

# Philmont Scout Ranch

## Trail Dinner Menu and Ingredients

### 2013

<b>Dinner #1</b>		<b>Dinner #6</b>
Wise Brand – Cheesy Lasagna Pretzels Azar’s Salted Peanuts Pecan Sandies - K		Katadyn – Chicken and Rice Pretzels Azar’s Salted Peanuts Pecan Sandies - K
<b>Dinner #2</b>		<b>Dinner #7</b>
Backpacker’s Pantry – Santa Fe Style Chicken Cracked Pepper Bread Pieces Original Gorp Rice Krispie Treats		Backpacker’s Pantry – Jamaican Style Jerk Rice Buttermilk Ranch Bread Pieces Frito Lay Honey Roasted Peanuts - K Rice Krispie Treats
<b>Dinner #3</b>		<b>Dinner #8</b>
Katadyn – Mexican Beef w/ Rice and Cheese Refried Beans Frito Lay Honey Roasted Peanuts - K Backpacker’s Pantry – Strawberry Cheesecake		Wise Brand – Chili Mac Bacon Cheddar Bread Pieces Original Gorp Bug Bites - K
<b>Dinner #4</b>		<b>Dinner #9</b>
Wise Brand – Cheesy Macaroni Combo Bread – Jalapeno Cheddar Frito Lay Salted Peanuts - K Oreos - K		Katadyn - Fettuccine Primavera Combo Bread Pepperoni Pizza Frito Lay Salted Peanuts - K Oreos - K
<b>Dinner #5</b>		<b>Dinner #10</b>
Idahoan Four Cheese Mashed Potatoes Canned Chicken Katadyn – Dried Vegetables Lipton Cup of Soup Cream of Chicken Bug Bites - K		Canned Turkey Stove-Top Stuffing Mix Honey Roasted Cashews - K Famous Amos - K

**Wise Brand – Cheesy Lasagna**

Ingredients: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Textured Vegetable Protein (Soy flour, Caramel Color), Soybean Oil, Salt, Natural Flavoring (Yeast Extract, Maltodextrin, Natural Smoke Flavoring), Dextrose, Spices, Garlic Powder), Whey Powder, Parmesan and Romano Cheese (Pasteurized Part-Skim Milk, Salt, Cheese Culture, Enzymes), Food Starch-Modified, Tomatoes, Potato Flour, Salt, Tomato Powder, Natural Romano and Parmesan Flavors (salt, yeast extract), sugar, partially hydrogenated soybean oil, corn syrup solids, paprika, onion powder, sodium caseinate (a milk derivative), garlic powder, guar gum, hydrolyzed soy protein, soybean oil, spices, extractives of paprika and turmeric, mono and diglycerides, sodium citrate, dipotassium phosphate, carrageenan, natural flavor, citric acid, caramel color.

Contains: **Milk, Soy, Wheat**

<b>Nutrition Facts</b>	
Serving Size 1 cup prepared (69g)	
Servings per Container about 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 260	Calories from Fat 45
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
<b>Saturated Fat</b> 1.5g	<b>8%</b>
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 1170mg	<b>49%</b>
<b>Total Carbohydrate</b> 42g	<b>14%</b>
<b>Dietary Fiber</b> 3g	<b>12%</b>
<b>Sugars</b> 7g	
<b>Protein</b> 12g	
Vitamin A 25 %	<b>Calcium</b> 10%
Vitamin C 15 %	Iron 15%

**Katadyn –Vegetable Mix**

Ingredients: Carrots, Mixed Red and Green Bell Peppers, Onion, Peas, Celery.

<b>Nutrition Facts</b>	
Serving Size 1 oz (28g)	
Servings per Container about 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 90	Calories from Fat 5
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Saturated Fat</b> 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
<b>Dietary Fiber</b> 2g	<b>7%</b>
<b>Sugars</b> 11g	
<b>Protein</b> 3g	

**Backpacker’s 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, Sweet Corn, Nonfat 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, gluten free soy sauce (soy sauce (wheat, soybeans, salt), maltodextrin and salt), cayenne pepper), precooked parboiled long grain brown rice.

