTS		
Serving Size: 1 package (37g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	160	
		% Daily Value
Total Fat	9g	12%
	Saturated Fat 2.5g	11%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	90mg	4%
Total Carbohydrate	19g	7%
	Dietary Fiber 1g	5%
	Sugars 5g	
Protein	4g	

- **Sea Salt Corn—Love, Corn**, (1 Package Per Camper)

Ingredients: Corn, Sunflower Oil, Sea Salt

**Certified Gluten Free**



**Made in a shared facility. May contain tree nuts and peanuts.**

Distributed by Love Brands, Inc. Ho-Ho-Kus, NJ 07423, [loveocorn.com](http://loveocorn.com)

Sea Salt Corn		
NUTRITION FACTS		
Serving Size: 0.7oz (20g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	90	
		% Daily Value
Total Fat	2g	3%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	130mg	6%
Total Carbohydrate	13g	5%
	Dietary Fiber 1g	4%
	Sugars 0g	
Protein	1g	

- **Sweet Annie Brown Jerky—Country Meats, Inc.,** (1 package per camper)

Ingredients: Pork, Brown Sugar, Less than 2% of: Salt, Honey Flavor (Cane Sugar, Honey), Dextrose, Water, Natural Smoke Flavorings (Contains Maltodextrin), Spices (Including Celery Seed, White Pepper), Hydrolyzed Soy Protein, Garlic Powder, Autolyzed Yeast, Lactic Acid, Starter Culture, Sodium Nitrite, in Collagen Casing.

**CONTAINS: SOY**

Product Questions: 1.800.277.8989 or [www.countrymeats.com](http://www.countrymeats.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

[Jack Links Turkey Jerky](#) Pork-Free Option

- **Good Thins Rice Crackers Simply Salt—Mondelez,** (1 Package Shared Between 6 Campers)

Ingredients: White Rice Flour, High Oleic Safflower Oil, Salt.

**CONTAINS:**

**May Contain: Soy, Sesame Seed, Tree Nuts.**



Mondelez Global, LLC. East Hanover, NJ 07936, 1.800.622.4726, [Good Thins Rice Crackers from Mondelez](#)

Available at all trail food distribution points in base camp and in the backcountry.

Sweet Annie Brown Jerky			
NUTRITION FACTS			
Serving Size: 1 oz (28g)			
Servings Per Container: 1			
Amount Per Serving			
Calories	70	Calories from Fat	25
			% Daily Value
Total Fat	3g		4%
	Saturated Fat	1g	5%
	Trans Fat	0mg	
Cholesterol	25mg		8%
Sodium	360mg		15%
Total Carbohydrate	3g		1%
	Dietary Fiber	0g	0%
	Sugars	3g	
Protein	9g		

Good Thins Crackers			
NUTRITION FACTS			
Serving Size: 18 Pieces (31g)			
Servings Per Container: 3.5			
Amount Per Serving			
Calories	130	Calories from Fat	
			% Daily Value
Total Fat	1.5g		2%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	85mg		4%
Total Carbohydrate	26g		9%
	Dietary Fiber	0g	0%
	Sugars	0g	
Protein	2g		

- **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**



The Jel Sert Company, West Chicago, IL 60186 1-866-851-7402 <https://drinkallsport.com>

Ideas for replacements that you can purchase:

[A more natural electrolyte replacement drink mix—Pedialyte](#)

Blue Raz Ice All Sport		
NUTRITION FACTS		
Serving Size: 1 packet		
Servings Per Container: 1		
Amount Per Serving		
Calories	5	Calories from Fat
		% Daily Value
Total Fat	0g	%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	140mg	3%
Total Carbohydrate	1g	%
	Dietary Fiber g	%
	Sugars g	
Protein	g	

# Lunch Meal #5

- Consumed for lunch on calendar days ending in 5: 05, 15, and 25.
- Each bag is designed for **two campers** or “buddies”

- **Sweet & Spicy Tuna—Starkist**, (1 package per camper)

Ingredients: Light Tuna, Water, Sugar, Contains 2% or less of the following: White Vinegar, Tomatoes, Dehydrated Red Bell Peppers, Chili Powder, Salt, Dehydrated Garlic, Dehydrated Onion, Natural Flavors (Including Yeast Extract), Vegetable Broth, Corn Syrup, Extractives of Paprika.

**CONTAINS: FISH (TUNA)**

**Certified Gluten Free, Soy Free**



Distributed by Starkist Co, [starkist.com](http://starkist.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://lovingitvegan.com/vegan-tuna/>

Sweet & Spicy Tuna		
NUTRITION FACTS		
Serving Size: 1 Pouch (74g)		
Servings Per Container: 1		
Amount Per Serving		
		% Daily Value
Calories	90	Calories from Fat
<hr/>		
Total Fat	0.5g	1%
<hr/>		
	Saturated Fat 0g	%
<hr/>		
	Trans Fat 0mg	
<hr/>		
Cholesterol	30mg	10%
<hr/>		
Sodium	360mg	15%
<hr/>		
Total Carbohydrate	4g	1%
<hr/>		
	Dietary Fiber 0g	0%
<hr/>		
	Sugars 4g	
<hr/>		
Protein	16g	29%



- **Raspberry and Lemon Energy Bar—Skratch Labs**, (1 package per camper)

Ingredients: Nut and Seed Butter Blend (Cashew Butter (Cashews, Safflower or Sunflower Oil), Tahini), Oats, Tapioca Syrup Solids, Coconut Nectar, Tapioca Syrup, Macadamia Nuts, Dairy Free White Chips (Sugar, Palm Kernel Oil, Natural Flavor, Sunflower Lecithin, Salt), Candied Lemon Peel (Lemon Peel, Sugar, Citric Acid), Vegetable Glycerine, Brown Rice Crisps, Quinoa Crisps, Dried Raspberries, Raspberry Powder, Oat Flour, Sorghum Flakes, Sunflower Lecithin, Sea Salt, Natural Lemon Flavor.

**CONTAINS: SESAME, TREE NUTS (CASHEWS, COCONUT, MACADAMIA)**

**Non-GMO, Gluten Free, Dairy Free, Vegan**

Skratch Labs, LLC., Boulder, CO 80301, 1.800.735.8904, [skratchlabs.com](http://skratchlabs.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

- **Cheez-It—Kellogg’s**, (1 Package Per Camper)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Vegetable Oil (High Oleic Soybean, Soybean, Palm, and/or Canola Oil with TBHQ for Freshness). Cheese made with Skim Milk (Skim Milk, Whey Protein, Salt, Cheese Cultures, Enzymes, Annatto Extract Color). Contains 2% or Less of: Salt, Paprika, Yeast, Paprika Extract Color, Soy Lecithin.

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

Distributed by Kellogg Sales Co. Battle Creek Michigan. [www.cheez-it.com](http://www.cheez-it.com), 1.877.453.5837



Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Cauliflower Crackers from Amazon](#)

Raspberry & Lemon Bar		
NUTRITION FACTS		
Serving Size: 1 Bar (50g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	260	
		% Daily Value
Total Fat	13g	17%
	Saturated Fat 2.5g	13%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	105mg	5%
Total Carbohydrate	34g	12%
	Dietary Fiber 3g	11%
	Sugars 11g	
Protein	4g	

Cheez-It 1.5 oz		
NUTRITION FACTS		
Serving Size: 1 Pouch (42g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	210	
		% Daily Value
Total Fat	11g	14%
	Saturated Fat 2.5g	13%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	320mg	14%
Total Carbohydrate	24g	9%
	Dietary Fiber <1g	3%
	Sugars 0g	
Protein	4g	

- **Fruit Punch Drink Mix—All Sport Company**, (1 package per camper)

Ingredients: Citric Acid, Monopotassium Phosphate, Salt, Natural and Artificial Flavors, Maltodextrin, Potassium Citrate, Aspartame, Ascorbic Acid (Vitamin C), Contains less than 2% of : Red 40, Xanthan gum, Acesulfame Potassium, Calcium Silicate.

**CONTAINS: PHENYLANINE**

Jel Sert CO, Chicago IL. 1-866-851-7402, <https://drinkallsport.com>



Ideas for replacements that you can purchase:

[A more natural electrolyte replacement drink mix—Pedialyte](#)

- **Sea Salt & Vinegar Peanuts— Planters**, (1 package per camper)

Ingredients: Peanuts, Contains 2% or Less of: Sea Salt, Peanut Oil, Sodium Diacetate, Dextrose, Malic Acid, Maltodextrin, Yeast Extract, Natural Flavor, Canola Oil, Salt, Paprika and Turmeric Extract (Color), Ascorbic Acid.

**CONTAINS: PEANUT**

**May Contain: Tree Nuts**

Hormel Foods Sales, LLC, 1.855.663.5387, [hormelfoodservice.com](http://hormelfoodservice.com)



Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Protein Bites](#)

[No Nuts Bars from Amazon](#)

### All Sport Zero Drink -Fruit Punch

#### NUTRITION FACTS

Serving Size: 1 Packet (3g)

Servings Per Container: 1

Amount Per Serving

Calories	5	Calories from Fat	
			% Daily Value
Total Fat	0g		%
Saturated Fat	0g		%
Trans Fat	0mg		
Cholesterol	mg		%
Sodium	140mg		6%
Total Carbohydrate	2g		1%
Dietary Fiber	0g		%
Sugars	0g		
Protein	0g		

### Sea Salt & Vinegar Peanuts

#### NUTRITION FACTS

Serving Size: 1 oz

Servings Per Container: 2.25

Amount Per Serving

Calories	160		
			% Daily Value
Total Fat	14g		18%
Saturated Fat	2g		9%
Trans Fat	0mg		
Cholesterol	0mg		0%
Sodium	150mg		7%
Total Carbohydrate	5g		2%
Dietary Fiber	2g		9%
Sugars	1g		
Protein	7g		

- **Chicken in a Biskit—Nabisco/Mondelez**, (1 Package Shared Between 6 Campers or 3 Meal Bags)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Soybean and/or Canola Oil, Sugar, Salt, Dextrose, Monosodium Glutamate, Baking Soda, Soy Lecithin, Onion Powder, Dehydrated Cooked Chicken, Hydrolyzed Corn and Yeast Protein, Spice Extractives (Includes Celery), Ascorbic Acid, (Disodium Inosinate and Disodium Guanylate) Flavor Enhancers.

**CONTAINS: WHEAT and SOY**

Mondelez Global LLC, 1-800-622-4726, [snackworks.com](http://snackworks.com)

Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

[Good Thins Rice Crackers from Mondelez](#)

Chicken in a Biskit Crackers		
NUTRITION FACTS		
Serving Size: 12 Crackers (31g)		
Servings Per Container: 7		
Amount Per Serving		
Calories	160	
		% Daily Value
Total Fat	8g	10%
	Saturated Fat 1g	5%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	230mg	10%
Total Carbohydrate	19g	7%
	Dietary Fiber 0g	0%
	Sugars 2g	
Protein	2g	

Philmont Scout Ranch

Lunch Meal #6

- Consumed for lunch on calendar days ending in 6: 06, 16, and 26.
- Each bag is designed for **two campers** or “buddies”

- **Pepperoni Stick—Country Meats, Inc.**, (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 Nitrite in Collagen Casing.

Product Questions: 1.800.277.8989 or www.countrymeats.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

[Jack Links Turkey Jerky](#) Pork-Free Option

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

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

Ingredients: Tapioca Syrup, Cane Sugar, Tapioca Syrup Solids, Pectin, Contains 1% or Less of: Sodium Citrate, Citric Acid, Natural Flavor, Colored with Extracts (Carrot, Blackcurrant), Ascorbic Acid, Vitamin B3, Sunflower Oil, Fruit Blend (Apple, Acai, Blueberry, Pomegranate Fruit Extract), Sea Salt, Carnauba Wax, Vitamin B6, Vitamin B12.

Certified Organic

**Gluten Free**

ProBar, LLC, 1-800-921-2294, [theprobar.com](http://theprobar.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://www.amazon.com/Pure-Organic-Pineapple-PassionFruit-Strawberry/dp/B081Y4TS23>

ProBar Strawberry Chews		
NUTRITION FACTS		
Serving Size: 1 Pouch (60g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	180	
		% Daily Value
Total Fat	0g	0%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	150mg	6%
Total Carbohydrate	46g	16%
	Dietary Fiber 0g	0%
	Sugars 28g	
Protein	0g	

- **Smoked Gouda Cheese Dip—Highland Beef Farms**, (1 Package Per Camper)

Ingredients: Gouda Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Color Added), Water, Milkfat, Milk, Sodium Phosphate, Calcium Propionate (Preservative), Salt, Lactic Acid, Color Added.

**CONTAINS: MILK**

Highland Beef Farms, [highlandbeeffarms.com](http://highlandbeeffarms.com), 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://simpleveganblog.com/vegan-cheese/>

[shelf stable hummus packs on Amazon](#)

Smoked Gouda Cheese Dip		
NUTRITION FACTS		
Serving Size: 2 Tbsp (28g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	70	
		% Daily Value
Total Fat	6g	8%
	Saturated Fat 3.5g	18%
	Trans Fat 0mg	
Cholesterol	20mg	7%
Sodium	390mg	17%
Total Carbohydrate	<1g	0%
	Dietary Fiber 0g	0%
	Sugars <1g	
Protein	4g	

- **Sea Salt Pita Crackers—Kellogg’s**, (1 Package Shared Between 6 Campers or 3 Meal Bags)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Soybean and/or Canola Oil (with TBHQ for Freshness), Rice Flour, Sugar, Oat Fiber, Sea Salt. Contains 2% or less of: Yeast, Whey, Soy Lecithin.

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



Distributed by Kellogg Sales Co. Battle Creek MI, 49016, 1-800-962-1413, [kelloggs.com](http://kelloggs.com)

Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

[Good Thins Rice Crackers from Mondelez](#)

Sea Salt Pita Crackers		
NUTRITION FACTS		
Serving Size: 6 Crackers		
Servings Per Container: 18		
Amount Per Serving		
Calories	70	
		% Daily Value
Total Fat	2.5g	3%
	Saturated Fat 0g	%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	140mg	6%
Total Carbohydrate	11g	8%
	Dietary Fiber <1g	4%
	Sugars 0g	
Protein	1g	

- **Peanuts Salted—Frito Lay Munchies**, (1 package shared between two campers)

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

**CONTAINS: PEANUT INGREDIENTS**

**Made on Equipment that Makes Products Containing Tree Nuts**



Frito Lay North America, Inc. Plano TX 75024, 1.800.352.4477, [fritolay.com](http://fritolay.com)

Ideas for replacements that you can purchase if you have an allergy to this product:

[Nut Free Bars](#) that you can purchase or a [recipe](#) that you can try making yourself.

