

# PHILMONT TRAIL MEAL INGREDIENTS

## BREAKFAST 2004

### **Breakfast #1**

Instant Oatmeal  
Gorp  
Summer Sausage  
Nature Valley Granola Bar Maple  
Hot Cocoa

### **Breakfast #2**

French Vanilla Almond Granola  
Apricots  
Cliff Bar (chocolate chip peanut)  
Lawry's Original Beef Jerky  
Gorp

### **Breakfast #3**

Dry Cereal (lucky charms)  
Power Bar Bites (oatmeal crisp)  
Gorp  
Raisins  
Pepperoni Sticks

### **Breakfast #4**

Cereal Bar (H.N. Cheerios)  
Tropical Gorp  
Pop Tarts (strawberry)  
Summer Sausage  
Pineapple/Blueberry Combo

### **Breakfast #5**

Maple Almond Granola  
Lawry's Original Beef Jerky  
Harvest Power Bar (strawberry)  
Tropical Gorp  
Salted Sunflower Kernels

### **Breakfast #6**

Oatmeal Crisp Bar (apple/cinnamon)  
Gorp  
Honey Turkey Stick  
Power Bar Bites (choco chip)  
Pineapple Chunks

### **Breakfast #7**

Instant Oatmeal  
Pop Tarts (brown sugar/cinnamon)  
Chewy Granola Bar (chocolate chip)  
Cranberries  
Hot Cider

### **Breakfast #8**

Granola Cereal (supper nutty)  
Tropical Gorp  
Gatorade Bar (peanut butter)  
Pepperoni Sticks  
Honey Roasted Sunflower Kernels

### **Breakfast #9**

Dry Cereal (cheerios)  
Pop Tarts (blueberry)  
Gorp  
Lawry's Original Beef Jerky

### **Breakfast #10**

Granola Cereal (blueberry)  
Tropical Gorp  
Cereal Bar (cinnamon toast crunch)  
Summer Sausage  
Honey Roasted Sunflower Kernels

## **Cereals:**

**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.

**LUCKY CHARMS-** whole grain oats (includes the oat bran), marshmallows (sugar, modified corn starch, corn syrup, dextrose, gelatin, calcium carbonate, artificial flavor, yellow 5 and 6, red 40, blue 1), sugar, corn syrup, wheat starch, salt, calcium carbonate, color added, trisodium phosphate, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), a B vitamin (niacinamide), artificial flavor, vitamins B6, B2, B1, vitamin A, a B vitamin (folic acid), vitamin B12, vitamin D, vitamin E.

**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.

**CHEERIOS CEREAL-** Whole grain oats includes the oat bran, modified corn starch, sugar, salt, calcium carbonate, oat fiber, trisodium phosphate, wheat starch, vitamin E (mixed tocopherols) added to preserve freshness

**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, epasote leaf, prune powder, cardamom seed, fennel seed, fenugreek seed and nutmeg.

**REGULAR FLAVOR INSTANT OATMEAL-** whole grain rolled oats (with oat bran), calcium carbonate (a source of calcium), salt, guar gum, caramel color, reduced iron, niacinamide, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, folic acid.

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**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.

**CINNAMON AND SPICE INSTANT OATMEAL-** whole grain rolled oats (with oat bran), sugar, salt, calcium carbonate (a source of calcium), cinnamon and other spices, guar gum, caramel color, 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.

**RAISINS AND SPICE INSTANT OATMEAL-** whole grain rolled oats (with oat bran), sugar, raisins coated with partially hydrogenated vegetable oil (cottonseed and or soybean oil), salt, calcium carbonate (a source of calcium), spices, guar gum, niacinamide, reduced iron, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, folic acid.

### **Snacks:**

**GORP-** milk chocolate, raisins and dry roasted peanuts.

**TROPICAL 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), dextrin, almonds, cranberries, sugar, sunflower oil, pineapple, sugar and sulfur dioxide added for color retention.

**FRUIT BY THE FOOT- COLOR BY THE FOOT-** grapes from concentrate, sugar, maltodextrin, corn syrup, pears from concentrate, partially hydrogenated cottonseed oil, carrageenan, citric acid, acetylated mono and diglycerides, sodium citrate, malic acid, xanthan gum, vitamin C, Locust bean gum, natural flavor, potassium citrate, color (yellow 5, red 40 and blue 1).

**FRUIT BY THE FOOT- BERRY TIE-DYE-** Grapes from concentrate, sugar, maltodextrin, corn syrup, pears from concentrate, partially hydrogenated cottonseed oil, carrageenan, citric acid, acetylated mono and diglycerides, sodium citrate, malic acid, xanthan gum, vitamin C, locust bean gum, potassium citrate, natural flavor, red 40 and blue 1.

