

Philmont Scout Ranch 2012 Trail Menu

With Nutritionals and Ingredients

Special Food Needs for Allergic or Religious Reasons

Philmont trail food is by necessity a high-carbohydrate, high-caloric diet. It is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. If an individual in your crew is allergic to some food products or requires a special diet, suitable food must be purchased at home and brought to Philmont.

Philmont asks that food substitutions be made only for medical (including allergies) or religious reasons. All food shipped to the backcountry is subject to inspection to insure the best delivery method. There is no fee reduction for individuals who bring their own food.

If replacement food is required, go to the Philmont website at <http://www.philmontscoutranch.org/> and find the menu and ingredients list. All meals are numbered from 1 to 10. Review this list and determine which items in each meal will cause a problem and prepare a substitute for the specific items in the meal. When putting the substitutes together, keep in mind that Philmont participants need approximately 3,000 calories a day. Package the substitutes for each meal individually and label them with your Expedition Number, the person's name, and the meal that the substitute is needed for ("Supper 5"). Do this for all meals that need substitute items.

On the afternoon of your arrival at Philmont, your crew's Ranger, the Crew Leader, and individual(s) needing the substitute food should bring the food bags and the crew's "Crew Leader Copy" to Logistics. The Logistics staff will then group the meals by backcountry commissary and will arrange for them to be delivered to that commissary so that they will be at the commissary when the crew makes its regular food pickup. The key thing to be sure of is that items are clearly labeled.

Appropriate substitutions can be arranged for food served in the dining hall by speaking with the dining hall manager upon your arrival at Philmont.

If you have any questions about food substitutions, please contact Philmont by telephone at (575-376-2281) or email camping@philmontscoutranch.org. The 2012 menu and ingredient list will be available in late April 2012. The 2011 menu and ingredients will remain on the website until the new information is available.

KOSHER/HALAL TRAIL MENU

Philmont supports a Kosher/Halal trail menu. Philmont has requested that all food suppliers bid products that are identified as Kosher. To assist crews identify those items that are Kosher the menu has an identification mark by each item that qualifies.

Crews or individuals that require a Kosher trail menu may bring substitutes for items that are not Kosher for each meal. These items must be prepared as outlined in this section.

My Own Meal products are available at Philmont as a substitute for the entre' 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 Meal* are Glatt Kosher and are Halal. Philmont has Kosher vessels (i.e. Brand new and not used) available. We recommend that Jewish and Muslim Scouts either bring their own trail stove or purchase one at Philmont, so that they do not have to wait for a crew stove to boil their water and, thus, not eat at the same time as their crew members.

Philmont Scout Ranch will do it's best to provide specific information to help in planning meals for Jewish and Muslim Scouts. Substitute food items that are brought to Philmont and substitute *My Own Meals* provided by Philmont will be packaged using the process described in this section and delivered to specific commissaries to match the meals they are needed for.

You may direct specific question or concerns to the Philmont Jewish Chaplain or the Philmont Scout Ranch Director of Program at camping@philmontscoutranch.org.

Chuck Wagon Menu and Ingredient List

Beef Stew
Peaches
Hot Sauce
Sugar
Gatorade
Yellow cake mix
Biscuit mix
Shortening

BEEF STEW – water, beef (beef, salt), potatoes, carrots, celery, peas, beef type flavor (autolyzed yeast extract, soy sauce, [soybeans, wheat, salt, partially hydrogenated soybean and cottonseed oil, lattice acid]), wheat flour (enriched with niacin, reduced iron, thiamine, riboflavin, folic acid), tomato paste, modified corn starch, onion, salt, bay oleoresin.

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.**

HOT SAUCE – tomato concentrate (water and tomato paste), jalapeno peppers, green chilies, dehydrated onions, distilled vinegar, salt, spices.

GATORADE- sucrose, dextrose, citric acid, salt, sodium citrate, natural lemon and lime flavors with other natural flavors, monopotassium phosphate, yellow 5.

SHORTENING- soybean oil.

Ponil Breakfast Items:

Pancake Mix – Enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated soybean and/or cottonseed oil, corn syrup solids, salt, sodium aluminum phosphate, sodium bicarbonate, sugar, sodium caseinate, (a milk derivative), mono & diglycerides. **Contains allergens: Dairy and wheat.**

Pancake Syrup – corn syrup, water, salt, artificial and natural flavors, cellulose gum, caramel color, sodium benzoate, sorbic acid and potassium sorbate as preservatives, citric acid.

Pork Breakfast Sausage – Pork, water, salt, spices, dextrose, BHT, citric acid, propyl gallate.

Orange Juice – Water, orange juice concentrate.

COFFEE – coffee

Chuck Wagon Menu and Ingredient List

When Extreme Fire Restrictions are in Place

Beef Stew
Peaches
Pound Cake
Premade Biscuits
Gatorade
Hot Sauce

BEEF STEW – water, beef (beef, salt), potatoes, carrots, celery, peas, beef type flavor (autolyzed yeast extract, soy sauce, [soybeans, wheat, salt, partially hydrogenated soybean and cottonseed oil, lactic acid]), wheat flour (enriched with niacin, reduced iron, thiamine, riboflavin, folic acid), tomato paste, modified corn starch, onion, salt, bay oleoresin.

PEACHES – peaches, water, corn syrup, sugar.

POUND CAKE - Eggs, Enriched bleached flour (Wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, butter (cream, salt), high fructose corn syrup, mono and diglycerides. Contains 2% or less of each of the following: Water, Leavening (Sodium acid pyrophosphate, baking soda, monocalcium phosphate), corn starch, salt, milk protein concentrate, modified corn starch, guar

gum, xanthan gum, sodium stearoyl lactylate, vanillin (artificial flavor), annatto (color), soy flour.
Contains: **Eggs, Wheat, Milk and Soy**

PRE-MADE BISCUITS – Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (partially hydrogenated soybean and cottonseed oils), leavening (baking soda, sodium acid pyrophosphate, sodium aluminum phosphate), contains less than 2%: salt, buttermilk, sguar, dextrose, natural and artificial flavors, xanthan gum, potassium sorbate (preservative), guar gum, whole eggs, calcium carbonate. Allergen Statement: This product contains **Wheat, Soy, Cottonseed, Milk, Eggs.**

GATORADE– sucrose, dextrose, citric acid, slat, sodium citrate, natural lemon and lime flavors with other natural flavors, monopotassium phosphate, yellow 5

HOT SAUCE – tomato concentrate (water and tomato paste), jalapeno peppers, green chilies, dehydrated onions, distilled vinegar, salt, spices.

Abreu Mexican Dinner Menu and Ingredient List

Tortilla
Refried Beans
Taco Meat
Churro
Salsa

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.

Taco Meat – Beef, Water, Textured vegetable protein product (soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (vitamin B1), pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), cyanocobalamin (vitamin B12), tomato paste, chili powder (chili pepper, cumin, salt, garlic, oregano), salt, paprika, onion powder, spices, garlic powder, sugar, dehydrated onions.

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.

Salsa – Tomato puree (water and tomato paste), onions, jalapeno peppers, distilled vinegar, bell peppers, salt, dry onion and dry garlic

Philmont Trail Food Ingredients 2012

Breakfast #1		Breakfast #6
Kellogg's Lowfat Granola with Raisins - K Olympia Granola – Honey Almond Clif-Twisted Fruit, Strawberry - K Quaker – PB Choc Chip Granola Bar - K Cinnamon Toast Crunch Cereal Bar Alpine Brand Apple Cider by Krusteaz - K		Jack Links Beef Jerky - Original Apples & Cinnamon Instant Oatmeal - K Raisins - K Pro Bar – Whole Berry Blast Animal Crackers - K Alpine Brand Apple Cider by Krusteaz - K
Breakfast #2		Breakfast #7
Jack Links Beef Jerky - Original Oatmeal To Go – Brown Sugar Cinn. - K Raisins - K Kashi Bar TLC - K Newton's Fruit Crisp – Mixed Berry - K Country Time Lemonade – To Go - K		Pop Tarts – Strawberry Oatmeal To Go – Oatmeal Raisin - K Pineapple Chunks Clif Z Bar – Peanut Butter - K Cheerios Milk and Cereal Bar Country Time Lemonade – To Go - K
Breakfast #3		Breakfast #8
Pop Tarts – Brown Sugar Cinnamon Clif – Honey Oat Crunch Bar - K Stretch Island Fruit Strip-Grape - K Fruition Bar - Blueberry Goldfish Giant Grahams Aclimate - Orange Drink Mix		Jack Links Beef Jerky - Peppered Breakfast Cookie – Oatmeal Raisin - K Clif Twisted Fruit – Mixed Berry - K Kashi Bar – Honey Almond TLC - K Newton's Fruit Crisp – Apple - K Aclimate – CranRaspberry Drink Mix
Breakfast #4		Breakfast #9
Jack Links Beef Steak - Original French Vanilla Granola Clif – Twisted Fruit, Sour Apple - K Lara Bar – Peanut Butter Cookie - K Fig Newtons - K Hot Cocoa – Swiss Miss		Raisin Bran Cereal Maple Almond Granola Banana Chips Lara Bar – Peanut Butter & Jelly - K Kelloggs Cinnamon Buns - K Hot Cocoa – Swiss Miss
Breakfast #5		Breakfast #10
Mountain House Breakfast Skillet Apricots Quaker - Chocolate Chip Granola Bar - K Tang - K		Hormel Pepperoni Sticks Nature Valley Peanut Butter Bar - K Snapz - Apple Chips Quaker – Maple and Brown Sugar Bar - K Animal Crackers - K Tang - K

BREAKFAST Skillet - *Hash Browns (potatoes, vegetable oil [contains one or more of the following: canola oil, cottonseed oil, palm oil, corn oil soybean oil, sunflower oil], salt, dehydrated potatoes, enriched bleach flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid) potassium sorbate (to maintain freshness), natural flavoring, disodium dihydrogen pyrophosphate, dextrose)), *Precooked Eggs (whole eggs, egg yolks, nonfat dry milk, modified corn starch, corn oil, salt, yeast extract, sunflower oil, smoke flavor, xanthan gum), *Pork Sausage ([pork, salt, spices, sugar], textured vegetable protein [soy flour, salt]), *Red and Green Bell Peppers, *Chopped Onions. *Freeze Dried Contains: **Egg, Milk, and Soy**.