Salted Peanuts 3 oz		
NUTRITION FACTS		
Serving Size: 3 Tbsp		
Servings Per Container: 3		
Amount Per Serving		
Calories	170	Calories from Fat
		% Daily Value
Total Fat	15g	19%
	Saturated Fat 2g	11%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	135mg	6%
Total Carbohydrate	5g	2%
	Dietary Fiber 2g	9%
	Sugars 1g	
Protein	7g	

- **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: Phenylalanine**



Jel Sert CO, Chicago IL. 1-866-851-7402, <https://drinkallsport.com>

Ideas for replacements that you can purchase:

[A more natural electrolyte replacement drink mix—Pedialyte](#)

<b>Orange All Sport</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 Packet			
Servings Per Container: 1			
Amount Per Serving			
Calories	5	Calories from Fat	0
			% Daily Value
Total Fat	0g		0%
	Saturated Fat	0g	0%
	Trans Fat	0mg	
Cholesterol	0mg		0%
Sodium	140mg		3%
Total Carbohydrate	2g		0%
	Dietary Fiber	0g	0%
	Sugars	0g	
Protein	0g		

# Philmont Scout Ranch

## Lunch Meal #7

- Consumed for lunch on calendar days ending in 7: 07, 17, and 27.
- Each bag is designed for **two campers** or “buddies”

- **Wheat Thins - Nabisco**, (1 Box Shared Between 6 Campers)

Ingredients: Whole Grain Wheat Flour, Canola Oil, Sugar, Cornstarch, Malt Syrup (From Corn and Barley), Salt, Refiner’s Syrup, Leavening (Calcium Phosphate and Baking Soda).

BHT Added to Packaging Material to Preserve Freshness.

**CONTAINS: WHEAT**

Mondelez Global LLC, 1-800-622-4726, [snackworks.com](http://snackworks.com)

Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

[Good Thins Rice Crackers from Mondelez](#)

Wheat Thins		
NUTRITION FACTS		
Serving Size: 16 Pieces (31g)		
Servings Per Container: 8		
Amount Per Serving		
Calories	140	Calories from Fat
		% Daily Value
Total Fat	5g	6%
	Saturated Fat 0g	%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	200mg	9%
Total Carbohydrate	22g	8%
	Dietary Fiber 3g	11%
	Sugars 5g	
Protein	2g	



- **Dark Chocolate Cherry Cashew Bar— Kind, (1 Package Per Camper)**

Ingredients: Cashews, Peanuts, Chicory Root Fiber, Sugar, Almonds, Cherries, Cranberries, Honey, Palm Kernel Oil, Glucose Syrup, Rice Flour, Unsweetened Chocolate, Raisins, Alkalized Cocoa, Soy Lecithin, Sea Salt, Natural Flavor, Cocoa Butter.

**CONTAINS: CASHEWS, PEANUTS, ALMONDS AND SOY**

**May contain: Tree Nuts and Sesame Seeds, Nut Shell Fragments and Pits**



Kind Snacks, 1.855.884.KIND, [kindsnacks.com](https://www.kindsnacks.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://www.yummly.com/recipes/energy-bars-without-nuts>

[No Nuts Bars from Amazon](#)

Chocolate Cherry Cashew Bar		
NUTRITION FACTS		
Serving Size: 1 bar (40g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	170	Calories from Fat
		% Daily Value
Total Fat	10g	13%
Saturated Fat	3g	15%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	20mg	1%
Total Carbohydrate	22g	8%
Dietary Fiber	6g	21%
Sugars	10g	
Protein	4g	

- **Cheddar Goldfish Baked Snack Crackers—Pepperidge Farm, (1 package per camper)**

Ingredients: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese ((Cultured Milk, Salt, Enzymes), Annatto), Vegetable Oils (Canola, Sunflower and/or Soybean), Salt, Contains 2% or Less of: Yeast, Sugar, Autolyzed Yeast Extract, Paprika, Spices, Celery, Onion Powder, Monocalcium Phosphate, Baking Soda.

**CONTAINS: WHEAT AND MILK**

Pepperidge Farm, Inc.

1-888-737-7374, [pepperidgefarm.com](https://www.pepperidgefarm.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://www.bestproducts.com/eats/food/g891/tasty-gluten-free-crackers/> [Gluten Free Pretzels](#)

Cheddar Goldfish		
NUTRITION FACTS		
Serving Size: 1 package (21g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	100	Calories from Fat
		% Daily Value
Total Fat	3.5g	4%
Saturated Fat	0.5g	3%
Trans Fat	0mg	
Cholesterol	5mg	2%
Sodium	180mg	8%
Total Carbohydrate	14g	5%
Dietary Fiber	<1g	4%
Sugars	0g	
Protein	2g	

- **Chicken Salad—Starkist**, (1 Package Per Camper)

Ingredients: Chicken (White Chicken Meat, Water, Modified Food Starch (Corn), Salt, Sodium Phosphate), Water, Water Chestnuts, Red Bell Peppers, Celery, Modified Food Starch (Corn), Contains less than 2% of the following: Cured Cucumbers, Egg Yolk, Distilled Vinegar, Sugar, Onion Powder, Mustard Flour, Xanthan Gum, Salt, Calcium Chloride, Natural Flavors, Microcrystalline Cellulose, Titanium Dioxide, Guar Gum, Sodium Carboxymethylcellulose, Carageenan, Sodium Benzoate and Potassium Sorbate, Phosphoric Acid, Calcium Disodium EDTA.

**CONTAINS: EGGS**

**Soy Free, Gluten Free**

Distributed by Starkist Co. [starkist.com](http://starkist.com), 1.800.252.1587

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[shelf stable hummus packs on Amazon](#)

[88 Acres Nut Free Snacks on Amazon](#)

- **All Sport Zero Drink Mix Stick—Lemon Lime Flavor, All Sport Co.**, (1 Package Per Camper)

Ingredients: Citric Acid, Monopotassium Phosphate, Salt, Natural and Artificial Flavors, Maltodextrin, Potassium Citrate, Aspartame, Ascorbic Acid (Vitamin C), Contains less than 2% of : Acesulfame Potassium, Calcium Silicate, Yellow 5.

**CONTAINS: PHENYLALANINE**

**CONTAINS:**



Jel Sert CO, Chicago IL. 1-866-851-7402, <https://drinkallsport.com>

Ideas for replacements that you can purchase:

[A more natural electrolyte replacement drink mix—Pedialyte](#)

**Chicken Salad—2.6oz Pouch**

**NUTRITION FACTS**

Serving Size: 1 Pouch (74g)

Servings Per Container: 1

Amount Per Serving

Calories	70	Calories from Fat	
		% Daily Value	
Total Fat	1.5g		2%
	Saturated Fat	0.5g	3%
	Trans Fat	0mg	
Cholesterol	35mg		12%
Sodium	350mg		15%
Total Carbohydrate	4g		1%
	Dietary Fiber	0g	0%
	Sugars	1g	
Protein	10g		18%

**All Sport Lemon Lime Zero Stick**

**NUTRITION FACTS**

Serving Size: 1 stick (3g)

Servings Per Container: 1

Amount Per Serving

Calories	5	Calories from Fat	
		% Daily Value	
Total Fat	0g		%
	Saturated Fat	0g	%
	Trans Fat	0mg	
Cholesterol	0mg		%
Sodium	140mg		6%
Total Carbohydrate	2g		1%
	Dietary Fiber	0g	%
	Sugars	0g	
Protein	0g		

- **ZeeZee's Honey Roasted Sunflower Kernels—National Food Group, Inc.,** (1 Package Per Camper)

Ingredients: Sunflower Kernels, Sugar, Sunflower Oil, Honey Powder (Sugar, Honey), Water, Salt, Maltodextrin, Xanthan Gum.

Nut Free Facility, Gluten Free, NON-GMO



National Food Group, Inc.

1- 800-886-6866 3

### Honey Roasted Sunflower Seeds

#### NUTRITION FACTS

Serving Size: 1 package (34g)

Servings Per Container: 1

Amount Per Serving

Calories 190

% Daily Value

Total Fat 15g 19%

Saturated Fat 2g 10%

Trans Fat 0mg

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 10g 4%

Dietary Fiber 3g 11%

Sugars 5g

Protein 6g

Philmont Scout Ranch

Lunch Meal #8

- Consumed for lunch on calendar days ending in 8: 08, 18, and 28.
- Each bag is designed for two campers or “buddies”

- **Velveeta Jalapeno Cheese Sauce—KraftHeinz**, (1 package shared between 2 campers)

Ingredients: Whey, Milk, Canola Oil, Milk Protein Concentrate, Whey Protein Concentrate, Contains Less than 2% of: Salt, Sodium Phosphate, Jalapeno Peppers, Potassium Phosphate, Lactic Acid, Sodium Alginate, Vinegar, Dried Green Peppers, Sorbic Acid as a Preservative, Annatto and Oleoresin Paprika (Color), Enzymes, Cheese Culture.

**CONTAINS: MILK**

KraftHeinz Foods Company, Chicago IL, [Velveeta.com](http://Velveeta.com), 1.800.634.1984

Ideas for replacements that are available at the initial food pickup in base camp and must be taken to Logistics for distribution into the backcountry:

[shelf stable hummus packs on Amazon](#)

Velveeta Cheese Sauce		
NUTRITION FACTS		
Serving Size: 1 Pouch		
Servings Per Container: 1		
Amount Per Serving		
Calories	300	
		% Daily Value
Total Fat	23g	30%
	Saturated Fat 7g	33%
	Trans Fat 0mg	
Cholesterol	40mg	13%
Sodium	1420mg	62%
Total Carbohydrate	11g	4%
	Dietary Fiber 0g	0%
	Sugars 8g	
Protein	13g	

- **Chocolate Coconut Chewy Snack Bar—PROBAR**, (1 Package Per Camper)

Ingredients: Tapioca Syrup, Brown Rice Flour, Soluble Tapioca Fiber, Almond Butter (Almonds), Sugar, Rolled Oats, Coconut, Sesame Seeds, Palm Kernel Oil, Brown Rice Protein, Cocoa, Vegetable Glycerine, Natural Flavor, Sea Salt, Sunflower Lecithin, Salt.

**CONTAINS: ALMOND, SESAME, COCONUT**

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



**Certified Gluten Free, Non GMO**

PROBAR, LLC, 800.921.2294, [theprobar.com](http://theprobar.com)

Ideas for high protein replacements that you can purchase or try making yourself if you have an allergy to this product:

[Nut Free Bars](#) that you can purchase or a [recipe](#) that you can try making yourself.

Chocolate Coconut Bar		
NUTRITION FACTS		
Serving Size: 1 package (37g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	160	
		% Daily Value
Total Fat	9g	11%
	Saturated Fat 2.5g	14%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carbohydrate	19g	7%
	Dietary Fiber 2g	7%
	Sugars 4g	
Protein	4g	

- **Ritz Crackers—Mondelez**, (1 Package Shared Between 6 Campers)

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

**CONTAINS: WHEAT, SOY**



Mondelez Global LLC, 1-800-622-4726, [snackworks.com](http://snackworks.com)

Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

[Good Thins Rice Crackers from Mondelez](#)

Ritz Crackers		
NUTRITION FACTS		
Serving Size: 5 Crackers		
Servings Per Container: 21		
Amount Per Serving		
Calories	80	Calories from Fat
		% Daily Value
Total Fat	4.5g	6%
	Saturated Fat 1.5g	8%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	130mg	6%
Total Carbohydrate	10g	4%
	Dietary Fiber 0g	%
	Sugars 1g	
Protein	<1g	

- **All Sport Zero Powder Hydration Sticks, Grape—All Sport Co.** (1 package per camper)

Ingredients: Citric Acid, Maltodextrin, Monopotassium Phosphate, Salt, Natural and Artificial flavors, Potassium Citrate, Ascorbic Acid (Vitamin C), Aspartame, Contains less than 2% of: Acesulfame Potassium, Xanthan Gum, Calcium Silicate, Red 40, Blue 1.

**CONTAINS: Phenylalanine**

The Jel Sert Company, West Chicago, IL 60186, 1-866-851-7402, <https://drinkallsport.com>



Ideas for replacements that you can purchase:

[A more natural electrolyte replacement drink mix—Pedialyte](#)

### All Sport Zero Powder Stick-Grape

#### NUTRITION FACTS

Serving Size: 1 packet (3g)

Servings Per Container: 1

Amount Per Serving

Calories	5	Calories from Fat	
		% Daily Value	
Total Fat	0g		0%
Saturated Fat	g		0%
Trans Fat	0mg		
Cholesterol	0mg		0%
Sodium	140mg		3%
Total Carbohydrate	2g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	0g		

- **Beef Sausage Bites—Highland Beef Farms,** (1 Package Per Camper)

Ingredients: Beef, Salt, Contains 2% or less of: Corn Syrup Solids, Spices, Dextrose, Lactic Acid Starter Culture, Natural Flavorings, Sodium Erythorbate, Garlic Powder, Sodium Nitrite, Water.

Highland Beef Farms, [highlandbeeffarms.com](http://highlandbeeffarms.com), 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

### Beef Sausage Bites

#### NUTRITION FACTS

Serving Size: 1 Pouch

Servings Per Container: 1 (35g)

Amount Per Serving

Calories	150		
		% Daily Value	
Total Fat	12g		18%
Saturated Fat	5g		25%
Trans Fat	0mg		
Cholesterol	30mg		10%
Sodium	520mg		22%
Total Carbohydrate	2g		1%
Dietary Fiber	0g		0%
Sugars	<1g		
Protein	7g		

- **Hot and Spicy Corn—Love Corn**, (1 Package Per Camper)

Ingredients: Corn, Sunflower Oil, Habanero Chili, Sea Salt



**Certified Gluten Free**

**Made in a shared facility. May contain tree nuts and peanuts.**

Distributed by Love Brands, Inc. Ho-Ho-Kus, NJ 07423, [lovecorn.com](http://lovecorn.com)

<b>Hot and Spicy Corn</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 1 package 0.7 oz (20g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	90	
		% Daily Value
Total Fat	2.5g	3%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	200mg	8%
Total Carbohydrate	13g	5%
	Dietary Fiber 1g	4%
	Sugars 0g	
Protein	1g	

# Lunch Meal #9

- Consumed for lunch on calendar days ending in 9: 09, 19, and 29.
- Each bag is designed for **two campers** or “buddies”

- **Lemon Pepper Tuna—Starkist**, (1 package per camper)

Ingredients: Light Tuna, Water, Contains 2% or less of: Sugar, Vegetable Broth, Salt, Citric Acid, Black Pepper, Natural Lemon Flavor, Lemon Puree, Lemon Juice, Extractives of Turmeric (Color).

