

Breakfast 1

Raisins - 1oz

Nutrition Facts	
Serving Size 1 oz (28g)	
Calories 120	
% Daily Value*	
Total Fat 1g	2%
Total Sugar 12g	24%
Total Fiber 1g	2%
Total Protein 1g	2%
*Percent Daily Values are based on a 	

Jerky Stick

Nutrition Facts	
Serving Size 1 Stick (28g)	
Calories 120	
% Daily Value*	
Total Fat 1g	2%
Total Sugar 12g	24%
Total Fiber 1g	2%
Total Protein 1g	2%
*Percent Daily Values are based on a 	

PowerBar Protein Bar (Gluten Free)

Nutrition Facts	
Serving Size 1 Bar (40g)	
Calories 120	
% Daily Value*	
Total Fat 1g	2%
Total Sugar 12g	24%
Total Fiber 1g	2%
Total Protein 1g	2%
*Percent Daily Values are based on a 	

INGREDIENTS: TRISOURCE™ PROTEIN BLEND (SOY PROTEIN ISOLATE, CALCIUM CASEINATE, WHEY PROTEIN ISOLATE), MALTITOL SYRUP, CHOCOLATE FLAVORED COATING (SUGAR, FRACTIONATED PALM KERNEL OIL, COCOA, WHEY, NONFAT MILK, SOY LECITHIN, NATURAL FLAVOR), OLIGOFRUCTOSE (FROM CHICORY ROOT), FRUCTOSE, CANE INVERT SYRUP, COOKIE BITS (RICE FLOUR, SUGAR, CANOLA OIL, COCOA, RICE STARCH, BAKING SODA, SALT), WATER, HIGH OLEIC CANOLA OIL, AND LESS THAN 2% OF: SOY LECITHIN, GROUND ALMONDS, PARTIALLY DEFATTED PEANUT FLOUR, NATURAL CREAM FLAVOR WITH OTHER NATURAL FLAVOR.
MADE ON EQUIPMENT THAT ALSO PROCESSES WHEAT.

Nature Valley Oats and Honey Protein Granola - 1oz

Nutrition Facts	
Serving Size 1 oz (28g)	
Calories 120	
% Daily Value*	
Total Fat 1g	2%
Total Sugar 12g	24%
Total Fiber 1g	2%
Total Protein 1g	2%
*Percent Daily Values are based on a 	

Breakfast 2

Apples

Instant Oatmeal

Nutrition Facts	
Serving Size 1 Packet (28g)	
Calories 120	
% Daily Value*	
Total Fat 1g	2%
Total Sugar 12g	24%
Total Fiber 1g	2%
Total Protein 1g	2%
*Percent Daily Values are based on a 	

Turkey Pepperoni Stick

Nutrition Facts	
Serving Size 1 Stick (28g)	
Calories 60	
% Daily Value*	
Total Fat 1g	2%
Total Sugar 12g	24%
Total Fiber 1g	2%
Total Protein 1g	2%
*Percent Daily Values are based on a 	

PowerBar Protein Bar (Gluten Free)

Nutrition Facts	
Serving Size 1 Bar (40g)	
Calories 120	
% Daily Value*	
Total Fat 1g	2%
Total Sugar 12g	24%
Total Fiber 1g	2%
Total Protein 1g	2%
*Percent Daily Values are based on a 	

INGREDIENTS: TRISOURCE™ PROTEIN BLEND (SOY PROTEIN ISOLATE, CALCIUM CASEINATE, WHEY PROTEIN ISOLATE), MALTITOL SYRUP, CHOCOLATE FLAVORED COATING (SUGAR, FRACTIONATED PALM KERNEL OIL, COCOA, WHEY, NONFAT MILK, SOY LECITHIN, NATURAL FLAVOR), OLIGOFRUCTOSE (FROM CHICORY ROOT), FRUCTOSE, CANE INVERT SYRUP, COOKIE BITS (RICE FLOUR, SUGAR, CANOLA OIL, COCOA, RICE STARCH, BAKING SODA, SALT), WATER, HIGH OLEIC CANOLA OIL, AND LESS THAN 2% OF: SOY LECITHIN, GROUND ALMONDS, PARTIALLY DEFATTED PEANUT FLOUR, NATURAL CREAM FLAVOR WITH OTHER NATURAL FLAVOR.
MADE ON EQUIPMENT THAT ALSO PROCESSES WHEAT.

