

PHILMONT 2008 TRAIL MENU

Breakfast #1

- Instant Oatmeal (Apples and Cinnamon)
- Oberto Beef Jerky
- Pro Bar (Original Blend)
- Hot Cocoa

Breakfast #2

- Oatmeal to Go (Oatmeal Raisin)
- Oberto Beef Steak
- Fruit Squeezer (Strawberry)
- Gatorade

Breakfast #3

- Granola Cereal (French Vanilla)
- Oberto Hickory Jerky
- Original Gorp
- Pineapple Orange Drink

Breakfast #4

- Toaster Pastry (Strawberry)
- Oberto Beef Jerky
- Pro Bar (Whole berry Blast)

Breakfast #5

- Instant Oatmeal (Maple & Brown Sugar)
- Oberto Beef Jerky
- Larabar (Cinnamon Roll)
- Hot Cocoa

Breakfast #6

- Granola Cereal (Maple)
- Reese's Pieces Gorp
- Oberto Beef Steak

Lunch #1

- Tuna Fish
- Pilot Biscuits
- Corn Nuts
- Marshmallow Crispy Squares
- Gatorade

Lunch #2

- Canned Ham
- Saltine Crackers
- Chex Mix
- Fruit Rollup (Strawberry)
- Gatorade

Lunch #3

- Canned Chicken
- Pilot Biscuits
- Trail Mix (Fruit and Nut)
- Oreos
- Gatorade

Lunch #4

- Squeeze Cheddar Cheese
- Squeeze Jalapeno Cheese
- Ritz Crackers
- Nutter Butters
- Gatorade

Lunch #5

- Peanut Butter
- Ritz Crackers
- Larabar (Lemon Bar)
- Marshmallow Crispy Squares
- Gatorade

Lunch #6

- Canned Ham
- Saltine Crackers
- Pro Bar (Cran-Lemon Twister)
- Oreos
- Gatorade

Supper #1

- Beef Stroganoff
- Buttermilk Ranch Bread Pieces
- Apricots

Supper #2

- Black Beans and Rice - Caribbean Style
- Corn
- Pilot Biscuits
- Pineapple Chunks

Supper #3

- Chicken and Rice
- Mashed Potatoes
- Buttermilk Pretzel
- Apples and Spice

Supper #4

- Spaghetti and Meat Sauce
- Mashed Potatoes with Bacon & Cheddar
- Buffalo Wings Bread Pieces
- French Vanilla Mousse

Supper #5

- Macaroni and Cheese
- Green Beans
- Pilot Biscuits
- Banana Chips

Supper #6

- Homestyle Chicken
- Green Beans
- Cheddar Bread Pieces
- Rice Pudding

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Breakfast #7

- Oatmeal to Go (Brown Sugar Cinnamon)
- Oberto Beef Jerky
- Natural Raisins
- Spiced Cider

Breakfast #8

- Granola Cereal (Supper Nutty)
- Reese's Pieces Gorp
- Smokehouse Tender Jerky (Teriyaki)
- Grape Drink Mix

Breakfast #9

- Granola Bar (Chocolate Chip)
- Oberto Beef Jerky
- Fruit Squeezer (Raspberry)
- Trail Mix (Fruit and Nut)

Breakfast #10

- Granola Cereal (Blueberry)
- Original Gorp
- Oberto Hickory Jerky

Lunch #7

- Canned Chicken
- Saltine Crackers
- Trail Mix (Nut and Chocolate)
- Larabar (Apple Pie)
- Gatorade

Lunch #8

- Squeeze Cheddar Cheese
- Squeeze Jalapeno Cheese
- Ritz Crackers
- Nutter Butters
- Santa Fe Trail Mix
- Gatorade

Lunch #9

- Tuna Fish
- Pilot Biscuits
- Trail Mix (Spicy Nuts and Cajun Sticks)
- Stinger Bar (Peanut Butter 'n Honey)
- Gatorade

Lunch #10

- Honey Almond Butter
- Graham Crackers
- Corn Nuts
- Fruit Rollup (Tropical Tie-Dye)
- Gatorade

Supper #7

- Stir Fry Beef
- Beefy Vegetable Soup
- Pineapple Chunks

Supper #8

- Fettuccine Primavera
- Corn
- Honey Mustard Pretzel
- Banana Chips

Supper #9

- Mexican Rice with Beef and Cheese
- Refried Beans
- Chocolate Pudding
- Chocolate Pie Topping