**CONTAINS: FISH (TUNA)**

**Certified Gluten Free, Soy Free**



Distributed by Starkist Co, [starkist.com](http://starkist.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://lovingitvegan.com/vegan-tuna/>

Lemon Pepper Tuna		
NUTRITION FACTS		
Serving Size: 1 Pouch (74g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	80	Calories from Fat
		% Daily Value
Total Fat	0.5g	1%
Saturated Fat		0g 0%
Trans Fat		0mg
Cholesterol	35mg	12%
Sodium	340mg	15%
Total Carbohydrate	<1g	1%
Dietary Fiber		0g %
Sugars		<1g
Protein	17g	



- **Fire Roasted Tomato and Olive Oil Triscuit Crackers—Mondelez**, (1 Package Shared Between 6 Campers or 3 Meal Bags)

Ingredients: Whole Grain Wheat, Canola Oil, Rice Starch, Salt, Ground Dried Tomatoes, Onion Powder, Spices, Garlic Powder, Paprika, Natural Flavor, Malted Barley Flour, Extra Virgin Olive Oil.



**CONTAINS: WHEAT**

Mondelez Global, LLC. East Hanover, NJ 07936, 1.800.622.4726, [snackworks.com](http://snackworks.com)

Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

[Good Thins Rice Crackers from Mondelez](#)

- **Pink Lemonade Energy Chews—Honey Stinger**, (1 package per camper)

Ingredients: Organic Tapioca Syrup, Organic Sugar, Organic Honey, Organic Grape Juice Concentrate, Pectin, Citric Acid, Organic Colors (Organic Black Carrot Juice Concentrate), Organic Flavor, Ascorbic Acid, Potassium Citrate, Organic Sunflower Oil, Organic Carnauba Wax.

**Certified Gluten Free**

EN-R-G Foods, LLC. Steamboat Springs, CO 80477, 1.866.464.6639, [honeystinger.com](http://honeystinger.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://www.amazon.com/pure-organic-pineapple-passionfruit-strawberry/dp/B081Y4TS23>

Fire Roasted Triscuits		
NUTRITION FACTS		
Serving Size: 6 Crackers (29g)		
Servings Per Container: 8		
Amount Per Serving		
Calories	120	
		% Daily Value
Total Fat	4g	5%
	Saturated Fat 0g	%
	Trans Fat 0mg	
Cholesterol	mg	%
Sodium	150mg	7%
Total Carbohydrate	21g	8%
	Dietary Fiber 3g	0%
	Sugars 0g	
Protein	3g	

Pink Lemonade Chews		
NUTRITION FACTS		
Serving Size: 1 Pouch (60g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	160	
		% Daily Value
Total Fat	0g	0%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	65mg	3%
Total Carbohydrate	39g	14%
	Dietary Fiber 1g	4%
	Sugars 27g	
Protein	0g	

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

Ingredients: Citric Acid, Monopotassium Phosphate, Salt, Aspartame, Natural and Artificial Flavors, Malic Acid, Potassium Citrate, Ascorbic Acid (Vit C), Contains Less than 2% of: Monocalcium Phosphate, Acesulfame Potassium, Magnesium Oxide, Calcium Silicate, Artificial Color, Red 40, Blue 1, Yellow 5, Phenylketonurics.

**CONTAINS: PHENYLALANINE**



Jel Sert CO, Chicago IL. 1-866-851-7402, <https://drinkallsport.com>

Ideas for replacements that you can purchase:

[A more natural electrolyte replacement drink mix—Pedialyte](#)

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

Ingredients: Whole Grain Crisp Rice, Corn Syrup, Sugar, Vegetable Shortening (Canola Oil, Palm Oil, Palm Kernel Oil, Beta Carotene), Crystalline Fructose, Water, Contains less than 2% of each of the following: Glycerin, Gelatin, Natural Flavors, Soy Lecithin, Monoglyceride, Salt, Organic Brown Rice Syrup, Soybean Vegetable Oil, Capric/Caprylic Triglycerides, Baking Soda.

**CONTAINS: SOY**

**Gluten Free, Dairy Free**, Contains No Artificial Colors, Flavors or Preservatives

Super Bakery Inc., [superbakery.com](http://superbakery.com), 216-426-8989

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://www.houseofkosher.com/#!/hb/c/387-0/c/565-387/c/580-565/r/77938/he/Philadelphia/kosher-grocery/kosher-snacks/kosher-rice-cakes/snack-delite-marshmallow-crisp-rice-treats-fruity-8-wrapped-bars-62-oz>

Strawberry Banana Ice All Sport		
NUTRITION FACTS		
Serving Size: 1 Packet		
Servings Per Container: 1		
Amount Per Serving		
Calories	5	Calories from Fat
		% Daily Value
Total Fat	0g	%
Saturated Fat		g %
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	140mg	3%
Total Carbohydrate	1g	%
Dietary Fiber		g %
Sugars		g
Protein	g	

MARSHMALLOW SQUARES		
NUTRITION FACTS		
Serving Size: 1 bar (45g/1.6oz)		
Servings Per Container: 1		
Amount Per Serving		
Calories	190	Calories from Fat
		% Daily Value
Total Fat	5g	6%
Saturated Fat		2g 10%
Trans Fat		0mg
Cholesterol	0 mg	0%
Sodium	35mg	2%
Total Carbohydrate	33g	12%
Dietary Fiber		0g %
Sugars		12g
Protein	2g	

- **Spicy Peanuts—Sabritas Frito Lay**, (1 Package Shared between Two Campers)

Ingredients: Peanuts, Vegetable Oil (Peanut, Cottonseed, Soybean, and/or Sunflower Oil), Salt, Spices, Maltodextrin (Made from Tapioca), Citric Acid), Artificial Color (Red 40 Lake, Yellow 6 Lake), and Natural Flavor.

**CONTAINS: PEANUT INGREDIENTS**

**May Contain: Made on Equipment that Makes Products Containing Tree Nuts**



Consumer Inquiries: Frito Lay North America, Inc. Plano TX 75024, 1.800.352.4477, fritolay.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Nut Free Trail Mix from Amazon](#)

Spicy Peanuts		
NUTRITION FACTS		
Serving Size: 3 Tbsp		
Servings Per Container: 3		
Amount Per Serving		
Calories	170	
		% Daily Value
Total Fat	15g	19%
Saturated Fat	2g	11%
Trans Fat	0mg	
Cholesterol	0mg	%
Sodium	200mg	9%
Total Carbohydrate	5g	2%
Dietary Fiber	2g	9%
Sugars	1g	
Protein	7g	

## Philmont Scout Ranch

# Lunch Meal #10

- Consumed for lunch on calendar days ending in 0: 10, 20, and 30.
- Each bag is designed for **two campers** or “buddies”

- **Pepper Jack Cheese Wheel , Highland Beef Farms**, (1 Package Shared Between Two Campers)

Ingredients: Reduced Fat Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Water, Skim Milk, Jalapeno Peppers, Sodium Phosphate, Milk Protein Concentrate, Salt, Sorbic Acid (Preservative), Carrageenan, Locust Bean Gum, Lactic Acid, Potassium Chloride.

### CONTAINS: MILK

**Highland Beef Farms, Reston, VA.**

**1-800-869-6320**

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[shelf stable hummus packs on Amazon](#)

Pepper Jack Cheese Wheel		
NUTRITION FACTS		
Serving Size: 1 Wedge		
Servings Per Container: 6		
Amount Per Serving		
Calories	35	
		% Daily Value
Total Fat	1.5g	2%
Saturated Fat	1g	5%
Trans Fat	0mg	
Cholesterol	5mg	2%
Sodium	230mg	10%
Total Carbohydrate	1g	%
Dietary Fiber	0g	0%
Sugars	<1g	
Protein	3g	

- **Beef Salami Slices—Highland Beef Farms**, (1 package per camper)

Ingredients: Beef, Salt, Dextrose, Lactic Acid Starter Culture, Spices, Natural Flavor, Sodium Ascorbate, Garlic Powder, Sodium Nitrite.

Highland Beef Farms, [highlandbeeffarms.com](http://highlandbeeffarms.com), 703.435.2497 or 800.869.6320

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

Salami Slices		
NUTRITION FACTS		
Serving Size: 1 Pouch (34g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	
		% Daily Value
Total Fat	10g	16%
	Saturated Fat 4g	21%
	Trans Fat 0mg	
Cholesterol	25mg	9%
Sodium	440mg	18%
Total Carbohydrate	0g	%
	Dietary Fiber 0g	0%
	Sugars 0g	
Protein	6g	

- **Power Gel Shots—Orange/Raspberry—Powerbar**, (1 package per camper)

Ingredients: C2Max Dual Source Carb Mix (Glucose Syrup, Sugar, Invert Sugar, Water, Gelatin and 2% or less of: Citric Acid, Tartaric Acid, Malic Acid, Glycerin, Orange Juice Concentrate, Raspberry Puree, Raspberry Juice, Sodium Citrate, Sodium Ascorbate, Palm Oil, Carnau-ba Wax, Carrageenan, Locust Bean gum, Natural Flavors, Curcumin (Color), Carrot Juice (Color), Pyridoxine Hydrochloride (Vit. B6)).

Pivot Nutrition, LLC, Made in the Czech Republic

1-855-71POWER

Power Shots-Orange/Raspberry		
NUTRITION FACTS		
Serving Size: 1 Pouch (60g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	210	
		% Daily Value
Total Fat	0g	0%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	30mg	1%
Total Carbohydrate	48g	15%
	Dietary Fiber 0	0%
	Sugars 36g	
Protein	4g	

- **Club Crackers—Kellogg’s,** (1 Package Shared Between 6 Campers)

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

**CONTAINS: WHEAT AND SOY INGREDIENTS**



Kellogg Sales Co. Battle Creek MI 49016, 1.877.453.5837, [clubcrackers.com](http://clubcrackers.com)

Gluten Free Crackers are available at all backcountry commissary locations for pickup if you have an allergy to this product. Please ask the staff for the gluten free alternative when picking up the crackers for this meal.

[Good Thins Rice Crackers from Mondelez](#)

Club Crackers		
NUTRITION FACTS		
Serving Size: 4 Crackers		
Servings Per Container: 28		
Amount Per Serving		
Calories	70	
		% Daily Value
Total Fat	3g	4%
	Saturated Fat 0g	%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	125mg	5%
Total Carbohydrate	9g	3%
	Dietary Fiber 0g	0%
	Sugars 1g	
Protein	<1g	

- **Salt and Vinegar Corn—Love, Corn,** (1 Package Per Camper)

Ingredients: Corn, Sunflower Oil, Dried Vinegar, Sea Salt, Sugar, Citric Acid, Malic Acid, Yeast Extract

**Certified Gluten Free, Vegan, Non GMO**

**Made in a shared facility. May contain tree nuts and peanuts.**



Distributed by Love Brands, Inc. Ho-Ho-Kus, NJ 07423, [loveocorn.com](http://loveocorn.com)

Salt & Vinegar Corn		
NUTRITION FACTS		
Serving Size: 1 package 0.7 oz (20g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	90	
		% Daily Value
Total Fat	2g	3%
	Saturated Fat g	%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	130mg	6%
Total Carbohydrate	14g	5%
	Dietary Fiber 1g	4%
	Sugars 0g	
Protein	1g	

- **All Sport Zero Drink Mix Stick-Fruit Punch flavor—All Sport Company,** (1 package per camper)

Ingredients: Citric Acid, Monopotassium Phosphate, Salt, Natural and Artificial Flavors, Maltodextrin, Potassium Citrate, Aspartame, Ascorbic Acid (Vitamin C), Contains less than 2% of : Red 40, Xanthan gum, Acesulfame Potassium, Calcium Silicate.

**CONTAINS: PHENYLANINE**

Jel Sert CO, Chicago IL. 1-866-851-7402, <https://drinkallsport.com>



Ideas for replacements that you can purchase:

[A more natural electrolyte replacement drink mix—Pedialyte](#)

All Sport Zero Drink -Fruit Punch		
NUTRITION FACTS		
Serving Size: 1 Packet (3g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	5	Calories from Fat
		% Daily Value
Total Fat	0g	%
	Saturated Fat 0g	%
	Trans Fat 0mg	
Cholesterol	mg	%
Sodium	140mg	6%
Total Carbohydrate	2g	1%
	Dietary Fiber 0g	%
	Sugars 0g	
Protein	0g	

# Philmont Scout Ranch

## Dinner Trail Food Menu

<p><a href="#"><u>Dinner #1</u></a></p> <p>Beef Stroganoff</p> <p>Goldfish Pretzels</p> <p>Chocolate Chip Cookies</p> <p>Hot Peanuts</p>	<p><a href="#"><u>Dinner #6</u></a></p> <p>3-Cheese Macaroni and Cheese with Maple Bacon Jerky</p> <p>Goldfish Pretzel</p> <p>Assorted Peanuts</p> <p>Grahams Cookies</p>
<p><a href="#"><u>Dinner #2</u></a></p> <p>Santa Fe Style Rice and Beans with Chicken</p> <p>Cheddar Cheese Combos</p> <p>Tropical Fruit and Nut Trail Mix</p> <p>Oreos Cookies</p>	<p><a href="#"><u>Dinner #7</u></a></p> <p>Beef Ramen Noodles with Beef Summer Sausage</p> <p>Honey Mustard and Onion Pretzel Pieces</p> <p>Lorna Doone Cookies</p> <p>Cajun Trail Mix</p>
<p><a href="#"><u>Dinner #3</u></a></p> <p>Loaded Chili Mac or Other Entrees</p> <p>Honey Mustard and Onion Pretzel Pieces</p> <p>Nutter Butters</p> <p>Honey Roasted Peanuts 3 oz</p>	<p><a href="#"><u>Dinner #8</u></a></p> <p>Spaghetti with Meat Sauce or Chicken and Noodles Casserole</p> <p>Pepperoni Pretzel Pieces</p> <p>Japanese Style Peanuts</p> <p>Oreos</p>
<p><a href="#"><u>Dinner #4</u></a></p> <p>Four Cheese Mashed Potatoes</p> <p>with Chicken &amp; Soup Mix</p> <p>Salt and Lime Peanuts</p> <p>Marshmallow Squares</p>	<p><a href="#"><u>Dinner #9</u></a></p> <p>Mexican Style Veggie Bowl with Rice and Beans</p> <p>Jalapeno Pretzel Pieces</p> <p>Honey Roasted Peanuts</p> <p>Cinnamon Graham Goldfish</p>
<p><a href="#"><u>Dinner #5</u></a></p> <p>Chicken Curry</p> <p>Nut and Chocolate Trail Mix</p> <p>Cinn Graham Goldfish</p> <p>Hot Buffalo Wings</p>	<p><a href="#"><u>Dinner #10</u></a></p> <p>Stuffing Mix with Chicken and Cranberries</p> <p>Salt and Lime Peanuts</p> <p>Chocolate Chip Waffles</p>



## Philmont Scout Ranch

# Dinner Meal #1

- Consumed for dinner on calendar days: 01, 11, and 21.
- Each bag is designed for **two campers** or “buddies”

- **Beef Stroganoff with Noodles—Mountain House, Oregon FreezeDry** (1 package per camper)

Ingredients: Beef Stroganoff: Beef: (Beef, Rosemary Extract, Salt), Corn Starch, Vegetable Oil (High Oleic Sunflower Oil and/or Canola Oil with Rosemary Extract and/or Corn Oil with Rosemary Extract), Sour Cream (Cultured Milk, Cream, Skim Milk, Enzymes), Nonfat Dry Milk, Onion, Sea Salt, Seasoning (Natural Flavor (Yeast Extract, Salt), Mushroom, Brown Sugar (Cane Sugar, Cane Syrup), Lemon Juice (Lemon Juice Concentrate, Lemon Oil), Yeast Extract, White Pepper, Garlic Powder. Precooked Noodles: Durum Semolina, Whole Egg, Salt.