Nutrition Facts	
Serving Size 1 cup (70g)	
Servings per Container : about 2	
Amount Per Serving	
Calories 350	Calories from Fat 200
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 6g	30%
Cholesterol 295mg	98%
Sodium 880mg	37%
Potassium 390 mg	11%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 13g	27%

APPLES AND CINNAMON INSTANT OATMEAL - whole grain rolled oats, sugar, dried apple pieces (breated with sodium sulfite to promote color retention), salt, cinnamon, calcium carbonate, guar gum, natural flavors, citric acid, niacin (niacinamide), vitamin A palmitate, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), folate (folic acid). Malt-o-Meal Co.,Minneapolis, MN 55402 340

Nutrition Facts	
Serving Size 35g	
Servings per Container about 1	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 3g	

QUAKER OATMEAL TO GO – BROWN SUGAR CINNAMON WHOLE GRAIN ROLLED OATS, HIGH FRUCTOSE CORN SYRUP, BROWN SUGAR, OAT BRAN CONCENTRATE, RICE FLOUR, OAT FLOUR, SUGAR, MARGARINE (PARTIALLY HYDROGENATED SOYBEAN OIL**, SOYBEAN OIL, WATER,

PARTIALLY HYDROGENATED COTTONSEED OIL**, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, CALCIUM DISODIUM EDTA [A PRESERVATIVE], ANNATTO COLOR, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE), MALTODEXTRIN, MODIFIED FOOD STARCH, GLYCERIN, CORN SYRUP, DRIED WHOLE EGGS, MALTED BARLEY EXTRACT, CALCIUM CARBONATE, SALT, WATER, SORBITOL, CINNAMON, SODIUM BICARBONATE, MALT (CONTAINS BARLEY, SOY, AND WHEAT COMPONENTS), CORN FLOUR, MALIC ACID, SODIUM ALGINATE, ENZYME MODIFIED SOY PROTEIN, NATURAL MIXED TOCOPHEROLS, CALCIUM PHOSPHATE, SODIUM HEXAMETAPHOSPHATE, POTASSIUM SORBATE AND BHT (PRESERVATIVES), ARTIFICIAL COLOR, NATURAL AND ARTIFICIAL FLAVORS, NIACINAMIDE*, VITAMIN A PALMITATE, REDUCED IRON, SODIUM PHOSPHATE, PYRIDOXINE HYDROCHLORIDE*, RIBOFLAVIN*, THIAMIN MONONITRATE*, FOLIC ACID***CONTAINS SOY, EGG AND WHEAT INGREDIENTS.**

MAY CONTAIN TRACES OF **PEANUT AND TREE NUTS.**

Nutrition Facts	
Serving Size 40g	
Servings per Container about 1 Bar	
Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4 %
Saturated Fat 0.5g	3 %
Cholesterol 10mg	4%
Sodium 150mg	6 %
Potassium 80mg	2%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12 %
Sol. Fiber 1g	
Sugars 13g	
Protein 3g	

QUAKER OATMEAL TO GO – OATMEAL RAISIN – Ingredients: WHOLE GRAIN ROLLED OATS, HIGH FRUCTOSE CORN SYRUP, RAISINS, BROWN SUGAR, OAT BRAN CONCENTRATE, OAT FLOUR, RICE FLOUR, MARGARINE (PARTIALLY HYDROGENATED SOYBEAN OIL**, SOYBEAN OIL, WATER, PARTIALLY HYDROGENATED COTTONSEED OIL **, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, CALCIUM DISODIUM EDTA [A PRESERVATIVE], ANNATTO COLOR, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE), MALTODEXTRIN, MODIFIED FOOD STARCH, GLYCERIN, DRIED WHOLE EGGS, SUGAR, CORN SYRUP, NATURAL AND ARTIFICIAL FLAVORS, MALTED BARLEY EXTRACT, CALCIUM CARBONATE, SALT, SORBITOL, CINNAMON, SODIUM BICARBONATE, MALT (CONTAINS BARLEY, SOY, AND WHEAT COMPONENTS), CORN FLOUR, MALIC ACID, SODIUM ALGINATE, NATURAL MIXED TOCOPHEROLS, CALCIUM PHOSPHATE, SPICE, NIACINAMIDE*, VITAMIN A PALMITATE, POTASSIUM SORBATE AND BHT (PRESERVATIVES), REDUCED IRON, SODIUM PHOSPHATE, PYRIDOXINE HYDROCHLORIDE*, RIBOFLAVIN*, THIAMIN MONONITRATE*, FOLIC ACID*. **CONTAINS SOY, EGG AND WHEAT INGREDIENTS.** MAY CONTAIN TRACES OF **PEANUT AND TREE NUTS**

Nutrition Facts	
Serving Size 40g	
Servings per Container about 1 Bar	
Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4 %
Saturated Fat 0.5g	3 %
Cholesterol 10mg	4%
Sodium 150mg	6 %
Potassium 80mg	2%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12 %
Sol. Fiber 1g	
Sugars 13g	
Protein 3g	

FRENCH VANILLA GRANOLA – Organic Rolled Oats, Cane Juice, Canola Oil, Crisp Rice (Milled Rice, Cane juice, Salt, Barley Malt Syrup), Honey, Corn Starch, Almonds, Natural Vanilla Flavor, Sea Salt, Spices
CONTAINS TREE NUTS

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

QUAKER CHEWY GRANOLA BAR – PEANUT BUTTER Chocolate Chip– Granola (Whole grain rolled oats, brown sugar, crisp rice (rice flour, sugar, salt, malted barley extract), whole rgrain rolled wheat, soybean oil, whole wheat flour, sodium bicarbonate, soy lecithin, caramel color, nonfat dry milk), corn syrup, brown rice crisp (whole grain brown rice, sugar, malted barley, flour, salt), peanut butter spread (peanuts, sugar, palm oil, salt) semi sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), invert sugar, peanut flavored chips (sugar, palm kernel and palm oil, partially defatted peanut flour, lactose, dry whey, dextrose, corn syrup solids, soy lecithin, salt, vanillin (artificial flavor), corn syrup solids, glycerin. **CONTAINS WHEAT, SOY, PEANUT AND MILK INGREDIENTS. MAY CONTAIN TRACES OF TREE NUTS**

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

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

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

OLYMPIC GRANOLA TRAIL BAR, HONEY ALMOND – Rolled Oats, Almonds, Nutty Rice (Rice Flour, Raisin Juice Concentrate, Rice Bran, Salt), Honey, Sunflower Seeds, Coconut, Flax Seeds, Sea Salt. **Potential Allergens: CONTAINS TREE NUTS, MAY CONTAINS TRACES OF PEANUTS.**

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

Kelloggs Low Fat Granola with Raisins – Whole Oats, Whole Grain Wheat, Sugar, Corn Syrup, Raisins, Rice, Glycerin, Palm Oil, Molasses, modified corn starch, almonds, salt, cinnamon, non-fat dry milk, high fructose corn syrup, polyglycerol esters of mono – and diglycerides, malt flavoring, niacinamide, zinc oxide, alpha tocopherol acetate (vitamin E), ascorbic acid (vitamin C), pyridoxine hydrochloride (vitamin B6), reduced iron, guar gum, bht (preservative), riboflavin (vitamin B2), vitamin A palmitate, folic acid, thiamin hydrochloride (vitamin B1) vitamin B12 and Vitamin D. Contains: **Wheat, Almond and Milk** Ingredients

Nutrition Facts	
Serving Size 1 Box (63g)	
Servings per Container : 1	
Amount Per Serving	
Calories 24	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 52g	17%
Dietary Fiber 4g	16%
Sugars 18g	
Protein 5g	%

Quaker, Chocolate Chip Granola Bar – Granola (whole grain rolled oats, brown sugar, crisp rice (rice flour, sugar, salt, malted barley extract), whole grain rolled wheat, soybean oil, dried coconut, whole wheat flour, sodium bicarbonate, soy lecithin, caramel color, nonfat dry milk), semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), corn syrup, brown rice crisp (whole grain brown rice, sugar, malted barley flour, salt), invert sugar, corn syrup solids, glycerin, soybean oil, contains 2% or less of sorbitol, calcium carbonate, salt, water, soy lecithin, molasses, natural and artificial flavor, BHT (preservative), citric acid. Contains: **WHEAT, COCONUT, SOY AND MILK INGREDIENTS. MAY CONTAIN TRACES OF PEANUT AND OTHER TREE NUTS.**

Nutrition Facts	
Serving Size 1 BAR (42g)	
Servings per Container : 1	
Amount Per Serving	
Calories 180	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	7%
Sugars 12g	
Protein 2g	%

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

Nutrition Facts		
Serving Size 1 Cookie (48g)		
Servings per Container : 1		
Amount Per Serving		
Calories	170	Calories from Fat 40
% Daily Value*		
Total Fat	4.5g	7%
Saturated Fat	1g	6%
Cholesterol	5mg	1%
Sodium	190mg	8%
Total Carbohydrate	33g	11%
Dietary Fiber	5g	19%
Sugars	15g	
Protein	3g	%

Raisin Bran Cereal – Whole Grain Wheat, Raisin, Wheat Bran, Sugar, Brown Sugar Syrup, Contains 2% or less of Salt, Malt Flavoring. **Contains Wheat Ingredients**

Nutrition Facts		
Serving Size 1 Box (43g)		
Servings per Container : 1		
Amount Per Serving		
Calories	140	Calories from Fat 5
% Daily Value*		
Total Fat	1g	2%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	180mg	8%
Total Carbohydrate	34g	11%
Dietary Fiber	5g	21%
Sugars	13g	
Protein	3g	%

Quaker, Maple And Brown Sugar Granola Bar – Granola (whole grain rolled oats, brown sugar, brown rice crisp (whole grain brown rice, sugar, malted barley flour, salt), whole grain rolled wheat, soybean oil, whole wheat flour, maltodextrin, sodium bicarbonate, soy lecithin, caramel color, nonfat dry milk), corn syrup, brown rice crisp (whole grain brown rice, sugar, malted barley flour, salt), corn syrup solids, confectionary chips (sugar, palm kernel oil, nonfat dry milk, palm oil, artificial color, soy lecithin), glycerin, invert sugar, sorbitol, soybean oil, calcium

carbonate, sugar, fructose, salt, natural and artificial flavor, cinnamon, soy lecithin, molasses, BHT (to preserve freshness), citric acid, water. **CONTAINS: WHEAT, SOY AND MILK INGREDIENTS. MAY CONTAIN TRACES OF PEANUT AND TREE NUTS.**

Nutrition Facts			
Serving Size 1 BAR (36g)			
Servings per Container : 1			
Amount Per Serving			
Calories	140	Calories from Fat	25
% Daily Value*			
Total Fat	2.5g		4%
Saturated Fat	1g		4%
Cholesterol	0mg		0%
Sodium	120mg		5%
Total Carbohydrate	28g		9%
Dietary Fiber	1g		6%
Sugars	9g		
Protein	2g		%

Grape Fruit Strip – Stretch Island Fruit Co. Kelloggs – Apple puree concentrate, pear puree concentrate, grape puree concentrate.

Nutrition Facts			
Serving Size 1			
Servings per Container : 1			
Amount Per Serving			
Calories	90	Calories from Fat	0
% Daily Value*			
Total Fat	0g		3%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	5mg		0%
Potassium	220mg		6%
Total Carbohydrate	21g		7%
Dietary Fiber	2g		9%
Sugars	16g		

Kellogg's Frosted Strawberry Pop Tarts – Whole Wheat flour, sugar, corn syrup, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), dextrose, soybean and palm oil (with TBHQ for freshness), cracker meal, polydextrose, glycerin, contains two percent or less of: fructose, wheat starch, calcium carbonate, salt, leavening (sodium acid pyrophosphate, baking soda), natural and artificial strawberry flavor, dried strawberries, dried pears, dried apples, sodium stearoyl lactylate, corn cereal, citric acid, datem, gelatin, modified corn starch, modified wheat starch, soy lecithin, xanthan gum, caramel color, vitamin A palmitate, red #40, niacinamide, reduced iron, color added, turmeric extract for color, yellow #6, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), folic acid, blue #1. Contains: **Wheat and Soy** ingredients.