Supper #10

- Vegetarian Chili
- Vegetarian Chicken Rice Soup
- Corn
- Apricots

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Ingredients

BREAKFASTS

CEREALS

APPLES AND CINNAMON INSTANT OATMEAL - Whole grain rolled oats (with oat bran), sugar, dehydrated apples (treated with sulfur dioxide and sodium sulfite to promote color retention), calcium carbonate (a source of calcium), salt, cinnamon, guar gum, natural flavors, niacinamide, reduced iron, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, folic acid.

MAPLE AND BROWN SUGAR INSTANT OATMEAL - Whole grain rolled oats (with oat bran), sugar, salt, brown sugar flavor blend (natural flavors, non-fat milk, salt, carob powder, calcium carbonate (a source of calcium), guar gum, caramel color, natural flavors, niacinamide, reduced iron, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, folic acid.

OATMEAL TO GO - BROWN SUGAR CINNAMON - 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), maltodextrin, glycerin, modified food starch, (corn, soy, and wheat components), corn flour, malic acid, sodium alginate, enzyme modified soy protein, natural mixed tocopherols, calcium phosphate, sodium hexametaphosphate, natural and artificial flavors, artificial color, potassium sorbate and BHT (preservatives), niacinamide, vitamin A palmitate, reduced iron, sodium phosphate, pyridoxine hydrochloride, riboflavin, thiamin monoitrate, folic acid.

OATMEAL TO GO - OATMEAL RAISIN - 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 Apalmitate), maltodextrin, glycerin, modified food starch, dried whole eggs, corn syrup, calcium carbonate, malted barley extract, natural and artificial flavors, salt, sorbitol, cinnamon, , sodium bicarbonate, malt (contains barley, soy, and wheat components), corn flour, maltic acid, sodium alginate, natural mixed tocopherois, calcium phosphate, spice, niacinamide, vitamin A palmitate, reduced iron, potassium sorbate and BHT (preservatives)

TOASTER PASTRY - STRAWBERRY - Strawberry filling, high fructose corn syrup, dextrose, wheat flour, water, glycerin, food starch - modified, sugar, partially hydrogenised soybean and or cottonseed oils, dried strawberries, cornstarch, salt, natural and artificial flavors, sodium alginate, malic acid, citric acid, soy lecithin, red #40, yellow #6, blue #1, enriched wheat flour(wheat flour , niacin, reduced iron, thiamin mononitrate,(vitamin B), Riboflavin(vitamin B2) Folate), Sugar, Water, Partially hydrogenated soybean and or cottonseed oils, dextrose, contains 2% or less of salt leavening (baking soda, sodium acid pyrophosphate), high fructose corn syrup, sodium stearoyl lactylate, cornstarch, gelatin, ground corn grits, corn syrup, food starch - modified, titanium dioxide(for color), turmeric, blue #1, red #3, yellow #5, yellow #6, vitamin A palmitate, niacin, reduced iron, pyridoxine hydrochloride(vitamin B6) riboflavin(vitamin B2), folate thiamin mononitrate(vitamin B1)

GRANOLA BAR - CHOCOLATE CHIP - Granola (whole grain rolled oats, brown sugar, crisp rice [rice flour, sugar, malted barley extract], whole grain rolled wheat, partially hydrogenated soybean and cottonseed oils, with TBHQ and citric acid added to preserve freshness and/or sunflower oil with tocopherol added to preserve freshness, dried coconut, whole wheat flour, , sodium bicarbonate, soy lecithin,carmel color, non fat dry milk, semisweet chocolate chips(sugar, chocolate liquor, cocoa butter,

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soy lecithin, vanilla extract), crisp rice (rice, sugar, salt, barley malt , highfructose corn syrup, sugar, corn syrup, glycerin, partially hydrogenated soybean and/or cottonseed oil, sorbitol, calcium carbonate, salt, water, soy lecithin, molasses, natural and artificial flavors, BHT (a preservative), citric acid
CONTAINS WHEAT, SOY AND MILK INGREDIENTS. MAY CONTAIN TRACES OF PEANUTS

FRENCH VANILLA ALMOND GRANOLA- Organic rolled oats, unsulfured molasses, water, expeller pressed canola oil, crisp rice (milled rice unsulfured molasses, salt and malt), honey, cornstarch, almonds, whey powder, vanilla extract, salt, epasote leaf, prune powder, cardamom seed, fennel seed, fenugreek seed, nutmeg.