**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)

**BROWN SUGAR CINNAMON TOASTER PASTRIES-** BROWN SUGAR CINNAMON FILLING(HIGH FRUCTOSE CORN SYRUP, BROWN SUGAR, Wheat flour, salt, modified wheat starch, cinnamon, malasses, partially hydrogenated soybean oil, natural flavor), enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, (vitamin B1), riboflavin (vitamin B2), folic acid], sugar, water, vegetable shortening (partially hydrogenated soybean and or cottonseed oils), dextrose,. Contains 2% or less of each of the following: whey, salt, baking powder (baking soda, sodium aluminum phosphate, aluminum sulfate), Sodium stearoyl lactylate, cornstarch, gelatin, caramel color, calcium sulfate, bht added to retard spoilage, vitamin A palmitate, niacin, reduced iron, pyridoxine hydrochloride (vitamin B6), Riboflavin (vitamin B2) folate, thiamin mononitrate (vitamin B1).

**BLUEBERRY TOASTER PASTRIES-** BLUEBERRY filling (sugar, high fructose corn syrup, blueberry puree, apples, wheat flour, salt, partially hydrogenated soybean oil, modified wheat starch, cornstarch, natural and artificial flavors, citric acid, red 40, blue 1) enriched wheat flour[wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2) folic acid], sugar, water, vegetable shortening (partially hydrogenated soybean and or cottonseed oils), dextrose, contains 2% or less of each of the following: whey, salt, baking powder( baking soda, sodium aluminum phosphate, aluminum sulfate,.) sodium stearoyl lactylate, cornstarch, gelatin, ground corn grits, corn syrup, food starch – modified, color added, blue 2, red 3, red 40, blue 1, calcium sulfate, bht added to retard spoilage, vitamin A palmitate, niacin, reduced iron, pyridoxine hydrochloride(vitamin B6), Riboflavin (vitamin B2), folate, thiamin mononitrate (vitamin B1).

**FRUIT ROCKETZ APPLE SAUCE- ZINNAMON-** apples, high fructose corn syrup, water, natural cinnamon flavoring, ascorbic acid (vitmin C), may contain citric acid.

**HONEY NUT CHEERIOS MILK'N CEREAL BAR-** Cereal: [whole grain oats (includes the oat bran), sugar, honey, brown sugar syrup, salt, calcium carbonate, trisodium phosphate, dextrose, zinc and iron (mineral nutrients), a B vitamin (niacinamide), vitamin B6, Vitamin B2, Folic acid, wheat flour, almond meal], milk filling: sugar, nonfat milk, lactose, palm kernel oil, partially hydrogenated soybean oil, salt, soy lecithin, natural and artificial flavor, freshness preserved by TBHQ], corn syrup, isolated soy protein, soy flour, rice flour, fructose, high fructose corn syrup, gelatin, vitamin C, salt, malt extract, iron and zinc, honey, vitamin A, niacinamide, natural and artificial flavor, vitamin D, vitamin B2, vitamin B6, vitamin B1, Folic acid, vitamin B12. Freshness preserved by vitamin E and BHT. **Contains wheat, almond, milk and soy ingredients.**

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**CINNAMON TOAST CRUNCH MILK'N CEREAL BAR-** Cereal: [whole wheat, rice flour, sugar, maltodextrin, honey, salt, dextrose, partially hydrogenated soybean oil, tricalcium phosphate, trisodium phosphate, caramel and annatto extract color, zinc and iron, niacinamide, vitamin B6, Vitamin B2, Natural flavor, Folic acid, nonfat milk], milk filling[sugar, nonfat milk, lactose, palm kernel oil, partially hydrogenated soybean oil, salt, soy lecithin, natural and artificial flavor, freshness preserved by TBHQ], corn syrup, isolated soy protein, soy flour, fructose, sugar, rice flour, high fructose corn syrup, partially hydrogenated soybean oil, glycerin, tricalcium phosphate, maltodextrin, sorbitol, cinnamon, gelatin, vitamin C, (sodium ascorbate), malt extract, salt, iron and zinc (mineral nutrients), caramel and annatto extract color, Vitamin A, Niacinamide, artificial flavor, Vitamin D, Vitamin B2, Vitamin B6, Vitamin B1, Folic acid, Vitamin B12, almond meal, freshness preserved by BHT.

