

PHILMONT 2009 TRAIL MENU

Breakfast #1

- Instant Oatmeal - Apples and Cinnamon
- Oberto Beef Jerky - Hickory
- Pro Bar - Original Blend
- Honey Stinger Cherry Blossom Gummies
- Hot Cocoa

Breakfast #2

- Oatmeal to Go - Oatmeal Raisin
- Bagel Crisp
- Cream Cheese
- Banana Chips
- Country Time Lemonade

Breakfast #3

- French Vanilla Granola
- Oberto Beef Jerky - Original
- Larabar - Cherry
- Pineapple chunks
- Original Gorp

Breakfast #4

- Pro Bar - Whole Berry Blast
- Oberto Beef Jerky- Hickory
- Newton's Fruit Crisp-Apple Pie
- Day Break Blend
- Tang Sport - Orange

Breakfast #5

- Instant Oatmeal - Maple & Brown Sugar
- Oberto Beef Jerky- Original
- Larabar - Cinnamon Roll
- Sunflower Seeds
- Hot Cocoa

Lunch #1

- Tuna Fish
- Ritz Crackers
- Corn Nuts
- Marshmallow Crispy Squares
- Gatorade - Orange

Lunch #2

- Peanut Butter
- Bagel Crisp
- Soft Batch Cookies
- Trail Mix, Nut and Chocolate
- Gatorade-Rip Tide

Lunch #3

- Canned Chicken
- Saltine Crackers
- Trail Mix - Fruit and Nut
- Oreos
- Gatorade - Fruit Punch

Lunch #4

- Squeeze Cheddar Cheese - 4 packs
- Squeeze Jalapeno Cheese - 2 packs
- Ritz Crackers
- Nutter Butters
- Gatorade - Lemon/Lime

Lunch #5

- Canned Chicken
- Club Crackers
- Chex Mix
- Fruit Rollup - Tropical Tie-Dye
- Gatorade-Fruit Punch

Supper #1

- Macaroni & Cheese
- Green Beans
- Pilot Biscuits
- French Vanilla Mousse

Supper #2

- Chicken and Rice
- Mashed Potatoes
- Buttermilk Ranch Bread Sticks
- Cookies

Supper #3

- Lasagna
- Corn
- Pilot Biscuits
- Teddy Grahams-Cinnamon

Supper #4

- Spaghetti with Meat Sauce
- Mashed Potatoes w/ Cheddar
- Buffalo Wing Bread
- Cookies

Supper #5

- Beef Stroganoff
- Buttermilk Ranch Bread Pieces
- Raspberry Cobbler

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Breakfast #6

- Granola Cereal (Maple)
- Reese's Pieces Gorp
- Honey Stinger Bar - Berry Banana Buzz
- Fruit Roll-up-Fruit by the Foot
- Tang Sport-Fruit Punch

Breakfast #7

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

Breakfast #8

- Granola Cereal Wild Blueberry
- Reese's Pieces Gorp
- Newton's Fruit Crisp-Mixed Berry
- Pro Bar Whole Berry Blend
- Honey Stinger Gummies

Breakfast #9

- Dried Apricots
- Instant Oatmeal-Maple & Brown Sugar
- Granola Bar -Chewy Chocolate Chip
- Oberto Beef Jerky-Original
- Trail Mix - Fruit and Nut
- Hot Cocoa

Breakfast #10

- Granola Cereal Super Nutty
- Original Gorp
- Oberto Hickory Jerky
- Pro Bar - Apple Cinnamon Crunch
- Raisins
- Country Time Lemonade

Lunch #6

- Cheese Sticks, 4oz
- Saltine Crackers
- Stinger Bar - Peanut butter 'n Honey
- Oreos
- Gatorade-Grape

Lunch #7

- Canned Tuna
- Ritz Crackers
- Spicy Nuts and Cajun Sticks Trail Mix
- Marshmallo Crispy Squares
- Gatorade - Riptide Rush

Lunch #8

- Canned Chicken
- Club Crackers
- Nutter Butters
- Santa Fe Trail Mix
- Gatorade - Orange

Lunch #9

- Squeeze Jalapeno Cheese
- Squeeze Peanut Butter
- Ritz Crackers
- Corn Nuts
- Stinger Bar - Apple Cinnamon
- Gatorade - Fruit Punch

Lunch #10

- Honey Almond Butter
- Graham Crackers
- Apple Pie Bar
- Cracker Jacks
- Gatorade - Glacier Freeze