MAPLE ALMOND GRANOLA- Organic rolled oats, unsulfured molasses, expeller pressed canola oil, water, maple syrup, almonds, natural maple flavor, honey, salt, soy lecithin, epasote leaf, prune powder, cardamom seed, fennel seed, fenugreek seed, nutmeg.

WILD BLUEBERRY GRANOLA- Organic rolled oats, unsulfured molasses, expeller pressed canola oil, mixed fruit juice concentrate (pineapple syrup, peach, pear, white grape and apple juice concentrates), water, coconut, sunflower seeds, blueberries, natural blueberry flavor, soy lecithin, epasote leaf, prune powder, cardamom seed, fennel seed, fenugreek seed, nutmeg.

SUPPER NUTTY GRANOLA- organic rolled oats, organic unsulfured molasses, expeller pressed canola oil, coconut, almonds, sesame seeds, sunflower seeds, cashews, walnuts, honey, sea salt, natural vanilla flavor, epazote leaf, prune powder, cardamon seed, fennel seed, fenugreek seed and nutmeg.

SNACKS

RAISINS - California raisins, Canola and or Palm Oil

OBERTO JERKY - Beef, brown sugar, sugar, dextrose, salt, natural hickory smoke flavor, hydrolyzed corn and soy protein, corn syrup solids, water, flavorings, vinegar, molasses, sodium erythorbate, caramel color, sodium nitrate, citric acid.

OBERTO BEEF STEAK - Beef, brown sugar, salt, corn syrup, dextrose, flavorings, monosodium glutamate, sugar, sodium erythorbate and sodium nitrite

FRUIT SQUEEZER - STRAWBERRY - Organic smooshed fruit

FRUIT SQUEEZER - RASPBERRY - Organic smooshed fruit

TRAIL MIX - FRUIT & NUT - Peanuts, raisins, banana chips, (bananas, coconut oil, sugar, natural flavor), salted cashews (cashews, peanut and or cottonseed oil, salt), dried sweetened pineapple (pineapple, sugar, citric acid, preserved with sulfur dioxide), dried sweetened cranberries (cranberries, sugar, sunflower oil, dried sweetened papaya (papaya, sugar, citric acid, preserved with sulfur dioxide
MANUFACTURED ON EQUIPMENT THAT PROCESSED OTHER TREE NUTS

BARs

PRO BAR - ORIGINAL BLEND - Oats (organic rolled oats, rolled oats) organic peanut butter, organic brown rice syrup, organic raisins, organic dates, organic raw sunflower seeds, organic raw coconut, carob chips (whole grain malted barley and corn, palm kernel oil, carob powder, soy lecithin), raw cashews, organic rolled rye, raw organic brown flax seed, raw organic brown sesame seed, raw almonds, organic evaporated cane juice, pineapple, papaya, organic soy oil, expeller pressed canola oil, raw brazil nuts, raw pumpkin seed, organic brown crisp rice (organic brown rice flour, organic molasses, sea salt), corn flakes (milled corn, barley malt syrup), oat bran, organic oat solids, hemp seed, organic fennel seed, organic fenugreek seed, organic nutmeg, natural orange oil, natural vitamin E

LARABAR (CINNAMON ROLL) - Dates, Walnuts, Almonds, Raisins, Cashews, Cinnamon

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PRO BAR - WHOLE BERRY BLAST - Oats (organic rolled oats, rolled oats), organic brown rice syrup, organic raisins, organic dates, organic raw sunflower seeds, almond butter, organic cashew butter, organic raw coconut, carob chips (whole grain malted barley and corn, palm kernel oil, carob powder, soy lecithin), raw cashews, organic rolled rye, raw organic brown flax seed, juice sweetened strawberries, juice sweetened blueberries, raw organic brown sesame seed, raw almonds, organic evaporated cane juice, pineapple, papaya, organic soy oil, expeller pressed canola oil, blueberry puree, raw brazil nuts, raw pumpkin seed, organic brown crisp rice (organic brown rice flour, organic molasses, sea salt), corn flakes (milled corn, barley malt syrup), oat bran, organic oat solids, hemp seed, apples, epazote, leaf, organic cardamon seed, organic fennel seed, organic fenugreek seed, organic nutmeg, natural orange oil, natural vitamin E