**OATMEAL CRISP BAR – STRAWBERRY-** cereal (whole grain oats [includes the oat bran], whole wheat, crisp rice [rice flour, sugar, malt, salt], sugar, corn syrup, defatted oat flour, brown sugar, malt syrup, salt, honey, rice flour, color added, almond pieces, zinc and iron(mineral nutrients), A B vitamin (niacinamide), cinnamon, artificial flavor, vitamin B6 (pyridoxinehydrochloride), trisodium phosphate, baking soda, vitamin B2 (riboflavin), A B vitamin (folic acid), freshness preserved by vitamin E (tocopherols), and BHT). Fruit filling(fructose, glycerin, strawberry puree concentrate, apple powder, dextrose, apple puree concentrate, modified corn starch, citric acid, pectin, natural flavor, malic acid, soy lecithin, sodium citrate, mono and diglycerides, salt, caramel color, sodium benzoate, red 40), corn syrup, fructose, high maltose corn syrup, maltodextrin, sugar, partially hydrogenated soybean oil, tricalcium phosphate, glycerin, sorbitol, vitamin C (sodium ascorbate), mono and diglycerides, gelatin, color added, iron and zinc, vitamin A (palmitate), A B vitamin (niacinamide), vitamin D , vitamin B2 (riboflavin), vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamine mononitrate), sulfating agents, A B vitamin (folic acid), flavor added, vitamin B12, almond flour, nonfat milk, wheat flour, soy flour, freshness preserved by BHT.

**LIGHTLY SALTED SUNFLOWER KERNELS-** sunflower kernels, non-hydrogenated sunflower oil, salt.

**HONEY ROASTED SUNFLOWER KERNELS-** sunflower kernels, non-hydrogenated sunflower oil, wheat starch, maltodextrin, honey, salt, xanthan gum.

### Energy Bars:

**NATURE VALLEY CHEWY GRANOLA BAR-** Granola (rolled oats), wheat flakes, sugar, hydrogenated vegetable oil (canola and/or soybean and/or cottonseed), honey, molasses, whey, whey protein concentrate, lactose, salt, and natural flavor, glucose, crisp rice (milled rice, sugar, salt, malt) bittersweet chocolate chunks (sugar, chocolate liquor, cocoa butter, soy lecithin and emulsifier, salt, and natural flavor), partially hydrogenated soybean, cottonseed, and/or canola oil, glycerin, whey, honey, sugar, sorbitol, corn syrup, almond pieces, soy lecithin, natural and artificial flavor, sunflower meal, peanut flower, pecan flour.. Contains wheat, milk, almond, peanut, pecan and sunflower ingredients.

**CLIFF BAR – CRUNCHY PEANUT BUTTER-** organic brown rice syrup, Clifpro(soy rice crisps [soy protein isolate, rice flour, malt extract], organic soy flour, organic roasted soybeans), organic rolled oats, organic evaporated cane juice, organic peanut butter (organic peanuts, salt), peanut flour, Clifcrunch (apple fiber, oat fiber, organic milled flaxseed, chicory extract, psyllium), fig paste, peanuts, natural flavors, sea salt. Dicalcium phosphate, magnesium oxide, ascorbic acid (vitamin c) tocopheryl acetate (vitamin e) ferric orthophosphate (iron), beta carotene (vitamin a), zinc citrate, phytonadione (vitamin k1) biotin, niacinamide (vitamin B3) calcium pantothenate (vitamin B5), potassium iodide, manganese gluconate, copper gluconate, sodium selenite, thiamin (vitaminB1), Chromium Chloride, cyanocobalamin (vitamin B12), sodium molybdate, folic acid (vitamin B9), riboflavin (vitamin B2), pyridoxine hydrochloride (vitamin B6).

**CLIFF BAR – CHOCOLATE CHIP PEANUT CRUNCH-** organic brown rice syrup, Clifpro(soy rice crisps [soy protein isolate, rice flour, malt extract], organic soy flour, organic roasted soybeans), organic rolled oats, organic evaporated cane juice, organic peanut butter (organic peanuts, salt), peanut flour, Clifcrunch (apple fiber, oat fiber, organic milled flaxseed, chicory extract, psyllium), fig paste, peanuts, natural flavors, sea salt, Chocolate chips (organic evaporated cane juice, unsweetened chocolate, cocoa butter, soy lacin, natural flavors). Dicalcium phosphate, magnesium oxide, ascorbic acid (vitamin c) tocopheryl acetate (vitamin e) ferric orthophosphate (iron), beta carotene (vitamin a), zinc citrate, phytonadione (vitamin k1) biotin, niacinamide (vitamin B3) calcium pantothenate (vitamin B5), potassium iodide, manganese gluconate, copper gluconate, sodium selenite, thiamin (vitaminB1), Chromium Chloride, cyanocobalamin (vitamin B12), sodium molybdate, folic acid (vitamin B9), riboflavin (vitamin B2), pyridoxine hydrochloride (vitamin B6).