Supper #6

- Homestyle Chicken
- Green Beans
- Cheddar Bread Pieces
- Chocolate Mud Slide

Supper #7

- Beef Stir Fry
- Beefy Vegetable Soup
- Teddy Grahams-Cinnamon

Supper #8

- Fettuccine Primavera
- Corn
- Honey Mustard Pretzel Pieces
- Cherry Blast

Supper #9

- Mexican Rice with Beef and Cheese
- Refried Beans
- Apples and Spice

Supper #10

- Vegetarian Chili
- Vegetarian Chicken and Rice Soup
- Corn
- Cookies-Chips Ahoy!

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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, calcium carbonate (a source of calcium), natural flavors, mono- and diglycerides, guar gum, caramel color, maple sugar, brown sugar, ferric orthophosphate (a source of iron), niacinamide*, pyridoxine hydrochloride (vitamin B6,)*, riboflavin*, vitamin A palmitate, thiamin mononitrate*, folic acid*. * one of the B vitamins.

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), polydextrose, glycerin, modified food starch, corn syrup, dried whole eggs, water, malted barley extract, calcium carbonate, salt, sorbitol, cinnamon, sodium bicarbonate, malt (contains barley, soy, and wheat components), corn flour, malic acid, sodium alginate, enzyme modified soy protein, natural mixed tocopherols, calcium phosphate, sodium hexametaphosphate, natural and artificial flavor, artificial color, potassium sorbate and BHT (preservatives), niacinamide*, vitamin A palmitate, reduced iron, sodium phosphate, pyridoxine hydrochloride*, riboflavin*, thiamin mononitrate*, folic acid*. * One of the B vitamins **Adds a dietarily insignificant amount of trans fat. **CONTAINS SOY, EGG AND WHEAT INGREDIENTS. MAY CONTAIN TRACES OF PEANUT AND TREE NUTS.**

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 A palmitate), polydextrose, glycerin, modified food starch, dried whole eggs, corn starch, calcium carbonate, malted barley extract, natural and artificial flavor, salt, sorbitol, , cinnamon, sodium bicarbonate, malt (contains barley, soy, and wheat components), corn flour, malic acid, sodium alginate, natural mixed tocopherols, calcium phosphate, spice, niacinamide, vitamin A, palmitate, reduced iron, potassium sorbate, and BHT (preservatives), sodium phosphate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, folic acid. **COTAINS SOY, EGG AND WHEAT INGREDIENTS, MAY CONTAIN TRACES OF PEANUTS AND TREE NUTS.**

GRANOLA BAR - CHOCOLATE CHIP - Granola (whole grain rolled oats, brown sugar, crisp rice [rice flour, sugar, salt, 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 natural tocopherol added to preserve freshness, dried coconut, whole wheat flour, , sodium bicarbonate, soy lecithin, caramel color, non fat dry milk), semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), crisp rice (rice, sugar, salt, barley malt), high fructose corn syrup, sugar, corn syrup solids, glycerin, partially hydrogenated soybean and/or

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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** *Adds a dietarily insignificant amount of trans fats.

FRENCH VANILLA GRANOLA - Rolled oats, sugar, canola oil, rice crisp (rice, barley malt & salt), almonds, honey, sea salt, & pure vanilla extract

MAPLE ALMOND GRANOLA - Rolled oats, sugar, canola oil, almonds, maple syrup, honey, maple flavor, and salt

SUPPER NUTTY GRANOLA - Rolled oats, sugar, canola oil, sunflower seeds, cashews, walnuts, almonds, natural sesame seeds, honey, coconut, sea salt, & pure vanilla extract.

WILD BLUEBERRY GRANOLA - Regular oats, sugar, canola oil, rice crisp (rice, barley malt & salt), flaxseeds, honey, freeze dried blueberries, salt, natural blueberry flavor, pure vanilla extract.

SNACKS

RAISINS - California raisins, Canola and or Palm Oil to prevent crystallization of sugars.