Nutrition Facts			
Serving Size 1 pkgs			
Servings per Container : 1			
Amount Per Serving			
Calories	360	Calories from Fat	50
% Daily Value*			
Total Fat	5g		8%
Saturated Fat	1.5g		8%
Cholesterol	0mg		0%
Sodium	360mg		15%
Potassium	mg		%
Total Carbohydrate	74g		25%
Dietary Fiber	6g		22%
Sugars	29g		
Protein	4g		

Kellogg's Frosted Cinnamon Pop Tarts – Whole Wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid), corn syrup, dextrose, soybean and palm oil (with tbhq for freshness), cracker meal, polydextrose, glycerin, contains two percent or less of maltodextrin, molasses, calcium carbonate, salt, leavening (sodium acid pyrophosphate, baking soda), wheat starch, cinnamon, sodium stearoyl lactylate, datem, gelatin, caramel color, xanthan gum, vitamin A palmitate, niacinamide, reduced iron, pyridoxine hydrochloride (vitamin B6), riboflavin (Vitamin B2), thiamin hydrochloride (vitamin B1) folic acid, soy lecithin. **Contains Wheat and soy ingredients**

Nutrition Facts		
Serving Size 2 pastries (100g)		
Servings per Container : 1		
Amount Per Serving		
Calories	370	Calories from Fat 50
% Daily Value*		
Total Fat	6g	9%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	380mg	16%
Total Carbohydrate	74g	25%
Dietary Fiber	6g	22%
Sugars	30g	
Protein	5g	%

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

Nutrition Facts		
Serving Size 40g		
Servings per Container about 1		
Amount Per Serving		
Calories	130	Calories from Fat 0
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrate	31g	10%
Dietary Fiber	2g	9%
Sugars	29g	
Protein	1g	

ANIMALS CRACKERS. – Whole Wheat flour, sugar, vegetable oil (soybean and palm oil with tbhq for freshness), contains two percent or less of calcium carbonate, salt, baking soda, natural flavor, soy lecithin, wheat starch, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2) folic acid **CONTAINS: WHEAT AND SOY INGREDIENTS**

Nutrition Facts

Serving Size 1 Package 29g
Servings per Container : 1

Amount Per Serving			
Calories	130	Calories from Fat	35
% Daily Value*			
Total Fat	4g		6%
Saturated Fat	1g		5%
Cholesterol	0mg		0%
Sodium	110mg		5%
Potassium			%
Total Carbohydrate	21g		7%
Dietary Fiber	2g		8%
Sugars	8g		
Protein	2g		0%

JACK LINKS BEEF JERKY – ORIGINAL Beef, water, sugar, less than 2% salt, corn syrup solids, dried soy sauce (soybeans, salt, wheat), hydrolyzed corn and sly protein, maltodextrin, flavoring, sodium erythorbate, sodium nitrite. **Contains: Wheat and soy** Link Snacks, Inc., 1 Snack Food Lane, Minong, WI 54859 Calories = 70 Carbs = 3 g, Protein = 13g

JACK LINKS BEEF Steak – ORIGINAL – Beef, water, salt, less than 2% brown sugar, spices, monosodium glutamate, sugar, flavorings, sodium nitrate

Nutrition Facts

Serving Size 25g
Servings per Container about 1

Amount Per Serving			
Calories	70	Calories from Fat	10
% Daily Value*			
Total Fat	1g		2%
Saturated Fat	0g		0%
Cholesterol	20mg		7%
Sodium	430mg		18%
Total Carbohydrate	3g		1%
Dietary Fiber	0g		0%
Sugars	3g		
Protein	13g		

Nutrition Facts

Serving Size 28g
Servings per Container about 1

Amount Per Serving			
Calories	80	Calories from Fat	10
% Daily Value*			
Total Fat	1g		2%
Saturated Fat	0.5g		3%
Cholesterol	30mg		10%
Sodium	640mg		27%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	1g		
Protein	12g		

JACK LINKS BEEF JERKY –PEPPERED Beef, Water, sugar, less than 2% salt, black pepper, maltodextrin, dried soy sauce (soybeans, salt, wheat), flavoring, hydrolyzed corn protein, sodium erythorbate, paprika extract, sodium nitrite. **Contains: Wheat and Soy** Link Snacks, Inc., 1 Snack Food Lane, Minong, WI 54859

Nutrition Facts	
Serving Size 25g	
Servings per Container about 1	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 25mg	8%
Sodium 360mg	15%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 13g	

Hormel – Pepperoni Stick – Pork, Beef, Salt, Contains 2% or less of water, dextrose, spices, lactic acid starter culture, oleoresin of paprika, garlic powder, sodium nitrate, BHA, BHT, Citric Acid. **Gluten Free**

Nutrition Facts	
Serving Size 28g	
Servings per Container about 1	
Amount Per Serving	
Calories 140	Calories from Fat
% Daily Value*	
Total Fat 13g	%
Saturated Fat 5g	%
Cholesterol 30mg	%
Sodium 500mg	%
Total Carbohydrate 0g	%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 5g	

DRIED APPRICOTS –Ingredients: Dried Apricots

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

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

Nutrition Facts		
Serving Size 1 Package		
Servings per Container : 1		
Amount Per Serving		
Calories	50	Calories from Fat 0
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	11g	4%
Dietary Fiber	2g	8%
Sugars	9g	
Protein	0g	0%

BANANA CHIPS - Banana, coconut and/or vegetable oil, sugar and/or honey, natural flavors. Allergen Warning: Packed in a facility that processes products that contain **peanuts, tree nuts, milk, egg, wheat and soy beans**. Azar Nut Co., El Paso, TX 79912

Nutrition Facts		
Serving Size 28g		
Servings per Container about 1		
Amount Per Serving		
Calories	150	Calories from Fat 90
% Daily Value*		
Total Fat	10g	16%
Saturated Fat	9g	46%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	12g	4%
Dietary Fiber	1g	4%
Sugars	8g	
Protein	0g	

PINEAPPLE CHUNKS– Pineapple, sugar, citric acid, calcium, sulphur dioxide. **Packed in a facility that Processes Product that contains **peanuts, tree nuts, milk, egg, wheat, and soybeans****. Azar Nut Co., El Paso, Texas

Nutrition Facts		
Serving Size 42g		
Servings per Container about 1		
Amount Per Serving		
Calories	130	Calories from Fat 0
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrate	33g	11%
Dietary Fiber	2g	8%
Sugars	27g	
Protein	0g	

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

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

Twisted Fruit, Sour Apple – Clif –Organic Apple Puree, Organic Apple juice concentrate, organic flavors, malic acid, pectin

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

Twisted Fruit, Mixed Berry – Clif Organic apple puree, organic apple juice concentrate, organic flavors, malic acid, pectin, colored with fruit and vegetable juice, vitamins and minerals: ascorbic acid (vit. C), ferric orthophosphate (iron), we source ingredients that are not genetically engineered. One serving of fruit.

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

NEWTONS FRUIT CRISPS - APPLE CINNAMON– enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), sugar, invert sugar, soybean oil, cornstarch, apple powder, apple puree, glycerin, corn syrup, modified cornstarch, calcium carbonate (source of calcium), partially hydrogenated cottonseed oil, natural flavor, salt, pectin, citric acid, cinnamon, baking soda, sodium citrate, dextrose, whey (from Milk), sodium benzoate added to preserve freshness. **Contains: wheat, milk. Manufactured on equipment that processes tree nuts.** Kraft Foods Global, Inc., Northfield, IL 60093. Calories = 100 Carbs = 20 g, Protein = >1g

Nutrition Facts			
Serving Size 28g			
Servings per Container about 1			
Amount Per Serving			
Calories	100	Calories from Fat	15
% Daily Value*			
Total Fat	2g		3%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	90mg		4%
Total Carbohydrate	20g		7%
Dietary Fiber	0g		0%
Sugars	8g		
Protein	1g		

NEWTONS FRUIT CRISPS – MIXED BERRY– Enriched flour (wheat flour, niacin, reduced iron, thimine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), sugar, invert sugar, soybean oil, cornstarch, apple powder, glycerin, corn syrup, calcium carbonate (source of calcium 0, partially hydrogenated cotton seed oil, blueberry puree, red raspberry puree, strawberry puree, modified cornstarch, modified tapioca starch, blackberry puree, salt, pectin, natural flavor, citric acid, baking soda, sodium citrate, dextrose, whey (from milk), sodium benzoate added to preserve freshness. Kraft Foods Global, Inc., Northfield, IL 60093. **Contains: Wheat, milk. Manufactured on equipment that processes tree nuts.**

Nutrition Facts			
Serving Size 28g			
Servings per Container about 1			
Amount Per Serving			
Calories	110	Calories from Fat	15
% Daily Value*			
Total Fat	2g		3%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	95mg		4%
Total Carbohydrate	22g		7%
Dietary Fiber	0g		0%
Sugars	9g		
Protein	1g		

FIG NEWTONS Unbleached enriched four (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), figs, sugar, corn syrup, high fructose corn syrup, whey (from milk), soybean oil, partially hydrogenated cottonseed oil, salt, baking soda, calcium lactate, soy lecithin, malic acid, sodium

benzoate and sulfur dioxide added to preserve freshness, natural and artificial flavor, cornstarch. **Contains: wheat, milk, soy** Kraft Foods Global, Inc., Northfield, IL 60093

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

Pepperidge Farm, Goldfish Giant Grahams – Whole wheat flour, unbleached enriched wheat flour (flour, niacin, riboflavin (vitamin B2), thiamine mononitrate (vitamin B1), reduced iron, folic acid), sugar, vegetable oils (partially hydrogenated soybean and cottonseed), fructose, contains 2% or less of: cinnamon, calcium carbonate, salt, baking soda, ascorbic acid (vitamin C), ferric orthophosphate, maltodextrin, vitamin A palmitate, wheat starch, soy lecithin.

Nutrition Facts		
Serving Size 1 pouch		
Servings per Container : 1		
Amount Per Serving		
Calories	120	Calories from Fat 35
% Daily Value*		
Total Fat	4g	6%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	110mg	5%
Potassium	mg	%
Total Carbohydrate	19g	6%
Dietary Fiber	1g	5%
Sugars	6g	
Protein	1g	%

Kelloggs Cinnamon Buns - Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), sugar, vegetable oil (soybean and palm oil with tbhq for freshness), molasses, contains two percent or less of salt, calcium carbonate, dextrose, baking soda, cinnamon, soy lecithin, cornstarch, natural and artificial flavor (contains milk), propylene glycol alginate, niacinamide, bht for freshness, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), thiamin hydrochloride (vitamin B1), riboflavin (vitamin B2) **CONTAINS WHEAT, SOY, AND MILK INGREDIENTS**

Nutrition Facts		
Serving Size 1 pouch		
Servings per Container : 1		
Amount Per Serving		
Calories	220	Calories from Fat 60
% Daily Value*		
Total Fat	7g	11%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	230mg	10%
Potassium	mg	%
Total Carbohydrate	37g	12%
Dietary Fiber	2g	10%
Sugars	12g	
Protein	4g	%

Clif Z Bar Peanut Butter – Organic Rolled Oats, Organic Brown Rice Syrup, Organic Tapioca Syrup, Organic Cane Syrup, Organic Oat Flour, Organic Peanuts, Organic Fig Paste, Organic Peanut Butter (Organic Peanuts, Salt), Organic Peanut Butter Chips (Organic Dried Cane Syrup, Organic Palm Kernel Oil, Organic Peanut Flour, Organic Soy Lecithin), Organic White Coating (Organic Dried Cane Syrup, Organic Cocoa Butter, Organic Soy Lecithin, Organic Vanilla Extract), Natural Flavors, Organic Oat Fiber, Organic Milled Flaxseed, Organic Peanut Flour, Salt, Organic Flavors, Baking Soda. Vitamins and Minerals: Calcium Carbonate, Dicalcium Phosphate, Ascorbic Acid (Vit C), Niacinamide (Vitamin B3), Ferric Orthophosphate (Iron), Zinc Oxide, Cyanocobalamin (Vitamin B12), Thiamine Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B9), Beta Carotene (Vitamin A), Allergen Statement: **Contains Soy and Peanuts. May contain traces of Dairy, Wheat, and Tree Nuts.** We source ingredients that are not genetically engineered.

Nutrition Facts	
Serving Size 1 bar	
Servings per Container : 1	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 100mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 3g	%

Cheerios Milk and Cereal Bar – Cereal (crisp rice (rice flour, sugar, malt extract, salt, caramel color), whole grain oats, textured soy flour, sugar, oat bran, honey, brown sugar syrup, corn starch, modified corn starch, salt, calcium carbonate, tripotassium phosphate, canola and/or rice bran oil, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), a B vitamin (niacinamide), natural almond flavor, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), a B Vitamin (folic acid), vitamin B12, vitamin D), Corn Syrup, Milk filling (sugar, palm kernel oil, lactose, nonfat milk, dried sweetened condensed milk (sugar, milk), partially hydrogenated soybean oil, monoglycerides, soy lecithin, salt, natural and artificial flavor, tbhq and citric acid added to retain freshness); High Fructose Corn Syrup, Fructose, Maltodextrin, Isolated Soy Protein, Partially Hydrogenated Soybean Oil, Glycerin, Tricalcium Phosphate, Canola and/or Rice Bran Oil, Sorbitol, Soy Lecithin, Caramel and Annatto Extract Color, Sugar, Gelatin, Vitamin C (sodium ascorbate), Natural and Artificial flavor, Iron and Zinc (Mineral Nutrients), Calcium Carbonate, Salt, Vitamin A (palmitate), A B Vitamin (niacinamide), Vitamin D, Vitamin B2 (riboflavin), Vitamin B6 (pyridoxine hydrochloride), vitamin B1(thiamin mononitrate), A B Vitamin (Folic Acid), Vitamin B12, BHT and mixed Tocopherols Added to retain freshness. **Contains Soy, Milk, Almond, May contain Peanut, Sunflower and Wheat** ingredients.