**POWER BAR BITES – OATMEAL RAISIN CRISP-** soy crisps (soy protein isolate, rice flour, barley malt, salt), whole oats, rice crisps (milled rice, sugar, salt, barley malt), glucose syrup, high oleic canola oil, fructose, glycerin, maltodextrin, sugar, honey, raisins, food starch modified, roasted soy beans, natural flavors, soy lecithin, cinnamon, pectin, sodium alginate, whey powder [from milk], peanut flour. Calcium phosphate, magnesium carbonate, zinc gluconate, iron (ferrous fumarate), copper gluconate, chromium aspartate.

**POWER BAR BITES – CHOCOLATE CRISP-** soy crisps (soy protein isolate, rice flour, barley malt, salt) whole oats, glucose syrup, rice crisps (milled rice, sugar, salt, barley malt), fructose, high oleic canola oil, sugar, glycerin, unsweetened chocolate, alkalized cocoa, maltodextrin, food starch modified, natural flavors, soy lecithin, pectin, sodium alginate, whey powder [from milk], peanut flour, calcium phosphate, magnesium carbonate, zinc gluconate, iron (ferrous fumarate), copper gluconate, chromium aspartate.

**HARVEST POWER BAR – STRAWBERRY-** whole oats, brown rice syrup, dried strawberries, apple juice concentrate, rice flour, sunflower oil, rice crisps (milled rice, sugar, salt, barley malt), brown rice, evaporated cane juice syrup, dried cranberries (sugar, cranberries, sunflower oil, roasted soy beans, almond butter, honey, pear and grape juice concentrates, soy protein isolate, natural

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flavors, glycerin, nonfat dry milk, calcium phosphate, magnesium carbonate, zinc gluconate, iron (ferrous fumarate), copper gluconate. Made on equipment that also processes peanuts and nuts.

**GATORADE ENERGY BAR – CHOCOLATE CHIP-** soy protein isolate, whole grain rolled oats, sugar, dextrose, glucose syrup, sorbitol, glycerin, fructose – glucose syrup, chocolate liquor, rolled wheat, nonfat dry milk, rice starch, cocoa (processed with alkali), whey protein concentrate, rice, milk protein concentrate, salt, natural flavors, rice flour, soy lecithin, cocoa butter, barley malt. Contains soy, wheat, and milk ingredients. May contain traces of peanuts.

### **Drinks:**

**HOT COCOA MIX-** sugar, sweet dairy whey, corn syrup solids, cocoa (processed with alkali), partially hydrogenated soybean oil, nonfat dry milk, salt, cellulose gum, dipotassium phosphate, mono- and diglycerides, artificial flavor.

**INSTANT APPLE CIDER-** Sugar, maltodextrin, apple juice solids, malic acid, less than 2% of: dextrose, sodium citrate, caramel color, sodium silico aluminate, ascorbic acid, natural flavor, honey solids, gum arabic, artificial flavor, modified food starch, tracetin.

### **Fruits:**

**APRICOTS-** Apricots and Sulfur Dioxide (as a preservative)

**DICED PINEAPPLE-** Pineapple, Sugar, Sulfur Dioxide.

**APPLE RINGS-** Apples, Sulfur dioxide.

**RAISINS-** California raisins, sunflower seed oil.

**BLUEBERRY – PINEAPPLE MIX-** blueberries, pineapple, fructose, sugar, corn syrup, malic acid, sunflower oil and sulfur dioxide added for color retention.

**FRUIT LEATHER- TROPICAL-** Apples , Pears, concentrated juices of pineapple, orange, tangerine, passionfruit, grapefruit and lemon; natural flavors.

**FRUIT LEATHER – BLACKBERRY-** apples , pears, blackberries, lemon juice.

**DRIED CRANBERRIES-** cranberries, sugar, sunflower oil.

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## LUNCHES 2004

### Lunch #1

Canned Chicken  
Zesta Crackers  
Tropical Gorp  
Chips Ahoy Cookies  
Gatorade

### Lunch #2

Club Crackers  
Tuna Fish  
Apple Sauce Zinnamon  
Tropical Gorp  
Gatorade

### Lunch #3

Graham Crackers  
Peanut Butter Squeezers  
Grape Jam Squeezers  
Fruit Leather  
Chex Mix  
Gatorade

### Lunch #4

Townhouse Crackers  
Jalapeno Cheese Spread  
Cliff Bar (crunchy peanut butter)  
Oreo Cookies  
Gatorade

### Lunch #5

Club Crackers  
Canned Ham  
Fruit by the Foot  
Nutter Butter Cookies  
Gatorade

### Lunch #6

Townhouse Crackers  
Cheddar Cheese Spread  
Gatorade Energy Bar  
Tropical Gorp  
Gatorade

