

## PHILMONT 2005 TRAIL MENU

### **BREAKFAST #1**

Instant Oatmeal  
Tropical Gorp  
Oberto Jerky  
Nature Valley Granola Bar (Oat 'n Honey)  
Hot Cocoa

### **BREAKFAST #2**

French Vanilla Almond Granola  
Apricots  
Cliff Bar (chocolate chip peanut)  
Oberto Jerky  
Salted Sunflower Kernels

### **BREAKFAST #3**

Dry Cereal (Lucky Charms)  
Lara Bar Apple Pie  
Cherry Gorp  
Raisins  
Oberto Jerky

### **BREAKFAST #4**

Cereal Bar (Honey Nut Cheerios)  
Gorp  
Pop Tarts (strawberry)  
Lawry's Jerky  
Peaches

### **BREAKFAST #5**

Maple Almond Granola  
Oberto Jerky  
Harvest Power Bar (strawberry)  
Tropical Gorp  
Salted Sunflower Kernals

### **BREAKFAST #6**

Cereal Bar (Cinnamon Toast Crunch)  
Gorp  
Lawry's Jerky  
Apples  
Hot Spiced Cider

### **LUNCH #1**

Canned Chicken  
Zesta Crackers  
Pears  
Hooah Bar (chocolate crisp)  
Gatorade

### **LUNCH #2**

Tuna Fish  
Club Crackers  
Chocolate Pudding  
Oriental Mix  
Gatorade

### **LUNCH #3**

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

### **LUNCH #4**

Jalapeno Squeeze Cheese  
Cheddar Squeeze Cheese  
Townhouse Crackers  
Cliff Bar (crunchy peanut butter)  
Nutter Butter Cookies  
Gatorade

### **LUNCH #5**

Canned Ham  
Club Crackers  
Fruit Roll Up  
Rice Crispy Treat  
Gatorade

### **LUNCH #6**

Peanut Butter Squeezers  
Strawberry Jam Squeezers  
Graham Crackers  
Santa Fe Mix  
Raisins  
Gatorade

### **SUPPER #1**

Spaghetti with Meat Sauce  
Corn  
Pilot Biscuits  
Chips Ahoy

### **SUPPER #2**

Homestyle Chicken with Mashed Potatoes and Gravy  
Green Beans  
Pilot Biscuits  
Apple Sauce (razzberry)

### **SUPPER #3**

Black Beans and Rice  
Bread Sticks  
Corn Nuts  
Oreos

### **SUPPER #4**

Chicken and Rice  
Mashed Potatoes (bacon and cheddar)  
Bread Sticks  
Animal Crackers

### **SUPPER #5**

Stroganoff with Beef and Noodles  
Pilot Biscuits  
Apple Sauce (cinnamon)  
Oreos

### **SUPPER #6**

Teriyaki Chicken  
Ramen Noodles  
Chips Ahoy

## PHILMONT 2005 TRAIL MENU

### **BREAKFAST #7**

Instant Oatmeal  
Pop Tarts (blueberry)  
Apples  
Cranberries  
Short Stops Sausage

### **LUNCH #7**

Jalapeno Squeeze Cheese  
Cheddar Squeeze Cheese  
Townhouse Crackers  
Gatorade Energy Bar (chocolate chip)  
Salted Sunflower Seeds  
Gatorade

### **SUPPER #7**

Mexican Rice with Beef  
Refried Beans  
Bread Sticks  
Cheesecake

### **BREAKFAST #8**

Granola Cereal (Super Nutty)  
Gorp  
Hooah Bar (apple cinnamon)  
Short Stops Sausage  
Honey Roasted Sunflower Kernals

### **LUNCH #8**

Tuna Fish  
Club Crackers  
Honey Roasted Sunflower Seeds  
Rice Crispy Treats  
Gatorade

### **SUPPER #8**

Macaroni and Cheese  
Green Beans  
Pilot Biscuits  
Chocolate Cheesecake

### **BREAKFAST #9**

Cereal Bar (Team Cheerios)  
Nature Valley Granola Bar (Maple)  
Cherry Gorp  
Lawry's Beef Jerky  
Apple Sauce (zinnamon)