### **CONTAINS: MILK, WHEAT, EGG**

Mountain House—Oregon FreezeDry, Albany OR, 877.366.3877, [mountainhouse.com](https://www.mountainhouse.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Wild Zora](#), [AlpineAire Meals](#)

Beef Stroganoff with Noodles		
NUTRITION FACTS		
Serving Size: 1 Package		
Servings Per Container: 1		
Amount Per Serving		
Calories	580	Calories from Fat
<hr/>		
		% Daily Value
<hr/>		
Total Fat	22g	28%
<hr/>		
Saturated Fat		8g 40%
<hr/>		
Trans Fat		0mg
<hr/>		
Cholesterol	80mg	27%
<hr/>		
Sodium	1440mg	63%
<hr/>		
Total Carbohydrate	68g	25%
<hr/>		
Dietary Fiber		8g 29%
<hr/>		
Sugars		6g
<hr/>		
Protein	22g	21%

- **Goldfish Pretzels—Pepperidge Farm, Inc.,** (1 package per camper)

Ingredients: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Canola, Soybean, and/or Sunflower Oil, Salt, Contains 2% or less of: Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Malted Barley Flour, Nonfat Milk.

**CONTAINS: WHEAT, MILK.**

Pepperidge Farm, Inc.

1-888-737-7374, [pepperidgefarm.com](http://pepperidgefarm.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Gluten Free Pretzels](#)

- **Chips Ahoy 4pk—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, Cocoa Butter, Dextrose, Milk, Soy Lecithin), Sugar, Soybean and/or Canola Oil, Palm Oil, High Fructose Corn Syrup, Leavening (Baking Soda, Ammonium Phosphate), Salt, Natural and Artificial Flavor, Caramel Color.

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

Mondelez Global, LLC, 1-200-622-4726, [snackworks.com](http://snackworks.com)



Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Gluten Free Cookies on Amazon](#)

Goldfish Pretzels		
NUTRITION FACTS		
Serving Size: 1 oz (21g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	90	Calories from Fat
		% Daily Value
Total Fat	1.5g	2%
Saturated Fat		0g 0%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	200mg	9%
Total Carbohydrate	16g	6%
Dietary Fiber		1g 4%
Sugars		0g
Protein	2g	

Chips Ahoy 4pk		
NUTRITION FACTS		
Serving Size: 1 package		
Servings Per Container: 1		
Amount Per Serving		
Calories	220	
		% Daily Value
Total Fat	10g	13%
Saturated Fat		4g 20%
Trans Fat		0mg
Cholesterol	0mg	0%
Sodium	140mg	6%
Total Carbohydrate	30g	11%
Dietary Fiber		<1g 3%
Sugars		14g
Protein	2g	

- **Peanuts Flamin’ Hot—Frito Lay Munchies**, (1 package shared between two campers)

Ingredients: Peanuts, Vegetable Oil (Peanut, Cottonseed, Soybean, and/or Sunflower Oil), Salt, Dextrose, Maltodextrin (Made from Corn), Spices (Including Red Pepper), Yeast Extract, Monosodium Glutamate, Tomato Powder, Onion Powder, Paprika, Natural Flavor, Garlic Powder, and Paprika Extracts.

**CONTAINS: PEANUT INGREDIENTS**

**Made on Equipment that Makes Products Containing Tree Nuts**



Frito Lay North America, Inc. Plano TX 75024, 1.800.352.4477, fritolay.com

Ideas for replacements that you can purchase if you have an allergy to this product:

[Nut Free Bars](#) that you can purchase or a [recipe](#) that you can try making yourself.

**Flamin Hot Peanuts 3 oz**

**NUTRITION FACTS**

Serving Size: 3 Tbsp

Servings Per Container: 3

Amount Per Serving

Calories	170	Calories from Fat	
			% Daily Value
Total Fat	15g		19%
	Saturated Fat 2g		11%
	Trans Fat 0mg		
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	5g		2%
	Dietary Fiber 2g		8%
	Sugars 1g		
Protein	7g		

## Philmont Scout Ranch

# Dinner Meal #2

- Consumed for dinner on calendar days: 02, 12, and 22.
- Each bag is designed for **two campers** or “buddies”

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

Ingredients: Precooked Dehydrated Black Beans, Precooked Parboiled Long Grain Brown Rice, Freeze-Dried Cooked White Meat Chicken, Dried Green Hatch Chile Pepper , Freeze-Dried Super Sweet Corn, Dried Tomato, Tomato Powder, Dried Green Hatch Chile Pepper Powder, Sea Salt, Dehydrated Garlic, Ground Cumin Powder Dehydrated Roasted Garlic, Oregano.

### CONTAINS:

**Produced in a facility that contains: Egg, Milk, Peanut, Sesame, Soy, Tree Nuts, Wheat**

### Gluten Free

Product Information: American Outdoor Products, Boulder, CO

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://backpackerspantry.com/collections/vegan-meals>

SANTA FE STYLE RICE AND BEANS		
NUTRITION FACTS		
Serving Size: 1/2 Package (81g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	300	Calories from Fat
		% Daily Value
Total Fat	3.5g	4%
Saturated Fat		1g 5%
Trans Fat		0mg
Cholesterol	30mg	10%
Sodium	630mg	27%
Total Carbohydrate	47g	17%
Dietary Fiber		9g 32%
Sugars		5g
Protein	20g	

- **Oreo Sandwich Cookies—Nabisco**, (1 Package Per Camper)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Palm Oil, Soybean 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 AND SOY**

Mondelez International, 1-855-253-8846, [snackworks.com](http://snackworks.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Gluten Free Oreos on Amazon](#)

Oreo Cookies, 4 Pack		
NUTRITION FACTS		
Serving Size: 1 Package (45g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	220	
		% Daily Value
Total Fat	9g	12%
	Saturated Fat 2.5g	13%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	180mg	8%
Total Carbohydrate	33g	12%
	Dietary Fiber <1g	3%
	Sugars 18g	
Protein	2g	

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

Ingredients: Peanuts, Dried Bananas (Bananas, Coconut Oil, Sugar, Natural Flavor), Yogurt Flavored Coated Raisins (Yogurt Flavored Coating (Sugar, Palm Kernel Oil and/or Palm Oil, Nonfat Dry Milk, Whey Powder, Nonfat Yogurt Powder (Cultured Whey, Nonfat Milk), Titanium Dioxide (Color), Soy Lecithin, Lactic Acid, Vanilla), Raisins, Gum Arabic, Corn Syrup, Confectioner’s Glaze), Raisins, Dried Pineapple (Pineapple, Sugar, Citric, Sulphur Dioxide (Preservative), Cashews, Peanut Oil, Sea Salt, High Oleic Sunflower and Sunflower Oil.

**CONTAINS: PEANUT, TREE NUTS (CASHEW), MILK, SOY.**

**May contain other Tree Nuts, Wheat.**

**Hormel Foods Sales, LLC, 1.855.663.5387, [hormelfoodservice.com](http://hormelfoodservice.com)**



Ideas for replacements that you can purchase if you have an allergy to this product:

[Protein Puffs from Amazon](#), [Allergen Friendly Protein Snacks](#)

- **Cheddar Cheese Baked Pretzel—Combos**, (1 package per camper)

Ingredients: Wheat Flour, Palm Oil, Dairy Product Solids, Maltodextrin, Modified Corn Starch, Less than 2%: Salt, Cheese Blend (Bakers, Cheddar, Parmesan, and Romano (Milk, Cheese Cultures, Salt, Enzymes, Annatto)), Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Soy Lecithin, Yeast Extract, Skim Milk, Hydrolyzed Wheat Gluten, Natural Flavor, Colors (Yellow 5 Lake, Yellow 6 Lake, Blue 1 Lake), Lactic Acid, Citric Acid, Lactose, Sodium Caseinate, Whey.

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

Mars Wrigley Confectionery US, LLC. Hackettstown, NJ 07840, [combos.com](http://combos.com), 1.800.556.7881

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Gluten Free Pretzels](#)

Planters Tropical Fruit & Nut Mix		
NUTRITION FACTS		
Serving Size: 1 Pouch (56g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	280	
		% Daily Value
Total Fat	18g	23%
	Saturated Fat 5g	25%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	27g	10%
	Dietary Fiber 3g	11%
	Sugars 17g	
Protein	8g	

Combos—Cheddar Cheese		
NUTRITION FACTS		
Serving Size: 1 Pouch (51g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	240	
		% Daily Value
Total Fat	9g	12%
	Saturated Fat 5g	25%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	540mg	23%
Total Carbohydrate	35g	13%
	Dietary Fiber <1g	3%
	Sugars 8g	
Protein	4g	

## Philmont Scout Ranch

# Dinner Meal #3

- Consumed for dinner on calendar days: 03, 13, and 23.
- Each bag is designed for **two campers** or “buddies”

- **Chili Macaroni with Beef—ReadyWise**, (1 package shared between two campers)

*This Entrée will be substituted in base camp using one of the two options listed on the next page (jambalaya or fettuccine primavera). If you have a food allergy, the original option will also be available in base camp. These substituted entrees will only be distributed at the initial food pickup point in base camp—the original (Chili Mac with Beef) entrée will be the only available Dinner #3 Entrée in the backcountry.*

Ingredients: Elbow Pasta (Semolina Flour (Wheat), Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Pinto Beans, Red Beans, Beef (Beef, Salt, Natural Flavor, Spice), Modified Corn Starch, Natural Cheese Powder (Whey, Nonfat Dry Milk, Cheddar Cheese, Salt, Butter, Buttermilk, Lactic Acid, Natural Flavors, Sodium Phosphates, Silicon Dioxide (Anti-Caking Agent), Annatto, Paprika Extract, Natural Vitamin E), Sugar, Tomato Powder, Chili Powder (Chili Pepper, Spices, Salt, Garlic, Silicon Dioxide (Anti-Caking Agent), Ethox-yquIn), Sea Salt, Onion Powder, Chives, Sour Cream Flavor (Milk, Cream, Nonfat Dry Milk, Modified Food Starch, Guar Gum, Locust Bean Gum, Carrageenan), Sweet Buttermilk, Lactic Acid), Cumin, Paprika, Garlic Powder, Roast Flavor (Yeast Extract, Salt), Vegetarian Beef Flavor (Yeast Extract, Natural Flavor (Canola Oil), Salt, Silicon Dioxide (Anti-Caking Agent)), Black Pepper, Coriander, Citric Acid.

### CONTAINS: MILK, WHEAT

**Produced on equipment that also processes milk, soy, wheat, egg, and tree nuts.**

Distributed by ReadyWise Inc. Salt Lake City, UT. Readywise.com, 800.3932570

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Wild Zora](#), [AlpineAire Meals](#)

Chili Mac		
NUTRITION FACTS		
Serving Size: 1/2 cup (64g)		
Servings Per Container: 4		
Amount Per Serving		
Calories	270	Calories from Fat
		% Daily Value
Total Fat	7g	9%
Saturated Fat		2.5g 13%
Trans Fat		0mg
Cholesterol	30mg	10%
Sodium	710mg	31%
Total Carbohydrate	37g	13%
Dietary Fiber		7g 25%
Sugars		6g
Protein	14g	

- **Grilled Chicken Jambalaya or Leonardo da Fettuccine—AlpineAire Foods**, (1 package shared between 2 campers)

**Jambalaya Ingredients:** Instant White Rice, Cooked Seasoned Grilled Diced Chicken White Meat, Freeze Dried (Chicken, Salt), Chicken Flavor Broth Low Sodium (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), Bell Pepper Red and Green Combo, Tomato Flakes, Potato Starch, White Onion, Tomato Powder, Celery Stalks, Garlic Granulated, Paprika, Natural Flavor (Contains Baker’s Yeast Extract, Salt, Canola Oil (Anti-Dusting), Sea Salt, White Onion, Worcestershire Sauce Powder (Vinegar, Sugar, Salt, Vegetable and Fruit (Onion, Tomato, Apple), Caramel Color, Spice Extract, Yeast Extract, Spices, Garlic), Salt, Maltodextrin, Spices, Garlic Powder and Onion Powder), Cayenne Pepper (Ground Red Pepper), Parsley, Oregano, Thyme, Chives, Black Pepper. **CONTAINS: SOY, GLUTEN FREE.** **Leonardo da Fettuccine Ingredients:** Instant Pasta [Durum Semolina (enriched with Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, and Folic Acid)], Romano Cheese Powder (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Sour Cream Powder (Cream Solids, Cultured Nonfat Milk, Citric Acid), Parmesan Cheese Powder (Partially Skim Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Potato Starch, Whey Powder, Freeze-Dried Broccoli, Tomato Flakes, Onion Granules, Sliced Mushrooms, Instant Nonfat Milk Powder, Low Sodium Salt (Sodium, Chloride, Potassium), Garlic Granules, Basil. **CONTAINS: MILK, WHEAT**

AlpineAire Foods, Inc. Katadyn North American Foods, Inc. 1-800-755-9701, [alpineaire.com](http://alpineaire.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Wild Zora](#), [AlpineAire Meals](#)

- **Peanuts Honey Roasted—Frito Lay Munchies**, (1 package shared between two campers)

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

**CONTAINS: PEANUT INGREDIENTS**

**Made on Equipment that Makes Products Containing Tree Nuts**

Frito Lay North America, Inc. Plano TX 75024, 1.800.352.4477, [fritolay.com](http://fritolay.com)

Ideas for replacements that you can purchase if you have an allergy to this product:

[Nut Free Bars](#) that you can purchase or a [recipe](#) that you can try making yourself.