Contains: **Milk, Soybean, Gluten, Wheat**

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

**Katadyn, Mexican Beef w/ Rice and Cheese**

Ingredients: Instant white rice, sharp cheddar cheese powder (pasteurized milk, cheese cultures, salt, enzymes, disodium phosphate, annatto extract), chopped onion, tomato flakes, cooked freeze dried beef, parmesan cheese powder (partially skim milk, cheese cultures, salt, enzymes, disodium phosphate), low sodium salt, tomato powder, corn meal, minced green onion, 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 an anti-oxidant), Jalapeno pepper powder, garlic granules, cumin, oregano, basil.

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

<b>Nutrition Facts</b>			
Serving Size (7oz) 198g			
Servings per Container about 1			
<b>Amount Per Serving</b>			
<b>Calories</b>	760	Calories from Fat	130
			<b>% Daily Value*</b>
<b>Total Fat</b>	14g		22%
<b>Saturated Fat</b>	8g		40%
<b>Cholesterol</b>	55mg		18%
<b>Sodium</b>	1320mg		55%
<b>Total Carbohydrate</b>	129g		43%
<b>Dietary Fiber</b>	4g		16 %
<b>Sugars</b>	16g		
<b>Protein</b>	32g		

**Lipton Cup a Soup – Cream of Chicken**

Ingredients: Maltodextrin, Modified Potato Starch, Creamer (Whey, Partially Hydrogenated Soybean Oil, Sodium Caseinate (Milk), Potassium Phosphate, Soy Lecithin), Salt, Sugar, Autolyzed Yeast Extract, Guar Gum, Onion Powder, Chicken Broth, Turmeric and Paprika Extractive (for Color), Parsley, Chicken Powder, Natural Flavors, Spices, Dehydrated.

<b>Nutrition Facts</b>			
Serving Size 1 envelope (17g)			
Servings per Container about 4			
<b>Amount Per Serving</b>			
<b>Calories</b>	60	<b>Calories from Fat</b>	15
<b>% Daily Value*</b>			
<b>Total Fat</b>	1.5g		2%
<b>Saturated Fat</b>	0g		0%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	640mg		27%
<b>Total Carbohydrate</b>	12g		4%
<b>Dietary Fiber</b>	g		%
<b>Sugars</b>	4g		
<b>Protein</b>	g		

**Wise Brand – Chili Mac with Beef and Textured Vegetable Protein** – Macaroni with Beef and Beans in Chili

Sauce

Ingredients: Elbow Pasta (Durum Semolina Flour (wheat), Niacin, Reduced Iron and/or Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Freeze Dried Beef, Textured Vegetable Protein (Soy Flour, Caramel Color), Maltodextrin, Pinto Beans, Whey, Dried Tomato, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Salt, Dried Onion, Guar Gum, Sugar, Hydrolyzed Soy Protein, Garlic Powder, Spices, Extractives of Paprika and Turmeric, Disodium Inosinate and Disodium Guanylate, Parmesan Flavor (salt, Yeast Extract), Citric Acid.

**Contains: Milk, Soy, Wheat**

<b>Nutrition Facts</b>			
Serving Size 1/4 Package			
Servings per Container : 4			
<b>Amount Per Serving</b>			
<b>Calories</b>	340	<b>Calories from Fat</b>	120
<b>% Daily Value*</b>			
<b>Total Fat</b>	13g		20%
<b>Saturated Fat</b>	3.5g		18%
<b>Cholesterol</b>	20mg		7%
<b>Sodium</b>	1200mg		50%
<b>Potassium</b>			%
<b>Total Carbohydrate</b>	47g		16%
<b>Dietary Fiber</b>	6g		24%
<b>Sugars</b>	9g		
<b>Protein</b>	15g		0%

**Canned Chicken, Valley Fresh**

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

**Gluten Free**

<b>Nutrition Facts</b>			
Serving Size 68g			
Servings per Container about 1			
<b>Amount Per Serving</b>			
<b>Calories</b>	70	<b>Calories from Fat</b>	15
<b>% Daily Value*</b>			
<b>Total Fat</b>	1.5g		2%
<b>Saturated Fat</b>	0g		0%
<b>Cholesterol</b>	45mg		15%
<b>Sodium</b>	390mg		16%
<b>Total Carbohydrate</b>	0g		0%
<b>Dietary Fiber</b>	0g		0%
<b>Sugars</b>	0g		
<b>Protein</b>	13g		