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

OBERTO ORIGINAL JERKY - Beef, corn syrup, dextrose, hydrolyzed corn and soy protein, salt, natural smoke flavor, flavorings, water, vinegar, sugar, molasses, sodium erythorbate, caramel color, sodium nitrite, citric acid, **except for that which naturally occurs in hydrolyzed corn and soy protein **CONTAINS SOY**

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**

GORP - Milk chocolate(sugar, chocolate, cocoa butter, skim milk, milk fat, lactose, soy lecithin, salt, artificial flavors), sugar, cornstarch, 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, peanuts, salt, raisins, partially hydrogenated vegetable oil (cottonseed, soybean),

REESES PIECES GORP - sugar, partially defatted peanuts; partially hydrogenated vegetable oil (palm kernel & soybean oil); reduced minerals whey (milk), dextrose, contains 2% or less of : corn syrup, artificial color (yellow 5 lake, red 40 lake, yellow 6 lake, blue 1 lake), salt, resinous glaze, soy lecithin, modified cornstarch, carnuba wax, vanillin artificial flavor, peanuts, sugar, butter, salt, raisins, partially hydrogenated vegetable oil (cottonseed soybean).

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HONEY STINGER ORGANIC ENERGY CHEWS - Organic tapioca syrup, organic evaporated cane juice, organic grape juice concentrate, organic honey pectin, citric acid, color (black carrot juice concentrate (red)), natural flavors, ascorbic acid, potassium citrate, organic sunflower oil, carnauba wax

DRIED APPRICOTS - Sulphur dioxide added to preserve freshness.

BANANA CHIPS - Bananas, coconut oil, sugar and banana flavoring.

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

SQUEEZE CREAM CHEESE - cream, nofat dry milk, water, milk, salt, less than 2% lactic acid, sodium citrate, titanium dioxide, cheese culture, sorbic acid (as a preservative), carob gum, guar gum, locust bean gum, sodium stearoyl lactylate, xanthan gum.

BAGLE CHIPS - CINNAMON RAISIN - unbleached enriched wheat flour (unbleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), cinnamon raisin seasoning (sugar, cinnamon, salt, natural raisin flavor, caramel color), palm oil, raisins, less than 2% of the following: partially hydrogenated soybean oil, liquid brown sugar, salt, malted barley flour, yeast, vinegar, ascorbic acid, beta carotene (color), artificial flavor, citric acid (preservative). **CONTAINS WHEAT AND SOY**

DAYBREAK BLEND BERRY ALMOND TRAIL MIX - almonds, golden raisins, sugar dried cranberries, whole grain rolled oats, brown sugar, whole grain wheat, vegetable oil (sunflower, high oleic sunflower, canola, soybean , peanut and/or cottonseed oil), rice flour, dried bananas, rice, corn syrup, salt, whey (from milk), maltodextrin, natural flavor, soy lecithin (emulsifier), reduced iron, caramel color, sulfites added to preserve color. **Contains: Almond, wheat, milk, soy, sulfites. Manufactured on equipment that processes peanuts, tree nuts.**

SUNFLOWER SEEDS - Sunflower kernekls, sugar, corn syrup, honey, wheat starch, high fructose corn syrup, salt and xanthan gum, roasted in cottonseed and/or peanut oil. **Contains: Wheat**

BARS

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

LARABAR (CHERRY) - Dates, almonds, unsweetened cherries **GLUTEN FREE, DAIRY FREE, SOY FREE MADE IN A FACILITY WHERE NUTS, INCLUDING TREE NUTS, ARE USED. MAY CONTAIN OCCASIONAL NUT SHELLS OR PIT PIECES**

HONEY STINGER - BERRY BANANA BUZZ - (Honey, Sea Salt, Water), Honey Stinger FruitSmoothie Blend (Banana Bits & Puree, Apple Bits, Cranberry Bits, Strawberry Bits), Soy Protein Isolate, Coating (Sugar, Palm Kernel Oil, Yogurt Powder (Cultured Whey Protein in Concentrate, Cultured Skim Milk and Yogurt Culture), Non-Fat Dry Milk Solids, Soya Lecithin (an emulsifier) and Natural Flavor), Toasted Rolled Oats, Soy Nuggets (Soy Protein Isolate, Rice Flour, Malt, Salt), 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, Phytonadione (Vit K), Copper, Maganese, Beta Carotene (Vit A), Selenium, Pyridoxine (B-6), Riboflavin (B-2), Thiamine (B-1), Chromium, Cyanocobolamin (B-12), Folic Acid, Potassium Iodide), Almonds, Soy Nuts. **May contain egg and wheat.**

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FRUIT BY THE FOOT - Pears form concentrate, maltodextrin, sugar, corn syrup, partially hydrogenated cottonseed oil, contains 2% or less of : interesterified soybean oil, citric acid, carrageenan, acetylated mono and diglycerides, sodium citrate, malic acid, xanthan gum, vitamin C (ascorbic acid), locust bean gum, potassium citrate, color (red 40), natural flavor, acerola extract (a natural source of tiamin C), freshness preserved by potassium sorbate and TBHQ.

