

Philmont Scout Ranch

Trail Breakfast Menu and Ingredients

2013

Breakfast #1		Breakfast #6
Jack Link's – Original Beef Jerky Quaker – PB Choc. Chip Granola Bar - K Lara Bar – Apple Pie - K Clif – Twisted Fruit Strawberry - K Nature Valley Peanut Butter Bar - K Alpine Brand – Spiced Apple Cider Mix - K		Jack Link's – Original Beef Jerky Crunch Mania – French Toast - K Raisins - K Halo Bar – Marshmallow Nut Animal Crackers - K Alpine – Apple Cider Mix - K
Breakfast #2		Breakfast #7
Instant Oatmeal – Apples and Cinnamon - K Pro Bar – Oatmeal Raisin Raisins - K Squeezable Fruit – Apple Cinnamon - K Grandma's Cookie – Peanut Butter - K Country Time Lemonade Mix - K		Instant Oatmeal – Cinnamon and Spice - K Pop Tarts – Strawberry Lara Bar – Peanut Butter Cookie - K Pineapple Chunks Grandma's Cookie – Oatmeal Raisin - K Country Time Lemonade Mix - K
Breakfast #3		Breakfast #8
Pop Tarts – Brown Sugar Cinnamon Maple Almond Granola Apple Chips Breakfast Cookie – Oatmeal Raisin - K Goldfish Giant Grahams Kool Aid – Peach Mango - K		Jack Link's – Peppered Beef Jerky Cheerio's Milk and Cereal Bar Clif – Twisted Fruit, Mixed Berry - K Betty Crocker – Butterscotch Oatmeal Bar Quaker – Maple and Brown Sugar Bar - K Aclimate – Grape Drink Mix
Breakfast #4		Breakfast #9
Jack Link's – Original Beef Steak Halo Bar – Smores Clif – Twisted Fruit Sour Apple - K Quaker – Oatmeal To Go, Brown Sugar - K Fig Newtons - K Swiss Miss - Hot Cocoa Mix		Crunch Mania – Cinnamon Bun - K Daybreak Blend – Berry Almond - K Banana Chips Pro Bar – Whole Berry Blast Kashi Bar – Honey Almond TLC - K Swiss Miss – Hot Cocoa Mix
Breakfast #5		Breakfast #10
Katadyn – Breakfast Scramble Stretch Island Fruit Strip – Apple - K Olympia Granola – Honey Almond Tang Drink Mix - K		Hormel Pepperoni Sticks Clif – Honey Oat Crunch Bar - K Apple Chips Quaker – Oatmeal To Go, Oatmeal Raisin - K Animal Crackers - K Tang Drink Mix - K

Katadyn - Bandito Scramble

Ingredients: Egg Mix Powder (Whole Egg, Nonfat Dry Milk, Vegetable Oil), Diced Potato, Diced Carrots, Sour Cream Powder (Cream Solids, Cultured Nonfat Milk, Citric Acid), Sharp Cheddar Cheese Powder (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate, Annatto Extract), Chopped Onion, Mixed Red and Green Bell Pepper, Low Sodium Salt, Black Pepper, Diced Green Chili, Chives, Chili Powder (Chili Pepper, Cumin, Salt, Oregano, Garlic, Silicone Dioxide (not more than 2% as an anti-caking agent) and ethoxyquin (not more than 100 ppm added as anti oxidant), garlic granules, cilantro.

Contains: **Egg, Milk**. Processed in a facility that produces peanuts, soybeans, milk, eggs, fish, crustaceans, tree nuts and wheat.

Nutrition Facts	
Serving Size 3.5 oz (99g)	
Servings per Container : about 1	
Amount Per Serving	
Calories 460	Calories from Fat 210
% Daily Value*	
Total Fat 23g	35%
Saturated Fat 3g	15%
Cholesterol 740mg	247%
Sodium 720mg	30%
Potassium mg	%
Total Carbohydrate 41g	14%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 23g	%

Malt O Meal Instant Oatmeal, Apple and Cinnamon

Ingredients: 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).

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	

Malt O Meal Instant Oatmeal, Maple and Brown Sugar

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

Nutrition Facts	
Serving Size 43g	
Servings per Container about 1	
Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 4g	

Pop-Tarts, Strawberry

Ingredients: 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	

Pop Tarts, Frosted Cinnamon

Ingredients: 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	%

Jack Link's Peppered Beef Jerky

Ingredients: 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**

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	

Jack Link's Original Beef Jerky

Ingredients: Beef, Water, sugar, less than 2% Salt, Corn Syrup Solids, Dried Soy Sauce (Soybeans, Salt, Wheat), Hydrolyzed Corn and Soy Protein, Maltodextrin, Flavoring, Sodium Erythorbate, Sodium Nitrite.