**Wise Brand – Cheesy Macaroni**

Ingredients: Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch- Modified, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavor), Cheese Powder (Whey, Buttermilk Solids, Granular and Cheddar Cheeses (Pasteurized Milk, Culture, Salt, Enzymes), Whey Protein Concentrate, Salt, Sodium Phosphate, Citric Acid, Yellow #5, Yellow #6, Lactic Acid, Enzyme), Maltodextrin, Sunflower Oil (Sunflower Oil, Food Starch – Modified, Maltodextrin, Natural Tocopherols), Textured Vegetable Protein (Soy Flour, Red #3), Soybean Oil, Water, Salt, Hydrolyzed Corn, Soy, Wheat

Protein, Brown Sugar, Yeast Extract, Smoke Flavoring, Artificial Flavoring, Thiamine Hydrochloride, Dextrose, Partially Hydrogenated

Cottonseed Oil, Disodium Inosinate and Disodium Guanylate, Spice Extract), Salt, Soybean Oil, Natural Flavor, Disodium Inosinate and Disodium Guanylate, Lactic Acid, Spices, Disodium Phosphate.

**Contains: Milk, Soy, Wheat. Produced on equipment that also processes milk, soy, wheat, egg, shellfish, fish, tree nuts and peanuts. 100% Vegetarian.**

<b>Nutrition Facts</b>	
Serving Size 1 cup prepared	
Servings per Container : 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 280	Calories from Fat 80
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	14%
<b>Saturated Fat</b> 2g	10%
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 1070mg	45%
<b>Potassium</b>	%
<b>Total Carbohydrate</b> 42g	14%
<b>Dietary Fiber</b> 1g	4%
<b>Sugars</b> 4g	
<b>Protein</b> 6g	0%

**Idahoan Four Cheese Mashed Potatoes**

Ingredients: Idaho Potatoes, Four Cheese Blend (Cheddar Cheese (reduced lactose whey, whey, partially hydrogenated soybean oil, maltodextrin, cheddar cheese (milk, salt, cheese cultures, enzymes), salt, disodium phosphate, nonfat dry milk, whey protein concentrate, citric acid, lactic acid, artificial color (including fd&c yellow #5 and fd&c yellow #6), bleu cheese (milk, salt, cheese cultures, enzymes), parmesan cheese (partially skimmed milk, cultures, salt, enzymes), disodium phosphate), romano cheese (partially skimmed milk, cheese culture, salt, enzymes), disodium phosphate), salt, partially hydrogenated oil (contains one or more of the following: soybean, sunflower, cottonseed), coconut oil, corn syrup solids, sugar, whey powder, nonfat dry milk, sodium caseinate, mono and diglycerides, calcium stearoyl, lactylate, dipotassium phosphate, natural and artificial flavor, spice, artificial color (including fd&c yellow #5 and #6), sodium acid pyrophosphate (to maintain freshness), lecithin, sodium bisulfate (to maintain freshness), disodium guanylate and

inosinate, citric acid (to maintain freshness), mixed tocopherols (vitamin E)(to maintain freshness) and less than 2% silicon dioxide.

**Contains: Milk, Soy. Gluten Free**

<b>Nutrition Facts</b>	
Serving Size 1/2 cup prepared	
Servings per Container : 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 110	Calories from Fat 25
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	4%
<b>Saturated Fat</b> 1g	5%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 590mg	25%
<b>Potassium</b>	%
<b>Total Carbohydrate</b> 20g	7%
<b>Dietary Fiber</b> 1g	4%
<b>Sugars</b> 2g	
<b>Protein</b> 2g	0%

### Katadyn – Chicken and Rice

Ingredients: Instant White Rice, Cooked Chicken Powder, Cooked Freeze Dried Diced Chicken, Low Sodium Salt, Potato Starch, Freeze Dried Peas, Low Sodium Chicken Broth (Maltodextrin, Salt, Torula Yeast, Dehydrated Vegetables (Onion, Celery, Parsley, Spinach, Garlic, Carrot), Potato Flour, Xanthan Gum, Spices, Extractives of Spice (including Turmeric and Paprika), Soy Lecithin. Not more than 2% soybean oil added as a processing aid), onion, granules, parsley flakes, garlic granules, white pepper, rosemary, sage.