### **LUNCH #9**

Peanut Butter  
Graham Crackers  
Brownie  
Short Stop Sausage  
Gatorade

### **SUPPER #9**

Stir Fry Beef  
Ramen Noodles  
Pecan Sandies Cookies

### **BREAKFAST #10**

Granola Cereal (blueberry)  
Chewy Granola Bar (chocolate chip)  
Lawry's Jerky  
Honey Roasted Sunflower Kernals

### **LUNCH #10**

Jalapeno Squeeze Cheese  
Cheddar Squeeze Cheese  
Townhouse Crackers  
Nutter Butter Cookies  
Gorp  
Gatorade

### **SUPPER #10**

Fettuccine Primavera  
Mashed Potatoes (garlic and herb)  
Corn  
Vanilla Pudding

# PHILMONT 2005 TRAIL MENU

## BREAKFASTS

### Cereals:

**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.

**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.

**SUPER 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.

**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:

**CHERRY GORP** - peanuts, m & m's, cranberries and cherries.

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

## PHILMONT 2005 TRAIL MENU

**TROPICAL GORP** - milk chocolate (sugar, chocolate, cocoa butter, skim milk, milkfat, 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, almonds, cranberries, sugar, sunflower oil, pineapple, sugar and sulfur dioxide added for color retention.

**TOASTER PASTRY - STRAWBERRY** - strawberry filling, high fructose corn syrup, dextrose, wheat flour, water, glycerin, food starch - modified, sugar, partially hydrogenated 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)

**TOASTER PASTRY- BLUEBERRY** - 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 (vitamin C), may contain citric acid.

**TEAM CHERRIOS CEREAL BAR** - whole grain oats, corn syrup, sugar, high fructose corn syrup, canola and/or rice bran oil, corn (whole grain corn, flour, bran), natural strawberry flavored fruit pieces (sugar, cranberries, citric acid, natural flavor, elderberry, juice concentrate, sunflower oil), whole grain wheat, fructose, whole grain rice, water, hulled barley, glycerin, calcium carbonate, maltodextrin, brown sugar syrup, salt, sorbitol, wheat starch, corn starch, gelatin, red 40 lake and other color added, natural and artificial flavor, trisodium phosphate, distilled monoglycerides, vitamin c (sodium ascorbate), iron and zinc (mineral nutrients), A B vitamin (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), A B vitamin (folic acid), vitamin E (tocopherol), vitamin B12, vitamin D, almonds meal, mixed tocopherols added to preserve freshness. Contains wheat and almond ingredients.

**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.**

## PHILMONT 2005 TRAIL MENU

**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.

**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 flour, pecan flour. **Contains wheat, milk, almond, peanut, pecan and sunflower ingredients.**

**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.

**NATURE VALLEY GRANOLA BAR - OAT 'N HONEY** - whole grain rolled oats, sugar, canola oil, crisp rice (rice flour, sugar, malt, salt) soy protein, honey, brown sugar syrup, high fructose corn syrup, salt, soy lecithin, baking soda, natural flavor, almond flour, hazelnut flour, walnut flour. Contains soy, almond, peanut, pecan, hazelnut, and walnut ingredients.

**LARA BAR - APPLE PIE** - dates, walnuts, unsweetened apples, almonds, raisins, cinnamon.

**HOOAH BAR - APPLE CINNAMON** - corn syrup, fructose, soy protein isolate, maltodextrin, fractionated palm oil, apple powder, rice flour, whey protein concentrate, rice bran, glycerine, barley malt extract, dates, raisins, soy lecithin, natural flavor, ascorbic acid, d-alpha-tocopherol acetate, niacinamide, zinc oxide, tocopherols added to protect flavor, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, vitamin B12.

**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 (vitamin B1), Chromium Chloride, cyanocobalamin (vitamin B12), sodium molybdate, folic acid (vitamin B9), riboflavin (vitamin B2), pyridoxine hydrochloride (vitamin B6).