Nutrition Facts	
Serving Size 1 bar	
Servings per Container : 1	
Amount Per Serving	
Calories 160	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 90mg	4%
Potassium 125mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 3g	%

Kashi Bar Honey Almond TLC – Rolled whole grain blend (hard red wheat, oats, rye, triticale, barley), roasted salted whole almonds, brown rice syrup, soy protein isolate, soy grits, evaporated cane juice crystals, chicory root fiber, whole flax seeds, evaporated cane juice syrup, rice starch, corn flour, honey, expeller pressed canola oil, vegetable glycerin, oat fiber, natural flavors, evaporated salt, kasha seven whole grains and sesame flour (whole: oats, hard red wheat, rye, brown rice, triticale, barley, buckwheat, sesame seeds), molasses, soy lecithin, peanut flour, whey protein isolate. Contains: **Wheat, Almond, Soy, Peanut and Milk** ingredients. May contain other **tree nuts**.

Nutrition Facts			
Serving Size 1 BAR (35g)			
Servings per Container : 1			
Amount Per Serving			
Calories	140	Calories from Fat	45
% Daily Value*			
Total Fat	5g		8%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	105mg		4%
Total Carbohydrate	19g		6%
Dietary Fiber	4g		15%
Sugars	5g		
Protein	7g		%

KASHI BAR – TLC– Rolled Grain Blend (hard red wheat, oats, rye, triticale, barley) Roasted, Salted whole almonds, brown rice syrup, soy protein isolate, evaporated cane juice crystals, soy grits, chicory root fiber, raisins, sunflower seeds, evaporated cane juice syrup, cranberries, vegetable glycerin, corn flour, honey, rice starch, expeller pressed canola oil, oat fiber, evaporated salt, natural flavors, molasses, kasha seven whole grains and sesame flour (whole oats, hard red wheat, rye, brown rice, triticale, barley, buckwheat, sesame seeds), cottonseed and or sunflower oil, soy lecithin, peanut flour, whey protein isolate. **CONTAINS WHEAT, ALMOND, SOY, PEANUT AND MILK INGREDIENTS, MAY CONTAIN OTHER TREE NUTS.**

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

PRO BAR – WHOLE BERRY BLAST– Organic brown rice syrup, organic raw oats, organic raw dates (organic dates, organic oat flour), Organic raw sunflower seed, cashew butter (organic cashews, organic sunflower oil), organic barley malt, almond butter, chocolate liquor (cocoa, cocoa butter), raw cashews, organic raw raisins, organic

raw flax seed, apple juice infused raw blueberries, apple juice infused raw strawberries, organic raw sesame seed, raw almonds, dried raw pineapple, dried raw papaya, rolled raw rye flakes, organic rice crisp (organic brown rice, organic evaporated cane juice, salt), raw brazil nuts, dried raw apple, organic raw pumpkin seed, blueberry flavor, blueberry puree, organic evaporated cane juice, organic crisp brown rice, organic expeller pressed canola oil, organic rice syrup, organic hemp seed, organic oat flour, organic molasses, organic orange oil, salt, natural flavor. **PRODUCT CONTAINS: ALMONDS, CASHEWS, BRAZIL NUTS. MADE ON EQUIPMENT THAT ALSO PROCESSES PEANUTS!**

Nutrition Facts		
Serving Size 1 Package		
Servings per Container : 1		
Amount Per Serving		
Calories	370	Calories from Fat 160
% Daily Value*		
Total Fat	18g	28%
Saturated Fat	3.5g	18%
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	48g	16%
Dietary Fiber	7g	25%
Sugars	17g	
Protein	8g	

FRUITION BAR – BLUEBERRY Organic Raw Date paste, organic brown rice syrup, organic raw cashews, gluten-free raw oats, gluten-free raw oat bran, apple juice infused blueberries, raw chia seeds, blueberry puree, sunflower oil, vegetable glycerin, natural blueberry flavor, citric acid, natural tocopherils, rosemary extract, ascorbic acid, Arabic gum **ALLERGEN INFORMATION: CONTAINS TREE NUTS (CASHEWS) PRODUCED ON EQUIPMENT THAT PROCESSES PEANUTS, SOY, WHEAT, AND TREE NUTS CERTIFIED GLUTEN FREE**

Nutrition Facts		
Serving Size 1 Package		
Servings per Container : 1		
Amount Per Serving		
Calories	160	Calories from Fat 30
% Daily Value*		
Total Fat	3g	5%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	33g	11%
Dietary Fiber	4g	16%
Sugars	17g	
Protein	3g	

NATURE VALLEY BAR – PEANUT BUTTER– whole grain oats, sugar, canola oil, peanut butter (peanuts, salt), yellow corn flour, brown sugar syrup, soy flour, salt, soy lecithin, baking soda. **Contains: Peanut, soy, May contain almond and pecan ingredients.** General Mills Sales, Inc., Minneapolis, MN 55440.

Nutrition Facts		
Serving Size 42g		
Servings per Container about 1		
Amount Per Serving		
Calories	190	Calories from Fat 60
% Daily Value*		
Total Fat	7g	10 %
Saturated Fat	1g	4%
Cholesterol	0mg	0%
Sodium	180mg	7%
Total Carbohydrate	28g	9%
Dietary Fiber	2g	8 %
Sugars	11g	
Protein	5g	
Vitamin A	0 %	Calcium 0%
Vitamin C	0 %	Iron 4%

Cinn Toast Crunch Cereal Bar – Cereal (crisp rice (rice flour, sugar, malt extract, salt, caramel color), whole grain wheat, rice flour, sugar, maltodextrin, dextrose, rice bran and/or canola oil, salt, mono and diglycerides, trisodium phosphate, calcium carbonate, zinc and iron (mineral nutrients), caramel color, AB vitamin (niacinamide), vitamin B6 (pyridoxine hydrochloride, vitamin B2 (riboflavin), AB vitamin (folic acid), Milk Filling (sugar, palm kernel and partially hydrogenated soybean oils, lactose, nonfat milk, dried sweetened condensed milk (sugar, milk), monoglycerides, soy lecithin, salt, natural and artificial flavor, tbhq and citric acid added to preserve freshness), corn syrup, soy flour, high fructose corn syrup, fructose, maltodextrin, isolated soy protein, glycerin, sugar, partially hydrogenated soybean oil, tricalcium phosphate, rice bran and/or canola oil, sorbitol, cinnamon, soy lecithin, gelatin, vitamin C (sodium ascorbate), iron and zinc (mineral nutrients), mono and diglycerides, calcium carbonate, caramel and annatto extract color, salt, vitamin A (palmitate), a B vitamin (niacinamide), natural flavor, vitamin D, vitamin B2 (riboflavin), vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamin mononitrate), a b vitamin (folic acid), vitamin B12, bht and mixed tocopherols added to retain freshness. Contains **Wheat, soy, milk**; may contain **peanut , almond, and sunflower** ingredients.

Nutrition Facts		
Serving Size 45g		
Servings per Container about 1		
Amount Per Serving		
Calories	180	Calories from Fat 35
% Daily Value*		
Total Fat	4g	6 %
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	150mg	6%
Total Carbohydrate	33g	11%
Dietary Fiber	1g	4 %
Sugars	14g	
Protein	3g	
Vitamin A	0 %	Calcium 0%
Vitamin C	0 %	Iron 4%

Honey Oat Crunch Bar Clif– Organic Rolled Oats, Organic dried Cane syrup, Organic Sunflower Oil, Rice Crisp (Rice Flour, Barley Malt Extract, dried Cane syrup, Salt, Calcium Carbonate), Honey, Natural Flavors, Organic

Barley Flakes, Organic Rye Flakes, Oat Bran, Oat Fiber, Sea Salt (Real Salt), Inulin (Chicory Extract). **MAY CONTAIN TRACES OF PEANUTS, TREE NUTS, WHEAT AND SOY.**

Nutrition Facts	
Serving Size 2 bars	
Servings per Container : 1	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 110mg	5%
Potassium 90mg	3%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 3g	6%

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

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

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

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

ALPINE BRAND APPLE CIDER BY KRUSTEAZ– sugar, malic acid, maltodextrin, tricalcium phosphate (prevents caking), apple juice solids, caramel color, sodium citrate (controls acidity), ascorbic acid, natural and artificial flavors, psice sxttractive. **Allergy Information: This product is manufactured in a facility that makes products containing milk, eggs, soy and wheat.** Continental Mills, Seattle, WA 98138.

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

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

COUNTRY TIME LEMONADE ON THE GO – sugar, citric acid,(provides tartness), contains less than 2% of natural flavor, ascorbic acid (vitamin C), sodium citrate (controls acidity), magnesium oxide (prevents caking), sucralose (sweetener), calcium fumarate, soy lecithin, artificial color, yellow 5 lake, tocopherol (preserves freshness). Kraft Foods Global, Inc., Northfield, IL 60083.

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

TANG SPORT – FRUIT PUNCH - citric acid, salt, sodium citrate, magnesium oxide, potassium citrate, ascorbic acid (vitamin C), aspartame *, maltodextrin, modified cornstarch, contains less than 2% of natural & artificial flavor, calcium carbonate, sodium and potassium bicarbonate, vitamin E acetate, niacinamide, vitamin A palmitate, vitamin

B6, riboflavin (vitamin B2), red 40, red 40 lake, BHA (to help protect flavor). Kraft Foods Global Inc., Northfield, IL 60083.

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

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

Milk Whole Instant – (Offered at BC Commissaries) Whole Milk Powder

Aclimate Orange Drink Mix – Organic cane sugar, citric acid, natural orange flavor, silicon dioxide (anti-caking), malic acid, xanthan gum, orange guice powder, beta carotene (for color), stevia leaf extract, lo han fruit extract.

Nutrition Facts		
Serving Size 13g		
Servings per Container : 1		
Amount Per Serving		
Calories	35	Calories from Fat 0
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	105mg	4%
Potassium	95 mg	3%
Total Carbohydrate	8 g	3%
Dietary Fiber		
Sugars	8g	
Protein	0g	

Aclimate CranRaspberry Drink Mix - Organic cane sugar, citric acid, natural orange flavor, silicon dioxide (anti-caking), malic acid, xanthan gum, orange guice powder, beta carotene (for color), stevia leaf extract, lo han fruit extract.

Nutrition Facts		
Serving Size 13g		
Servings per Container : 1		
Amount Per Serving		
Calories	35	Calories from Fat 0
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	105mg	4%
Potassium	95 mg	3%
Total Carbohydrate	8 g	3%
Dietary Fiber		
Sugars	8g	
Protein	0g	

Philmont Trail Food Ingredients 2012

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

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

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

CHUNK CHICKEN –Chicken Breast Meat with Rib Meat, Water, contains 2% or less of Sea Salt, Flavoring. Dist by valley fresh inco., PO Box 800, Austin MN 55912 **Gluten Free**

Nutrition Facts	
Serving Size 68g	
Servings per Container about 1	
Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Cholesterol 45mg	15%
Sodium 85mg	4%
Total Carbohydrate 210g	7%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 15g	

Nutrition Facts	
Serving Size 85g	
Servings per Container about 1	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 45mg	15%
Sodium 270mg	11%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	36%

Chicken of the Sea TUNA -Light Tuna, Water, Vegetable Broth, (contains soy) and Salt.

HAM –Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Smoke Flavoring, Sodium Nitrate
NO MSG ADDED

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

SQUEEZE CHEDDAR CHEESE– Old Fashion Foods, Inc., PO Box 111, Mayville, WI 53050.