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

### Backpacker’s Pantry – Jamaican Style Jerk Rice with Chicken

Ingredients: Precooked Parboiled Long Grain Brown Rice, Black Beans, Sauce (Salt, Potato Starch, Maltodextrin, Fructose (from corn), Savory Soup Base (maltodextrin, salt, autolyzed yeast extract, yeast extract, onion powder, silicon dioxide, turmeric extract (color), sunflower oil), Celery Seed, Dextrose (from corn), Sugar, Black Pepper, Caribe Chili Pepper, Onion, Gluten-Free Soy Sauce (Soy Sauce (Soybeans, Rice, Salt), Maltodextrin, Salt), Citric Acid, Cayenne Pepper, Allspice, Chili Powder (chili pepper, spices, salt, garlic), Orange Peel, Cumin Seed, Garlic, Crushed Red Chili Pepper, Mace, Thyme), Chicken (Cooked, Diced and Freeze-Dried), Onion, Tomato.

**Contains: Soy.** Produced in a facility that processes peanuts, milk, soy, wheat, gluten, egg and tree nut ingredients.

### Katadyn – Fettuccine Primavera

Ingredients: Instant Pasta (Durum Semolina (Enriched with Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, and folic Acid), Corn Starch, Parmesan Cheese Powder (partially skim Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Whole Milk Powder, Instant Non-Fat Milk Powder, Sour Cream Powder (Cream Solids, Cultured Nonfat Milk, Citric Acid), Natural Butter Flavor, Low Sodium Salt, Tomato Flakes, Mixed Red and Green Bell Pepper, Freeze Dried Broccoli, Brewers Yeast (Dried Yeast, Niacin, Pyridixone Hydrochloride, Thiamine Hydrochloride, Riboflavin), Parsley Flakes, Black Pepper, Nutmeg, Rosemary.

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

## Nutrition Facts

Serving Size 7 oz (198g)  
Servings per Container : 1

### Amount Per Serving

**Calories** 710      Calories from Fat 120

**% Daily Value\***

<b>Total Fat</b>	13g	20%
<b>Saturated Fat</b>	4g	20%
<b>Cholesterol</b>	65mg	22%
<b>Sodium</b>	1650mg	69%
<b>Potassium</b>		%
<b>Total Carbohydrate</b>	123g	41%
<b>Dietary Fiber</b>	2g	8%
<b>Sugars</b>	2g	
<b>Protein</b>	34g	0%

## Nutrition Facts

Serving Size ½ package  
Servings per Container : 2

### Amount Per Serving

**Calories** 310      Calories from Fat 15

**% Daily Value\***

<b>Total Fat</b>	2g	3%
<b>Saturated Fat</b>	0g	0%
<b>Cholesterol</b>	25mg	9%
<b>Sodium</b>	1440mg	60%
<b>Potassium</b>		%
<b>Total Carbohydrate</b>	58g	19%
<b>Dietary Fiber</b>	13g	51%
<b>Sugars</b>	9g	
<b>Protein</b>	19g	0%

## Nutrition Facts

Serving Size 7 oz (198g)  
Servings per Container : 1

### Amount Per Serving

**Calories** 750      Calories from Fat 150

**% Daily Value\***

<b>Total Fat</b>	16g	25%
<b>Saturated Fat</b>	9g	45%
<b>Cholesterol</b>	50mg	17%
<b>Sodium</b>	1900mg	79%
<b>Potassium</b>		%
<b>Total Carbohydrate</b>	147g	49%
<b>Dietary Fiber</b>	6g	24%
<b>Sugars</b>	9g	
<b>Protein</b>	32g	0%

**Hormel – White and Dark Turkey in Water**

Ingredients: White and Dark Turkey, Water, Contains 2% or less of Sea Salt, Modified Food Starch, sodium phosphates, turkey flavor (salt, turkey broth, natural flavors), Flavoring  
**Gluten Free – No preservatives – No MSG added**

**Nutrition Facts**

Serving Size 2 oz (56g)  
Servings per Container : 2.5

**Amount Per Serving**

**Calories** 50      **Calories from Fat** 15

**% Daily Value\***

<b>Total Fat</b>	1.5g	2%
<b>Saturated Fat</b>	0g	0%
<b>Cholesterol</b>	30mg	10%
<b>Sodium</b>	290mg	12%
<b>Potassium</b>		%
<b>Total Carbohydrate</b>	0g	0%
<b>Dietary Fiber</b>	0g	0%
<b>Sugars</b>	0g	
<b>Protein</b>	9g	%