DRINKS

SPICED CIDER - 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

GATORADE - FRUIT PUNCH - Sucrose, Dextrose, Citric Acid, Salt, Sodium Citrate, Natural and Artificial Flavors, Monopotassium Phosphate, Red 40, Partially Hydrogenated Coconut Oil

SWISS MISS COCOA - Sugar, Corn Syrup, Modified Whey, Cocoa (processed with alkali), Hydrogenated Coconut Oil, Nonfat Milk, Less than 2% of: Salt, Dipotassium Phosphate, Carrageenan, Artificial Flavor, Mono - and Diglycerides **CONTAINS: MILK**

GORP - Milk chocolate(sugar, chocolate, cocoa butter, skim milk, milkfat, lactose, soy lecithin, salt, artificial flavors), sugar, cornstarch, cornsyrup, 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), raisins and dry roasted peanuts.

REESE'S PIECES GORP - Honey roasted peanuts (sucrose, wheat starch, honey, maltodetrin, xanthan gum), vegetable oil, sugar, salt) Reese's pieces (sugar, partially defated peanuts, partially hydrogenated vegetable oil) reduced minerals whey [milk], dextrose, contains 2% or less of: corn syrup, salt, soy lecithin, artificial color [blue 1 lake, red 40 lake, yellow 5 lake, yellow 6 lake.] carnuba wax, resinous glaze, and artificial flavor), dried Thompson's seedless grapes.

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LUNCHES

SPREADS

CHUNK LEAN HAM - Cured with water, salt, sugar, sodium phosphates, sodium erythorbate, smoke flavoring, sodium nitrate.

CHUNK CHICKEN - Chicken meat, water, modified food starch, salt, sodium phosphates.

BUMBLE BEE TUNA - Light tuna, water, vegetable broth, salt.

PEANUT BUTTER - Dry roasted peanuts, organic palm fruit oil.

HONEY ALMOND BUTTER - Dry roasted almonds, Honey, Organic Palm Fruit Oil, Sea Salt

SQUEEZE CHEDDAR CHEESE - Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes) Water, Soybean Oil, Whey, Sodium Phosphate, Partially Hydrogenated Soybean Oil, Non Fat Milk, Sorbic Acid (Preservative), Salt, Lactic Acid, Artificial Color Xanthan Gum, Locust Bean Gum, and Guar Gum

SQUEEZE JALAPENO CHEESE - Cheddar Cheese (Milk, Cheese Culture, Salt Enzymes), Water, Liquid and Partially Hydrogenated Soybean Oil, Jalapeno Peppers, Sodium Phosphate, Whey, Non Fat Milk, Whey Protein Concentrate, Vinegar, Salt, Lactic Acid, APO Carotenal (Color), Sorbic Acid, Xanthan Gum, Locust Bean Gum, and Guar Gum

CRACKERS

PILOT BISCUITS - Enriched flour (containing niacin, reduced iron, thiamine mononitrate and riboflavin), vegetable shortening (contains one or more of the following partially hydrogenated oils: soybean, canola, cottonseed), sugar, corn syrup, whey, salt, bicarbonate of soda, monocalcium phosphate and ammonium bicarbonate.

GRAHAM CRACKERS - Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1] riboflavin[vitamin B2], folic acid), sugar, partially hydrogenated soybean oil, graham flour, honey, high fructose corn syrup, leavening (baking soda, calcium phosphate), salt, artificial flavor, malted barley flour.

RITZ CRACKERS - Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), soybean oil, sugar, partially hydrogenated cottonseed oil, high fructose corn syrup, salt, leavening (baking soda, calcium phosphate), soy lecithin (emulsifier).

PREMIUM SALTINE CRACKERS - Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), soybean oil, salt, high fructose corn syrup, partially hydrogenated cottonseed oil, malted barley flour, yeast, baking soda, vegetable monoglycerides (emulsifier).

ENERGY BARS

LARABAR (LEMON) - Dates, Cashews, Lemon Juice Concentrate, and Natural Lemon Flavors.