Nutrition Facts	
Serving Size 28g	
Servings per Container about 1	
Amount Per Serving	
Calories 90	Calories from Fat
% Daily Value*	
Total Fat 9g	%
Saturated Fat 2.5g	%
Cholesterol 5mg	%
Sodium 390mg	%
Total Carbohydrate 1g	%
Dietary Fiber 0g	%
Sugars 0g	
Protein 1g	

Nutrition Facts	
Serving Size 28g	
Servings per Container about 1	
Amount Per Serving	
Calories 90	Calories from Fat
% Daily Value*	
Total Fat 9g	%
Saturated Fat 2.5g	%
Cholesterol 5mg	%
Sodium 390mg	%
Total Carbohydrate 1g	%
Dietary Fiber 0g	%
Sugars 0g	
Protein 1g	

SQUEEZE JALAPENO CHEESE – Milk, Water, soybean oil, whey, modified food starch, salt, less than 2%: Sodium Phosphate, lactic acid, jalapeno peppers (Jalapeno Peppers, water, vinegar, salt, calcium chloride and sodium benzoate as a preservative), guar gum, sorbic acid, annatto color, cheese culture, pepper flavor, enzymes. Old Fashion Foods, Inc., PO Box 111, Mayville, WI 53050.

SUN BUTTER Sunflower Seed, Dehydrated Cane Juice, Salt, and Natural Mixed Tocopherols to preserve

Nutrition Facts	
Serving Size 2 Tbsp (32g)	
Servings Per Container: About 14	
Amount per serving	
Calories 200	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 2g	11%
Polyunsaturated Fat 6g	
Monounsaturated Fat 8g	
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrates 7g	2%
Dietary Fiber 4g	17%
Sugars 3g	
Protein 7g	
Vitamin A 0%*	Vitamin C 0%*
Calcium 2%*	Iron 8%*
Vitamin E 27%*	Niacin 12%*
Magnesium 25%*	Zinc 10%*
Copper 25%*	
*Percent Daily Values are based on a 2000 calorie diet	

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

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

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

Nutrition Facts	
Serving Size 1 pkg (32g)	
Servings per Container 1	
Amount Per Serving	
Calories 180	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 3g	15%
Cholesterol 0mg	0%
Sodium 65mg	3%
Potassium mg	%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 4g	%

CRACKERS

Keebler Grahams Crackers - ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, vegetable oil (COTTONSEED AND PARTIALLY HYDROGENATED SOYBEAN OIL WITH TBHQ FOR FRESHNESS), WHOLE WHEAT (GRAHAM) FLOUR, MOLASSES, HONEY, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, CONTAINS TWO PERCENT OR LESS OF CALCIUM CARBONATE, SALT, LEAVENING (BAKING SODA, SODIUM ACID PYRO PHOSPHATE, MONOCALCIUM PHOSPHATE), SOY LECITHIN, ARTIFICIAL FLAVOR.

Allergen Information

CONTAINS **WHEAT AND SOY** INGREDIENTS.

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

RITZ CRACKERS - Ingredients: Unbleached ENRICHED **FLOUR (WHEAT FLOUR)**, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), **SOYBEAN OIL**, SUGAR, PARTIALLY HYDROGENATED COTTONSEED OIL, SALT, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), HIGH FRUCTOSE CORN SYRUP, SOY **LECITHIN**, Malted Barley flour, natural flavor

Nutrition Facts		
Serving Size 16g Servings per Container about 7		
Amount Per Serving		
Calories	80	Calories from Fat 40
% Daily Value*		
Total Fat	4.5g	7%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	135mg	6%
Total Carbohydrate	10g	3%
Dietary Fiber	0g	0%
Sugars	1g	
Protein	1g	
Vitamin A 0 %	Calcium 2%	
Vitamin C 0 %	Iron 2%	

PREMIUM SALTINE CRACKERS—Ingredients: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SOYBEAN OIL, PARTIALLY HYDROGENATED COTTONSEED OIL, SEA SALT, SALT, MALTED BARLEY FLOUR, YEAST, BAKING SODA CONTAINS **WHEAT**

Nutrition Facts		
Serving Size 16g Servings per Container about 7		
Amount Per Serving		
Calories	70	Calories from Fat 15
% Daily Value*		
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	150mg	6%
Total Carbohydrate	12g	4%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	1g	
Vitamin A 0 %	Calcium 0%	
Vitamin C 0 %	Iron 4%	

CLUB CRACKERS—ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, SUGAR, CONTAINS TWO PERCENT OR LESS OF SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, CORNSTARCH, SOY LECITHIN. **CONTAINS WHEAT AND SOY INGREDIENTS.**

Nutrition Facts		
Serving Size 14g		
Servings per Container about 10		
Amount Per Serving		
Calories	70	Calories from Fat 25
% Daily Value*		
Total Fat	3g	5%
Saturated Fat	0.5g	3%
Cholesterol	0mg	0%
Sodium	125mg	5%
Total Carbohydrate	9g	3%
Dietary Fiber	1g	1%
Sugars	1g	
Protein	1g	

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

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

Kraft Wheat Thins = Whole Grain Wheat Flour, Unbleached Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate (Vitamin B1), Riboflavin (vitamin B2), Folic Acid, Soybean Oil, Sugar, Cornstarch, Malt Syrup (from Barley and Corn), salt, invert sugar, leavening (calcium phosphate and/or baking soda), vegetable color (annatto extract, turmeric oleoresin). **CONTAINS WHEAT and Soy**

Nutrition Facts

Serving Size 1 pkg (81g)
Servings per Container : 1

Amount Per Serving

Calories 230 **Calories from Fat** 70

% Daily Value*

Total Fat	8g	12%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	370mg	15%
Potassium	95mg	3%
Total Carbohydrate	35g	12%
Dietary Fiber	3g	12%
Sugars	7g	
Protein	3g	%

Town House Original Crackers – Enriched Flour (Wheat Flour, Niacin, reduced iron, thiamin mononitrate (vitamin B1) riboflavin (vitamin B2), folic acid), soybean oil with tbhq for freshness, sugar, contains two percent or less of: salt, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate) corn syrup, high fructose corn syrup, cornstarch, soy lecithin. **CONTAINS WHEAT AND SOY INGREDIENTS**

Nutrition Facts

Serving Size 5 crackers (16g)
Servings per Container : 7

Amount Per Serving

Calories 80 **Calories from Fat** 40

% Daily Value*

Total Fat	4.5g	7%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	130mg	5%
Potassium	mg	%
Total Carbohydrate	10g	3%
Dietary Fiber	1g	1%
Sugars	1g	

HONEY STINGER BAR – PEANUT BUTTER ‘N HONEY –**Ingredients:** Honey Stinger™ (Honey, Sea Salt, Water); **Peanuts;** **Soy Nuggets** (Soy Protein Isolate, Rice Flour, Malt, Salt); **Coating** [Sugar, Vegetable Oil (Fractionated Palm Kernel Oil), Cocoa Powder, Whole Milk, Natural Flavor, Soya Lecithin (an emulsifier), Salt]; **Rolled Whole Oats;**
Vitamins & Minerals [Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), Alpha-tocopherol Acetate (Vit E), Biotin, Zinc Oxide, Niacin, Ferrous Fumarate (Iron), Molybdenum Glycinate, Calcium Pantothenate, Copper, Manganese, Beta Carotene (Vit A), Selenium, Pyridoxine (B6),

Riboflavin (B2), Thiamine (B1), Chromium, Cyanocobolamin (B12), Folic Acid, Potassium Iodine]; **Natural Flavors. CONTAINS: PEANUTS, SOY, AND MILK – MAY CONTAIN TREE NUTS, EGG AND WHEAT**

Nutrition Facts		
Serving Size 50g		
Servings per Container about 1		
Amount Per Serving		
Calories	190	Calories from Fat 50
% Daily Value*		
Total Fat	5g	8%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	140mg	6%
Total Carbohydrate	27g	9%
Dietary Fiber	2g	8%
Sugars	17g	
Protein	10g	

HONEY STINGER BAR – APPLE CINNAMON **Ingredients:** Honey Stinger™ (Honey, Sea Salt, Water); Honey Stinger™ Apple Cranberry Fruit Smoothie Blend (Apple Bits, Cranberry Bits & Honey); **Rolled Whole Oats**; **Soy Nuggets** (Soy Protein Isolate, Rice Flour, Malt, Salt); **Coating** [Sugar, Palm Kernel Oil, Yogurt Powder (Cultured Whey Protein Concentrate, Cultured Skim Milk and Yogurt Culture), Non-Fat Dry Milk Solids, Soya Lecithin (an emulsifier), and Natural Flavor]; **Soy Protein Isolate**; **Vitamins & Minerals** [Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), Alpha-tocopherol Acetate (Vit E), Biotin, Zinc Oxide, Niacin, Ferrous Fumarate (Iron), Molybdenum Glycinate, Calcium Pantothenate, Copper, Manganese, Beta Carotene (Vit A), Selenium, Pyridoxine (B6), Riboflavin (B2), Thiamine (B1), Chromium, Cyanocobolamin (B12), Folic Acid, Potassium Iodine]; **Soy Nuts & Natural Flavors. MAY CONTAIN EGG, WHEAT AND SOY**

Nutrition Facts		
Serving Size 50g		
Servings per Container about 1		
Amount Per Serving		
Calories	180	Calories from Fat 30
% Daily Value*		
Total Fat	3g	5%
Saturated Fat	1.5g	8%
Cholesterol	0mg	0%
Sodium	160mg	6%
Total Carbohydrate	28g	9%
Dietary Fiber	1g	6%
Sugars	20g	
Protein	10g	

Halo Bar, Smores– PROBAR Syrup Blend (Organic Brown Rice Syrup, Organic Agave), Organic Oats, Organic Peanut Butter, Chocolate Chips (Evaporated Cane Juice, Chocolate Liquor, Non-Dairy Cocoa Butter), Organic Flour, Whole Wheat Flour, Vegan Marshmallow (Evaporated Cane Juice, Tapioca Syrup, Potato Starch, Water, Carrageenan, Soy Protein, Natural Vanilla Flavor), Organic Flax Seed, Organic Brown Rice, Organic Naturally Milled Sugar, Organic Evaporated Cane Juice, Organic Expeller Pressed Canola Oil, Organic Rice Syrup, Organic Hemp Seed, Organic Oat Flour, Organic Molasses, Vegetable Glycerin, Baking Powder, Vanilla Powder, Salt, Natural Flavors, Natural Tocopherols, Citric Acid, Ascorbic Acid, Arabic Gum. **Vegan, Contains: Peanuts, Soy, Wheat, Produced on equipment that processes peanuts, soy, wheat, and tree nuts.**

Nutrition Facts	
Serving Size 1 bar (37g)	
Servings per Container : 1	
Amount Per Serving	
Calories	150
Calories from Fat	45
% Daily Value*	
Total Fat	5g 8%
Saturated Fat	1g 5%
Cholesterol	0mg 0%
Sodium	160mg 7%
Potassium	mg %
Total Carbohydrate	24g 8%
Dietary Fiber	2g 8%
Sugars	11g
Protein	3g %

HONEY STINGER BAR – BERRY BANANA BUZZ - Ingredients: Honey Stinger™ (Honey, Sea Salt, Water); Honey Stinger™ Fruit Smoothie Blend (Apple, Banana, Cranberry, & Strawberry Bits,Honey); **Almonds; Soy Nuggets** (Soy Protein Isolate, Rice Flour, Malt, Salt); **Coating** [Sugar, Palm Kernel Oil, Yogurt Powder (Cultured WheyProtein Concentrate, Cultured Skim Milk and Yogurt Culture), Non-Fat Dry Milk Solids, Soya Lecithin (an emulsifier), and Natural Flavor]; **Soy Protein Isolate; Vitamins & Minerals** [Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), Alpha-tocopherol Acetate (Vit E), Biotin, Zinc Oxide, Niacin, Ferrous Fumarate (Iron), Molybdenum Glycinate, Calcium Pantothenate, Copper, Manganese, Beta Carotene (Vit A), Selenium, Pyridoxine (B6), Riboflavin (B2), Thiamine (B1), Chromium, Cyanocobolamin (B12), Folic Acid, Potassium Iodine].