**Kraft – Stovetop Stuffin Mix, Savory Herbs**

Ingredients: 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**

**Nutrition Facts**

Serving Size 1/6 box  
Servings per Container :6

**Amount Per Serving**

**Calories** 110      **Calories from Fat** 10

**% Daily Value\***

<b>Total Fat</b>	1g	2%
<b>Saturated Fat</b>	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	450mg	19%
<b>Potassium</b>	mg	%
<b>Total Carbohydrate</b>	21g	7%
<b>Dietary Fiber</b>	1g	4%
<b>Sugars</b>	2g	
<b>Protein</b>	3g	%

**Azar Brand – Salted Peanuts**

Ingredients: Peanuts, Roasted in Peanut and/or Cottonseed Oil, Salt.  
**Manufactured in a facility that processes products that contain peanuts, tree nuts, milk, egg, wheat and soybeans.**

**Nutrition Facts**

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

**Amount Per Serving**

**Calories** 170      **Calories from Fat** 120

**% Daily Value\***

<b>Total Fat</b>	13.6g	21%
<b>Saturated Fat</b>	2g	10%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	100mg	4%
<b>Potassium</b>	mg	%
<b>Total Carbohydrate</b>	6g	2%
<b>Dietary Fiber</b>	2g	8%
<b>Sugars</b>	1g	
<b>Protein</b>	7g	%

**Frito Lay Honey Roasted Peanuts**

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

Contains: **Peanut** Ingredients

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

**Original Gorp**

Ingredients: Raisins, Roasted Salted Peanuts, M&Ms (Milk Chocolate (sugar, chocolate, cocoa butter, skim milk, milkfat lactose, soy lecithin, salt ( artificial flavors), sugar, cornstarch, less than 1% corn syrup, gum acacia, coloring (includes: Red 40 Lake, Yellow 6, Yellow 5, Blue 2 Lake, Red 40, Blue 1 Lake, Blue 1, Blue 2, Yellow 5 Lake, Yellow 6 Lake), Dextrin

Contains: **Peanuts and Milk**

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



**Mini Pretzels**

Ingredients: Mini Pretzel Twists (Enriched Wheat Flour (Wheat Flour, Niacin, Iron, Thiamin, Riboflavin, Folic Acid), Water, Salt, Yeast, Natural Flavor, Vitamin E (mixed tocopherols) added to preserve freshness, Soda)

Contains: **Wheat**

**Nutrition Facts**

Serving Size 1oz 28 g  
Servings per Container about 1

Amount Per Serving			
Calories	110	Calories from Fat	0
% Daily Value*			
<b>Total Fat</b>	0g		0%
<b>Saturated Fat</b>	0g		0%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	190mg		8%
<b>Total Carbohydrate</b>	23g		8%
<b>Dietary Fiber</b>	1g		4%
<b>Sugars</b>	1g		
<b>Protein</b>	3g		

**Frito Lay Salted Peanuts**

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

**Nutrition Facts**

Serving Size 1 pkg  
Servings per Container about 1

Amount Per Serving			
Calories	260	Calories from Fat	200
% Daily Value*			
<b>Total Fat</b>	22g		34%
<b>Saturated Fat</b>	3.5g		16%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	190mg		8%
<b>Total Carbohydrate</b>	8g		3%
<b>Dietary Fiber</b>	4g		15%
<b>Sugars</b>	2g		
<b>Protein</b>	13g		

**Bacon Cheddar Pieces**

Ingredients: Enriched Flour (wheat flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Palm Oil, Corn Syrup Solids, Whey Powder, Water, Salt, Buttermilk Powder, Sour Cream Powder, (cream, Non-Fat Milk

Cultures), Cheddar Cheese (Cultured Milk, Salt, Enzymes) Whey, Yeast, Yeast Extract, Natural Flavoring, Maltodextrin,

Onion Powder, Buttermilk, Soda.

Contains: **Milk, Wheat**

**Nutrition Facts**

Serving Size 1 oz  
Servings per Container about 1

Amount Per Serving			
Calories	140	Calories from Fat	70
% Daily Value*			
<b>Total Fat</b>	7g		11%
<b>Saturated Fat</b>	3g		15%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	270mg		11%
<b>Total Carbohydrate</b>	17g		6%
<b>Dietary Fiber</b>	1g		3%
<b>Sugars</b>	1g		
<b>Protein</b>	2g		
Vitamin A 2 %		<b>Calcium</b> 0%	
Vitamin C 0 %		Iron 6%	

**Honey Roasted Cashews –**

Ingredients: Cashews, sugar, peanut and/or cottonseed oil, honey, corn syrup, sea salt, fructose, cornstarch, xanthan gum.