LARABAR (APPLE PIE) - Dates, Almonds, Unsweetened Apples, Walnuts, Raisins, Cinnamon

PRO BAR - CRAN-LEMON TWISTER - Oats (organic rolled oats, rolled oats) organic peanut butter, organic brown rice syrup, organic juice sweetened cranberries, organic dates, organic raw sunflower seeds, organic raw coconut, raw cashews, organic rolled rye, raw organic brown flax seed, raw organic brown sesame seed, raw almonds, organic evaporated cane juice, pineapple, papaya, organic soy oil, expeller pressed canola oil, natural lemon flavor, raw brazil nuts, raw pumpkin seed, organic brown crisp

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rice (organic brown rice flour, organic molasses, sea salt), corn flakes (milled corn, barley malt syrup), oat bran, organic oat solids, hemp seed, apples, epazote leaf, organic cardamom seed, organic fennel seed, organic fenugreek seed, organic nutmeg, natural orange oil, natural vitamin E.

STINGER BAR - PEANUT BUTTER 'N HONEY - Honey, Sea Salt, Water, Coating (Sugar, Vegetable Oil ((Fractionated Palm Kernel Oil), Soy Protein Isolate, Cocoa Powder, Whole Milk, Natural Flavor, Soya Lecithin (an emulsifier), Salt), Toasted Rolled Oats, Soy Nuggets (Soy Protein Isolate, Rice Flour, Malt, Salt), Deflatted Peanut Flour Vitamins & Minerals: (Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), Alpha-tocopherol Acetate (Vit K), Copper, Manganese, Beta Carotene (Vit A), Selenium, Pyridoxine (B6), Riboflavin (B2), Thiamine (B1), Chromium, Cyanocobolamin (B12), Folic Acid, Potassium Iodide), Peanuts, Crisped Rice (Rice, Sugar, Salt, Malt), Soy Nuts, Soy Protein Isolate, Almonds, Natural Flavor.

SNACKS

CHEX MIX - Enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), degermed yellow corn meal, whole wheat, partially hydrogenated soybean oil, sugar, salt, malt, rye flour, maltodextrin, yeast, sunflower oil, barley malt extract, spices, yellow corn flour, color added, dextrose, corn syrup, baking soda, distilled monoglycerides, autolyzed yeast, trisodium phosphate, calcium carbonate, onion, garlic, hydrolyzed soy protein, natural flavor, citric acid, disodium guanylate, disodium inosinate, sesame seed, almond flour, peanut flour, nonfat milk. Freshness preserved by BHT. Contains wheat, soy, sesame, almond, peanut and milk ingredients.

CORN NUTS - Corn, partially hydrogenated soybean and/or canola oil, salt.

TRAIL MIX - FRUIT AND NUT - Peanuts, Raisins, Banana Chips (Bananas, Coconut Oil, Sugar Natural Flavor), Salted Cashews (Cashews, Peanut and or Cottonseed Oil, Salt) Dried Sweetened Pineapple (Pineapple, Sugar, Citric Acid, Preserved with Sulfur Dioxide), Dried Sweetened Cranberries (Cranberries, Sugar, Sunflower Oil), Dried Sweetened Papaya (Papaya, Sugar, Citric Acid, Preserved with Sulfur Dioxide).

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

TRAIL MIX - SPICY NUTS AND CAJUN STICKS - Peanuts, Corn, Vegetable Oil (Soybean, Corn, Peanut and or Cottonseed, Wheat Flour, Rice, Cornstarch, Sesame Seeds, Salt, Bulgur Wheat, Spices, Onion and Tomato, and Garlic Powders, Dextrose, Soy Sauce (Made from Water, Soybeans, Wheat, Salt), Buttermilk, Monosodium Glutamate (Flavor enhancer), Yellow Corn Flour, Cocoa, Vegetable Color (Paprika Extract, Beet Powder, Turmeric), Torula Yeast, Dried Green Bell Peppers, Sugar, Natural and Artificial Flavor, Corn Syrup Solids, Potato Flour, Cheddar Cheese Powder (Made cultured milk, salt and enzymes), Citric and Lactic and Malic Acids (for tartness), Malted Barley Flour, Sodium Diacetate (for tartness), Parsley Flakes, Sodium Citrate (Controls Acidity), Disodium Phosphate,, Disodium Inosinate and Disodium Guanylate (Flavor Enhancers), Sodium Caseinate (From Milk), Mono and Diglycerides, (Emulsifer), Artificial Color (Includes Red 40 Lake, Yellow 6). Degermed Yellow Corn Meal, Red Pepper Extract, Poppy Seeds, Soy Lecithin (Emulsifier), Sesame Oil.

