

Philmont Scout Ranch

Trail Lunch Menu and Ingredients

2013

Lunch #1		Lunch #6
Town House Crackers - K Canned Chicken Planter's Fruit and Nut Trail Mix - K Jack Link's – All American Combo Mojo Bar- Mountain Mix - K Riptide Rush Gatorade		Wheat Thins - K Justin's Nut Butter – Chocolate Hazelnut - K Planter's Fruit and Nut Trail Mix - K Jack Link's – Jalapeno Combo Honey Stinger – Blueberry Buzz Bar - K Lemon Lime Gatorade
Lunch #2		Lunch #7
Club Crackers - K Justin's Nut Butter – Honey - K Sunflower Seeds - K Jack Link's – Teriyaki Honey Stinger – Berry Banana Buzz Bar - K Fruit Punch Gatorade		Club Crackers - K Canned Chicken Sunflower Seeds - K Corn Nuts Honey Stinger – Pink Lemonade Chews Riptide Rush Gatorade
Lunch #3		Lunch #8
Ritz Crackers - K Squeeze Cheese – Jalapeno Planter's Cajun Trail Mix - K Jack Link's – Turkey Jerky Honey Stinger – Orange Chews - K Lemon Lime Gatorade		Ritz Crackers - K Squeeze Cheese – Cheddar Planter's Cajun Trail Mix - K Spam Singles Mojo Bar – Peanut Pretzel - K Fruit Punch Gatorade
Lunch #4		Lunch #9
Stacy's Bagel Chips – Simply Naked Canned Smoked Ham Sunflower Trail Mix - K Corn Nuts Clif – Crunchy Peanut Butter Bar - K Riptide Rush Gatorade		Saltines Crackers - K Tuna - K Sunflower Trail Mix - K Soft Batch Cookies - K Honey Stinger – Peanut Butter N Honey Bar - K Lemon Lime Gatorade
Lunch #5		Lunch #10
Saltines Crackers - K Tuna - K Planter's Nut and Chocolate Trail Mix - K Nutter Butters - K Honey Stinger Waffle – Honey Fruit Punch Gatorade		Honey Grahams - K Sun Butter - K Planter's Nut and Chocolate Trail Mix - K Jack Link's – Sweet N Hot Jerky Honey Stinger Waffle – Vanilla Fruit Punch Gatorade

Stacy's Bagel Chips – Simply Naked

Ingredients: 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.

Contains: **Wheat** Ingredients

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		

Original Premium Saltines Crackers

Ingredients: UNBLEACHED 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** Ingredients

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%

Keebler - Town House Crackers

Ingredients: Enriched Flour (wheat flour, niacin, reduced iron, vitamin B1 (Thiamin mononitrate), Vitamin B2 (Riboflavin), Folic Acid), Soybean Oil with TBHQ for freshness, sugar, contains two percent or less of: salt, corn syrup, leavening (baking soda, sodium acid pyrophosphate, mono-calcium phosphate), soy lecithin.

Contains: **Wheat and Soy** Ingredients

Nutrition Facts	
Serving Size 5 crackers (16g)	
Servings per Container : 7	
Amount Per Serving	
Calories 90	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 130mg	6%
Potassium mg	%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 0g	%

Nabisco - Ritz Crackers

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin 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.

Contains: **Wheat Soy**

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 105mg	4%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	
Vitamin A 0 %	Calcium 2%
Vitamin C 0 %	Iron 2%

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), (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. 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	40
% 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		

Nabisco - Wheat Thins

Ingredients: 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**

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		%

Keebler Club Crackers

Ingredients: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, SUGAR, CONTAINS 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

Hormel Canned Smoked Ham

Ingredients: Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Smoke Flavoring, Sodium Nitrate.

Gluten Free, 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

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 Light Tuna in Water

Ingredients: Light Tuna, Water, Vegetable Broth (Contains Soy) and Salt

Contains: **Soy**

Sunbutter

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

Made on Equipment that processes Soy. Sunbutter products are completely peanut free, tree nut free and gluten free.