Contains: **Wheat and Soy**

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	

Jack Link's Original Beef Steak

Ingredients: Beef, water, salt, less than 2% brown sugar, spices, monosodium glutamate, sugar, flavorings, Sodium nitrate

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	

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	

Crunch Mania French Toast

Ingredients: 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, Milk and Soy** Ingredients.

Nutrition Facts		
Serving Size 1 pouch		
Servings per Container : 1		
Amount Per Serving		
Calories	210	Calories from Fat 60
% Daily Value*		
Total Fat	7g	11%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	220mg	9%
Potassium	mg	%
Total Carbohydrate	37g	12%
Dietary Fiber	2g	10%
Sugars	13g	
Protein	4g	%

Crunch Mania Cinnamon Bun

Ingredients: 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	9%
Potassium	mg	%
Total Carbohydrate	37g	12%
Dietary Fiber	2g	10%
Sugars	12g	
Protein	4g	%

Planters Trail Mix – Berry Almond Daybreak Blend

Ingredients: Almonds, Golden Raisins, Sugar, Dried Cranberries, Whole Grain Rolled Oats, Rice Flour, Whole Grain Wheat, Vegetable Oil (High Oleic Sunflower, High Oleic Canola, Peanut and/or Cottonseed Oil), Dried Bananas, Contains 2% or less of : Corn Syrup, Whey (From Milk), Molasses, Salt, Sea Salt, Reduced Iron, Sulfites Added to Preserve Color.

Contains: **Almond, Wheat, Milk**. **Manufactured on Equipment That Processes Peanut, Other Tree Nuts.**

Nutrition Facts

Serving Size 42 g
Servings per Container : 1

Amount Per Serving	
Calories	180
Calories from Fat	70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 45mg	2%
Potassium 180mg	5%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	4%
Sugars 15g	
Protein 4g	0%

SNAPZ APPLE CRISPS

Ingredients: 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%

Nutrition Facts

Serving Size 20g
Servings per Container about 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%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 0g	
Potassium 120 mg	3%

Clif Twisted Fruit, Strawberry

Ingredients: Organic Apple Puree, Organic Apple Juice Concentrate, Organic Natural Flavors, Malic Acid, Pectin, Colored with Vegetable Juice. Vitamins and Minerals: Ascorbic Acid (Vit. C), Ferric Orthophosphate (Iron). We source ingredients that are not genetically engineered.

Azar Brand Banana Chips

Ingredients: Banana, coconut and/or vegetable oil, sugar and/or honey, natural flavors. Packed in a facility that processes products that contain peanuts, tree nuts, milk, egg, wheat and soy beans.

Raisins – Valley Pride

Ingredients: Raisins

Nutrition Facts			
Serving Size 1 Box			
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		

Clif Twisted Fruit, Mixed Berry

Ingredients: 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 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		

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%

Clif Twisted Fruit, Sour Apple

Ingredients: Clif Organic apple puree, organic apple juice concentrate, organic flavors, malic acid, pectin, 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%

Pineapple Chunks

Ingredients: Pineapple, Sugar, Citric Acid, Calcium, Sulphur Dioxide.
Packed in a Facility that processes products that contain: peanuts, tree nuts, milk, egg, wheat and soybeans.

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

Stretch Island Fruit Strip - Apple

Ingredients: Apple Puree Concentrate, Natural Lemon Juice Concentrate, Natural Apple Flavor.

Nutrition Facts

Serving Size 1
Servings per Container : 1

Amount Per Serving	
Calories	45
	Calories from Fat 0
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	5mg 0%
Potassium	75mg 6%
Total Carbohydrate	12g 4%
Dietary Fiber	1g 9%
Sugars	9g
Protein	0g

Del Monte Squeezable Fruit, Apple Cinnamon

Ingredients: Pear Puree (Pear Puree Concentrate, Water), Apple Puree (Apple Puree Concentrate, Water), Pear Juice (Pear Juice Concentrate, Water), Natural Flavor, Ascorbic Acid, Cinnamon, Malic Acid.