3 OZ HONEY ROASTED PEANUTS		
NUTRITION FACTS		
Serving Size: 3 Tbsp (28g)		
Servings Per Container: 3		
Amount Per Serving		
Calories	160	Calories from Fat
		% Daily Value
Total Fat	13g	17%
Saturated Fat 2g		10%
Trans Fat 0mg		
Cholesterol	0mg	0%
Sodium	170mg	7%
Total Carbohydrate	8g	3%
Dietary Fiber 2g		7%
Sugars 5g		
Protein	6g	



- **Nutter Butter Cookies—Nabisco** (1 Package Per Camper)

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

**CONTAINS: WHEAT, PEANUT, SOY.**



Mondelez Global, LLC, 1-800-622-4726, [snackworks.com](http://snackworks.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Gluten Free Oreos on Amazon](#)

Nutter Butter Cookies		
NUTRITION FACTS		
Serving Size: 1 Pkg (56g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	260	Calories from Fat
		% Daily Value
Total Fat	11g	14%
Saturated Fat		3g 15%
Trans Fat		0mg
Cholesterol	0 mg	%
Sodium	200mg	9%
Total Carbohydrate	39g	14%
Dietary Fiber		1g 4%
Sugars		16g
Protein	4g	

- **Honey Mustard and Onion Pretzel Pieces—Snyders of Hanover**, (1 Package Per Camper)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Sugar, Onion Powder, Dextrose, Salt, Whey (Milk), Honey Powder, Hydrolyzed Soy Protein, Mustard Powder (Mustard (Vinegar, Mustard, Salt, Turmeric), Maltodextrin, Starch), Wheat Starch, Vinegar Powder (Maltodextrin, Modified Food Starch, Vinegar), Yeast, Canola Oil, Citric Acid, Natural Flavor, Horseradish, Spice, Turmeric Extract (Color), Soda.

**CONTAINS: WHEAT, MILK, SOY**



Made in a Facility that Does Not Process Peanuts

Snyders-Lance, Inc Charlotte, NC 28277, [snydersofhanover.com](http://snydersofhanover.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Snyders Gluten Free Pretzels](#)

[Gluten Free Pretzels on Amazon](#)

Honey Mustard & Onion Pretzels		
NUTRITION FACTS		
Serving Size: 63g		
Servings Per Container: 1		
Amount Per Serving		
Calories	310	Calories from Fat
		% Daily Value
Total Fat	16g	21%
Saturated Fat		8g 40%
Trans Fat		0mg
Cholesterol	0 mg	%
Sodium	420mg	18%
Total Carbohydrate	37g	13%
Dietary Fiber		1g 4%
Sugars		3g
Protein	4g	

# Dinner Meal #4

- Consumed for dinner on calendar days: 04, 14, and 24.
- Each bag is designed for **two campers** or “buddies”

- **Chicken Breast– Starkist**, (1 pouch per camper)

Ingredients: Chicken (White Chicken Meat, Water, Modified Food Starch (Corn), Salt, Sodium Phosphate).

**Soy Free, Gluten Free**

Starkist, [www.starkist.com](http://www.starkist.com), 1.800.252.1587

Ideas for vegetarian replacements that you can purchase if you are unable to consume this product:

[Shelf stable Tofu](#) on Amazon

CHICKEN BREAST—2.6OZ POUCH		
NUTRITION FACTS		
Serving Size: 1 Pouch (74g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	80	
		% Daily Value
Total Fat	2g	3%
	Saturated Fat 0.5g	3%
	Trans Fat 0mg	
Cholesterol	60mg	20%
Sodium	270mg	12%
Total Carbohydrate	1g	1%
	Dietary Fiber g	%
	Sugars g	
Protein	13g	

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

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

**CONTAINS: MILK, SOY**

**May Contain: Wheat and Sulfites**

Lipton Consumer Advisor: 1-800-372-0240, [liptonkitchens.com](http://liptonkitchens.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Momsplaceglutenfree.com](http://Momsplaceglutenfree.com)

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

Ingredients: Idaho Potatoes, Cheddar/Parmesan/Blue/Romano Cheeses (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Salt, Vegetable Oil (Coconut, Sunflower, Soybean), Whey, Maltodextrin, Sugar, Nonfat Dry Milk, Buttermilk Powder, Monoglycerides, Calcium Stearoyl Lactylate, Natural Flavors, Yeast Extract, Paprika Extract (Color), Annatto Extract (Color), Freshness Preserved By Sodium Acid Pyrophosphate, Sodium Bisulfite, Citric Acid, and Mixed Tocopherols.

**CONTAINS: MILK**

**Certified Gluten Free**

Idahoan Foods, LLC. 800.746.7999, [idahoan.com](http://idahoan.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Dairy Free Mashed Potato Flakes](#)

Chicken Cup a Soup		
NUTRITION FACTS		
Serving Size: 1 envelope (17g)		
Servings Per Container: 4		
Amount Per Serving		
Calories	70	
		% Daily Value
Total Fat	2g	3%
	Saturated Fat 1.5g	8%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	640mg	28%
Total Carbohydrate	13g	5%
	Dietary Fiber g	%
	Sugars 1g	
Protein	0g	

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
		% Daily Value
Total Fat	2.5g	3%
	Saturated Fat 1.5g	8%
	Trans Fat 0mg	
Cholesterol	5mg	2%
Sodium	580mg	25%
Total Carbohydrate	19g	7%
	Dietary Fiber 1g	4%
	Sugars 2g	
Protein	3g	

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

Ingredients: Whole Grain Crisp Rice, Corn Syrup, Sugar, Vegetable Shortening (Canola Oil, Palm Oil, Palm Kernel Oil, Beta Carotene), Crystalline Fructose, Water, Contains less than 2% of each of the following: Glycerin, Gelatin, Natural Flavors, Soy Lecithin, Monoglyceride, Salt, Organic Brown Rice Syrup, Soybean Vegetable Oil, Capric/Caprylic Triglycerides, Baking Soda.

**CONTAINS: SOY**

**Gluten Free, Dairy Free**, Contains No Artificial Colors, Flavors or Preservatives

Super Bakery Inc., superbakery.com, 216-426-8989

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

<https://www.houseofkosher.com/#!/hb/c/387-0/c/565-387/c/580-565/r/77938/he/Philadelphia/kosher-grocery/kosher-snacks/kosher-rice-cakes/snack-delite-marshmallow-crisp-rice-treats-fruity-8-wrapped-bars-62-oz>

MARSHMALLOW SQUARES		
NUTRITION FACTS		
Serving Size: 1 bar (45g/1.6oz)		
Servings Per Container: 1		
Amount Per Serving		
Calories	190	Calories from Fat
		% Daily Value
Total Fat	5g	6%
	Saturated Fat 2g	10%
	Trans Fat 0mg	
Cholesterol	0 mg	0%
Sodium	35mg	2%
Total Carbohydrate	33g	12%
	Dietary Fiber 0g	%
	Sugars 12g	
Protein	2g	

- **Salt and Lime Peanuts—Sabritas Frito Lay**, (1 Package Shared between Two Campers)

Ingredients: Peanuts, Vegetable Oil (Peanut, Cottonseed, Soybean, and/or Sunflower Oil), Salt, Maltodextrin (Made from Corn), Citric Acid, Dextrose, Sugar, Corn Syrup Solids, Natural Flavor, and Lime Juice.

**CONTAINS: PEANUT INGREDIENTS**

**May Contain: Made on Equipment that Makes Products Containing Tree Nuts**



Consumer Inquiries: Frito Lay North America, Inc. Plano TX 75024, 1.800.352.4477, fritolay.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Nut Free Trail Mix from Amazon](#)

Salt & Lime Peanuts		
NUTRITION FACTS		
Serving Size: 3 Tbsp		
Servings Per Container: 3		
Amount Per Serving		
Calories	170	Calories from Fat
		% Daily Value
Total Fat	14g	19%
	Saturated Fat 2g	11%
	Trans Fat 0mg	
Cholesterol	0 mg	%
Sodium	200mg	9%
Total Carbohydrate	5g	2%
	Dietary Fiber 2g	8%
	Sugars 1g	
Protein	7g	

# Philmont Scout Ranch

## Dinner Meal #5

- Consumed for dinner on calendar days: 05, 15, and 25.
- Each bag is designed for **two campers** or “buddies”

- **Yellow Curry with Chicken and Rice—Mountain House, Oregon FreezeDry**, (1 Package Per Camper)

Ingredients: Curry Sauce: Chicken (Chicken Meat, Salt), Coconut Cream (Coconut Extract), Corn Starch, Brown Sugar (Cane Sugar, Cane Syrup), Yellow Curry Seasoning (Ginger, Garlic, Onion, Sea Salt, Turmeric, Cane Sugar, Coriander, Chili Pepper, Fenugreek, Lemongrass Powder, Cinnamon, Cumin, Jalapeno Powder, Sunflower Oil, Cilantro, Citric Acid, Black Pepper, Mustard Seed, Allspice, Clove, Lemon Oil, Fennel Seed), Seasoning (Natural Flavor (Yeast Extract), Salt), Green Peas, Red Bell Pepper, Cauliflower, Zucchini, Onion, Green Curry Paste (Green Chili, Lemon Grass, Garlic, Salt, Galangal, Shrimp Paste (Shrimp, Salt), Kaffir Lime Peel, Coriander Seed, Pepper, Cumin, Turmeric), Fish Sauce (Anchovies, Salt), Kombu Extract Powder (Maltodextrin, Kombu Extract, Salt). Rice: Long Grain Parboiled Rice.

**CONTAINS: TREE NUTS (COCONUT) CRUSTACEANS (SHRIMP), FISH (ANCHOVY)**

Certified Gluten Free

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Wild Zora](#), [AlpineAire Meals](#)

Consumer Inquiries: Mountain House, 877.366.3877, [mountainhouse.com](http://mountainhouse.com)

Yellow Curry		
NUTRITION FACTS		
Serving Size: 1 Package		
Servings Per Container: 1		
Amount Per Serving		
Calories	500	Calories from Fat
		% Daily Value
Total Fat	18g	23%
Saturated Fat 12g		60%
Trans Fat mg		
Cholesterol	90mg	30%
Sodium	1420mg	62%
Total Carbohydrate	56g	20%
Dietary Fiber 8g		28%
Sugars 10g		
Protein	28g	

- **Hot Buffalo Wing Pretzel Pieces— Snyders of Hanover**, (1 Package Per Camper)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola, Palm, Soybean and/or Sunflower), Corn Maltodextrin, Salt, Cayenne Pepper Sauce (Cayenne Red Peppers, Vinegar, Salt, Garlic), Sodium Diacetate, Modified Cornstarch, Monosodium Glutamate, Yeast, Vinegar, Paprika Extract (For Color), Citric Acid, Garlic Powder, Caramel Color, Disodium Inosinate and Disodium Guanylate, Lactic Acid, Soda.

**CONTAINS: WHEAT**

Made in a Facility that Does Not Process Peanuts

Snyders-Lance, Inc Charlotte, NC 28277, [snydersofhanover.com](http://snydersofhanover.com)



Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Snyders Gluten Free Pretzels](#)

[Gluten Free Pretzels on Amazon](#)

- **Goldfish Cinnamon Giant Grahams— Pepperidge Farm**, (1 Package Per Camper)

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

**CONTAINS: WHEAT**

Distributed by: Pepperidge Farm, Inc. Norwalk, CT 06856, [pepperidgefarm.com](http://pepperidgefarm.com), 1.888.737.7374

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Gluten Free Cookies on Amazon](#)

Hot Buffalo Wings Pretzel Pieces		
NUTRITION FACTS		
Serving Size: 1 Package		
Servings Per Container: 1		
Amount Per Serving		
Calories	300	
		% Daily Value
Total Fat	16g	21%
	Saturated Fat 8g	40%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	830mg	36%
Total Carbohydrate	36g	13%
	Dietary Fiber 1g	4%
	Sugars 1g	
Protein	4g	

Cinnamon Grahams		
NUTRITION FACTS		
Serving Size: 1 Package		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	
		% Daily Value
Total Fat	4g	5%
	Saturated Fat 1g	5%
	Trans Fat 0mg	
Cholesterol	mg	0%
Sodium	140mg	6%
Total Carbohydrate	19g	7%
	Dietary Fiber 1g	4%
	Sugars 7g	
Protein	1g	

- **Nut and Chocolate Trail Mix—Planters,** (1 Package Per Camper)

Ingredients: Peanuts, Raisins, M&Ms Milk Chocolate Candies (Milk Chocolate (Sugar, Chocolate, Skim Milk, Cocoa Butter, Lactose, Milkfat, Soy Lecithin, Salt, Artificial Flavors), Sugar, Corn Starch, Less than 1% of 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), Carnauba Wax, Gum Acacia), Almonds, Peanut Oil, Sea Salt, Sunflower Oil.

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

**May Contain: Other Tree Nuts**

Manufactured on equipment that processes other tree nuts.



Consumer Inquiries: Hormel/Planters, 1-855-663-5387 or [planters.com](http://planters.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Nut Free Trail Mix from Amazon](#)

**NUT AND CHOCOLATE TRAIL MIX**

**NUTRITION FACTS**

Serving Size: 1 Pkg (56g)

Servings Per Container: 1

Amount Per Serving

Calories	290	Calories from Fat	
		% Daily Value	
Total Fat	17g		22%
	Saturated Fat 3.5g		18%
	Trans Fat 0mg		
Cholesterol	0 mg		%
Sodium	60mg		3%
Total Carbohydrate	26g		9%
	Dietary Fiber 3g		11%
	Sugars 18g		
Protein	8g		

# Dinner Meal #6

- Consumed for dinner on calendar days: 06, 16, and 26.
- Each bag is designed for **two campers** or “buddies”

- **Three Cheese Macaroni and Cheese —Backpacker’s Pantry**, (1 package shared between 2 campers)

Ingredients: Instant Pasta (Ground Durum Wheat Semolina, Water, Egg Albumen and Salt), Freeze-Dried Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, & Annatto (Coloring), Powdered Potato and Corn Starch (to Prevent Caking), Natamycin), Dried Parmesan Cheese (Cultured Part-Skim Milk, Salt, Enzymes Disodium Phosphate, Salt), Dried Romano Cheese from Cow’s Milk (Cultured Pasteurized Part Skim Milk, Salt, Enzymes, Disodium Phosphate, Salt), Whole Milk Solids Powder, Butter Sauce Flavor (Modified Corn Starch, Salt, Whey Solids, Non-Fat Dry Milk, Maltodextrin, Butter, Sugar, Buttermilk Powder, Natural Butter Flavor, Xanthan Gum, Lactic Acid), Dehydrated Onion, Sea Salt, Black Pepper, Ground Turmeric, Ground Nutmeg.