Contains: **Cashew**. Manufactured on equipment that processes peanut, other tree nuts.

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

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

**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.**

**Cracked Pepper Bread Pieces**

Ingredients: Cracked Pepper bread pieces (enriched wheat flour (wheat flour, niacin, iron, thiamin, riboflavin, folic acid), palm oil, sea salt, water, whey (milk), spice, sugar, dextrose, onion powder, maltodextrin, modified corn starch, yeast extract, Garlic powder, 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**

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

**Buttermilk Ranch Bread Pieces**

Ingredients: 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.

Contains: **Milk, Soy and Wheat**. Produced in a facility that produces: peanuts, soybeans, milk, eggs, tree nuts and wheat.

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

**Combos Baked Snacks, Pepperoni Pizza Cracker**

Ingredients: Wheat Flour, Vegetable Oil (palm kernel, palm oil, corn oil, and/or hydrogenated palm oil), Whey, Maltodextrin, Food Starch-Modified, Salt, Less than 1.5% - Tomato, Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Bakers and Cheddar Cheese (Milk, Cheese Cultures, Salt Enzymes), Cream, Soy Lecithin, Spice, Yeast Extract, Citric Acid, Natural and Artificial Flavors, Onion, Caramel Color, Skim Milk, Garlic, Paprika, Beef Fat, Coloring (Red 40 Lake, Yellow 6 Lake), Malic Acid, Sugar, Disodium Inosinate, Disodium Guanylate, Propionic Acid, Hydrolyzed Soy Protein, Paprika Extract (Color)

Contains: **Wheat, Soy, Dairy**

<b>Nutrition Facts</b>			
Serving Size 1 bag			
Servings per Container about 1			
<b>Amount Per Serving</b>			
<b>Calories</b>	240	<b>Calories from Fat</b>	100
<b>% Daily Value*</b>			
<b>Total Fat</b>	11g		17%
<b>Saturated Fat</b>	5g		25%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	510mg		21%
<b>Total Carbohydrate</b>	30g		10%
<b>Dietary Fiber</b>	1g		4%
<b>Sugars</b>	6g		
<b>Protein</b>	4g		

**Combos Baked Snacks, Jalapeno Cheddar Tortilla**

Ingredients: Wheat Flour, Vegetable Oil (Corn Oil, Palm Kernel, Palm Oil, Hydrogenated Palm Oil, and/or Partially Hydrogenated Soybean Oil), Corn Flour, Whey, Maltodextrin, Food Starch-Modified, Salt, Less than 1.5% - Leavening (Baking Soda, Sodium Acid Pyrophosphate), Dextrose, Cheese Blend (Bakers and Cheddar, Parmesan, Romano (Milk, Cultures, Salt, Enzymes, Annatto Color), Natural and Artificial Flavors, Yeast Extract, Red Pepper, Soy Lecithin, Skim Milk, Hydrolyzed Wheat Gluten, Calcium Oxide, Coloring (Yellow 5 Lake, Yellow 6 Lake, Blue 1 Lake), Lactic Acid, Citric Acid, Lactose, Sodium Caseinate.

Contains: **Wheat, Soy, Dairy**

**Nutrition Facts**

Serving Size 1 bag  
Servings per Container about 1

**Amount Per Serving**

<b>Calories</b>	210	<b>Calories from Fat</b>	90
<b>% Daily Value*</b>			
<b>Total Fat</b>	10g		15%
<b>Saturated Fat</b>	4.5g		23%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	500mg		21%
<b>Total Carbohydrate</b>	26g		9%
<b>Dietary Fiber</b>	1g		4%
<b>Sugars</b>	6g		
<b>Protein</b>	3g		

**Keebler Bite Size Sandies Cookies, Pecan Shortbread**

Ingredients: (Enriched 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 **Peanuts** and other **Tree Nuts**