### Lunch #7

Graham Crackers  
Peanut Butter Squeezers  
Strawberry Jam Squeezers  
Gardetto's Snack Mix  
Gatorade

### Lunch #8

Zesta Crackers  
Tuna Fish  
Honey Ham Stick  
Rice Krispy Treat  
Gatorade

### Lunch #9

Club Crackers  
Peanut Butter  
Fig Newtons  
Pepperoni Stick  
Gatorade

### Lunch #10

Townhouse Crackers  
Cheddar Cheese Spread  
Nutter Butter Cookies  
Gorp  
Honey Turkey Sticks

## Crackers:

**CLUB CRACKERS-** enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], vegetable shortening (partially hydrogenated soybean and/or cottonseed oils), sugar, contains two percent or less of salt, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), high fructose corn syrup, corn syrup.

**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.

**TOWN HOUSE CRACKERS-** enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable shortening (partially hydrogenated soybean and or cottonseed oil), sugar, contains 2% or less of salt, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), corn syrup, high fructose corn syrup.

**ZESTA CRACKERS-** enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, (vitamin B1), riboflavin (vitamin B2), folic acid], vegetable shortening (partially hydrogenated soybean and or cottonseed oils), salt, corn syrup, leavening (sodium bicarbonate, yeast).

## Meat Sticks:

**HONEY HAM STICK-** ham, honey, water, salt, brown sugar, dextrose, corn syrup, spices, lactic acid starter culture and sodium nitrite.

**BEEF SUMMER SAUSAGE-** Beef, water, salt, flavorings, dextrose, lactic acid starter culture and sodium nitrite.

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**HONEY CURED TURKEY STICK-** Turkey, honey, water, salt, brown sugar, dextrose, sugar, corn syrup, spices, lactic acid starter culture and sodium nitrite.

**BEEF STICKS WITH PEPPERONI FLAVORING-** Beef, water, salt, flavorings, dextrose, paprika, lactic acid started culture and sodium nitrite.

**LAWRY'S BEEF JERKY-** Beef, brown sugar, salt, corn syrup, dextrose, flavorings, monosodium glutamate, sugar, sodium erythorbate, sodium nitrite.

### Spreads:

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

**CHEDDAR SQUEEZE CHEESE-** cheddar cheese milk, cheese culture, salt, enzymes) water, partially hydrogenated soy oil, sodium phosphate, whey, non-fat milk, salt, lactic acid, apo carotenal (color), xanthan gum, locust bean gum, guar gum.

**JALAPENO SQUEEZE CHEESE-** cheddar cheese (milk, cheese culture, salt, enzymes) water, partially hydrogenated soy oil, sodium phosphate, whey, non-fat milk, jalapeno peppers, salt, lactic acid, apo carotenal (color), xanthan gum, locust bean gum, guar gum.

**PEANUT BUTTER-** roasted peanuts, sugar, hydrogenated vegetable oil (rapeseed, cottonseed, and/or soybean oils), salt.

**CHICKEN OF THE SEA LIGHT TUNA IN WATER-** light tuna, water, vegetable broth and salt.

**GRAPE JELLY-** corn syrup, water, high fructose corn syrup, sucrose, concord grape concentrate, fruit pectin, citric acid.

**CHUNK LEAN HAM-** Ham (cured with water, salt, sugar, sodium phosphates, sodium erythorbate, sodium nitrite), smoke flavoring.

**STRAWBERRY JAM-** corn syrup, sugar, strawberries, high fructose corn syrup, water, pectin, citric acid.

### Energy Bars:

**NATURE VALLEY CRUNCHY GRANOLA BAR- MAPLE BROWN SUGAR-** Whole grain rolled oats, sugar, canola oil, crisp rice (rice flour, sugar, malt, salt), soy protein, high fructose corn syrup, maple syrup, brown sugar syrup, salt, soy lecithin, baking soda, natural flavor, almond flour, peanut flour. **Contains soy, almond and peanut ingredients.**

**GATORADE ENERGY BAR- PEANUT BUTTER-** Crisp rice (rice, barley malt, sugar, salt), whole grain rolled oats, glucose syrup, dextrose, sugar, peanut butter (peanuts, sugar, hydrogenated cottonseed and/or rapeseed oil, salt), sorbitol, soy nuggets (soy protein isolate, rice flour, barley malt, salt), fructose-glucose syrup, glycerin, whey protein concentrate, sunflower oil, rolled wheat, nonfat dry milk, soy protein isolate, barley malt extract, salt, soy lecithin, caramel color, ascorbic acid (source of vitamin C), vitamin E acetate, natural mixed tocopherols to preserve freshness, niacinamide (vitamin B3), calcium pantothenate (vitamin B5), pyridoxine hydrochloride (vitamin B6), beta carotene (source of vitamin A), riboflavin (vitamin B2), thiamin mononitrate (vitamin B1), cyanocobalamin (vitamin B12).