Nutrition Facts

Serving Size 2 Tbsp
Servings per Container about 1

Amount Per Serving			
Calories	200	Calories from Fat	140
% Daily Value*			
Total Fat	16g		25%
Saturated Fat	2g		11%
Cholesterol	0mg		0%
Sodium	120mg		5%
Total Carbohydrate	7g		2%
Dietary Fiber	4g		17%
Sugars	3g		
Protein	7g		

Justins Nut Butter, Honey

Ingredients: 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

Ingredients: Dry roasted hazelnuts, dry roasted almonds, organic evaporated cane sugar, organic cocoa, organic cocoa butter, organic palm fruit oil, natural vanilla, sea salt.

Contains: Almonds. May contain trace amounts of peanuts.

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		%

Canned Chicken, Valley Fresh

Ingredients: Chicken Breast Meat with Rib Meat, water, contains 2% or less of sea salt, flavoring.

Gluten Free

Nutrition Facts

Serving Size 68g
Servings per Container about 1

Amount Per Serving			
Calories	70	Calories from Fat	15
% Daily Value*			
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Cholesterol	45mg		15%
Sodium	390mg		16%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	13g		

Old Fashioned Foods – Squeeze Cheese Jalapeno

Ingredients: Milk, Water, Soybean Oil, Whey, Modified Food Starch, Salt, Less than 2% sodium phosphate, lactic acid, jalapeno peppers (jalapenos peppers, water, vinegar, salt, calcium chloride, and sodium benzoate as a preservative), guar gum, sorbic acid (as a preservative), annatto color, cheese culture, pepper flavor, enzymes.

Contains: **Milk**

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		

Old Fashioned Foods – Squeeze Cheese Cheddar

Ingredients: Water, partially hydrogenated soybean oil, cheese, modified food starch, less than 2% of: sodium phosphate, salt, lactic acid, guar gum, sorbic acid, enzymes, annatto

Contains: **Milk**

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		

Hormel, Spam Singles

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

Gluten Free

Nutrition Facts

Serving Size 85g
Servings per Container about 1

Amount Per Serving			
Calories	250	Calories from Fat	200
% Daily Value*			
Total Fat	22g		34%
Saturated Fat	8g		40%
Cholesterol	60mg		20%
Sodium	990mg		41%
Total Carbohydrate	2g		1%
Dietary Fiber	0g		%
Sugars	1g		
Protein	11g		

Planter’s Fruit and Nut Trail Mix

Ingredients: Peanuts, Raisins, Dried Bananas, Sugar, Cashews, Coconut Oil, Dried Pineapple, Dried Cranberries, Citric Acid, Peanut And/Or Cottonseed Oil, Sea Salt, Natural Flavor, Sulfites Added to Preserve Color.

Contains: **Peanut, Cashew**

Nutrition Facts

Serving Size 56g
Servings per Container about 1

Amount Per Serving			
Calories	290	Calories from Fat	160
% Daily Value*			
Total Fat	18g		28%
Saturated Fat	6g		30%
Cholesterol	0mg		0%
Sodium	30mg		1%
Potassium	340 mg		10%
Total Carbohydrate	27g		9%
Dietary Fiber	3g		12%
Sugars	21g		
Protein	7g		

Planter’s Spicy Nuts and Cajun Mix Trail Mix

Ingredients: Peanuts, Corn, Vegetable Oil (Soybean, Peanut and/or cottonseed and corn oil), unbleached wheat flour, sesame seeds, bulgur wheat, contains 2% or less of salt, sea salt, dextrose, spices, maltodextrin, onion powder, chili pepper powder, vegetable color (turmeric extract, beet powder, paprika, paprika extract), garlic powder, corn flour, tomato powder, torula yeast, green bell pepper, corn flour, cocoa powder, monosodium glutamate (flavor enhancer), potato flour, sugar, natural flavor, sodium diacetate, oleoresin, paprika, malic acid, lactic acid, malted barley flour, vinegar, mustard flour, soy lecithin.