PRO BAR - ORIGINAL BLEND - Oats (organic rolled oats, rolled oats) organic peanut butter, organic brown rice syrup, organic barley malt syrup, organic raisins, organic dates, organic raw sunflower seeds, organic raw coconut, carob chips (whole grain malted barley and corn, palm kernel oil, crob 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, apples, epazote leaf, organic cardamom seed, organic fennel seed, organic fenugreek seed, organic nutmeg, natural orange oil, natural vitamin E. **ALL NATURAL PRODUCT MAY CONTAIN PIT PIECES, NUTSHELLS AND OTHER ORGANIC MATTER. 100% VEGAN NON-GMO**

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. All natural product may contain pit pieces, nutshells and other organic matter.

PRO BAR - NUTTY BANANA BOOM - Oats (organic rolled oats, rolled oats), organic peanut butter, organic brown rice syrup, organic dates, organic raw sunflower seeds, organic raw coconut, organic banana chips, grain sweetened dark chocolate chips (whole grain malted barley and corn, cocoa powder, soy lecithin, pure natural vanilla), 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 banana flavor, 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 cardomon seed, organic fennel seed, organic fenugreek seed, organic nutmeg, natural orange oil, natural vitamin E. **ALL NATURAL PRODUCT MAY CONTAIN PIT PIECES, NUTSHELLS AND OTHER ORGNAIC MATTER. CERTIFIED ORGANIC BY THE STATE OF UTAH. 100% VEGAN**

PRO BAR - APPLE CINNAMON CRUNCH - Oats (organic rolled oats, rolled oats) organic peanut butter, organic brown rice syrup, dried apple pieces, 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, natural apple flavor raw brazil nuts, raw pumpkin seed, cinnamon, 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

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fenugreek seed, organic nutmeg, natural orange oil, natural vitamin E. **All natural product may contain pit pieces, nutshells, and other organic matter.**

NEWTONS FRUIT CRISPS - APPLE CINNAMON - Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid). Sugar, invert sugar, soybean oil, cornstarch, apple powder, apple puree, glycerin, corn syrup, modified cornstarch, calcium carbonate (source of calcium), partially hydrogenated cottonseed oil, natural flavor, salt, pectin, citric acid, cinnamon, baking soda, sodium citrate, dextrose, whey (from milk), sodium benzoate added to preserve freshness. **Contains: wheat, milk. Manufactured on equipment that processes tree nuts.**

NEWTONS FRUIT CRISPS - MIXED BERRY - Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), sugar, invert sugar, soybean oil, cornstarch, apple powder, glycerin, corn syrup, modified cornstarch, calcium, calcium carbonate (source of calcium), partially hydrogenated cottonseed oil, blueberry puree, red raspberry puree, strawberry puree, blackberry puree, salt, pectin, natural flavor, citric acid, baking soda, sodium citrate, dextrose, whey (from milk), sodium benzoate added to preserve freshness. **Contains: wheat, Milk. Manufactured on Equipment that processes tree nuts.**

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. **THIS PRODUCT IS MANUFACTURED IN A FACILITY THAT MAKES PRODUCTS CONTAINING MILK, EGGS, SOY AND WHEAT.**

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**

COUNTRY TIME LEMONADE - sugar, citric acid (provides tartness), contains less than 2% of natural flavor, ascorbic acid (vitamin c), sodium citrate (controls acidity), magnesium oxide (prevents caking), sucralose (sweetener), calcium fumarate, soy lecithin, artificial color, yellow 5 lake, tocopherol (preserves freshness).

TANG SPORT - ORANGE - citric acid, salt, potassium citrate, magnesium oxide, ascorbic acid (vitamin C), sodium citrate, maltodextrin, aspartame, contains less than 2% of natural and artificial flavor, vitamin E acetate, niacinamide, vitamin A palmitate, vitamin B6, riboflavin (vitamin B2), sodium and potassium bicarbonate, calcium carbonate, acesulfame potassium, red dye 40, yellow 5, yellow 6, BHA (to help protect flavor). Phenylketonurics: contains phenylalanine.