Nutrition Facts	
Serving Size 50g	
Servings per Container about 1	
Amount Per Serving	
Calories	130
Calories from Fat	30
% Daily Value*	
Total Fat	4g 5%
Saturated Fat	2g 8%
Cholesterol	0mg 0%
Sodium	160mg 7%
Total Carbohydrate	28g 9%
Dietary Fiber	2g 8%
Sugars	22g
Protein	10g

HONEY STINGER CHEWS – POMEGRANATE PASSION **Ingredients:** Organic Tapioca Syrup, Organic Evaporated Cane Juice, Organic Honey, Organic Grape Juice Concentrate, Pectin, Citric Acid, Color (Black Carrot Juice Concentrate (red)), Natural Flavor, Ascorbic Acid, Potassium Citrate, Organic Sunflower Oil, Carnauba Wax. Contains 95% Organic Ingredients.

Nutrition Facts	
Serving Size 50g	
Servings per Container about 1	
Amount Per Serving	
Calories 160	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 39g	13%
Dietary Fiber 1g	4%
Sugars 27g	
Protein 1g	
Vitamin A 0 %	Calcium 0%
Vitamin C 100 %	Iron 0%

HONEY STINGER CHEWS – Fruit Smoothie – **Ingredients:** Organic Tapioca Syrup, Organic Evaporated Cane Juice, Organic Honey, Organic Grape Juice Concentrate (Pectin, Citric Acid, Color (Black Carrot Juice Concentrate (red), Annatto (orange)), Ascorbic Acid, Natural Flavors, Potassium Citrate, Organic Sunflower Oil, Carnauba Wax, (Contains 95% Organic Ingredients)

Nutrition Facts	
Serving Size 50g	
Servings per Container about 1	
Amount Per Serving	
Calories 160	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 40g	1%
Dietary Fiber 1g	4%
Sugars 27g	
Protein 1g	
Vitamin A 0 %	Calcium 0%
Vitamin C 100 %	Iron 0%

Honey Stinger Waffle – Organic Wheat flour, organic palm fruit oil, organic rice syrup, organic cane sugar, organic honey, organic whole wheat flour, organic soy flour, sea salt, organic soy lecithin, organic spices, baking soda. Contains **Wheat and Soy** Ingredients. May contain traces of **Eggs**.

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

Honey Stinger Waffle Strawberry – Organic Wheat flour, organic palm fruit oil, organic rice syrup, organic cane sugar, organic whole wheat flour, organic soy flour, organic honey, sea salt, natural flavor, organic soy lecithin, organic spices, baking soda. Contains **Wheat and Soy** Ingredients. May contain traces of **Eggs**.

Nutrition Facts		
Serving Size 1 (30g)		
Servings per Container : 1		
Amount Per Serving		
Calories	160	Calories from Fat
% Daily Value*		
Total Fat	7g	11%
Saturated Fat	3g	16%
Cholesterol	0mg	0%
Sodium	55mg	2%
Potassium	mg	%
Total Carbohydrate	21g	7%
Dietary Fiber	1g	5%
Sugars	14g	
Protein	0g	%

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

Nutrition Facts	
Serving Size 1 bar (37g)	
Servings per Container : 1	
Amount Per Serving	
Calories 120	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 230mg	10%
Potassium mg	%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 4g	%

MOJO BAR – PEANUT PRETZEL Ingredients: Organic Brown Rice Syrup, Organic Dry Roasted Peanuts, Soy Rice Crisps (Soy Protein Isolate, Organic Rice Flour, Calcium Carbonate), Peanut Butter Filled Pretzels (Enriched Wheat Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Peanut Butter, Salt, Baking Soda), Peanut Butter Chips (Evaporated Cane Juice, Palm Kernel Oil, Peanut Flour, Soy Lecithin), Organic Pretzels (Organic Wheat Flour, Salt, Organic Canola Oil, Organic Malt), Organic Peanut Butter, Organic Dry Roasted Soybeans, Organic Oat Syrup, Vegetable Glycerin, Peanut Flour, Organic Sunflower Oil, Roasted Peanut Extract, Sea Salt, Organic Gum Arabic, Natural Vitamin E (antioxidant).

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 Bar (45g)	Total Fat 9g	14%	Cholest. 0mg	0%	Dietary Fiber 2g	8%
Calories 200	Sat. Fat 2g	10%	Sodium 230mg	9%	Insoluble Fiber 1g	
Calories from Fat 80	Trans Fat 0g		Potassium 200mg	6%	Sugars 9g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Polyunsat. Fat 3g		Total Carb. 21g	7%	Other Carb. 10g	
	Monounsatur. Fat 4g				Protein 10g	20%
	Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 6% • Vitamin E 15% • Magnesium 10%					

1.0.R7

MOJO BAR – MOUNTAIN MIX (L 7) ingredients: Organic Brown Rice Syrup, Organic Dry Roasted Peanuts, Organic Raisins, Dry Roasted Almonds, Soy Rice Crisps (Soy Protein Isolate, Organic Rice Flour, Calcium Carbonate), Organic Chocolate Chips (Organic Evaporated Cane Juice, Organic Unsweetened Chocolate, Organic Cocoa Butter, Soy Lecithin, Natural Flavors), Organic Pretzels (Organic Wheat Flour, Salt, Organic Canola Oil, Organic Malt), Organic Peanut Butter, Organic Dry Roasted Soybeans, Dry Roasted Pumpkin Seeds, Sunflower Seeds, Sunflower Oil, Roasted Sunflower Kernal, Organic Oat Syrup, Vegetable Glycerin, Organic Sunflower Oil, Sea Salt, Organic Gum Arabic, Natural Vitamin E (antioxidant).

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 Bar (45g)	Fat 8g	12%	Cholest. 0mg	0%	Dietary Fiber 2g	8%
Calories 180	Sat. Fat 1.5g	8%	Sodium 220mg	9%	Insoluble Fiber 2g	
Calories from Fat 70	Trans Fat 0g		Potassium 240mg	7%	Sugars 12g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Polyunsat. Fat 3g		Total Carb. 21g	7%	Other Carb. 7g	
	Monounsatur. Fat 3.5g				Protein 9g	18%
	Vit. A 0% • Vit. C 2% • Calcium 8% • Iron 6% • Vitamin E 15% • Magnesium 15%					

1.0.R11

CLIF BAR – CRUNCHY PEANUT BUTTER– Organic Brown Rice Syrup, ClifPro (Soy Rice Crisps (Soy Protein Isolate, Rice Flour, Barley, Malt Extract), Organic Roasted Soybeans, Organic Soy Flour), Organic Rolled Oats, Organic Evaporated Cane Juice, Organic Peanut Butter (Organic Peanuts, Salt), Peanut Flour, Peanuts, ClifCrunch (Apple Fiber, Organic Oat Fiber, Organic Milled Flaxseed, Inulin (Chicory Extract), Organic Date Paste, Natural Flavors, Sea Salt. Vitamins and Minerals: Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vitamin C), Tocopheryl Acetate (Vitamin F), Ferric Orthophosphate (Iron), Beta Carotene (Vitamin A), Zinc Citrate,

Phytonadione (Vitamin K1), Biotin, Niacinamide (Vitamin B3), Calcium Pantothenate (Vitamin B5), Potassium Iodide, Manganese Gluconate, Copper Cluconate, Sodium Selenite, Thiamin (Vitamin B1), Chromium Chloride, Cyonocobalamin (Vitamin B12), Sodium Molybdate, Folic Acid (Vitamin B9), Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6) **CONTAINS SOY AND PEANUTS, MAY CONTAIN TRACES OF DAIRY, WHEAT AND TREE NUTS.** WE SOURCE INGREDIENTS THAT ARE NOT GENETICALLY ENGINEERED.

Nutrition Facts	
Serving Size 1 Bar (68g)	
Servings per Container : 1	
Amount Per Serving	
Calories	240
	Calories from Fat 60
% Daily Value*	
Total Fat	6g 9%
Saturated Fat	1g 5%
Cholesterol	0mg 0%
Sodium	240mg 10%
Total Carbohydrate	41g 14%
Dietary Fiber	5g 20%
Sugars	21g
Protein	11g 22%

Kelloggs Rice Krispie Treats – Toasted Rice Cereal (rice, sugar, salt, malt flavoring, niacinamide, reduced iron, riboflavin (vitamin B2), folic acid), marshmallow (corn syrup, sugar, gelatin, natural and artificial flavoring), fructose, margarine (vegetable oil (soybean, palm and palm kernel oil with tbhq for freshness), water, natural and artificial butter flavor (contains milk). Datem. Acetylated monoglycerides, bht vitamin A palmitate, vitamin d) corn syrup solids, contains two percent or less of the following: dextrose, glycerin, salt, niacinamide, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, soy lecithin. **CONTAINS MILK AND SOY INGREDIENTS**

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

Nutrition Facts	
Serving Size 39g	
Servings per Container about 1	
Amount Per Serving	
Calories	180
	Calories from Fat 50
% Daily Value*	
Total Fat	6g 9%
Saturated Fat	1g 5%
Cholesterol	0mg 0%
Sodium	230mg 10%
Total Carbohydrate	28g 9%
Dietary Fiber	2g 8%
Sugars	0g
Protein	3g

CORN NUTS –Ingredients: CORN, CORN OIL, SALT.

PLANTER'S TRAIL MIX – FRUIT AND NUT–Peanuts, Raisins, Dried Bananas, Sugar, Cashews, Coconut Oil, Dried Pineapple, Dried Papaya, Dried Cranberries, Citric Acid, Peanut And/Or Cottonseed Oil, Sea Salt, Natural Flavor, Sulfites Added to Preserve Flavor

Nutrition Facts		
Serving Size 56g		
Servings per Container about 1		
Amount Per Serving		
Calories	310	Calories from Fat 200
% Daily Value*		
Total Fat	22g	28%
Saturated Fat	6g	30%
Cholesterol	0mg	0%
Sodium	30mg	1%
Total Carbohydrate	26g	9%
Dietary Fiber	3g	12%
Sugars	19g	
Protein	7g	

PLANTER'S TRAIL MIX – SPICY NUTS AND CAJUN STICKS– Peanuts, Corn, Vegetable Oil, (Soybean, Corn, Peanut and/or Cottonseed) Wheat Flour, Sesame Seeds, Salt, Contains 2% or less of Bulgur Wheat, Spices, Maltodextrin, Onion and Garlic and Tomato Powders, Yellow Corn Flour, Dextrose, Monosodium Glutamate, Vegetable Color (Paprika Extract, Beet Powder, Turmeric), Cocoa, Torula Yeast, Green Bell Pepper Powder, Natural and Artificial Flavors, Potato Flour, Citric and Malic And Lactic Acids (for Tartness), Corn Syrup Solids, Sugar, Sodium Diacetate (For Tartness), Malted Barley Flour, Degermed Yellow Cormeal, Disodium Phosphate, Sodium Citrate (Controls Acidity), Disodium Inosinate and Disodium uanylate (Flavor Enhancers), Vinegar, Modified Cornstarch, Artificial Color (Red 40 Lake), Propionic Acid

Contains **Peanut, Wheat, Sesame Seed**

Manufactured on equipment that processes **tree nuts.**

Nutrition Facts		
Serving Size 56g		
Servings per Container about 1		
Amount Per Serving		
Calories	310	Calories from Fat 200
% Daily Value*		
Total Fat	22g	34%
Saturated Fat	3g	15%
Cholesterol	0mg	0%
Sodium	540mg	23%
Total Carbohydrate	21g	7%
Dietary Fiber	4g	16%
Sugars	2g	
Protein	10g	

NUTTER BUTTER COOKIES **Ingredients:** UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, PEANUT BUTTER (PEANUTS, CORN SYRUP SOLIDS, HYDROGENATED RAPESEED AND/OR COTTONSEED AND/OR SOYBEAN OILS, SALT), SOYBEAN OIL AND/OR PALM OIL, HIGH

FRUCTOSE CORN SYRUP, GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), PARTIALLY HYDROGENATED COTTONSEED OIL, SALT, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), CORNSTARCH, SOY LECITHIN (EMULSIFIER), VANILLA - AN ARTIFICIAL FLAVOR. CONTAINS: **WHEAT, PEANUT, SOY.**