Contains: **Peanut, Wheat, Sesame Seed, Soy.**

Manufactured on Equipment that Processes Tree Nuts.

Nutrition Facts

Serving Size 56g
Servings per Container about 1

Amount Per Serving			
Calories	290	Calories from Fat	190
% Daily Value*			
Total Fat	21g		32%
Saturated Fat	3g		15%
Cholesterol	0mg		0%
Sodium	410mg		17%
Total Carbohydrate	20g		7%
Dietary Fiber	4g		16%
Sugars	2g		
Protein	10g		

SUNFLOWER SEEDS – ROASTED AND SALTED

Ingredients: Roasted Sunflower Kernel, Sunflower Oil (sunflower oil, citric acid), salt (salt, tricalcium phosphate, yellow prussiate of soda).

Sunbutter products are completely peanut free, tree nut free and gluten free.

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	%

Sunflower Seed Trail Mix

Ingredients: 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	10%
Saturated Fat	1g	4%
Cholesterol	0mg	0%
Sodium	50mg	2%
Total Carbohydrate	16g	5%
Dietary Fiber	2g	10%
Sugars	11g	
Protein	4g	

Planter’s Nut and Chocolate Trail Mix

Ingredients: 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), Raisins, Almonds, Cottonseed Oil,

Contains: **Peanuts, Milk, Soy, Almond**

Manufactured on equipment that processes other tree nuts and Soy protein.

Nutrition Facts		
Serving Size 56g		
Servings per Container about 1		
Amount Per Serving		
Calories	290	Calories from Fat 160
% Daily Value*		
Total Fat	17g	26 %
Saturated Fat	4.5g	23 %
Cholesterol	0mg	0 %
Sodium	15mg	1 %
Total Carbohydrate	27g	9%
Dietary Fiber	3g	12 %
Sugars	22g	
Protein	7g	

Jack Link's Turkey Jerky

Ingredients: Turkey Breast, Water, Sugar, Less than 2% Molasses Powder (refinery Syrup, Cane Molasses), Salt, Brown Sugar, Hydrolyzed Corn Protein, Soy Sauce Powder (Wheat, Soybeans, Salt, Maltodextrin), Flavoring, Turkey Flavor (Autolyzed Yeast Extract, Turkey Broth Powder, Natural Flavor), Paprika Extract, Sodium Nitrate.

Contains: **Wheat and Soy**

Nutrition Facts	
Serving Size 1 oz (25 g)	
Servings per Container about 1	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 20mg	7%
Sodium 440mg	18%
Potassium mg	%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 11g	

Jack Link's All American Beef and Cheese Combo

Ingredients: Beef Stick: Beef, salt, corn syrup, spices, contains 2% or less of: water, dextrose, sugar, flavorings, sodium erythorbate, lactic acid starter culture, sodium nitrate, bha, bht, citric acid, treated with a solution of potassium sorbate to ensure freshness. Pasteurized process cheese food American: American cheese (pasteurized cultured milk, salt, enzymes, annatto color), sodium phosphate, salt, water, sorbic acid (preservative).

Contains: **Milk**

Nutrition Facts	
Serving Size 1 oz (28 g)	
Servings per Container about 1	
Amount Per Serving	
Calories 330	Calories from Fat 270
% Daily Value*	
Total Fat 30g	45%
Saturated Fat 4.5g	69%
Cholesterol 25mg	24%
Sodium 810mg	33%
Potassium mg	%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 15g	

Jack Link's Jalapeno Combo

Ingredients: Beef Stick: Beef, Salt, Corn Syrup, Spices, Contains 2% or less of water, dextrose, sugar, flavorings, sodium erythorbate, lactic acid and starter culture, sodium nitrate, maltodextrin, bha, bht, citric acid, treated with a solution of potassium sorbate to ensure freshness. Pasteurized Cheese Food Cheddar: Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Water, Jalapeno Peppers, Sodium Phosphate, Salt, Potassium Sorbate (Preservative), Natural Flavor, Apo-Carotenal, For Color.