### Snacks:

**GARDETTO'S ORIGINAL SNACK MIX-** Enriched flour bleached (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated soybean oil, rye flour, salt, sesame seed, monosodium glutamate, yeast, sugar, corn syrup, nonfat milk, malt, worcestershire sauce (vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor), maltodextrin, onion, malted corn syrup, baking soda, garlic, corn starch, wheat gluten, color added, mono and diglycerides, sodium-stearoyl lactylate, caraway, disodium guanylate, disodium inosinate, soy flour, freshness preserved by BHT and citric acid. **Contains wheat, sesame, milk and soy ingredients.**

**CHEX MIX- TRADITIONAL-** 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.**

**FRUIT BY THE FOOT- BERRY TIE-DYE-** Grapes from concentrate, sugar, maltodextrin, corn syrup, pears from concentrate, partially hydrogenated cottonseed oil, carrageenan, citric acid, acetylated mono and diglycerides, sodium citrate, malic acid, xanthan gum, vitamin C, locust bean gum, potassium citrate, natural flavor, red 40 and blue 1.

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### **Cookies/Desserts:**

**FIG NEWTONS-** enriched wheat flour (contains niacin, reduced iron thiamine mononitrate [vitamine b1], riboflaven ;vitamine b2], folic acid), figs preserved with sulfur dioxide, sugar, corn syrup, high fructose corn syrup, vegetable shortening (partially hydrogenated soybean, canola and cottonseed oils), whey, salt, yellow corn flour, dextrose, leavening (baking soda, calcium phosphate), natural and artificial flavor, emulsifiers (soy lecithin, datem, sodium stearoyl lactylate), glycerin, potassium sorbate (to preserve freshness), modified cornstarch, sodium caseinate (a milk protein).

**OREO COOKIES-** sugar, enriched wheat flour (contains niacin, reduced iron, thiamine mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), vegetable shortening (partially hydrogenated soybean oil), cocoa (processed with alkali), high fructose corn syrup, corn flour whey cornstarch, baking soda, salt, soy lecithin (emulsifier), vanillin (an artificial flavor), chocolate.

**CHIPS AHOY COOKIES-** Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid). Semisweet chocolate chips (sugar, chocolate, dextrose, cocoa butter, soy lecithin – an emulsifier, vanillin – an artificial flavor), partially hydrogenated soybean and cottonseed oils, sugar, brown sugar, salt, whey (from milk), baking soda, fructose, natural and artificial flavor.

**NUTTER BUTTER COOKIES-** enriched wheat flour (contains niacin, reduced iron, thiamine mononitrate [vitamin b1] riboflavin [vitamin b2], folic acid), sugar, peanut butter (roasted peanuts, hydrogenated rapeseed, cottonseed and soybean oils, salt), rolled oats, vegetable shortening (partially hydrogenated soybean oil), whey, high fructose corn syrup, leavening (baking soda, calcium phosphate), eggs, salt, cornstarch, vanillin-an artificial flavor, soy lecithin (emulsifier).

**RICE KRISPIES TREATS-** Toasted rice cereal (rice, sugar, salt, high fructose corn syrup, malt flavoring, niacinamide, reduced iron, riboflavin [vitamin B], folic acid), marshmallow (corn syrup, sugar, gelatin, artificial flavor), fructose margarine (partially hydrogenated soybean oil, water, natural and artificial butter flavor, deacetyl tartaric acid esters of mono- and diglycerides, acetylated monoglycerides, vitamin A palmitate, BHT to preserve quality, vitamin D), invert sugar, corn syrup solids, glycerin, salt, niacinamide, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), CONTAINS A MILK INGREDIENT.

### **Drinks:**

**GATORADE- FROST-** Sucrose, dextrose, citric acid, natural flavors, salt, sodium citrate, monopotassium phosphate, ascorbic acid (to promote color retention), red 40, blue 1.

**GATORADE-FRUIT PUNCH-** sucrose, dextrose citric acid, salt, sodium citrate, monopotassium phosphate, natural and artificial flavors, red 40, partially hydrogenated coconut oil.

**GATORADE- LEMON-LIME-** sucrose, dextrose, citric acid, salt, sodium citrate, monopotassium phosphate, natural lemon and lime flavors with other natural flavors, yellow #5.

**GATORADE- ORANGE-** sucrose, dextrose, citric acid, salt, soduim citrate, natural orange flavor with other natural flavors, monopotassium phosphate, partially hydrogenated soybean oil, yellow 6.