SANTA FE TRAIL MIX - Toasted corn (corn, vegetable oil [palm and partially hydrogenated soy] salt), sesame stick (unbleached wheat flour, sesame seeds, partially hydrogenated vegetable oil [soybean], bulgar wheat, yeast and annatto vegetable color, with salt added), jalapeno peanuts (peanuts,

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salt malto dextrin, spices, torula yeast, chili pepper, dehydrated jalapenos and parsley, natural and artificial flavor, roasted in canola oil), hot cajun corn sticks, unbleached wheat flour, stone ground corn, soybean oil, spices, salt, onion, dehydrated tomatoes and green peppers, citric acid, paprika), chili peanuts (peanuts, spices, paprika, salt, onion, garlic, roasted in canola oil with peanut oil and salt added), pepitas roasted in canola oil with salt added.

FRUIT ROLL-UPS - TROPICAL TIE-DYE - Pears from concentrate, Corn Syrup, Dried Corn Syrup, Sugar, Partially Hydrogenated Cottonseed Oil, Citric Acid, Sodium Citrate, Acetylated Mono and Diglycerides, Pectin, Malic Acid, Vitamin C (Ascorbic Acid), Natural Flavor, Acerola Extract (A Natural Source Of Vitamin C), Color (Red 40, Yellow 5, Blue 1).

FRUIT ROLL-UPS - STRAWBERRY - Pears from concentrate, Corn Syrup, Dried Corn Syrup, Sugar, Partially Hydrogenated Cottonseed Oil, Citric Acid, Sodium Citrate, Acetylated Mono and Diglycerides, Pectin, Malic Acid, Vitamin C (Ascorbic Acid), Natural Flavor, Acerola Extract (A Natural Source Of Vitamin C), Color (Red 40).

MARSHMALLOW CRISPY SQUARES - Milled rice, corn syrup, sugar, margarine (palm oil, soybean oil, water, salt, monoglycerides, soy lecithin, sodium benzoate & citric acid preservatives), artificial flavor, beta carotene color, vitamin A palmitate, crystalline fructose, water, high fructose corn syrup

OREOS - Sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), high oleic canola oil and or palm oil and or canola oil, cocoa (processed with alkali), high fructose corn syrup, baking soda, cornstarch, salt, soy lecithin (emulsifier), vanillin-an artificial flavor chocolate

NUTTER BUTTER COOKIES - 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, Rolled Oats, partially Hydrogenated Cottonseed Oil, Salt, Leavening (Baking Soda and/or Calcium Phosphate), Cornstarch, Soy Lecithin (Emulsifier), Vanillin-An Artificial Flavor. Contains Wheat, Peanut, Soy

DRINKS

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

GATORADE - GLACER FREEZE - Sucrose, Dextrose, Citric Acid, Natural Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Coconut Oil, Brominated Vegetable Oil, Blue 1

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

GATORADE - ORANGE - Sucrose, Dextrose, Citric Acid, Salt, Sodium Citrate, Natural Orange Flavor with Other Natural Flavors, Monopotassium Phosphate, Partially Hydrogenated Soybean and Cottonseed Oils, Yellow 6

GATORADE FRUIT PUNCH - Sucrose, Dextrose, Citric Acid, Salt, Sodium Citrate, Natural and Artificial Flavors, Monopotassium Phosphate, Red 40, Partially Hydrogenated Coconut Oil

GATORADE GRAPE - Sucrose, dextrose, citric acid, natural and artificial grape flavor, salt, sodium, citrate, monopotassium phosphate, calcium silicate (a flow agent), coconut oil, blue 4, red 40

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SUPPERS

ENTREES

BLACK BEANS AND RICE - Black Beans, Cooked White Rice, Fructose, Corn Starch, Black Bean Powder, Onion Granules, Tomato Powder, Salt, Flour 50/50 (Sodium Chloride, Tricalcium Phosphate), Garlic Granules, Tomato Flakes, Cilantro, Cumin, and Chipolte Chili Pepper

CHICKEN AND RICE - Rice, Dehydrated Chicken, Modified Food Starch, Peas, Chicken Flavor (contains salt and tapioca starch), Maltodextrin, Salt, Yeast Extractive, Dextrose, Whey, Onion, Parsley Flakes, Spice Extractives including Tumeric.