**Nutrition Facts**

Serving Size 1 pkg  
Servings per Container about 1

**Amount Per Serving**

<b>Calories</b>	270	<b>Calories from Fat</b>	140
<b>% Daily Value*</b>			
<b>Total Fat</b>	16g		25%
<b>Saturated Fat</b>	4.5g		23%
<b>Cholesterol</b>	5mg		1%
<b>Sodium</b>	160mg		7%
<b>Total Carbohydrate</b>	29g		10%
<b>Dietary Fiber</b>	1g		3%
<b>Sugars</b>	11g		
<b>Protein</b>	2g		

**Backpacker’s Pantry, Strawberry Cheesecake**

Ingredients: Filling (Cheesecake Mix (sugar, corn syrup solids, partially hydrogenated coconut, palm kernel and soybean oil, cream cheese solids, buttermilk, non fat dry milk, modified food starch, carrageenan, sodium phosphates, sodium caseinate (a milk derivative), dipotassium phosphate, salt, natural and artificial flavor, propylene glycolesters of fatty acids, mono and diglycerides, sodium silico aluminate, soy lecithin, yellow 5, yellow 6), Cream powder (cream, nonfat milk, soy lecithin), nonfat milk, strawberries, modified food starch (from corn), sugar), filling (graham cracker crumbs (enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), high fructose corn syrup, whole wheat flour, vegetable oil (soybean, palm, palm kernel oil with tbhq for freshness), contains two percent or less of baking soda, salt, honey and soy lecithin) sugar).

**Contains: Milk, Soybean, Gluten, Wheat. Produced in a facility that processes peanuts, milk, soy, wheat, gluten, egg and tree nut ingredients.**

<b>Nutrition Facts</b>		
Serving Size ½ package		
Servings per Container : 2		
<b>Amount Per Serving</b>		
<b>Calories</b>	260	Calories from Fat 90
<b>% Daily Value*</b>		
<b>Total Fat</b>	10g	15%
<b>Saturated Fat</b>	5g	24%
<b>Cholesterol</b>	25mg	8%
<b>Sodium</b>	380mg	16%
<b>Potassium</b>	mg	%
<b>Total Carbohydrate</b>	38g	13%
<b>Dietary Fiber</b>	2g	7%
<b>Sugars</b>	11g	
<b>Protein</b>	7g	%

**Kelloggs Rice Krispies Treats –**

Ingredients: 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**

<b>Nutrition Facts</b>		
Serving Size 1 bar (37g)		
Servings per Container : 1		
<b>Amount Per Serving</b>		
<b>Calories</b>	150	Calories from Fat 35
<b>% Daily Value*</b>		
<b>Total Fat</b>	4g	6%
<b>Saturated Fat</b>	1g	5%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	170mg	7%
<b>Potassium</b>	mg	%
<b>Total Carbohydrate</b>	28g	9%
<b>Dietary Fiber</b>	0g	0%
<b>Sugars</b>	13g	
<b>Protein</b>	1g	%

**Keebler – Grahams Crackers, Bug Bites**

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), Honey, Contains Two percent or less of: Calcium Carbonate, Salt, Baking Soda, Cinnamon, Maltodextrin, Soy lecithin, Vitamin A Palmitate, BHT for freshness.

Contains: **Wheat and Soy** Ingredients

<b>Nutrition Facts</b>		
Serving Size 1 pkg (31g)		
Servings per Container 1		
<b>Amount Per Serving</b>		
<b>Calories</b>	120	Calories from Fat 35
<b>% Daily Value*</b>		
<b>Total Fat</b>	3.5g	5%
<b>Saturated Fat</b>	1g	5%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	115mg	5%
<b>Potassium</b>	mg	%
<b>Total Carbohydrate</b>	21g	7%
<b>Dietary Fiber</b>	1g	5%
<b>Sugars</b>	8g	
<b>Protein</b>	2g	%

**Oreos -**

Ingredients: 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**

<b>Nutrition Facts</b>		
Serving Size 34g		
Servings per Container about 1		
<b>Amount Per Serving</b>		
<b>Calories</b>	160	Calories from Fat 60
<b>% Daily Value*</b>		
<b>Total Fat</b>	7g	11%
<b>Saturated Fat</b>	2g	10%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	140mg	6%
<b>Total Carbohydrate</b>	25g	8%
<b>Dietary Fiber</b>	1g	4%
<b>Sugars</b>	14g	
<b>Protein</b>	1g	

**FAMOUS AMOS – CHOCOLATE CHIP COOKIES**

Ingredients: 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**

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