# PHILMONT TRAIL MEAL INGREDIENTS

## SUPPERS 2004

### Supper #1

Spaghetti W/Meat Sauce  
Corn  
Bread Sticks  
Chips Ahoy

### Supper #2

Homestyle Chicken With Mashed Potatoes And Gravy  
Green Beans  
Pilot Biscuits  
Chocolate squeeze pudding

### Supper #3

Black Beans And Rice  
Bread Sticks  
Corn Nuts  
Rice Krispy Treat

### Supper #4

Chicken And Rice  
Ramen Noodles  
Vanilla Pudding  
Apple Rings

### Supper #5

Chili Macaroni  
Mashed Potatoes (butter)  
Cheese Nips  
Oreo Cookies

### Supper #6

Stroganoff And Beef With Noodles  
Mashed Potatoes (garlic/herb)  
Bread Sticks  
Snackin Grahams

### Supper #7

Hawaiin Chicken  
Green Beans  
Bread Sticks  
Chips Ahoy

### Supper #8

Leonardo de Feticini  
Mashed Potatoes (bacon/cheddar)  
Pilot Biscuits  
Chocolate Cheese Cake

### Supper #9

Chicken Teriyaki  
Ramon Noodles  
Oreo Cookies  
Apple Sauce Razzberry

### Supper #10

Macaroni & Cheese  
Pilot Biscuits  
Cheese Cake

## Entrees:

**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.

**BLACK BEANS AND RICE-** black beans, rice, wheat starch, tomato, onion, fructose, salt, garlic, molasses, spices, cilantro and citric acid.

**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.

**CHILI MAC-** Spaghetti (durum wheat semolina flour), dehydrated tomato, freeze-dried beef, cornmeal, wheat starch, dehydrated onion, fructose, spices, salt, cocoa powder, garlic, beef flavor (contains salt and skim milk powder), citric acid.

**STROGANOFF AND BEEF 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.

**CHICKEN TERIYAKI-** Rice, freeze-dried chicken, fructose, soy flour, onion, wheat starch, soy sauce (wheat, soybeans, salt, maltodextrin [complex carbohydrate from corn]), red and green bell peppers, snow peas, whey, garlic, ginger, chicken flavor (contains salt and tapioca starch), salt, sherry wine solids, citric acid.

**MACARONI & CHEESE-** Noodles (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], wheat starch, whey, nonfat dry milk, salt, mustard flour, maltodextrin (complex carbohydrates from corn), xanthan gum, butter flavor, cheese flavor, citric acid, sodium tripolyphosphate, spices.

## PHILMONT TRAIL MEAL INGREDIENTS

**LEONARDO DE FETTUCCINE-** pasta[durum semolina (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, and folic acid)], romano cheese powder [romano cheese (pasteurized milk, cheese cultures, salt, enzymes), disodium phosphate], sour cream powder [sour cream (cream solids, cultured nonfat milk), citric acid, TBHQ], parmesan cheese powder[parmesan cheese (skim milk, cheese cultures, salt, enzymes), buttermilk solids, partially hydrogenated soybean oil, whey, disodium phosphate, salt], potato starch, whey powder, onion granules, freeze-dried broccoli, tomato flakes, mushrooms, nonfat milk powder, sea salt, garlic granules, spice.

**HAWAIIAN CHICKEN-** instant white rice, sauce (potato starch, sugar, salt, beets, bell peppers, mushrooms, onion powder, tomato flakes, torula yeast, garlic powder, spices, ginger, vegetable oil, citric acid, red pepper, vinegar, vitamin supplement), pineapple dipped in honey, onions, red bell peppers, green bell peppers, freeze dried cooked chicken.

### Side Dishes:

**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.

**BACON AND CHEDDAR CHEESE MASHED POTATOES-** 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.

**GARLIC AND HERB MASHED POTATOES-** 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), garlic, onion, salt, butter flavor, spice, dry vinegar solids, parsley.

**FRUIT ROCKETZ APPLE SAUCE- ZINNAMON-** apples, high fructose corn syrup, water, natural cinnamon flavoring, ascorbic acid (vitamin c), may contain citric acid.

**FRUIT ROCKETZ APPLE SAUCE- RAZZBERRY-** apples, high fructose corn syrup, water, natural flavor, ascorbic acid (vitamin c), red 40, may contain citric acid.

**RAMEN NOODLES-** Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (contains one or more of the following: canola oil, cottonseed oil, palm oil), contains less than 2% of salt, sodium tripolyphosphate, potassium carbonate, sodium carbonate, sodium alginate, tocopherols.