Breakfast 3

Dried Fruit 1.4oz

Nutrition Facts	
Serving Size 1.4 oz (40g)	
Calories 120	
% Daily Value*	
Total Fat 1g	2%
Total Sugar 12g	24%
Total Fiber 1g	2%
Total Protein 1g	2%
*Percent Daily Values are based on a 	

Jerky Stick Nature Valley Oats and Honey Protein Granola - 1oz

Nutrition Facts	
Serving Size 1 Stick (28g)	
Calories 120	
% Daily Value*	
Total Fat 1g	2%
Total Sugar 12g	24%
Total Fiber 1g	2%
Total Protein 1g	2%
*Percent Daily Values are based on a 	

Nutrition Facts	
Serving Size 1 oz (28g)	
Calories 120	
% Daily Value*	
Total Fat 1g	2%
Total Sugar 12g	24%
Total Fiber 1g	2%
Total Protein 1g	2%
*Percent Daily Values are based on a 	

Nature Valley Peanut Butter Dark Chocolate Protein Chewy Bars



Breakfast 4

Instant Oatmeal Jerky Stick Nature's Bakery Fig Bars- 1 Orange



Breakfast 5

Dried Fruit 1.4 oz Nature's Bakery Fig Bars- 1 Turkey Pepperoni Stick



Nature Valley Peanut Butter Dark Chocolate Protein Chewy Bars



Lunches:

Lunch 1 Fresh apples

Starkist Pouch Chicken 2.6oz - Variety of flavors 1oz Peanuts



Nutrition Facts	Amount/serving	% DV*	Amount/serving	% DV*
	Total Fat 15g	19%	Total Carb. 4g	9%
	Sat Fat 2.5g	14%	Dietary Fiber 2g	7%
	Trans Fat 0g		Total Sugars 1g	
	Cholest. 0mg	0%	Includes <1g Added Sugars	0%
	Sodium 150mg	7%	Protein 1g	
15.0 30mg 2% • Calcium 10mg 2% • Iron 0.4mg 2% • Total 150mg 3%				

Cracker Sleeve -1 sleeve per 2 scouts

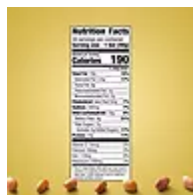
INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SOYBEAN AND/OR CANOLA OIL, PALM OIL, SUGAR, SALT, LEAVENING (CALCIUM PHOSPHATE, BAKING SODA), HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN, NATURAL FLAVOR.

CONTAINS: WHEAT, SOY.

CONTAINS A BIOENGINEERED FOOD INGREDIENT

Nutrition Facts	
about 40 servings per container	
Serving size 5 crackers (16g)	
Calories 80	
% Daily Value*	
Total Fat 4 1/2g	9%
Saturated Fat 1 1/2g	3%
Trans Fat 0g	0%
Cholesterol 10mg	2%
Sodium 10mg	2%
Total Carbohydrate 15g	3%
Dietary Fiber 0g	0%
Total Sugars 1g	2%
Includes 1g Added Sugars	2%
Protein 1g	2%
Vitamin D 0.1mg	2%
Calcium 10mg	2%
Iron 0.5mg	2%
Potassium 100mg	2%

Protein bars



Goldfish 1oz package

Nutrition Facts	
250 Servings: Per Container	
Serving Size 5 Pack (28g)	
Calories 130	
% Daily Value*	
Total Fat 4 1/2g	9%
Saturated Fat 1 1/2g	3%
Trans Fat 0g	0%
Polysaturated Fat 1g	2%
Monounsaturated Fat 2 1/2g	5%
Cholesterol 10mg	2%
Sodium 240mg	50%
Total Carbohydrate 15g	3%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0.1mg	2%
Calcium 10mg	2%
Iron 0.5mg	2%
Potassium 100mg	2%

Lunch 2 Apples and baby carrots

Peanut Butter cup



Graham Crackers - 1 box per 6 scouts Jerky Stick



Lunch 3

Cheese Stick

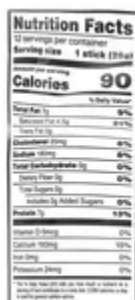
INGREDIENTS: PASTEURIZED MILK.
CHEESE CULTURES. SALT. ENZYMES.
CONTAINS MILK.