Nutrition Facts	
Serving Size 53g	
Servings per Container about 1	
Amount Per Serving	
Calories 250	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	13%
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 37g	12%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 4g	
Vitamin A 0 %	Calcium 2%
Vitamin C 0 %	Iron 8%

PECAN SANDIES (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1) Riboflin (Vitamin B2), Folic Acid) Vegetable Oil (Soybean, Palm and palm Kernel Oil with TBHQ for Freshness) Sugar, Pecans, Contains two percent or less of salt, eggs, baking soda, whey, soy lecithin Contains **Wheat, Pecan, Egg, Milk, and Soy** Ingredients May Contain Traces of **Peanut**

Nutrition Facts	
Serving Size 1 pkg	
Servings per Container about 1	
Amount Per Serving	
Calories 270	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 4.5g	23%
Cholesterol 5mg	1%
Sodium 160mg	7%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	3%
Sugars 11g	
Protein 2g	

SUNFLOWER TRAIL MIX Honey Roasted Sunflowers, Honey Roasted Soybeans (Maltodextrine, xanthan gum, sucrose, wheat starch, honey) Raisins, Pineapple, cranberry, dates, sunflower oil and salt. Contains **Soy and Wheat**, Processed in a **peanut and tree nut free facility**

Nutrition Facts	
Serving Size 30g	
Servings per Container about 1.4	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 6g	6%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	10%
Sugars 11g	
Protein 4g	
Vitamin A 0 %	Calcium 2%
Vitamin C 0 %	Iron 6%

Reece's Pieces Gorp – Butter Toffee peanuts (peanuts, sugar, butter (milk), salt), raisins (partially hydrogenated vegetable oil (cottonseed soybean), reece's pieces (sugar, partially defatted peanuts, partially hydrogenated vegetable oil, (palm kernel and soybean oil), corn syrup, dextrose, contains 2 % or less of artificial color (yellow 5 & 6 lake, red 40 lake, blue 1 lake), salt, resinous glaze, soy lecithin, modified cornstarch, carnauba, vanillin, artificial flavor. CONTAINS **MILK, PEANUT, SOY, TREE NUTS, WHEAT**

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

SUNFLOWER SEEDS – ROASTED AND SALTED Roasted Sunflower Kernel, Sunflower Oil (sunflower oil, citric acid), salt (salt, tricalcium phosphate, yellow prussiate of soda).

Nutrition Facts	
Serving Size 1 oz	
Servings per Container : 1	
Amount Per Serving	
Calories 165	Calories from Fat 105
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 1.4g	7%
Cholesterol 0mg	0%
Sodium 49mg	2%
Potassium mg	%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars .8g	
Protein 6g	%

GATORADE – LEMON LIME – Sucrose, Dextrose, Citric Acid, Salt, Sodium Citrate, Natural Lemon and Lime Flavors with other Natural Flavors, Monopotassium Phosphate, Yellow 5

GATORADE – RIPTIDE RUSH – Sucrose, Dextrose, Citric Acid, Natural Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Ascorbic Acid, (to promote color retention), Red 40, Blue 1

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

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

Philmont Trail Food Ingredients 2012

Dinner #1		Dinner #6
M. H. - Beef Stroganoff Pretzels Honey Roasted Cashews - K Grandma's Cookies – Oatmeal Raisin - K		M.H. – Chili Mac Pretzels Honey Roasted Cashews - K Grandma's Cookies – Peanut Butter - K
Dinner #2		Dinner #7
Creamy Pasta & Vegetable Rotini - Wise Cheddar Bread Pieces Nut and Chocolate Trail Mix - K Soft Batch Cookies - K		R.M. – Rice and Chicken Cheddar Bread Pieces Honey Roasted Peanuts - K Oreos - K
Dinner #3		Dinner #8
B.P. Santa Fe Style Rice with Chicken Honey Mustard Bread Pieces Honey Roasted Peanuts - K Kelloggs – Cinnamon Grahams - K		M.H. – Spaghetti Buttermilk Ranch Bread Pieces Original Gorp Soft Batch Cookies - K
Dinner #4		Dinner #9
R.M. - Mexican Beef w/Rice & Cheese Refried Beans Hot Buffalo Bread Pieces Oreos - K		R.M. - Fettuccine Primavera Jalapeno Bread Pieces Nut and Chocolate Trail Mix - K Famous Amos Chocolate Chip Cookies - K
Dinner #5		Dinner #10
M.H. - Veggie Lasagna Cracked Pepper Bread Pieces Salted Peanuts - K Apples & Spice Dessert		Canned Turkey Stove-Top Stuffing Mix Honey Roasted Peanuts - K Keebler Bug Bites - K

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

Contains **milk, wheat, soy, egg.**

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

Backpackers Pantry, Santa Fe Style Rice with Chicken – Ingredients: Sauce (Black Beans, Tomato, Chicken (cooked, diced and freeze dried), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), onion, super sweet corn, non fat milk, potato starch, maltodextrin, salt, green chili pepper, sugar, torula yeast, new mexico chili pepper, garlic, vegetarian soup with imitation chicken flavor (maltodextrin, salt, autolyzed yeast extract, yeast extract, onion powder, turmeric extract (color), sunflower oil), dextrose (from corn), cumin seed, oregano, soy sauce (soy sauce, wheat , soybeans, salt), (maltodextrin and salt), cayenne pepper), precooked parboiled long grain brown rice, **CONTAINS: MILK, SOYBEAN, GLUTEN, WHEAT**

Nutrition Facts		
Serving Size ½ package		
Servings per Container : 2		
Amount Per Serving		
Calories	360	Calories from Fat 45
% Daily Value*		
Total Fat	5g	8%
Saturated Fat	2g	11%
Cholesterol	30mg	9%
Sodium	980mg	41%
Potassium	mg	%
Total Carbohydrate	59g	20%
Dietary Fiber	21g	83%
Sugars	16g	
Protein	22g	%

RICHMOOR - MEXICAN BEEF WITH RICE & CHEESE - Instant White Rice, Sharp Cheddar Cheese Powder [Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Salt, Disodium Phosphate], Chopped Onion, Tomato Flakes, Cooked Freeze-Dried Diced Beef, Parmesan Cheese (Partially Skim Milk, Cheese Cultures, Salt, Enzymes), Disodium Phosphate], Low Sodium Salt, Tomato Powder, Corn Meal, Minced Green Onion, Chili Powder, Jalapeno Powder, Garlic Granules, Cumin, Oregano, Basil.

Nutrition Facts	
Serving Size 198g	
Servings per Container about 1	
Amount Per Serving	
Calories 760	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 8g	40%
Cholesterol 55mg	18%
Sodium 1320mg	55%
Total Carbohydrate 129g	43%
Dietary Fiber 4g	16 %
Sugars 16g	
Protein 32g	
Vitamin A 110 %	Calcium 25%
Vitamin C 90 %	Iron 25%

RICHMOOR - CHICKEN AND RICE–White Rice, Chicken Powder, Diced Chicken, Potato Starch, FD Peas, Salt, Chicken Flavored Broth Mix [Maltodextrin, Salt, Autolyzed Yeast Extract, Natural Flavor, Dehydrated Vegetables (Onion, Celery, Parsley, Spinach, Garlic, Carrot), Potato Flour, Soybean Oil, Xanthan Gum, Spices, Extractives of Spices, Lecithin], Chicken Flavor (Hydrolyzed Corn and Soy Proteins, Guar Gum, Autolyzed Yeast Extract, Corn Oil, Disodium Inosinate and Disodium Guanylate, Caramel Color, Silicon Dioxide), Onion Granules, Parsley, White Pepper, Rosemary, Sage.

Nutrition Facts	
Serving Size 99g	
Servings per Container : 2	
Amount Per Serving	
Calories 360	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Cholesterol 35mg	12%
Sodium 580mg	24%
Potassium mg	%
Total Carbohydrate 62g	21%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 17g	%

Chili Mac with Beef, Mountain House – Cooked Beef (beef, flavoring, salt), enriched macaroni (durum semolina enriched with niacin, iron, thiamine mononitrate, riboflavin, folic acid), kidney beans, tomato paste, chili seasoning (chili pepper and other spices, dehydrated onion and garlic, salt, hydrolyzed soy protein, potassium chloride,

paprika, sugar, maltodextrin, beef extract, disodium inosinate and disodium guanylate, autolyzed yeast extract, caramel color, natural flavors, citric acid), and modified corn starch. **Contains Wheat and Soy**

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

RICHMOOR - FETTUCINE PRIMAVERA -Pasta [Durum Semolina (Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid)] Corn Starch, Parmesan Cheese (Partially Skim Milk, Cultures, Salt, Enzymes), Disodium Phosphate], Whole Milk Powder, Nonfat Milk Powder, Sour Cream Powder [Sour Cream (Cream Solids, Cultured Nonfat Milk), Citric Acid], Natural Butter Flavor, Tomato Flakes, Red & Green Bell Pepper, Chicken Flavor (Hydrolyzed Corn and Soy Proteins, Guar Gum, Autolyzed Yeast Extract, Corn Oil, Disodium Inosinate and Disodium Guanylate, Caramel Color, Silicon Dioxide), Freeze-Dried Broccoli, Yeast, Salt, Parsley, Black Pepper, Nutmeg, Rosemary.

Nutrition Facts	
Serving Size 99g	
Servings per Container :1	
Amount Per Serving	
Calories 380	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4.5g	23%
Cholesterol 25mg	8%
Sodium 900mg	38%
Potassium mg	%
Total Carbohydrate 74g	25%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 16g	%

Spaghetti, Mountain House – Enriched Spaghetti (durum semolina enriched with niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid), tomato paste, cooked beef (beef, flavoring, salt), and contains 1.5% or

less of textured soy flour, dehydrated cheese (cheddar cheese (milk, cheese culture, salt, enzymes), cream, salt, sodium phosphate, lactic acid), sugar, sea salt, hydrolyzed vegetable protein (corn torula and brewers yeast, wheat gluten, soy protein), spices, onion powder, garlic powder, soybean oil, and caramel color. **Contains wheat, soy, milk**

Nutrition Facts		
Serving Size 1 ¼ cup (51g)		
Servings per Container : 4		
Amount Per Serving		
Calories	220	Calories from Fat 45
% Daily Value*		
Total Fat	5g	8%
Saturated Fat	2g	10%
Cholesterol	20mg	7%
Sodium	760mg	32%
Potassium	380mg	11%
Total Carbohydrate	31g	10%
Dietary Fiber	2g	8%
Sugars	2g	
Protein	11g	22%

Vegetable Lasagna, Mountain House – Tomatoes (tomatoes, tomato juice, salt, citric acid, calcium chloride), Zucchini, tomato paste, enriched macaroni product (drum semolina enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), carrots, spinach, modified corn starch, dehydrated onions, sugar, salt, spices, garlic powder. Cheese Blend: Mozzarella Cheese (culture milk salt, enzymes), calcium caseinate, corn oil, partially hydrogenated soybean oil, sodium caseinate, salt, glucono-delta-lactone, maltodextrin, sodium aluminum phosphate, butter (cream) natural and artificial flavors), and dehydrated parmesan and romano (made from cows milk) cheeses (part skim milk, cheese culture, salt, enzymes. **Contains Wheat, milk, soy**

Nutrition Facts		
Serving Size 1 cup (42g)		
Servings per Container : 4		
Amount Per Serving		
Calories	160	Calories from Fat 30
% Daily Value*		
Total Fat	3g	5%
Saturated Fat	1.5g	8%
Cholesterol	5mg	2%
Sodium	350mg	14%
Potassium	340mg	10%
Total Carbohydrate	27g	9%
Dietary Fiber	3g	12%
Sugars	7g	
Protein	8g	15%

StoveTop Brand Stuffing Mix, Savory Herbs – Enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate (vitamin B1) riboflavin (vitamin B2) folic acid), high fructose corn syrup, onions, salt, contains less than 2% of the following: partially hydrogenated soybean and/or cottonseed oil, hydrolyzed soy protein,

monosodium glutamate, cooked chicken and chicken broth, yeast, spice, celery, parsley, caramel color, garlic, turmeric, with bha, bht, citric acid and propyl gallate as preservatives. **Contains wheat, soy celery**