TANG SPORT - FRUIT PUNCH - Citric acid, salt, sodium citrate, magnesium oxide, potassium citrate, ascorbic acid (vitamin C), aspartame *, maltodextrin, modified cornstarch, contains less than 2% of natural & artificial flavor, calcium carbonate, sodium and potassium bicarbonate, vitamin E acetate, niacinamide, vitamin A palmitate, vitamin B6, riboflavin (vitamin B2), red 40, red 40 lake, BHA (to help protect flavor). *Phenylketonurics: contains phenylalanine.

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LUNCHES

SPREADS

CHUNK CHICKEN - White chicken, water, sea salt. **GLUTEN FREE**

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

PEANUT BUTTER - Organic dry roasted peanuts, honey, organic palm fruit oil, sea salt. **MAY CONTAIN TRACE AMOUNTS OF TREE NUTS. GLUTEN AND DAIRY-FREE, AFLATOXIN FREE**

HONEY ALMOND BUTTER - Dry roasted almonds, Honey Powder (sugar, honey), Organic Palm Fruit Oil, Sea Salt.

SQUEEZE PEANUT BUTTER (OLD FASHIONED) - Peanuts, sugar, hydrogenated vegetable oil, (rapeseed, cotton seed, soybean), salt. **CONTAINS PEANUTS**

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

SQUEEZE JALAPENO CHEESE (OLD FASHIONED) - Water, partially hydrogenated soybean oil, whey, milk, modified food starch, salt, less than 2% sodium phosphate, lactic acid, jalapeno peppers, guar gum, sorbic acid (as a preservative), annatto color, cheese culture, pepper concentrate, enzymes.

CHEESE STICKS 4oz - Cheddar cheese, cheese (milk, salt, enzymes), water, nonfat dry milk, sodium phosphate, lactic acid, sodium citrate, enzymes, annatto color, sorbic acid (as preservative), salt

CRACKERS

HONEY GRAHAM CRACKERS - Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1] riboflavin [vitamin B2], folic acid), sugar, cottonseed and partially hydrogenated soybean oil with TBHQ for freshness, whole wheat (graham) flour, molasses, honey, corn syrup, high fructose corn syrup, contains two percent or less of calcium carbonate, salt, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), soy lecithin, artificial flavor. **CONTAINS WHEAT AND SOY INGREDIENTS**

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

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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).

CLUB CRACKERS - Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [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**

BAGEL CRISP - Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), palm oil, soybean oil, liquid brown sugar, sea salt, salt, malted barley flour, yeast, vinegar, ascorbic acid. **CONTAINS: WHEAT AND SOY.**

ENERGY BARS

LARABAR (APPLE PIE) - Dates, Almonds, Unsweetened Apples, Walnuts, Raisins, Cinnamon. Gluten, Dairy & Soy Free. Made in a facility where nuts, including tree nuts, are used. May contain occasional nut shells or pit pieces.

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 E), Biotin, Zinc Oxide, Niacin, Ferrour Fumarate (Iron), Molybdenum Glycinate, Calcium Pantothenate, Phytonadione (Vit K), Copper, Manganese, Beta Carotene (Vit A), Selenium, Pyridoxine (B6), Roboflavin (B2), Thiamine (B1), Chromium, Cyanocobolamin (B-12), Folic Acid, Potassium Iodide), Peanuts, Crisped Rice (Rice, Sugar, Salt, Malt), Soy Nuts, Soy Protein Isolate, Almonds, Natural Flavor.

STINGER BAR - APPLE CINNAMON - (Honey, Sea Salt, Water), HoneyStinger Apple Cranberry Fruit Smoothie Blend (Apple Bits, Cranberry Bits, & Honey), Toasted Rolled Whole Oats, Soy Nuggets (Soy Protein Isolate, Rice Flour), Coating (Sugar, Palm Kernel Oil, Yogurt Powder (Cultured Whey Protein in Concentrate, Cultured Skim Milk and Yogurt Culture), Non-Fat Dry Milk Solids, Soya Lecithin (an emulsifier) and Natural Flavor), Soy Protein Isolate, Maltodextrin, Vitamins & Minerals (Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), Alpha-tocoperol Acetate (Vit E), Bioltin, Zinc Oxide, Niacin, Ferrous Fumarate (Iron), Molybdenum Glycinate, Calcium Pantothenate, Phytonadione (Vit K), Copper, Maganese, Beta Carotene (Vit A), Salenium, Pyridoxine (B6), Riboflavin (B-2), Thiamine (B-1), Chromium, Cyanocobolamin (B-12), Folic Acid, Potassium Iodide), Soy Nuts, Natural Flavors. **CONTAINS PEANUTS, SEEDS & OTHER NUTS.**