MACARONI & CHEESE - Pasta (Durum Semolina (enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin and Folic Acid), Cheddar Cheese Flavor, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Disodium Phosphate, Annatto Extract (Color), Potato Starch, Whey Powder, Nonfat Milk Powder, Salt, Mustard Powder, Maltodextrin, Xanthan Gum, Natural Butter Flavor, Citric Acid, Cheddar Cheese Buds, (Maltodextrin, Whey Solids, Natural Cheese Flavor, Salt) Sodium Tripolyphosphate, Black Pepper, and Nutmeg

FETTUCINE PRIMAVERA - Pasta Durum Semolina (Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, and Folic Acid), Corn Starch, Parmesan Cheese Powder [Parmesan Cheese (Partially Skim Milk, Cultures, Salt, Enzymes), Disodium Phosphate], Whole Milk Powder, Nonfat Milk Powder, Sour Cream Powder [Sour Cream (Cream Solids, Cultured Nonfat Milk), Citric Acid], Natural Butter Flavor, Tomato Flakes, Red and Green Bell Pepper, Poultry Flavor, (Cooked Chicken and Turkey, Gum Arabic, Salt), Freeze-dried Broccoli, Yeast, Salt, Parsley, Black Pepper, Nutmeg, and Rosemary

MEXICAN RICE WITH BEEF & CHEESE - Instant brown rice, uncolored cheddar cheese powder [cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), salt, disodium phosphate], onions*, freeze-dried chilies, tomato flakes* , parmesan cheese powder [parmesan cheese (skim milk, cheese cultures, salt, enzymes), buttermilk solids, partially hydrogenated soybean oil, whey, disodium phosphate, salt], spices, sea salt, tomato powder, jalpeno powder, corn meal, green onions*, chili powder, garlic granules

BEEF STROGANOFF WITH NOODLES - Noodles (soft wheat semolina flour), dehydrated beef, dehydrated sour cream, nonfat dry milk, onion, soy flour, wheat flour modified food starch, salt, beef flavor (contains salt and skim milk powder), mushrooms, sugar, whey, parsley, citric acid, spices including paprika, garlic, smoke flavor.

SPAGHETTI WITH MEAT SAUCE - Spaghetti (durum wheat semolina flour), dehydrated tomato, soy flour, dehydrated beef, sugar, onion, modified food starch, parmesan cheese, maltodextrin, salt, whey, spices and spice extractives including paprika, beef flavor (contains salt and skim milk powder), mushrooms, garlic, beef powder, citric acid.

HOMESTYLE CHICKEN WITH MASHED POTATOES AND GRAVY - Mashed potatoes (potatoes, nonfat milk, salt, partially hydrogenated soybean oil, vegetable emulsifier, natural and artificial flavors, artificial color, freshness preserved with sodium bisulfite and BHT). Gravy seasoning: dehydrated chicken, modified food starch, nonfat dried milk, peas, chicken flavor (contains salt and tapioca starch), carrots, maltodextrin, salt, yeast extract, dextrose, celery, onion, spice extractives including tumeric.

STIR FRY BEEF - Precooked noodles (durum semolina, salt), freeze dried cooked beef, carrots, broccoli, whey, fructose, onion, soy sauce (water, wheat, soybean, salt), garlic, beef flavor (salt, nonfat milk flavor, gub arabic), spices, salt, citric acid.