Contains: **Milk**

Nutrition Facts

Serving Size 1 oz (28 g)
Servings per Container about 1

Amount Per Serving

Calories 330 **Calories from Fat** 270

% Daily Value*

Total Fat 30g 45%

Saturated Fat 4.5g 69%

Cholesterol 25mg 24%

Sodium 810mg 33%

Potassium mg %

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Sugars 0g

Protein 15g

Jack Link's Sweet and Hot Beef Jerky

Ingredients: Beef, Water, Sugar, Less than 2% Salt, 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 25mg 8%

Sodium 420mg 18%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 0%

Sugars 4g

Protein 13g

Jack Link's Teriyaki Beef Jerky

Ingredients: Beef, Water, Sugar, dried soy sauce (soybeans, salt, wheat), less than 2% salt, maltodextrin, fructose, flavoring, hydrolyzed corn protein, sodium erythorbate, paprika extract, sodium nitrate.

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 410mg 17%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 0%

Sugars 3g

Protein 13g

Honey Stinger Orange Energy Chews

Ingredients: Organic Tapioca Syrup, Organic Evaporated Cane Juice, Organic Honey, (Organic Grape Juice Concentrate, Ascorbic Acid), Pectin, Citric Acid, Potassium Citrate, Organic Color (annatto), Natural Flavor, Organic Sunflower Oil, 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 – Berry Banana Buzz Bar

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 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].

Contains: **Soy, Milk and Tree Nuts**. May contain Peanuts, Wheat and Egg

Nutrition Facts	
Serving Size 1 bar (37g)	
Servings per Container : 1	
Amount Per Serving	
Calories	180
	Calories from Fat 30
% Daily Value*	
Total Fat	4g 5%
Saturated Fat	2g 8%
Cholesterol	0mg 0%
Sodium	160mg 7%
Potassium	150mg 4%
Total Carbohydrate	28g 9%
Dietary Fiber	2g 8%
Sugars	22g
Protein	10g %

Corn Nuts

Ingredients: CORN, CORN OIL, SALT

Nutrition Facts

Serving Size 39g
Servings per Container about 1

Amount Per Serving

Calories 180 **Calories from Fat** 60

% 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	

Honey Stinger Waffle – Vanilla

Ingredients: Organic wheat flour, organic palm fruit oil, organic rice syrup, organic cane sugar, organic whole wheat flour, organic soy flour, organic honey, sea salt, natural flavor, organic soy lecithin, organic spices, baking soda.

Contains: **Wheat and Soy**. May contain: **Egg and Milk**

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	%

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 – 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

Honey Stinger Waffle – Honey

Ingredients: Organic wheat flour, organic palm fruit oil, organic rice syrup, organic cane sugar, organic honey, organic whole wheat flour, organic soy flour, sea salt, organic soy lecithin, organic spices, baking soda

Contains: **Wheat and Soy**. May contain: **Egg and Milk**

Honey Stinger Organic Energy Chews – Pink Lemonade

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

Gluten Free, Dairy Free, Organic

Clif Mojo Bar – Mountain Mix

Ingredients: Organic Brown Rice Syrup, Roy Rice Crisps (soy protein isolate, organic rice flour, calcium carbonate), organic peanuts, organic raisins, almonds, organic chocolate chips (organic dried cane syrup, organic

unsweetened chocolate, organic cocoa butter, soy lecithin, natural flavors), organic pretzels (organic wheat flour, salt, organic canola oil, organic malt), organic peanut butter, organic roasted soybeans, pumpkin seeds, sunflower seeds, organic oat syrup solids, vegetable glycerin, organic sunflower oil, sea salt, organic gum Arabic, natural vitamin E (antioxidant). **Allergen Statement: Contains**

Soy, Peanuts, Almonds, And Wheat.