SNACKS

CHEX MIX - Enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), degermed yellow corn meal, whole wheat, vegetable oil (soybean, rice bran and/or canola), sugar, partially hydrogenated soybean oil, salt, contains 2% or less of: enriched flour bleached (wheat flour,

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niacin, iron, thiamin mononitrate, riboflavin, folic acid), yeast, corn syrup. Maltodextrin, rye flour, baking soda, barley malt extract, malt syrup, spices, color added, distilled monoglycerides, yellow corn flour, autolyzed yeast, trisodium phosphate, calcium carbonate, onion, garlic, hydrolyzed soy protein, natural flavor, disodium inosinate, malt, peanut flour, sesame seed, almond flour, nonfat milk. Freshness preserved by BHT. **Contains wheat, soy, almond, sesame milk and peanut ingredients.**

CORN NUTS - Corn, corn 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. **MANUFACTURED ON EQUIPMENT THAT PROCESSES OTHER TREE NUTS**

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, (Emulsifier), Artificial Color (Includes Red 40 Lake, Yellow 6). Degermed Yellow Corn Meal, Red Pepper Extract, Poppy Seeds, Soy Lecithin (Emulsifier), Sesame Oil. **MANUFACTURED ON EQUIPMENT THAT PROCESSES TREE NUTS.**

SANTA FE TRAIL MIX - Jalapeno peanuts (peanut, salt, jalapeno powder, vegetable oil, salt, chili pepper), corn nuts (corn, soybean oil, salt), sesame sticks (wheat flour, soybean oil, sesame seeds, bulgar wheat, salt, beef powder, tumeric), chili crescent (rice, starch, soy sauce, sugar, salt, red pepper, garlic powder, onion powder, FD&C yellow no.6, spice extract, vegetable oil), chili peanuts (peanut, salt, ground chili pepper, ground cayenne pepper, soybean oil), pepitas (shelled pumpkin/squash seeds)

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).

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. **CONTAINS: SOY MILK**

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OREOS - Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), sugar, high oleic canola oil and or palm oil and or canola oil, and or soybean oil, cocoa (processed with alkali), high fructose corn syrup, leavening (baking soda and or calcium phosphate), cornstarch, salt, soy lecithin (emulsifier), vanillin-an artificial flavor, chocolate. **CONTAINS: WHEAT, SOY**

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

SOFT BATCH COOKIES - bleached and enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), high fructose corn syrup, vegetable oil (soybean, palm and plam kernel oil with TBHQ for freshness), sugar, semisweet chocolate (sugar, chocolate liquor, cocoa butter, dextrose, soy lecithin, natural and artificial flavor, salt), chocolate flavored drops (sugar, partially hydrogenated cottonseed and soybean oil, cocoa processed with alkali, soy lecithin, polysorbate 60, sorbitan monosterate, artificial flavor, salt), contains two percent or less of modified corn starch, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), natural flavor (contains milk), salt, soy lecithin, carmel color, yellow #6, egg. **CONTAINS WHEAT, MILK, SOY AND EGG INGREDIENTS. MAY CONTAIN TRACES OF PEANUTS**

CRACKER JACKS - Sugar, corn syrup, popcorn, peanuts, molasses, salt, corn and/or soybean oil, and soy lecithin.

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, Acorbic 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

CHICKEN AND RICE - Freeze dried 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 - Macaroni (soft wheat semolina flour) 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) Modified corn starch salt, silicon dioxide (anti-caking agent) mustard flour, xanthan gum, cheddar cheese flavor, sodium tripolyphosphate, spices

FETTUCINE PRIMAVERA - Precooked noodles (durum semolina, salt), Corn Starch, Parmesan Cheese Powder (pasteurized milk, salt, cheese cultures, enzymes, salt), dehydrated vegetables (broccoli, tomatoes, red bell peppers, parsley), whole milk powder, sour cream powder (cream, nonfat dry milk, cultures, cultured nonfat dry milk, citric acid), natural butter flavor, nonfat dry milk, natural vegetable flavor, salt, spices

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 - 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, freeze-dried 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, beet powder, citric acid.

HOMESTYLE CHICKEN - 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 BEEF FRY - 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 powder, gum Arabic), speices, salt, citric acid.