**CONTAINS: WHEAT, EGG, MILK**

**Produced in facility that contains: Peanut, Sesame, Soy, Tree Nuts.**

Product Information: American Outdoor Products, Boulder, CO, [www.backpackerspantry.com](http://www.backpackerspantry.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Wild Zora](#), [AlpineAire Meals](#)

3 Cheese Mac and Cheese		
NUTRITION FACTS		
Serving Size: 1/2 Package (60g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	260	
		% Daily Value
Total Fat	9g	11%
	Saturated Fat 5g	24%
	Trans Fat 0mg	
Cholesterol	10 mg	3%
Sodium	670mg	29%
Total Carbohydrate	32g	12%
	Dietary Fiber 1g	4%
	Sugars 3g	
Protein	12g	



- **Goldfish Pretzels—Pepperidge Farm, Inc.,** (1 package per camper)

Ingredients: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Canola, Soybean, and/or Sunflower Oil, Salt, Contains 2% or less of: Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Malted Barley Flour, Nonfat Milk.

**CONTAINS: WHEAT, MILK.**

Pepperidge Farm, Inc.

1-888-737-7374, [pepperidgefarm.com](http://pepperidgefarm.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Gluten Free Pretzels](#)

- **Peanuts Flamin’ Hot—Frito Lay Munchies,** (1 package shared between two campers)

*This item could be substituted by other peanuts from Frito Lay Munchies. The ingredients will be slightly different, however, the allergens are identical.*

Ingredients: Peanuts, Vegetable Oil (Peanut, Cottonseed, Soybean, and/or Sunflower Oil), Salt, Dextrose, Maltodextrin (Made from Corn), Spices (Including Red Pepper), Yeast Extract, Monosodium Glutamate, Tomato Powder, Onion Powder, Paprika, Natural Flavor, Garlic Powder, and Paprika Extracts.

**CONTAINS: PEANUT INGREDIENTS**

**Made on Equipment that Makes Products Containing Tree Nuts**



Frito Lay North America, Inc. Plano TX 75024, 1.800.352.4477, [fritolay.com](http://fritolay.com)

Ideas for replacements that you can purchase if you have an allergy to this product:

[Nut Free Bars](#) that you can purchase or a [recipe](#) that you can try making yourself.

Goldfish Pretzels		
NUTRITION FACTS		
Serving Size: 1 oz (21g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	90	Calories from Fat
% Daily Value		
Total Fat	1.5g	2%
Saturated Fat 0g 0%		
Trans Fat mg		
Cholesterol	0mg	0%
Sodium	200mg	9%
Total Carbohydrate	16g	6%
Dietary Fiber 1g 4%		
Sugars 0g		
Protein	2g	

Flamin Hot Peanuts 3 oz		
NUTRITION FACTS		
Serving Size: 3 Tbsp		
Servings Per Container: 3		
Amount Per Serving		
Calories	170	Calories from Fat
% Daily Value		
Total Fat	15g	19%
Saturated Fat 2g 11%		
Trans Fat 0mg		
Cholesterol	0mg	0%
Sodium	230mg	10%
Total Carbohydrate	5g	2%
Dietary Fiber 2g 8%		
Sugars 1g		
Protein	7g	

- **Grahamz Cookies—Zee Zee’s**, (1 Package Per Camper)

Ingredients: Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Palm Oil, Molasses, Salt, Malted Barley Flour, Spices, Soy Lecithin, Baking Soda.

**CONTAINS: WHEAT AND SOY**

**Made in a nut free facility**



National Food Group, Inc.

1- 800-886-6866

Ideas for replacements that you can purchase if you have an allergy to this product:

[Gluten Free Cookies on Amazon](#)

Grahamz Cookies		
NUTRITION FACTS		
Serving Size: 1 Pouch (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	130	
		% Daily Value
Total Fat	4g	5%
	Saturated Fat 1g	5%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	55mg	2%
Total Carbohydrate	21g	8%
	Dietary Fiber 0g	%
	Sugars 8g	
Protein	2g	

- **Sweet Maple Bacon —Country Meats, Inc.**, (1 package shared between two campers)

*Intended to be broken up into small pieces and cooked with the macaroni and cheese entrée.*

Ingredients: Pork, Brown Sugar, Salt, Less than 2% of Sugar, Dextrose, Water, Spices (Including Black and Red Pepper, Mustard, Nutmeg), Bacon Flavor (Maltodextrin, Rendered Bacon Fat and Bacon Bits (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Ascorbate, Sodium Nitrite), Natural Smoke Flavor), Sunflower Oil, Salt, Silicon Dioxide (Anti-Caking Agent), Natural Flavor (Contains Natural Smoke Flavor), Natural Smoke Flavor, Maple Oil (Natural and Artificial Flavoring, Corn Syrup, Ethyl Alcohol, Propylene Glycol, Caramel Color, Sulfites), Sodium Erythorbate, Lactic Acid Starter Culture, Silicon Dioxide (To Prevent Caking), Sodium Nitrite, in Collagen Casing.

Product Questions: 1.800.277.8989 or [www.countrymeats.com](http://www.countrymeats.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Vegan Jerky Recipe](#), Vegan Jerky Options on [Amazon](#)

[Jack Links Turkey Jerky](#) Pork-Free Option

Sweet Maple Bacon		
NUTRITION FACTS		
Serving Size: 1 Package (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	70	
		% Daily Value
Total Fat	3g	4%
	Saturated Fat 1g	5%
	Trans Fat 0mg	
Cholesterol	25mg	8%
Sodium	420mg	17%
Total Carbohydrate	2g	1%
	Dietary Fiber 0g	0%
	Sugars <2g	
Protein	9g	

## Philmont Scout Ranch

# Dinner Meal #7

- Consumed for dinner on calendar days ending in 7: 07, 17, and 27.
- Each bag is designed for **two campers** or “buddies”

- **Beef Flavored Ramen Noodles—Maruchan**, (1 package per camper)

Ingredients: Ramen Noodle Ingredients: Enriched Wheat Flour (Wheat Flour, Niacin, Reduce Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Contains One or More of the Following: Canola, Cottonseed, Palm), Preserved by TBHQ, Contains Less than 1% of: Salt, Potassium Carbonate, Soy Sauce (Water, Wheat, Soybeans, Salt), Sodium Carbonate, Sodium Hexametaphosphate, Sodium Tripolyphosphate, Monosodium Phosphate. Soup Base Ingredients: Salt, Sugar, Contains Less than 1% of: Maltodextrin, Monosodium Glutamate, Carmel Color, Dehydrated Soy Sauce (Wheat, Soybeans, Salt), Beef Fat, Spices, Hydrolyzed Corn Protein, Hydrolyzed Wheat Protein, Hydrolyzed Soy Protein, Yeast Extract, Dehydrated Vegetables (Garlic, Onion, Chive), Lactose, Natural Flavor, Disodium Guanylate, Disodium Inosinate, Silicon Dioxide (Anti-Caking Agent).

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

**Manufactured in a facility that also processes crustacean shellfish and sesame products. Contains a bioengineered food ingredient.**

Sold by: Maruchan, Inc. Irvine, CA 92618, <https://www.maruchan.com/products/ramen/beef-flavor/>

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

Backpacking Entrees that are free from milk and/or wheat: [AlpineAireFoods](#)

Beef Flavor Ramen Noodles		
NUTRITION FACTS		
Serving Size: 1 pouch 3 oz		
Servings Per Container: 1		
Amount Per Serving		
Calories	370	Calories from Fat
% Daily Value		
Total Fat	14g	18%
Saturated Fat 7g 35%		
Trans Fat 0mg		
Cholesterol	0mg	0%
Sodium	1440mg	63%
Total Carbohydrate	54g	20%
Dietary Fiber 2g 7%		
Sugars 2g		
Protein	8g	

- **Beef Summer Sausage , Highland Beef Farms,** (1 package shared between two campers)

Ingredients: Beef, Mechanically Separated Turkey, Salt, Spices, Dextrose, Mustard, Lactic Acid Starter Culture, Natural Flavor, Sodium Erythorbate, Sodium Nitrite, Potassium Sorbate.

**CONTAINS:**

**GLUTEN FREE**

Designed to be cut up into pieces and cooked with the pasta dinner.

Highland Beef Farms, Reston, VA 20195, [highlandbeeffarms.com](http://highlandbeeffarms.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Shelf stable Tofu](#)

<b>Beef Summer Sausage</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 2 oz (56g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	200	
		% Daily Value
Total Fat	17g	26%
	Saturated Fat 7g	35%
	Trans Fat 0mg	
Cholesterol	40mg	13%
Sodium	690mg	29%
Total Carbohydrate	0g	0%
	Dietary Fiber g	%
	Sugars g	
Protein	9g	

- **Lorna Doone Cookies—Nabisco,** (1 package per camper)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Sugar, Soybean and/or Canola Oil, Palm Oil, Corn Flour, Salt, High Fructose Corn Syrup, Baking Soda, Soy Lecithin, Cornstarch, Artificial Flavor.

**CONTAINS: WHEAT, SOY**



Mondelez Global, LLC, 1-200-622-4726, [snackworks.com](http://snackworks.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Gluten Free Cookies on Amazon](#)

<b>Lorna Doone Cookies</b>		
<b>NUTRITION FACTS</b>		
Serving Size: 1 Package (29g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	140	
		% Daily Value
Total Fat	7g	9%
	Saturated Fat 2g	10%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	150mg	7%
Total Carbohydrate	20g	7%
	Dietary Fiber 0g	0%
	Sugars 5g	
Protein	1g	

- **Spicy Nuts and Cajun Sticks Trail Mix—Planters**, (1 Package Per Camper)

Ingredients: Seasoned Peanuts (Peanuts, Peanut Oil, Contains 2% or less of: Sea Salt, Dextrose, Chili Pepper, Yellow Corn Flour, Monosodium Glutamate, Onion Powder, Spices, Canola Oil, Tomato Powder, Garlic Powder, Paprika Extract, Spice Extractives, Silicon Dioxide (Anticaking Agent), Soybean Oil), Crunchy Corn Kernels (Corn, Seasoning (Tapioca Maltodextrin, Salt, Monosodium Glutamate, Potato Maltodextrin, Corn Syrup Solids, Tomato Powder, Onion Powder, Spices, Sugar, Garlic Powder, Sodium Diacetate, Silicon Dioxide, Canola Oil, Malic Acid, Tricalcium Phosphate, Disodium Phosphate, Sodium Citrate, Paprika, Lactic Acid, Citric Acid, Turmeric Extract, Disodium Inosinate & Disodium Guanylate, Natural and Artificial Flavoring), Corn Oil), Seasoned Sesame Sticks (Enriched Wheat Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sesame Seeds, Bulger Wheat, Cajun Seasoning (Salt, Spices (Includes Paprika for Color), Dehydrated Onion, Torula Yeast, Green Bell Pepper, Dehydrated Garlic, Cocoa Powder (Processed with Alkali), Paprika Oleoresin (Color), Salt, Beet Powder (Color), Turmeric (Color), Cajun Corn Sticks (Yellow Corn Masa, Soybean Oil, Cajun Seasoning (Maltodextrin, Salt, Spices, Onion Powder, Tomato Powder, Garlic Powder, Natural Flavor, Green Pepper, Modified Corn Starch).

**CONTAINS: PEANUT, WHEAT, SESAME SEED**

**May Contain: Tree Nuts**

Distributed by Hormel Food Sales, LLC, 1.855.663.5387, <https://www.planter.com/>



Ideas for replacements that you can purchase if you have an allergy to this product:

[Nut Free Protein Bars from Amazon](#)

[Nut Free Trail Mixes](#)

Spicy Nuts & Cajun Sticks		
NUTRITION FACTS		
Serving Size: 1 package 56g		
Servings Per Container: 1		
Amount Per Serving		
Calories	310	Calories from Fat
		% Daily Value
Total Fat	22g	28%
	Saturated Fat 3g	15%
	Trans Fat 0mg	
Cholesterol	0 mg	0%
Sodium	480mg	21%
Total Carbohydrate	21g	8%
	Dietary Fiber 4g	14%
	Sugars 2g	
Protein	10g	

- **Honey Mustard and Onion Pretzel Pieces— Snyders of Hanover**, (1 Package Per Camper)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Sugar, Onion Powder, Dextrose, Salt, Whey (Milk), Honey Powder, Hydrolyzed Soy Protein, Mustard Powder (Mustard (Vinegar, Mustard, Salt, Turmeric), Maltodextrin, Starch), Wheat Starch, Vinegar Powder (Maltodextrin, Modified Food Starch, Vinegar), Yeast, Canola Oil, Citric Acid, Natural Flavor, Horseradish, Spice, Turmeric Extract (Color), Soda.

**CONTAINS: WHEAT, MILK, SOY**

Made in a Facility that Does Not Process Peanuts

Snyders-Lance, Inc Charlotte, NC 28277, [snydersofhanover.com](http://snydersofhanover.com)



Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Snyders Gluten Free Pretzels](#)

[Gluten Free Pretzels on Amazon](#)

Honey Mustard & Onion Pretzels		
NUTRITION FACTS		
Serving Size: 63g		
Servings Per Container: 1		
Amount Per Serving		
Calories	310	Calories from Fat
		% Daily Value
Total Fat	16g	21%
	Saturated Fat 8g	40%
	Trans Fat 0mg	
Cholesterol	0 mg	%
Sodium	420mg	18%
Total Carbohydrate	37g	13%
	Dietary Fiber 1g	4%
	Sugars 3g	
Protein	4g	

# Dinner Meal #8

- Consumed for dinner on calendar days: 08, 18, and 28.
- Each bag is designed for **two campers** or “buddies”
- The Entrée in the bag will either be Spaghetti with Meat Sauce or Chicken and Noodles Casserole. If you have an allergy to Egg or Milk, the spaghetti entrée can be shipped from base camp to your backcountry food pickup location—please make arrangements with your Ranger and Logistics.