May contain traces of Dairy and Other Tree Nuts, May contain nutshell fragments; we source ingredients that are not genetically engineered.

70% Organic Ingredients.

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		%

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%

Nutrition Facts

Serving Size 1 Bar
Servings per Container : 1

Amount Per Serving

Calories	190	Calories from Fat	80
			% Daily Value*
Total Fat	9g		14%
Saturated Fat	1.5g		8%
Cholesterol	0mg		0%
Sodium	200mg		8%
Potassium	180 mg		5%
Total Carbohydrate	21g		7%
Dietary Fiber	2g		8%
Sugars	12g		
Protein	8g		16%

Clif Crunchy Peanut Butter Bar Ingredients: Organic Brown Rice Syrup, ClifPro (Soy Rice Crisps (Soy Protein Isolate, Rice Flour, Barley (Malt Extract), Organic Soy Flour, Organic Roasted Soybeans), Organic Rolled Oats, Organic Toasted Oats (Organic Oats, Organic Dried Cane Syrup, Ascorbic Acid, Natural Vitamin E (antioxidant), Organic Cane Syrup, Organic Peanut Butter (Organic Peanuts, Salt), Peanut Flour, Peanuts, ClifCrunch (apple Fiber, Organic Oat Fiber, Inulin (Chicory Extract), Organic Milled Flaxseed, Psyllium), Organic Date Paste, Natural Flavors, Sea Salt. Vitamins and Minerals: Dicalcium Phosphate, Ascorbic Acid (Vit. C), Magnesium Oxide, DL-Alpha, Tocopheryl Acetate (Vit. E), Beta Carotene (Vit. A) Ferric Orthophosphate (iron), Zinc, Citrate, Biotin, Niacinamide (Vit B3), D-Calcium Pantothenate (Vit B5), Phytonadione (Vit K1), Manganese Gluconate, Copper Gluconate, Riboflavin (Vit B2), Folic Acid (Vit B9), Sodium Selenite, Thiamin (Vit B1), Pyridoxine Hydrochloride (Vit B6), Ergocalciferol (Vit D2), Cyanocobalamin (Vit B12), Chromium Chloride, Potassium Iodide.
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 (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%

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)

Contains: Soy, Peanuts, Wheat and Traces of Milk. We source ingredients that are not genetically engineered.

Nutrition Facts	
Serving Size 1 Bar (45g)	
Servings per Container : 1	
Amount Per Serving	
Calories 190	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 9g	18%

Nabisco 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%

Honey Stinger Bar – Blueberry Buzz

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

Allergens: Contains **Soy, Milk, and Tree Nuts.** May contain: **Peanut, Wheat and Egg**

Nutrition Facts			
Serving Size 50g			
Servings per Container about 1			
Amount Per Serving			
Calories	170	Calories from Fat	30
			% Daily Value*
Total Fat	5g		8%
Saturated Fat	2g		10%
Cholesterol	0mg		0%
Sodium	160mg		7%
Total Carbohydrate	30g		9%
Dietary Fiber	1g		6%
Sugars	20g		
Protein	5g		

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, cocoa processed with alkali, acid pyrophosphate, monocalcium phosphate), natural flour (contains milk), salt, soy lecithin, caramel color, eggs, yellow #6.

Contains: **Wheat, milk, soy and egg** ingredients. May contain traces of **peanuts**

Nutrition Facts	
Serving Size 2 cookies (32g)	
Servings per Container about 2	
Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	1%
Sugars 12g	
Protein 1g	

Gatorade – Fruit Punch

Ingredients: Sucrose, Dextrose, Citric Acid, Salt, Sodium Citrate, Natural Lemon and Lime Flavors with other Natural Flavors, Monopotassium Phosphate, Yellow 5

Gatorade – Frost Riptide Rush

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

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

Nutrition Facts	
Serving Size 1 2/3 Tbsp (23g)	
Servings per Container : 2.5	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 21g	
Protein 0g	0%