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VEGETARIAN CHILI - Pink beans, caramel color, textured vegetable protein (soy flour), tomato powder, cornmeal, chili powder, red and green bell pepper, onion, mushrooms, garlic granules, cumin, oregano and basil.

LASAGNA Three Cheese - Pasta (Durum semolina {enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, and folic acid}), potato starch, Monterey jack cheese (pasteurized milk, cheese cultures, salt, enzymes), tomato powder, textured vegetable protein (soy flour), tomato flakes, carrots*, whey powder, fructose, parmesan cheese powder {parmesan cheese (partially skim milk cultures, salt, enzymes, disodium phosphate)}, onion*, salt, Romano cheese powder {Romano cheese (pasteurized milk, cheese cultures, salt, enzymes), disodium phosphate}, mozzarella cheese {partially skim milk, cheese cultures, salt, enzymes (microcrystalline cellulose added to prevent caking)}, onion granules, yeast, toasted onion powder, garlic granules, paprika, basil, beet juice powder, bay leaf, oregano, rosemary, and thyme.

SIDE DISHES

CORN - Freeze-Dried Corn

MASHED POTATOES - Potato Flakes, Bakers Special Sugar, Buttermilk Powder, Flour Salt 50/50, Butterbuds, Black Pepper, Essiccum 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 - pasta [durum semolina (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin and folic acid)], hydrolyzed vegetable protein, modified food starch, sugar, natural flavor, parsley.

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

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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 PIECES - Unbleached Wheat Flour, Water, Palm Oil, Whey Powder, Buttermilk Powder, Salt, Onion Powder, Garlic Powder, Maltodextrin, Yeast Extract, Corn Syrup Solids, Yeast, Monosodium Glutamate, Xanthan Gum, Lactose, Dextrose, Malic Acid, Parsley, Citric acid, Vinegar, Cellulose Powder, Nonfat Milk, Sweet Cream, Disodium Inosinate and Guanylate, Lactic Acid, Spices, Natural and Artificial Flavors, Modified Corn Starch, Soy Lecithin, Molasses, Caramel Color, Soda

HONEY MUSTARD PIECES - Unbleached Wheat Flour, Water, Palm Oil, Whey Powder, buttermilk powder, Salt, onion powder, garlic powder, maltodextrin, yeast extract, corn syrup solids, yeast, monosodium glutamate, xanthan gum, lactose, dextrose, malic acid, parsley, citric acid, vinegar, cellulose powder, nonfat milk, sweet cream, disodium inosinate and guanylate, lactic acid, spices, natural and artificial flavors, modified corn starch, soy lecithin, molasses, caramel color

BUFFALO WING PIECES - Unbleached wheat flour, palm oil, water, maltodextrin, salt, dried cayenne pepper sauce (cayenne peppers, vinegar, salt, garlic), sodium diacetate, modified corn starch, monosodium glutamate, yeast, vinegar, paprika extract, citric acid, garlic powder, caramel color, disodium inosinate and guanylate, lactic acid, soda

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

DESSERTS

FRENCH VANILLA MOUSSE - Fructose, modified food starch, cheese powder [bakers cheese (pasteurized milk, cheese cultures, salt, enzymes), sodium caseinate, citric phosphoric /acetic acids, and sodium citrate, whole milk powder nonfat milk powder, whole egg solids, natural vanilla flavor, sweet cream powder (pasteurized sweet cream, skim milk solids, sodium caseinate, lecithin, and BHT), salt flour 50/50,(sodium chloride, ticalcium phosphorus)

RASPBERRY COBBLER - L

APPLES AND SPICE - L

CHERRY BLAST - L

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COOKIES - L

TEDDY GRAHAMS - CINNAMON - Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, graham flour (whole grain wheat flour), soybean oil and/or partially hydrogenated cottonseed oil, high fructose corn syrup, maltodextrin, calcium carbonate (source of calcium), salt, baking soda, natural flavor, soy lecithin (emulsifier), cinnamon, corn starch. **Contains: Wheat, Soy**

CHIPS AHOY! - enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), semisweet chocolate chips (sugar, chocolate, cocoa butter, dextrose, soy lecithin - an emulsifier), sugar, soybean oil, partially hydrogenated cottonseed oil, high fructose corn syrup, leavening (baking soda, ammonium phosphate), salt, whey (from milk), natural and artificial flavor, caramel color.