- **Spaghetti with Meat Sauce—Mountain House**, (1 package per camper)

Ingredients: Enriched Spaghetti (Durum Semolina, Niacin (B3), Ferrous Sulfate (Iron), Thiamine Mononitrate (B1), Riboflavin(B2), Folic Acid (B9)), Tomato Paste, Beef (Beef, Salt, Rosemary Extract), Tomatoes (Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid), Cane Sugar, Sea Salt, Onion Powder, Garlic Powder, Seasoning (Yeast Extract, Yeast), Herbs (Oregano, Rosemary, Savory, Basil, Thyme, Marjoram, Sage), Red Pepper Powder.

**CONTAINS: WHEAT**

OFD Foods, Inc. 877-366-3877, mountainhouse.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Wild Zora](#), [AlpineAire Meals](#)

SPAGHETTI WITH MEAT SAUCE		
NUTRITION FACTS.		
Serving Size: 1 Package 4.2 oz		
Servings Per Container: 1		
Amount Per Serving		
Calories	480	Calories from Fat
		% Daily Value
Total Fat	7g	9%
		Saturated Fat 3g 15%
		Trans Fat 0mg
Cholesterol	20 mg	7%
Sodium	1180mg	51%
Total Carbohydrate	82g	30%
		Dietary Fiber 10g 36%
		Sugars 18g
Protein	22g	

- **Homestyle Chicken and Noodles Casserole—Mountain House**, (1 package per camper)

Ingredients: Precooked Noodles (Durum Semolina, Whole Egg, Salt), Sauce (Nonfat Dry Milk, Rendered Chicken Fat, Corn Starch, Less than 2% of: Seasoning [Yeast Extract, Yeast], Chicken Flavor [Cooked Ground Chicken with Juices, Sea Salt, Chicken Flavor, Onion Powder, Potato Flour, Carrot Powder, Turmeric, Flavor, Black Pepper], Cane Sugar, Onion Powder, White Pepper, Celery Seed), Chicken (Chicken Meat, Salt), Mushroom (Mushroom, Salt), Pimientos (Pimientos, Citric Acid), Green Bell Pepper, Celery.

**CONTAINS: WHEAT, MILK, EGG**

OFD Foods, Inc. 877-366-3877, mountainhouse.com

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Wild Zora](#), [AlpineAire Meals](#), If you have an allergy to Egg or Milk, the spaghetti entrée can be shipped from base camp to your backcountry food pickup location—please make arrangements with your Ranger and Logistics

Chicken and Noodles Casserole		
NUTRITION FACTS		
Serving Size: 1 Pouch		
Servings Per Container: 1		
Amount Per Serving		
Calories	550	Calories from Fat
		% Daily Value
Total Fat	18g	23%
Saturated Fat	5g	25%
Trans Fat	0mg	
Cholesterol	120mg	40%
Sodium	1300mg	57%
Total Carbohydrate	61g	22%
Dietary Fiber	3g	11%
Sugars	13g	
Protein	36g	

- **Oreo Sandwich Cookies—Nabisco**, (1 Package Per Camper)

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Palm Oil, Soybean 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 AND SOY**

Mondelez International, [snackworks.com](http://snackworks.com) 1-855-253-8846



Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Gluten Free Oreos on Amazon](#)

Oreo Cookies, 4 Pack		
NUTRITION FACTS		
Serving Size: 1 Package (45g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	220	
		% Daily Value
Total Fat	9g	12%
Saturated Fat	2.5g	13%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	180mg	8%
Total Carbohydrate	33g	12%
Dietary Fiber	<1g	3%
Sugars	18g	
Protein	2g	



- **Pepperoni Pizza Pretzel Pieces—Combos**, (1 package per camper)

Ingredients: Wheat Flour, Palm Oil, Dairy Product Solids, Corn Oil, Maltodextrin, Modified Corn Starch; Less than 2% of: Salt, Tomato Powder, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Bakers and Cheddar Cheese Blend (Milk, Cheese Cultures, Salt, Enzymes), Dextrose, Cream, Soy Lecithin, Whey, Spices, Colors (Yellow 6 Lake, Red 40 Lake), Yeast Extract, Paprika, Onion Powder, Natural and Artificial Flavors, Skim Milk, Garlic Powder, Beef Fat, Citric Acid, Malic Acid, Whey Protein Concentrate, Sugar, Disodium Guanylate, Disodium Inosinate, Paprika Extract, Wheat, Soybeans, Lactic Acid.

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

Mars Wrigley Confectionery US, LLC. Hackettstown, NJ 07840, [combos.com](http://combos.com), 1.800.556.7881

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Gluten Free Pretzels](#)

Pepperoni Pizza Combos		
NUTRITION FACTS		
Serving Size: 1 Pouch (51g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	240	
		% Daily Value
Total Fat	11g	14%
	Saturated Fat 5g	25%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	530mg	23%
Total Carbohydrate	31g	11%
	Dietary Fiber <1g	3%
	Sugars 6g	
Protein	3g	

- **Japanese Style Peanuts—Sabritas Frito Lay**, (1 Package Shared Between 2 Campers)

Ingredients: Peanuts, Flour (Wheat Flour, Malted Barley Flour), Sugar, Modified Corn Starch, Soy Sauce (Wheat, Soybeans, Salt), Salt, Monosodium Glutamate, and Natural Flavor.

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

**Made on Equipment that Makes Products Containing Tree Nuts**



Frito Lay North America, Inc. Plano TX 75024, 1.800.352.4477, [fritolay.com](http://fritolay.com)

Ideas for replacements that you can purchase if you have an allergy to this product:

[Nut Free Bars](#) that you can purchase or a [recipe](#) that you can try making yourself.

Japanese Style Peanuts		
NUTRITION FACTS		
Serving Size: 3 Tbsp		
Servings Per Container: About 3		
Amount Per Serving		
Calories	140	Calories from Fat
		% Daily Value
Total Fat	8g	11%
	Saturated Fat 1g	6%
	Trans Fat 0mg	
Cholesterol	0 mg	0%
Sodium	160mg	7%
Total Carbohydrate	13g	5%
	Dietary Fiber 2g	6%
	Sugars 2g	
Protein	5g	

# Dinner Meal #9

- Consumed for dinner on calendar days: 09, 19, and 29.
- Each bag is designed for **two campers** or “buddies”

- **Mexican Style Veggie Bowl—AlpineAire Foods** (1 package shared between 2 campers)

Ingredients: Instant White Rice, Black Beans, Taco Seasoning (Paprika, Corn Meal, Salt, Onion, Spices, Garlic, Tomato, Citric Acid), Sweet Corn, Pepper Jack Cheese ((Pasteurized Milk, Cheese Cultures, Salt, Jalapeno Peppers, Enzymes), Powdered Cellulose (added to prevent caking)), Tomato Flakes, Bell Pepper Red and Green Combo, Red Onion, Potato Starch, Sea Salt, Crystalized Lime (Citric Acid, Natural Lime Flavor (Maltodextrin, Sugar, Lime Oil, Lime Juice Concentrate, Sunflower Lecithin, Gum Arabic, Silicon Dioxide)), Garlic Granulated, Natural Flavor (Contains Baker’s Yeast Extract, Salt, Canola Oil (Anti-Dusting)), Black Pepper, Cilantro, Jalapeno.

**CONTAINS: MILK**

**GLUTEN FREE, VEGETARIAN**

AlpineAire Foods, Inc. Katadyn North American Foods, Inc. 1-800-755-9701, [alpineaire.com](http://alpineaire.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Wild Zora](#), [AlpineAire Meals](#)

MEXICAN VEGGIE BOWL		
NUTRITION FACTS		
Serving Size: 3.14 OZ (89g)		
Servings Per Container: 2		
Amount Per Serving		
Calories	310	Calories from Fat
		% Daily Value
Total Fat	3g	4%
Saturated Fat		1.5g 8%
Trans Fat		0mg
Cholesterol	5 mg	2%
Sodium	640mg	28%
Total Carbohydrate	27g	10%
Dietary Fiber		4g 14%
Sugars		5g
Protein	12g	

- **Honey Roasted Peanuts—Planters**, (1 Package Per Camper)

Ingredients: Peanuts, Sugar, Peanut Oil, Honey, Corn Syrup, Sea Salt, Fructose, Cornstarch, Xanthan Gum.

**CONTAINS: PEANUT**

**May Contain: Tree Nuts**



KraftHeinz or Hormel. 1-855-663-5387, [kraftheinz-foodservice.com](http://kraftheinz-foodservice.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Sunflower Seed Trail Mix from Amazon](#)

Honey Roasted Peanuts		
NUTRITION FACTS		
Serving Size: 1 package (28g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	160	
		% Daily Value
Total Fat	13g	17%
	Saturated Fat 2g	10%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	85mg	4%
Total Carbohydrate	7g	2%
	Dietary Fiber 2g	8%
	Sugars 4g	
Protein	7g	

- **Jalapeno Pretzel Pieces—Snyders**, (1 Package Per Camper)

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Salt, Dextrose, Onion Powder, Monosodium Glutamate, Dehydrated Jalapeno Peppers, Garlic Powder, Vinegar, Yeast Extract, Yeast, Dehydrated Parsley, Natural and Artificial Flavors, Disodium Inosinate and Disodium Guanylate, Citric Acid, Paprika Extract (Color), Canola Oil, Soda.

**CONTAINS: WHEAT**

**Made in a facility that does not process Peanuts**



Snyder's-Lance, Inc. Charlotte, NC 28277, [snydersofhanover.com](http://snydersofhanover.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[gluten free pretzels](#)

Jalapeno Pretzel Pieces		
NUTRITION FACTS		
Serving Size: 1 package (63g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	300	
		% Daily Value
Total Fat	16g	21%
	Saturated Fat 7g	35%
	Trans Fat 0mg	
Cholesterol	0mg	%
Sodium	930mg	40%
Total Carbohydrate	36g	13%
	Dietary Fiber 1g	4%
	Sugars 2g	
Protein	4g	

- **Goldfish Cinnamon Giant Grahams— Pepperidge Farm, (1 Package Per Camper)**

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

**CONTAINS: WHEAT**

Distributed by: Pepperidge Farm, Inc. Norwalk, CT 06856, [pepperidgefarm.com](http://pepperidgefarm.com), 1.888.737.7374

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Gluten Free Cookies on Amazon](#)

Cinnamon Grahams		
NUTRITION FACTS		
Serving Size: 1 Package		
Servings Per Container: 1		
Amount Per Serving		
Calories	120	
		% Daily Value
Total Fat	4g	5%
	Saturated Fat 1g	5%
	Trans Fat 0mg	
Cholesterol	mg	0%
Sodium	140mg	6%
Total Carbohydrate	19g	7%
	Dietary Fiber 1g	4%
	Sugars 7g	
Protein	1g	

# Philmont Scout Ranch

## Dinner Meal #10

- Consumed for dinner on calendar days: 10, 20, and 30.
- Each bag is designed for **two campers** or “buddies”
- The Chicken and Cranberries should be added to the stuffing mix in the 8 qt pot.

- **Chicken Breast– Starkist** (1 pouch per camper)

Ingredients: Chicken (White Chicken Meat, Water, Modified Food Starch (Corn), Salt, Sodium Phosphate).

**Soy Free, Gluten Free**

Starkist, [www.starkist.com](http://www.starkist.com)

Ideas for vegetarian replacements that you can purchase if you are unable to consume this product:

[Shelf stable Tofu](#) on Amazon

CHICKEN BREAST—2.6OZ POUCH		
NUTRITION FACTS		
Serving Size: 1 Pouch (74g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	80	
		% Daily Value
Total Fat	2g	3%
	Saturated Fat 0.5g	3%
	Trans Fat 0mg	
Cholesterol	60mg	20%
Sodium	270mg	12%
Total Carbohydrate	1g	1%
	Dietary Fiber g	%
	Sugars g	
Protein	13g	

- **Cornbread Stuffing Mix—Food Club Brand** (1 pouch shared between 4 campers)

Ingredients: Bread Crumbs (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cornmeal, Sugar, Salt, Vegetable Shortening (Palm Oil and/or Palm Kernel Oil), Yeast, Grain Vinegar, Turmeric (Color), Soy Lecithin, Annatto (Color), Contains 2% or less of each of the following: Dehydrated Onion, Salt, Hydrolyzed Corn and Soy Protein, Maltodextrin, Dehydrated Celery, Spice, Sugar, Potassium Chloride, Corn Starch, Soy Flour, Chicken Fat, Dehydrated Garlic, Turmeric (Color), Autolyzed Yeast Extract, Citric Acid, Disodium Inosinate, Disodium Guanylate.

**CONTAINS: WHEAT, SOY**

Distributed by Topco Associates LLC, 1.888.423.0139 or [foodclubbrand.com](http://foodclubbrand.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Aleia's Gluten Free Stuffing](#)

CORNBREAD STUFFING MIX		
NUTRITION FACTS		
Serving Size: 1/6 Package		
Servings Per Container: 6		
Amount Per Serving (As Prepared)		
Calories	110	Calories from Fat
		% Daily Value
Total Fat	1g	1%
	Saturated Fat 0g	%
	Trans Fat 0mg	
Cholesterol	0 mg	%
Sodium	400mg	18%
Total Carbohydrate	21g	7%
	Dietary Fiber <1g	3%
	Sugars 2g	
Protein	4g	

- **Salt and Lime Peanuts—Sabritas Frito Lay,** (1 Package Shared between Two Campers)

Ingredients: Peanuts, Vegetable Oil (Peanut, Cottonseed, Soybean, and/or Sunflower Oil), Salt, Maltodextrin (Made from Corn), Citric Acid, Dextrose, Sugar, Corn Syrup Solids, Natural Flavor, and Lime Juice.

**CONTAINS: PEANUT INGREDIENTS**

**May Contain: Made on Equipment that Makes Products Containing Tree Nuts**



Consumer Inquiries: Frito Lay North America, Inc. Plano TX 75024, 1.800.352.4477, [fritolay.com](http://fritolay.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[Nut Free Trail Mix from Amazon](#)

Salt & Lime Peanuts		
NUTRITION FACTS		
Serving Size: 3 Tbsp		
Servings Per Container: 3		
Amount Per Serving		
Calories	170	Calories from Fat
		% Daily Value
Total Fat	14g	19%
	Saturated Fat 2g	11%
	Trans Fat 0mg	
Cholesterol	0 mg	%
Sodium	200mg	9%
Total Carbohydrate	5g	2%
	Dietary Fiber 2g	8%
	Sugars 1g	
Protein	7g	

- **Craisins Dried Cranberries— Ocean Spray**, (1 Package Shared Between 2 Campers)

Ingredients: Dried Cranberries (Sugar, Cranberries). Refined Sunflower Oil is used as a processing aid.