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VEGETARIAN CHILI - Pinto beans*, texturized vegetable protein [soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12), tomato powder, corn meal, chili powder, freeze-dried corn, sea salt, red & green bell peppers*, onions*, mushrooms*, spices, garlic granules

SIDE DISHES

CORN - Freeze-Dried Corn

MASHED POTATOES - Potato Flakes, Bakers Special Sugar, Buttermilk Powder, Flour Salt 50/50, Butterbuds, Black Pepper, Essicum Vinegar, Ground Rosemary, Parsley Flakes, Dehy

GREEN BEANS - Freeze-Dried Green Beans

REFRIED BEANS - Pinto Beans, Salt, Partially Hydrogenated Canola Oil, Red Peppers, Onions, Garlic Cumin

MASHED POTATOES WITH BACON AND CHEDDAR - Mashed potatoes (dehydrated potatoes, partially hydrogenated soybean oil, salt, corn syrup solids, sodium caseinate, sucrose, monoglycerides, natural and artificial flavors, onion, calcium stearoyl-2-lactylate, artificial color, spice, sodium acid pyrophosphate, sodium bisulfite and citric acid added to preserve color and freshness), cheddar cheese blend (whey, enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], salt, partially hydrogenated soybean oil, cheddar cheese [pasteurized milk, cheese cultures, salt, enzymes], food starch-modified, disodium phosphate, autolyzed yeast extract, citric acid, butter [cream, salt], yellow 5 and yellow 6), imitation bacon (textured vegetable protein [soy flour, caramel color, red 3], partially hydrogenated soybean oil, salt, natural flavoring), spice, dry vinegar solids.

BEEFY VEGETABLE SOUP - Noodles (soft wheat semolina flour), hydrolyzed soy protein and partially hydrogenated soy oil, modified food starch, beef flavor, salt, sugar, nonfat milk solids, parsley flakes, peas, carrots, corn

VEGETARIAN CHICKEN RICE SOUP - Instant white rice, cooked chicken powder, maltodextrin, brewers yeast, salt, chicken flavor, onion granules, dextrose, parsley, onion powder.

BREADS AND CRACKERS

PILOT BISCUITS - Enriched Flour (containing Niacin, reduced Iron, Thiamine Mononitrate and Riboflavin), Vegetable Shortening (Contains one or more of the following partially hydrogenated oils: Soybean, Canola, Cotton Seed), Sugar, Corn Syrup, Whey, Salt, Bicarbonate of Soda, Monocalcium Phosphate and Ammonium Bicarbonate

BUTTERMILK PRETZEL - 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, 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

HONEY MUSTARD PRETZEL - Unbleached Wheat Flour, Water, Palm Oil, Onion Powder, Whey, Dextrose, Salt, Lactose, Maltodextrin, Vinegar Powder, Yeast, Honey Powder, Hydrolyzed Soy Protein, Mustard Wheat Starch, Spices, Extract of Turmeric, Citric Acid, Horseradish Powder, Natural Flavors, and Soda

BUFFALO WINGS BREAD PIECES - Unbleached wheat flour, palm oil, water, maltodextrin, salt, dried cayenne pepper sauce (cayenne peppers, vinegar, salt, garlic), sodium diacetate, modified corn starch,

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monosodium glutamate, yeast, vinegar, paprika extract, citric acid, garlic powder, caramel color, disodium inosinate and guanylate, lactic acid, soda

CHEDDAR CHEESE BREAD PIECES - Unbleached wheat flour, water palm oil, whey, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), salt, maltedextrin, buttermilk powder, yeast, ionon powder, disodium phosphate, sodium caseinate, tomato powder, citric acid, spice, nonfat dry milk, sugar, natural flavors, autolyzed yeast extract, garlic powder, turmeric extract, annatto extract, paprika

DESSERTS

PINEAPPLE CHUNKS - Pineapple, cane sugar, citric acid, and sulphur dioxide for preservation.

APPLES AND SPICE - Low moisture Apples, Sugar, Modified Food Starch, Spice, Citric Acid and Artificial Flavor, Sulfur Dioxide to preserve freshness.

BANANA CHIPS - Bananas, Coconut Oil, Sugar and Banana Flavoring

CHOCOLATE PUDDING - Sugar, Whole and Nonfat Milk Solids, Cocoa, Algin, Calcium, Gluconate, Modified Food Starch, Sodium Phosphate, Salt, Titanium, Dioxide, Mono and Diglycerides, Artificial Flavor

RICE PUDDING - Instant white rice, fructose, modified food starch, raisins, whole milk powder, nonfat milk powder, whole egg solids, sweet cream powder, vanilla powder, salt, cimmamon

FRENCH VANILLA MOUSSE -

APRICOTS - Apricots and Sulfur Dioxide (as a preservative)