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

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

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

Creamy Pasta and Vegetable Rotini with Chicken – Wise Foods: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch – Modified, Sunflower Oil (Sunflower oil, Food Starch – Modified, Maltodextrin, Natural Tocopherols), Whey, Maltodextrin, Carrots, Salt, Peas, Hydrolyzed Corn Protein, Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Textured Vegetable Protein (soy flour), Guar Gum, Soybean Oil, Natural Flavors, Disodium Inosinate and Disodium Guanylate, Sodium Caseinate (a milk derivative), Spices, Mono and Diglycerides, Sodium Citrate, Dipotassium Phosphate, Carrageenan, Lactic Acid, Turmeric Extract. **CONTAINS MILK SOY AND WHEAT – PRODUCED ON**

EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

Nutrition Facts	
Serving Size 61g	
Servings per Container :4	
Amount Per Serving	
Calories 250	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Cholesterol 20mg	7%
Sodium 810mg	34%
Potassium mg	%
Total Carbohydrate 34g	11%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 14g	%

Cheddar Cheese Pieces: Enriched Wheat flour (wheat flour, niacin, iron, thiamin, riboflavin, folic acid), water, palm oil, whey powder, cheddar cheese (pasteurized milk, cheese cultures, salt enzymes), salt, maltodextrin, buttermilk powder, yeast, onion powder, disodium phosphate, sodium caseinate, tomato powder, citric acid, spice, nonfat dry milk, sugar, natural flavors, autolyzed yeast extract, garlic powder, turmeric extract, annatto extract, paprika extract, disodium inosinate, disodium guanylate, soda, **produced in a facility that handles peanut butter**

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

Cracked Pepper Bread Pieces: Cracked Pepper bread pieces (enriched wheat flour (wheat flour, niacin, iron, thiamin, riboflavin, folic acid), palm oil, sea salt, wats whey (milk), spice, sugar, dextrose, onion powder, maltodextrin, modified corn starch, yeast extract, vinegar, citric acid, natural flavors, disodium inosinate, disodium

Guanylate, malic acid, lactic acid, caramel color, extractive of turmeric, extractive of paprika, soda). Contains: **Wheat and Milk**

Nutrition Facts	
Serving Size 1 oz	
Servings per Container : 1	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Cholesterol 0mg	0%
Sodium 370mg	15%
Potassium mg	%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 2g	%

REFRIED BEANS Pinto Beans, Salt, Partially Hydrogenated Canola Oil, Red Pepper, Onion, Garlic, Cumin. Processed in a facility that produces: **peanuts, soybeans, milk, eggs, fish, crustaceans, tree nuts and wheat**

Nutrition Facts	
Serving Size 113g	
Servings per Container about 1	
Amount Per Serving	
Calories 410	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1560mg	65%
Total Carbohydrate 71g	24%
Dietary Fiber 25g	100%
Sugars 0g	
Protein 24g	
Vitamin A 0 %	Calcium 0%
Vitamin C 0 %	Iron 35%

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

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

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

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

PLANTER'S TRAIL MIX – NUT AND CHOCOLATE Peanuts, Chocolate Candy Pieces (Milk Chocolate (Sugar, Cocoa Butter, Milk, Chocolate, Lactose, Soy, Lecithin – Emulsifier, Vanillin – Artificial Flavor), Sugar, Artificial Color (Includes Yellow 5 Lake, Yellow 6, Blue 1 Lake, Red 40 Lake), Gum Arabic, Corn Syrup, Carnauba Wax, Beeswax, Confectioner’s Glaze, Soy, Wheat) Raisins, Almonds, Cashews, Peanut and or Cottonseed Oil, Sea Salt

Contains: Peanuts, Milk, Soy, Wheat, Almond, Cashews

Manufactured on equipment that processes other tree nuts

Nutrition Facts	
Serving Size 48g	
Servings per Container about 1	
Amount Per Serving	
Calories 280	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 4g	20%
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 22g	
Protein 8g	
Vitamin A 0%	Calcium 4%
Vitamin C 0%	Iron 10%

Honey Mustard and Onion Bread Pieces – Honey Mustard and Onion Pretzel pieces (Enriched Flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), palm oil, water, sugar, onion powder (maltodextrin, dextrose, whey (milled), salt, vinegar powder (maltodextrin, modified corn starch, vinegar), honey powder (hydrolyzed soy protein, mustard (vinegar, water, mustard, salt, turmeric), maltodextrin, corn starch), wheat starch, yeast, spices, extract of turmeric, citric acid, horseradish powder, natural flavors, soda) **Contains Milk Soy and Wheat**

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

Original Gorp – Raisins, (partially hydrogenated vegetable oil (cottonseed soybean), peanuts, (soybean oil and salt), milk chocolate, (sugar, cocoa, partially hydrogenated palm kernel oil, whey, artificial color (fd&c blue no 1, blue no 1 & 2 lake, yellow no 5, yellow no 5 lake, yellow no 5 & 6 lake red no 40 & 40 lake, sorbitol, titanium dioxide, phosphoric acid, methyl and propyl parabens and caramel) non fat milk powder, corn syrup, soy lecithin added as an emulsifier, wax, dextrin & vanilla (an artificial flavor). **Contains Peanuts & dairy**

Nutrition Facts			
Serving Size 1 pkg			
Servings per Container about 1			
Amount Per Serving			
Calories	260	Calories from Fat	120
% Daily Value*			
Total Fat	13g		20%
Saturated Fat	4		20%
Cholesterol	5mg		2%
Sodium	35mg		1%
Total Carbohydrate	31g		10%
Dietary Fiber	3g		12%
Sugars	26g		
Protein	6g		

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

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

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

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

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

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

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

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

Jalapeno Bread Pieces - Jalapeno Pretzel Pieces (Enriched wheat flour (wheat flour, niacin, iron, thiamin, riboflavin, folic acid), palm oil, water, salt, dextrose, jalapeno peppers, maltodextrin, modified food starch, monosodium glutamate, corn starch, onion powder, torula yeast, garlic powder, paprika, vinegar powder, yeast, parsley, soybean oil, natural and artificial flavors, disodium inosinate, disodium guanylate, soda) **CONTAINS SOY, WHEAT PROCESSED IN A FACILITY THAT PRODUCES: PEANUTS, SOYBEANS, MILK, EGGS, FISH, CRUSTACEANS, TREE NUTS AND WHEAT**

Nutrition Facts	
Serving Size 1 oz	
Servings per Container about 1	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5g	13%
Saturated Fat 3g	15%
Cholesterol 0mg	0%
Sodium 370mg	15%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	3 %
Sugars 1g	
Protein 2g	
Vitamin A 0 %	Calcium 0%
Vitamin C 0 %	Iron 0%

Oreos - unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, high oleic canola and/or palm and/or canola and/or soybean oil, cocoa (processed with alkali), high fructose corn syrup, leavening (baking soda and/or calcium phosphate), cornstarch, salt, soy lecithin, vanilla-an artificial flavor, chocolate. **Contains: wheat, soy.** Kraft Foods Global, Inc., Northfield, IL. 60093.

Nutrition Facts	
Serving Size 34g	
Servings per Container about 1	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 28g	8%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 1g	

SOFT BATCH COOKIES – Bleached and enriched flour (wheat flour, niacin, reduced iron thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), high fructose corn syrup, vegetable oil(soybean, palm and palm kernel oil with TBHQ for freshness), sugar, semisweet chocolate (sugar, chocolate liquor, cocoa butter, dextrose, soy lecithin, natural and artificial flavor, salt), chocolate flavored drops (sugar, partially hydrogenated cottonseed

and soybean oil*, cocoa processed with alkali, acid pyrophosphate, monocalcium phosphate), natural flour (contains milk), salt, soy lecithin, caramel color, yellow #6. **Contains: Wheat, milk, soy and egg ingredients. May contain traces of peanuts.** *Less than 0.5g trans fat per serving. Kellogg Sales Co., Battle Creek, MI 49016.

Nutrition Facts	
Serving Size 16g	
Servings per Container about 4	
Amount Per Serving	
Calories 80	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	1%
Sugars 6g	
Protein 1g	

APPLES AND SPICE - Diced Apples, Bakers Sugar, Corn Starch, Low Sodium Salt, Nutmeg, Allspice, Ground Cinnamon, Citric Acid, Dextrose, Apple Flavor. Processed in a facility that produces **peanuts, soybeans, milk, eggs, fish, crustaceans, tree nuts, and wheat.**

Nutrition Facts	
Serving Size 67g	
Servings per Container about 2	
Amount Per Serving	
Calories 250	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 63g	21%
Dietary Fiber 2g	8%
Sugars 51g	
Protein 0g	
Vitamin A 0 %	Calcium 2%
Vitamin C 4 %	Iron 2%

FAMOUS AMOS – CHOCOLATE CHIP COOKIES Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), semisweet chocolate (sugar, chocolate, cocoa butter, soy lecithin, natural flavor), sugar, vegetable oil (soybean, palm and palm kernel oil with tbhq for freshness),

contains two percent or less of molasses, salt, egg, baking soda, natural and artificial flavor, whey, whey protein concentrate. **Contains: Wheat, Soy, Egg and Milk ingredients. May contain Tree Nuts**

Nutrition Facts		
Serving Size 1 pkg		
Servings per Container about 1		
Amount Per Serving		
Calories	280	Calories from Fat 120
% Daily Value*		
Total Fat	13g	20%
Saturated Fat	5g	25%
Cholesterol	5mg	2%
Sodium	200mg	8%
Total Carbohydrate	38g	13%
Dietary Fiber	2g	6%
Sugars	18g	
Protein	3g	

Grandmas Cookies, Oatmeal Raisin - Enriched flour (bleached and unbleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid,) sugar, vegetable shortening (palm oil, canola oil with THBQ and Citric Acid to preserve freshness) rolled oats, raisins, high fructose corn syrup, raisin paste, leavening (sodium bicarbonate, monocalcium phosphate) eggs, molasses, corn starch, malt syrup, salt, cinnamon, artificial vanilla flavor, Allspice, Calcium Propionate (to preserve freshness). **Contains wheat and egg ingredients**

Nutrition Facts		
Serving Size 1 cookie		
Servings per Container : 2		
Amount Per Serving		
Calories	150	Calories from Fat 60
% Daily Value*		
Total Fat	6g	9%
Saturated Fat	2g	10%
Cholesterol	10mg	4%
Sodium	200mg	8%
Potassium	mg	%
Total Carbohydrate	23g	8%
Dietary Fiber	2g	7%
Sugars	12g	
Protein	2g	%

Grandmas Cookies, Peanut Butter - Enriched flour (bleached and unbleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid,) Peanut Butter (roasted peanuts, sugar, hydrogenated (canola, soybean and/or cottonseed) oil, salt, molasses), sugar, high fructose corn syrup, vegetable shortening (partially hydrogenated soybean and cottonseed oil), modified food starch, sodium bicarbonate, salt, whole eggs, artificial vanilla flavor, caramel color. **Contains wheat, peanut, and egg ingredients**

Nutrition Facts

Serving Size 1 cookie
Servings per Container : 2

Amount Per Serving

Calories 170 **Calories from Fat** 80

% Daily Value*

Total Fat	9g	13%
Saturated Fat	2g	11%
Cholesterol	0mg	0%
Sodium	135mg	6%
Potassium	65mg	2%
Total Carbohydrate	20g	7%
Dietary Fiber	1g	4%
Sugars	11g	
Protein	3g	%

Kellogg's Elf Grahams – Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid, sugar, vegetable oil (soybean and palm oil with tbhq for freshness), honey, contains two percent or less of: calcium carbonate, molasses, salt, baking soda, soy lecithin, vitamin A palmitate, bht for freshness. **Contains wheat and soy ingredients**

Nutrition Facts

Serving Size 1 pkg
Servings per Container : 1

Amount Per Serving

Calories 120 **Calories from Fat** 35

% Daily Value*

Total Fat	4g	6%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	105mg	4%
Potassium		
Total Carbohydrate	21g	7%
Dietary Fiber	1g	5%
Sugars	8g	
Protein	2g	%

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

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