**Ramen Noodles Spices- Chicken:** salt, monosodium glutamate, hydrolyzed soy, corn and wheat protein, chicken powder, soy sauce powder (wheat, soybeans, maltodextrin, salt), dehydrated onions, garlic powder, spices, chicken fat, celery powder, hydrolyzed corn gluten, sugar, natural flavors, citric acid, turmeric color, autolyzed yeast extract, disodium guanylate, disodium inosinate.

**Creamy Chicken:** salt, vegetable powders (onion, potato, garlic, celery), cream powder, nonfat milk powder, monosodium glutamate, chicken powder, natural flavors, xanthan gum, chicken fat, hydrolyzed soy, corn and wheat protein, hydrolyzed corn gluten, spices, autolyzed yeast extract, dehydrated parsley, artificial flavor, disodium succinate, turmeric color, disodium guanylate, disodium inosinate.

**Chicken Vegetable:** salt, monosodium glutamate, dehydrated onions, hydrolyzed soy and wheat protein, chicken powder, sugar, garlic powder, autolyzed yeast extract, spice, celery powder, carrot powder, natural flavor, turmeric color, disodium guanylate, disodium inosinate, citric acid.

**Oriental Flavor:** salt, soy sauce powder (wheat, soybeans, maltodextrin, salt), monosodium glutamate, hydrolyzed soy protein, spices, caramel color, garlic powder, dehydrated onions, citric acid, disodium succinate, disodium guanylate, disodium inosinate, natural flavor.

### 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.

**PLAIN BREAD STICKS-** unbleached enriched wheat flour (contains malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable shortening (partially hydrogenated soybean oil), yeast, salt, corn and malt syrup, and dried brewers yeast.

**GARLIC BREAD STICKS-** unbleached enriched wheat flour (contains malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable shortening (partially hydrogenated soybean oil), yeast, salt, corn and malt syrup, and dried brewers yeast. Garlic powder and garlic oil.

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**SESAME BREAD STICKS-** - unbleached enriched wheat flour (contains malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable shortening (partially hydrogenated soybean oil), yeast, salt, corn and malt syrup, and dried brewers yeast. Sesame seeds.

**ONION BREAD STICKS-** - unbleached enriched wheat flour (contains malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable shortening (partially hydrogenated soybean oil), yeast, salt, corn and malt syrup, and dried brewers yeast. Onion.

**CHEESE NIPS-** Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable shortening (partially hydrogenated soybean oil), cheddar cheese (made from cultured milk, salt, enzymes, and annatto extract color), salt, autolyzed yeast extract, leavening (baking soda, yeast), monosodium glutamate (flavor enhancer), annatto extract (vegetable color), paprika, sodium caseinate (a milk protein), spices, malted barley flour, cornstarch.

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

### **Desserts:**

**RICE KRISPIE TREATS-** Toasted rice cereal (rice, sugar, salt, high fructose corn syrup, malt flavoring, niacinamide, reduced iron, riboflavin [vitamin B], folic acid), marshmallow (corn syrup, sugar, gelatin, artificial flavor), fructose margarine (partially hydrogenated soybean oil, water, natural and artificial butter flavor, deacetyl tartaric acid esters of mono- and diglycerides, acetylated monoglycerides, vitamin A palmitate, BHT to preserve quality, vitamin D), invert sugar, corn syrup solids, glycerin, salt, niacinamide, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), CONTAINS A MILK INGREDIENT.

**VANILLA PUDDING-** Non-Fat milk, Water, Sugar, modified corn starch, partially hydrogenated soybean oil. Less than 2% of: salt, sodium stearoyl lactylate, natural and artificial flavors, tricalcium phosphate, carrageenan, yellow 5, yellow 6. **Contains Milk**

**ELF GRAHAMS-** enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), sugar, vegetable shortening (partially hydrogenated soybean and or cottonseed oils), graham flour, honey, contains two percent or less molasses, salt, sodium bicarbonate, soy lecithin.

**CHEESECAKE-** filling(nonfat dry milk, sugar, corn syrup solids, partially hydrogenated coconut and palm kernel oils, cream cheese solids, dried buttermilk, modified food starch, natural gums, sodium phosphates, natural and artificial flavors, yellow #5 & #6), Graham cracker crumbs (enriched wheat flour, graham flour, high fructose corn syrup, leavening [baking soda, monocalcium phosphate], dairy whey, salt, honey).

**CHOCOLATE CHEESECAKE-** filling (nonfat dry milk, sugar, corn syrup solids, partially hydrogenated coconut and palm kernel oils, cream cheese solids, dried buttermilk, modified food starch, natural gums, sodium phosphates, natural and artificial flavors, yellow #5 & #6), cocoa powder, chocolate crumb topping (sugar, enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], cocoa[processed with alkali], cornstarch, baking soda, salt, soy lecithin [emulsifier], vanillin – an artificial flavor, chocolate).