Nutrition Facts		
Serving Size 1 tube (62g)		
Servings per Container : 1		
Amount Per Serving		
Calories	60	Calories from Fat 0
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Potassium	95mg	3%
Total Carbohydrate	14g	5%
Dietary Fiber	2g	9%
Sugars	9g	

QUAKER CHEWY GRANOLA BAR – PEANUT BUTTER Chocolate Chip–

Ingredients: Granola (Whole grain rolled oats, brown sugar, crisp rice (rice flour, sugar, salt, malted barley extract), whole grain 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 2% or less of palm kernel and palm oil, calcium carbonate, sorbitol, partially defatted peanut flour, salt, lactose, whey, dextrose, water, soy lecithin, natural and artificial flavor, BHT (preservative), citric acid.

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	180	Calories from Fat 50
% Daily Value*		
Total Fat	6g	9%
Saturated Fat	2.5g	12%
Cholesterol	0mg	0%
Sodium	160mg	7%
Potassium	mg	%
Total Carbohydrate	30g	10%
Dietary Fiber	2g	7%
Sugars	13g	
Protein	3g	%

Halo Bar – Marshmallow Nut

Ingredients: ProBar Syrup Blend (Organic Brown Rice Syrup, Organic Agave Syrup), Organic Oats, Organic Peanut Butter, Vegan Marshmallows (Evaporated Cane Juice, Tapioca Syrup, Potato Starch, Water, Carrageenan, Soy Protein, Natural Vanilla Flavor), Organic Brown Rice Crisp (organic Brown rice, organic evaporated cane juice, salt), organic roasted peanuts, organic flax seeds, organic evaporated cane juice, vegetable glycerin, organic crisp brown rice, marshmallow flavor, organic expeller pressed canola oil, vanilla powder, organic rice syrup, salt, roasted peanut extract, organic oat flour, organic molasses, rosemary extract, natural tocopherols, citric acid, ascorbic acid, Arabic gum

Contains: **Peanuts, Soy**. 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 120	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 230mg	10%
Potassium	%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 4g	%

Kashi Bar, Honey Almond Flax Chewy Granola Bar

Ingredients: 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, **Kashi 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 0.0g	0%
Cholesterol 0mg	0%
Sodium 105 mg	4%
Potassium	%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	15%
Sugars 5g	
Protein 7g	9%

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.**

Fig Newtons

Ingredients: Unbleached enriched flour (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**

Quaker Oatmeal To Go Oatmeal Raisin

Ingredients: Whole grain rolled oats, high fructose corn syrup, oat flour, brown sugar, raisins, sugar, 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), polydextrose, glycerin, modified food starch, dried whole eggs, corn syrup, calcium carbonate, malted barley extract, natural and artificial flavor, salt, sorbitol, cinnamon, sodium bicarbonate, malt (contains: barley, soy and wheat components), corn flour, malic acid, sodium alginate, natural and mixed tocopherols, calcium phosphate, spice, niacinamide, vitamin A palmitate, reduced iron, potassium sorbate and BHT (preservatives), sodium phosphate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, folic acid.

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%

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 %

Nutrition Facts

Serving Size 40g
Servings per Container about 1 Bar

Amount Per Serving	
Calories	150
	Calories from Fat 25
% Daily Value*	
Total Fat	2.5g 4 %
Saturated Fat	0.5g 3 %
Cholesterol	10mg 4%
Sodium	150mg 6 %
Potassium	105mg 3%
Total Carbohydrate	29g 10%
Dietary Fiber	3g 12 %
	Sol. Fiber 1g
Sugars	14g
Protein	3g

Quaker Oatmeal To Go, Brown Sugar Cinnamon

Ingredients: Whole grain rolled oats, high fructose corn syrup, brown sugar, oat flour, oat bran concentrate, sugar, 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), polydextrose, glycerin, modified food starch, corn syrup, dried whole eggs, water, malted barley extract, calcium carbonate, salt, 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, natural and artificial flavor, artificial color, potassium sorbate and BHT (preservatives) 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.

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	

Nature Valley Bar, Peanut Butter

Ingredients: 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.

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%

LaraBar, Apple Pie (2 per person)

Ingredients: Dates, Almonds, Unsweetened Apples, Walnuts, Raisins and Cinnamon.

Gluten Free, Dairy Free, Soy Free, NON-GMO, Vegan, Kosher

LaraBar, Peanut Butter Cookie (2 per person)

Ingredients: Dates, Peanuts, Sea Salt.