Tuna Pouch

INGREDIENTS: LIGHT TUNA, WATER, SUGAR,
CONTAINS 2% OR LESS OF THE FOLLOWING:
WHITE VINEGAR, TOMATOES, DEHYDRATED
RED BELL PEPPERS, CHILI POWDER, SALT,
DEHYDRATED GARLIC, DEHYDRATED ONION,
NATURAL FLAVORS (INCLUDING YEAST
EXTRACT), VEGETABLE BROTH, CORN SYRUP,
EXTRACTIVES OF PAPRIKA.
CONTAINS: FISH (TUNA)

Trail Mix

INGREDIENTS: WALNUTS, DRIED SWEETENED
CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL,
PEPPITS, ALMONDS, PECANS, VEGETABLE OIL (PEANUT OIL,
COTTONSEED OIL, SOYBEAN OIL AND/OR SUNFLOWER OIL),
CONTAINS ALMONDS, PECANS AND WALNUTS. MAY CONTAIN
TRACES OF MILK, EGGS, BRAZIL NUTS, CASHEWS, COCONUT,
HAZELNUTS, MACADAMIA NUTS, PINE NUTS, PISTACHIOS,
PEANUTS, WHEAT, SOY AND SESAME.



Cracker Sleeve -1 sleeve per 2 scouts

INGREDIENTS: UNBLEACHED ENRICHED FLOUR
(WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE
MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN
B2), FOLIC ACID), SOYBEAN AND/OR CANOLA OIL,
PALM OIL, SUGAR, SALT, LEAVENING (CALCIUM
PHOSPHATE, BAKING SODA), HIGH FRUCTOSE
CORN SYRUP, SOY LECITHIN, NATURAL FLAVOR.
CONTAINS: WHEAT, SOY.
CONTAINS A BIOENGINEERED FOOD INGREDIENT

Nutrition Facts	
about 40 servings per container	
Serving size 8 crackers (16g)	
Amount per serving	
Calories	80
Total Fat 4 1/2g	
Saturated Fat 1 1/2g	
Trans Fat 0g	
Cholesterol 10mg	
Sodium 100mg	
Total Carbohydrate 15g	
Dietary Fiber 3g	
Total Sugars 1g	
Includes 1/2 Added Sugars	
Protein 10g	
Includes 1/2 Added Protein	
Calcium 100mg	
Iron 10mg	

Lunch 4 Grapes, broccoli florets raw

1oz Peanuts

Chicken Salad and Crackers

Nutrition Facts	
Amount/serving % DV*	
Total Fat 15g 30%	
Saturated Fat 2.5g 5%	
Trans Fat 0g	
Cholesterol 0mg 0%	
Sodium 150mg 7%	
Total Carb. 4g 8%	
Dietary Fiber 2g 4%	
Total Sugars 1g 2%	
Includes 1/2 Added Sugars	
Protein 10g 20%	

BUMBLE BEE	
CHICKEN SALAD	
Nutrition Facts	
Serving size 1/2 cup (12g)	
Amount per serving	
Calories 140	
Total Fat 10g	
Saturated Fat 2g	
Trans Fat 0g	
Cholesterol 10mg	
Sodium 100mg	
Total Carb. 4g	
Dietary Fiber 2g	
Total Sugars 1g	
Includes 1/2 Added Sugars	
Protein 10g	

Lunch 5

Oranges, carrots, Pouch Chicken

Nutrition Facts	
Serving size 1 pouch (70g)	
Amount per serving	
Calories 70	
Total Fat 10g	
Saturated Fat 2g	
Trans Fat 0g	
Cholesterol 10mg	
Sodium 100mg	
Total Carb. 4g	
Dietary Fiber 2g	
Total Sugars 1g	
Includes 1/2 Added Sugars	
Protein 10g	

Cracker Sleeve -1 sleeve per 2 scouts

Nutrition Facts	
about 40 servings per container	
Serving size 8 crackers (16g)	
Calories 80	
Amount per serving	
Total Fat 4 1/2g	9%
Saturated Fat 1 1/2g	3%
Trans Fat 0g	
Cholesterol 10mg	2%
Sodium 100mg	2%
Total Carbohydrate 15g	3%
Dietary Fiber 3g	6%
Total Sugars 1g	
Includes 1/2 Added Sugars	1%
Protein 2 1/2g	
Vitamin D 25mcg	50%
Calcium 250mg	50%
Iron 4.5mg	100%
Phosphorus 100mg	20%

Dinner 1

Backpacker's Pantry Beef Stroganoff



Vegetarian Option - Backpackers Pantry Mushroom Stroganoff



Dinner 2 Backpacker's Pantry Pad Thai with chicken



Vegetarian Option: Pad Thai



Dinner 3 Backpackers pantry 3 Cheese Mac and Cheese



Dinner 4 Backpacker's Pantry Lasagna



Dinner 5 Backpacker's Pantry Mashed Potatoes with Gravy and Beef



Dinner 6 -

Fresh Watermelon

Green Beans

Grilled Chicken Breast

Mashed Potatoes

Eclair Cake

Dinner Roll