**CONTAINS:**

**Gluten Free, Peanut Free**

Distributed by: Ocean Spray Cranberries, INC. Lakeville-Middleboro, MA , [oceanspray.com](http://oceanspray.com), 1.800.662.63263

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:



Dried Cranberries		
NUTRITION FACTS		
Serving Size: 1 Package		
Servings Per Container: 1		
Amount Per Serving		
Calories	110	
		% Daily Value
Total Fat	0g	0%
	Saturated Fat 0g	0%
	Trans Fat 0mg	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	27g	10%
	Dietary Fiber 2g	7%
	Sugars 24g	
Protein	0g	

- **Chocolate Chip Waffle Snaps—Appleways/Darlington**, (1 package per camper)

Ingredients: Whole Grain Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla), Soy Lecithin Dextrose, Apple Puree (Apples, Ascorbic Acid), Natural Flavors, Baking Soda, Sodium Ascorbate, Salt, Apple Fiber.

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

**Produced in a nut-free bakery**

Darlington Snacks, 1.800.754.2202, [www.darlingtonsnacks.com](http://www.darlingtonsnacks.com)

Ideas for replacements that you can purchase or try making yourself if you have an allergy to this product:

[https://www.amazon.com/Nunbelievable-Cookies-Healthy-Diabetic-Friendly/dp/B095VTGX3N/ref=sr\\_1\\_12?keywords=gluten+free+dessert+snack&qid=1676320751&sr=8-12](https://www.amazon.com/Nunbelievable-Cookies-Healthy-Diabetic-Friendly/dp/B095VTGX3N/ref=sr_1_12?keywords=gluten+free+dessert+snack&qid=1676320751&sr=8-12)



Choc Chip Waffles		
NUTRITION FACTS		
Serving Size: 1 package (54g)		
Servings Per Container: 1		
Amount Per Serving		
Calories	230	Calories from Fat
		% Daily Value
Total Fat	7g	9%
	Saturated Fat 1.5g	8%
	Trans Fat 0mg	
Cholesterol	0 mg	0%
Sodium	180mg	8%
Total Carbohydrate	40g	15%
	Dietary Fiber 3g	11%
	Sugars 16g	
Protein	3g	

# Commissary Supplemental Items

- Supplemental Items are meant to be decided on and consumed at the commissary food pickup location by the campers.

- ◆ Apples
- ◆ Oranges
- ◆ Pears or Peaches
- ◆ Shelf Stable Milk

- **Chocolate Flavored Milk, Shelf Stable**

**Ingredients:** Reduced fat milk, Sugar, Contains 1% or less of each of the following: Cocoa (Processed with Alkali), Cocoa, Carrageenan, Salt, Artificial flavor, Vitamin A Palmitate and Vitamin D3.

- **White Shelf Stable Milk, 2%**

Ingredients: 2% Reduced fat Milk (shelf stable)

White Milk, 2%			
NUTRITION FACTS			
Serving Size: 8 oz			
Servings Per Container: 1			
Amount Per Serving			
Calories	130	Calories from Fat	45
		% Daily Value	
Total Fat	5g		8%
	Saturated Fat	3g	15%
	Trans Fat	0mg	
Cholesterol	20mg		7%
Sodium	120mg		5%
Total Carbohydrate	12g		4%
	Dietary Fiber	0g	0%
	Sugars	13g	
Protein	9g		

Chocolate Flavored Milk			
NUTRITION FACTS			
Serving Size: 8oz			
Servings Per Container: 1			
Amount Per Serving			
Calories	200	Calories from Fat	45
		% Daily Value	
Total Fat	5g		8%
	Saturated Fat	3g	15%
	Trans Fat	0mg	
Cholesterol	20mg		7%
Sodium	100mg		4%
Total Carbohydrate	30g		10%
	Dietary Fiber	0g	0%
	Sugars	28g	
Protein	8g		



## ITEMS AVAILABLE FOR RESUPPLY AT COMMISSARY LOCATIONS:

- ◆ Toilet Paper
- ◆ Zip Lock Bags
- ◆ Trash Bags
- ◆ Green Scrubbies
- ◆ Camp Suds
- ◆ Hand Sanitizer
- ◆ Electrolyte Replishment Drink Mixes
- ◆ Salt
- ◆ Pepper
- ◆ Sugar
- ◆ Micropur
- ◆ Mayonnaise
- ◆ Mustard
- ◆ Pickle Relish
- ◆ Fresh Tortillas
- ◆ Oatmeal Packets (Flavored & Plain)
- ◆ Gluten Free Crackers

- **Flour Tortilla, 12” - Bueno Foods** (12 Per Pack—Designed to be an extra item for dinner or a swap out for crackers at lunch).

Ingredients: Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Azodicarbonamide, Tricalcium Phosphate), Water, Vegetable Shortening (Partially Hydrogenated Soybean and Cottonseed oil), Salt, Baking Powder (Baking Soda, Corn Starch, Sodium Aluminum Sulfate), Calcium Sulfate, Monocalcium Phosphate), Mono and Diglycerides, Wheat gluten, Xanthan Gum, Locust bean gum, Fumaric acid, Lecithin, Calcium Propionate, Fumaric acid, Sodium Propionate (mold inhibitor), Citric acid, Corn starch, Salt, Potassium sorbate (mold inhibitor), Sodium metabisulfite

**CONTAINS: GLUTEN, WHEAT, SOYBEANS.**

<b>Flour Tortilla, 12”</b>			
<b>NUTRITION FACTS</b>			
Serving Size: 1 tortilla			
Servings Per Container: 1			
Amount Per Serving			
Calories	300	Calories from Fat	30
		% Daily Value	
Total Fat	7g		11%
	Saturated Fat 1.5g		8%
	Trans Fat 0g		
Cholesterol	0mg		0%
Sodium	810mg		34%
Total Carbohydrate	52g		17%
	Dietary Fiber 2g		8%
	Sugars 1g		
Protein	8g		

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## On the Trail, Other Mealtime Adventures

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- Chuckwagon Dinners are an opportunity for the crew to eat something that is not freeze-dried or dehydrated while on the trail.
- All staffed camps that offer Chuckwagon Dinners have the supplies necessary to accommodate special food allergies including: gluten free options, vegetarian, and nut allergies. Please, check in with the camp staff upon arrival at the particular camp so that they can ensure there is a meal prepared for you.

### Chuck-Wagon Dinners

#### Beaubien, Clark's Fork, Ponil

- **CHILI with BEANS**—Water, Beef, Beans, Tomatoes, Food Starch—Modified, Textured Vegetable Protein (Soy Flour, Caramel Color), Salt, Spices, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Sugar, Onion Powder, Dehydrated Green Pepper, Garlic Powder, Oleoresin Paprika. **CONTAINS: SOY, WHEAT.**
- **PEACHES** – peaches, water, corn syrup, sugar.
- **BISCUIT MIX** - Enriched bleached wheat flour, (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid and containing malted barley flour), vegetable shortening (containing palm oil), leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate), buttermilk, dextrose, whey, salt, sugar, wheat starch, and artificial flavor. **Contains: Wheat, milk.**
- **YELLOW CAKE MIX** - sugar, enriched bleached flour (wheat flour, niacin, iron, thiamin nononitrate, riboflavin, folic acid), partially hydrogenated soybean oil, wheat starch, baking powder (baking soda, sodium aluminum phosphate, monocalcium phosphate, dicalcium phosphate), contains 2% or less of :dextrose, corn starch, salt, artificial flavor, propylene glycol monoesters, mono-and diglycerides, cellulose, colored with yellow 5 and red 40, xanthan gum cellulose gum, polysorbate 60, TBHQ, and citric acid. **Contains: milk and wheat ingredients. May contain soybean ingredients.**

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## On the Trail, Other Mealtime Adventures

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- **Vegetarian/Gluten Free — Amy's Organic Chili—Black Bean**

Ingredients: Organic Black Beans, Filtered Water, Organic Tomato Puree, Organic Onions, Organic Bell Peppers, Organic Green Chiles, Organic High Oleic Safflower and/or Sunflower Oil, Sea Salt, Organic Spices, Organic Lime Juice, Organic Garlic, Organic Black Pepper, Organic Basil.

Certified Gluten Free, Vegan, No GMOs

- **Gluten Free Biscuit** — Stone ground white rice and garbanzo bean flours, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), xanthan gum and sea salt. Manufactured in a facility that also uses tree nuts and soy.
- **Gluten Free Cake Mix**— Sugar, potato starch, tapioca flour, whole grain sorghum flour, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch), sea salt, xanthan gum, and vanilla powder (sugar, cornstarch, vanilla extract).

## On the Trail, Other Meal Adventures

- **HOT SAUCE** – tomato concentrate (water and tomato paste), jalapeno peppers, green chilies, dehydrated onions, distilled vinegar, salt, spices.
- **All Sport Drink Mix Bulk-**
  - Blue Raz Ice CITRIC ACID, MALTODEXTRIN\*, SALT, POTASSIUM CITRATE, NATURAL AND ARTIFICIAL FLAVORS, MONOPOTASSIUM PHOSPHATE, ASPARTAME†, ASCORBIC ACID (VITAMIN C), CONTAINS 2% OR LESS OF THE FOLLOWING: XANTHAN GUM, ACESULFAME POTASSIUM, CALCIUM SILICATE, BLUE 1. \* ADDS A TRIVIAL AMOUNT OF SUGAR
  - Fruit Punch CITRIC ACID, MONOPOTASSIUM PHOSPHATE, SALT, NATURAL AND ARTIFICIAL FLAVORS, MALTODEXTRIN\*, POTASSIUM CITRATE, ASPARTAME†, ASCORBIC ACID (VITAMIN C), CONTAINS 2% OR LESS OF THE FOLLOWING: XANTHAN GUM, ACESULFAME POTASSIUM, CALCIUM SILICATE, RED 40. \* ADDS A TRIVIAL AMOUNT OF SUGAR
  - Lemon Lime CITRIC ACID, MONOPOTASSIUM PHOSPHATE, SALT, NATURAL AND ARTIFICIAL FLAVORS, MALTODEXTRIN\*, POTASSIUM CITRATE, ASPARTAME†, ASCORBIC ACID (VITAMIN C), CONTAINS 2% OR LESS OF THE FOLLOWING: ACESULFAME POTASSIUM, CALCIUM SILICATE, YELLOW 5. \* ADDS A TRIVIAL AMOUNT OF SUGAR
  - Grape CITRIC ACID, MALTODEXTRIN\*, NATURAL AND ARTIFICIAL FLAVORS, MONOPOTASSIUM PHOSPHATE, SALT, ASPARTAME†, POTASSIUM CITRATE, ASCORBIC ACID (VITAMIN C), CONTAINS 2% OR LESS OF THE FOLLOWING: ACESULFAME POTASSIUM, CALCIUM SILICATE, YELLOW 6. \* ADDS A TRIVIAL AMOUNT OF SUGAR
- **SHORTENING-** soybean oil.

### Chuck Wagon Menu and Ingredients List

When **Extreme Fire Restrictions** are in Place

(The brownie will replace the cobbler. The premade cornbread will replace the dutch-oven cooked biscuits)

- **Brownie Cup** - Whole Grain Wheat Flour, Enriched Wheat Flour (Contains Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Cocoa, Egg White, Unsweetened Applesauce, Corn Syrup, Caramel Color, Artificial Flavor, Salt.
  - CONTAINS: WHEAT, EGG, SOYBEAN, MILK**
  - Manufactured in a Peanut Free Facility**
- **Cornbread**— Whole Grain Wheat Flour, Enriched Wheat Flour (Contains Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Grain Cornmeal Flour, Water, Vegetable Oil (Cottonseed Oil), Sugar, Nonfat Milk, Dextrose, Egg Yolk, Soy Flour, Baking Powder, Corn Flour, Salt, Potato Flour, Lecithin, Potassium Sorbate, Starch.
  - CONTAINS: WHEAT, EGG, SOYBEAN, MILK**
  - Manufactured in a Peanut Free Facility**

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## On the Trail, Other Meal Adventures

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- The Mexican Homestead Dinner is an opportunity for the crew to eat something that is not freeze-dried or dehydrated while on the trail.
- Abreu Staffed Camp has the supplies necessary to accommodate special food allergies including: gluten free options, vegetarian, and nut allergies. Please, check in with the camp staff upon arrival so that they can ensure that there is a meal prepared for you.

### Mexican Homestead Dinner

#### Abreu

- **Tortilla** – Enriched flour (wheat flour, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin, (vitamin B2), water, non-hydrogenated soybean oil, baking powder (sodium bicarbonate, sodium aluminum sulfate, corn starch, calcium sulfate, mono calcium phosphate), salt, fumaric acid, mono and diglycerides, sodium propionate, potassium sorbate (to preserve freshness) Allergens: Contains **Wheat, Gluten and Soy**
- **Refried Beans** – Pinto Beans (dry), lard (preserved with bht and citric acid), salt, caramel color, carmine color, bha.
- **Shredded Beef** – Beef, onion powder, spices, garlic powder.
- **Churro** – Wheat starch, vegetable oil (contains one or more of the following: canola oil, cottonseed oil, palm oil, soy bean oil), yellow corn flour, water, sodium caseinate, eggs, egg white, egg yolk, cinnamon, salt, leavening (sodium acid pyrophosphate, baking soda), guar gum, propylene glycol mono and diesters of fatty acids, sugar, mono and diglycerides, soy lecithin, bht (preservative), artificial flavor. Contains **Wheat, Milk, Egg and Soy** ingredients.

## How can I eat Kosher or Halal at Philmont?

Crews or individuals that require a Kosher or Halal trail menu will be provided a replacement dinner entrée (My Own Meals or J&M Meals) for each of their dinner meals. It will be up to the individual to provide their own substitute items for all other breakfast, lunch, and dinner components that do not meet their needs.

My Own Meals products (***see links below***) are available at Philmont as a substitute for the entree in the dinners and need only to be immersed in boiling water for 5 minutes to be ready. **All of the products used in My Own Meals are Glatt Kosher. All of the products used in J&M Meals are Halal.** Individuals that require a vegetarian diet as apart of their religious practices can double up on the five vegetarian My Own Meals entrees provided. Philmont has Kosher vessels (i.e. new and not used) available for campers. We recommend that Jewish and Muslim Scouts either bring their own trail stove or purchase one at Philmont, so that they can coordinate cooking their meals at the same time as other trek members.

<https://www.myownmeals.com/products/meal-descriptions-and-ingredients/>

<https://www.halalcertified.com/products/meal-descriptions-ingredients/>