Contains: **Peanuts**

Nutrition Facts		
Serving Size 1 Bar (22g)		
Servings per Container : 1		
Amount Per Serving		
Calories	100	Calories from Fat 50
% Daily Value*		
Total Fat	5g	8%
Saturated Fat	1g	4%
Cholesterol	0mg	0%
Sodium	30mg	1%
Potassium		%
Total Carbohydrate	10g	3%
Dietary Fiber	2g	8%
Sugars	8g	
Protein	3g	%

Nutrition Facts

Serving Size 1 Bar (22g)

Servings per Container : 1

Amount Per Serving		
Calories	90	Calories from Fat 45
% Daily Value*		
Total Fat	5g	8%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Potassium		%
Total Carbohydrate	12g	4%
Dietary Fiber	3g	10%
Sugars	9g	
Protein	2g	%

Quaker, Maple Brown Sugar Chewy Granola Bar

Ingredients: Granola (whole grain rolled oats, brown sugar, brown rice crisp (whole grain brown rice, sugar, malted barley flour, salt), whole grain rolled wheat, soybean oil, whole wheat flour, maltodextrin, sodium bicarbonate, soy lecithin, caramel color, nonfat dry milk), corn syrup, brown rice crisp (whole grain brown rice, sugar, malted barley flour, salt), corn syrup solids, confectionary chips (sugar, palm kernel oil, 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	%

Olympia Granola – Honey Almond Bar

Ingredients: 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 contain traces of Peanut.

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%

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.

Contains: **Wheat, Soy** ingredients

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	%

Keebler Animal Crackers

Ingredients: 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%

Pro Bar – Oatmeal Raisin

Ingredients: Organic Brown Rice Syrup, Organic Oats, Organic Raisins, Cashew Butter (Cashews, Safflower Oil or Sunflower Oil), Walnuts, Organic Sunflower Seeds, Organic Dates, Organic Flax Seeds, Organic Sesame Seeds, Organic Evaporated Cane Juice, Organic Crisp Brown Rice, Organic Agave Syrup, Organic Expeller Pressed Canola Oil, Vegetable Glycerin, Organic Brown Rice Crisp (Organic Brown Rice, Organic Evaporated Cane Juice, Salt), Organic Rice Syrup, Organic Pumpkin Seeds, Organic Oat Flour, Salt, Organic Molasses, Cinnamon, Rosemary Extract, Natural Tocopherols, Citric Acid, Ascorbic Acid, Arabic Gum.

Contains: Cashews, Walnuts, Produced on equipment that processes peanuts, soy, wheat, and tree nuts. All natural product, may contain pit pieces, nutshells and other organic matter.

Nutrition Facts		
Serving Size 1 Package		
Servings per Container : 1		
Amount Per Serving		
Calories	370	Calories from Fat 170
% Daily Value*		
Total Fat	18g	28%
Saturated Fat	2.5g	13%
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrate	46g	15%
Dietary Fiber	5g	20%
Sugars	18g	
Protein	10g	

Pro Bar – Wholeberry Blast

Ingredients: Organic Brown Rice Syrup, Organic Oats, Organic Dates, Organic Sunflower Seeds, Organic Cashew Butter , (Organic Cashews, Organic Sunflower Oil), Almond Butter, Cashews, Organic Raisins, Organic Flax Seeds, Organic Sesame Seeds, Almonds, Organic Evaporated Cane Juice, Apple Juice Infused Blueberries, Apple Juice Infused Strawberries, Organic Crisp Brown Rice, Organic Expeller Pressed Canola Oil, Chocolate Liquor Drops, Vegetable Glycerin, Dried Papaya, Dried Pineapple, Blueberry Puree, Organic Brown Rice Crisp (Organic Brown Rice, Organic Evaporated Cane Juice, Salt), Organic Rice Syrup, Organic Oat Flour, Organic Molasses, Organic Pumpkin Seeds, Blueberry Flavor, Citric Acid, Natural Flavor, Sunflower Oil, Salt.

Contains: Almonds, Cashews. Produced On Equipment That Processes Peanuts, Soy, Wheat and Tree Nuts. All Natural Product May Contain Pit Pieces, Nut Shells, and Other Organic Matter.

Nutrition Facts		
Serving Size 85g		
Servings per Container about 1		
Amount Per Serving		
Calories	370	Calories from Fat 160
% Daily Value*		
Total Fat	18g	28%
Saturated Fat	3.5 g	18%
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carbohydrate	48g	16%
Dietary Fiber	6g	24 %
Sugars	18g	
Protein	9g	

Maple Almond Granola

Ingredients: Maple Almond Granola (Rolled Oats, Sugar, Canola Oil, Almonds, Maple Syrup, Maple Flavor, Salt)

Contains: **Almonds**

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	

Grandma’s Cookie, Oatmeal Raisin

Ingredients: 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 (baking soda, monocalcium phosphate) eggs, molasses, corn starch, malt syrup, salt, cinnamon, artificial vanilla flavor, Allspice, Calcium Propionate (to preserve freshness). Contains **wheat and egg** ingredients. This product is made on equipment that processes peanuts and tree nuts.