## PHILMONT 2005 TRAIL MENU

**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 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. **This product is manufactured in a facility that makes products containing milk, egg, soy, and wheat.**

### Fruits:

**PEACHES** - dried peaches, sulfur dioxide for freshness.

**APRICOTS** - apricots and sulfur dioxide (as a preservative)

**APPLE RINGS** - apples, sulfur dioxide.

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

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

**PEARS** - dried pears, sulfur dioxide for freshness.

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

### Meat Sticks:

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

**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.

**SHORT STOPS SMOKED SAUSAGE STICK** - pork hearts, beef, pork fat, water, salt, dextrose, wheat flour, natural flavoring, paprika, potassium nitrate, lactic acid starter culture, sodium nitrate, sodium nitrate, BHA

# PHILMONT 2005 TRAIL MENU

## LUNCHES

### 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.

**TOWNHOUSE CRACKERS** - enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin 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).

### Spreads:

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

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

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

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

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

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

### Energy Bars:

**HOOAH BAR CHOCOLATE CRISP** - corn syrup, soy protein isolate, fructose, maltodextrin, fractionated palm oil, unsweetened chocolate, dextrose, rice flour, cocoa (processed with alkali), whey protein concentrate, barley malt extract, glycerine, dates, raisins, soy lecithin, natural flavor, rice bran, ascorbic acid, d-alpha-tocopherol acetate, niacinamide, zinc oxide, tocopherols added to protect flavor, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, vitamin B12.

## PHILMONT 2005 TRAIL MENU

**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 (vitamin B1), Chromium Chloride, cyanocobalamin (vitamin B12), sodium molybdate, folic acid (vitamin B9), riboflavin (vitamin B2), pyridoxine hydrochloride (vitamin B6).

**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:**

**ANIMAL CRACKERS** - enriched bleached and unbleached wheat flour (contains niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, lecithin, mono and diglycerides, sodium benzoate, a preservative, artificial butter flavor, beta carotene and vitamin A Palmitate), sugar, leavening (sodium bicarbonate), natural and artificial flavor, lecithin, salt.

**SANDIES COOKIES - PECAN SHORTBREAD** - enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), partially hydrogenated soybean and/or cottonseed oil, sugar, pecans, contains 2% or less of dried eggs, salt, baking soda.

**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.**

**ORIENTAL TRAIL MIX** - peanuts, unbleached wheat flour, corn, green beans, sesame seeds, soy sauce, sugar, vegetable oil (palm, coconut, peanut and partially hydrogenated soy), bulgarwheat, salt, maltodextrin, spices, tortula yeast, chili pepper, dehydrated jalapeno, parsley, natural and artificial colors.

**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, 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.

## PHILMONT 2005 TRAIL MENU

### Cookies/Desserts:

**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**.

**FRUIT ROLL UP** - pears from concentrate, orange juice 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, color (red 40, yellow 5, blue 1), glycerin.

**CHOCOLATE PUDDING** - non-fat milk, water, sugar, partially hydrogenated soybean oil, modified corn starch, cocoa (processed with alkali), less than 2% of: salt, sodium stearoyl lactylate, tricalcium phosphate, carrageenan, artificial flavors.

### 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 2005 TRAIL MENU

## SUPPERS

### 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.

**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 AND 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.

**MEXICAN RICE AND BEEF** - instant white rice, sauce (sour cream [cream, nonfat milk, cultures, cultured nonfat milk, citric acid, and BHA (to help protect flavor)], salt, flour, tomato powder [tomato paste, maltodextrin], potato starch, chili pepper, onion powder, sugar, vitamin supplement, coriander, cumin, garlic powder, oregano, black pepper, citric acid), textured vegetable protein (soy flavor, caramel flavor, partially hydrogenated soybean oil, salt, hydrolyzed corn-soy-wheat protein, autolyzed yeast), onion, freeze-dried beef, freeze-dried cheddar cheese (cultured milk, salt, calcium chloride, enzymes), tomato flakes.

**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.

**FETTUCCINE 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), non-fat milk powder, sour cream powder (cream, cultured nonfat dry milk, citric acid), natural butter flavor, natural vegetable flavor, salt, spices.

### 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.

## PHILMONT 2005 TRAIL MENU

**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 - 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.

**REFRIED BEANS WITH JALAPENOS AND GREEN CHILIS** - pinto beans, salt, corn oil, dehydrated vegetables (chili powder, garlic, jalapeno pepper, onion, tomato, green bell pepper), salt, paprika, spices, sugar.

### **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.

**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.

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

## PHILMONT 2005 TRAIL MENU

### 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**

**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).