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	%

ProBar Halo Smores

Ingredients: ProBar Syrup Blend (Organic Brown Rice Syrup, Organic Agave Syrup), Organic Oats, Organic Peanut Butter, Chocolate Chips (Evaporated Cane Juice, Chocolate Liquor, Non-Dairy Cocoa Butter), Vegan Marshmallow (Evaporated Cane Juice, Tapioca Syrup, Potato Starch, Water, Carrageenan, Soy Protein, Natural Vanilla Flavor), Organic Brown Rice Crisp (Organic Brown Rice, Organic Evaporated Cane Juice, Salt), Organic Flour, Whole Wheat Flour, Organic Flax Seeds, Organic Naturally Milled Sugar, Organic Expeller Pressed Canola Oil, Organic Evaporated Cane Juice, Vegetable Glycerin, Marshmallow Flavor, Organic Crisp Brown Rice, Organic Molasses, Vanilla Powder, Organic Rice Syrup, Organic Oat Flour, Baking Soda, Vegan Butter Flavor, Salt, Rosemary Extract, Natural Tocopherols, Citric Acid, Ascorbic Acid, Arabic Gum.

Contains: **Peanuts, Soy, Wheat**. Processed 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	10g	
Protein	3g	%

Quaker Breakfast Cookie, Oatmeal Raisin

Ingredients: 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	%

Grandma's Cookie, Peanut Butter

Ingredients: 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 with TBHQ for freshness), and less than 2% of the Following: Fructose, Corn Starch, Eggs, Leavening (baking Soda), Salt, Artificial Flavor, Caramel Color and Wheat Flour.

Contains: Wheat, Peanut, and Egg Ingredients. This product is made on equipment that processes tree nuts.

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 160mg	7%
Potassium	
Total Carbohydrate 19g	6%
Dietary Fiber 2g	6%
Sugars 10g	
Protein 4g	%

Betty Crocker Butterschotch Oatmeal Bar

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

Contains: Wheat, Egg, Milk and Soy Ingredients.

Nutrition Facts	
Serving Size 1 Bar	
Servings per Container : 1	
Amount Per Serving	
Calories 150	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	7%
Cholesterol 20mg	6%
Sodium 120mg	5%
Potassium	
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Sugars 8g	
Protein 2g	%

Honey Nut Cheerios Milk N Cereal Bar

Ingredients: 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	%

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, spice extractive.

Allergy Information: This product is manufactured in a facility that makes products containing milk, eggs, soy and wheat.

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%

Country Time Lemonade Mix

Ingredients: 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)

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 0%
Sugars	9g
Protein	0g %

Aclimate Mountain Grape

Ingredients: Organic Cane Sugar, Citric Acid, Malic Acid, Natural Grape Flavor (Grape Skin Extract (for Color), Silicon Dioxide (Anti Caking), Grape Juice Powder, Xanthan Gum, 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

Swiss Miss Hot Cocoa Mix

Ingredients: Sugar, corn syrup, modified whey, cocoa (processed with alkali), hydrogenated coconut oil, nonfat milk, calcium carbonate, less than 2% of: salt, dipotassium phosphate, mono and diglyderides, artificial flavor, carrageenan.

Contains: **Milk**

Nutrition Facts		
Serving Size 21g		
Servings per Container : 1		
Amount Per Serving		
Calories	90	Calories from Fat 20
% Daily Value*		
Total Fat	2g	3%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	150mg	6%
Potassium	270 mg	8%
Total Carbohydrate	16 g	5%
Dietary Fiber		
Sugars	8g	
Protein	1g	

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).

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 1/8 packet		
Servings per Container : 8		
Amount Per Serving		
Calories	0	Calories from Fat 0
% Daily Value*		
Total Fat	0g	3%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	30mg	1%
Potassium	35mg	1%
Total Carbohydrate	0g	0%
Dietary Fiber	1g	5%
Sugars	0g	
Protein	0g	
Protein	0g	0%

Kool Aid Mango

Ingredients: Citric Acid, Maltodextrin, Salt, Artificial Color, Ascorbic Acid (Vitamin C) Artificial Flavor, Yellow 5 Yellow 6, Natural Flavor, Tocopherol (Preserves Freshness)