

trail food allergies 2023 Bingo chart

Trail Food Allergies							
	Meal	WHEAT/GLUTEN	PEANUT/TREE NUT	SOY	EGG	Lactose Intolerance	VEGETARIAN
B1	TORTILLA	g.f. tortilla		g.f. tortilla			
B1	POWDER EGGS			no eggs	no eggs		
B1	CHEESE BLOCK					Hummus	
B1	DRIED SAUSAGE						TVP
B1	Blueberry pop tart	mixed berry granola		mixed berry granola	mixed berry granola		
B2	GRANOLA - ALMOND		L.N. granola				
B2	COUNTRY MEAT STICK						Vegan Jerky
B2	YOGURT POUCH					Dried Fruit & granola	
B2	Trail Mix Cranberry Crunch		sunflower seeds				
B2	Cereal bar - strawber	L.N. Granola Bar		L.N. Granola Bar		L.N. Granola Bar	
B3	OATMEAL - apple cin	Gluten Free Oatmeal					
B3	Highland Beef Deli Meat Stick						Vegan Jerky
B3	PROTEIN BAR		L.N. Protein Bar	L.N. Protein Bar			
B3	YOGURT COVERED FRUIT			Dried Fruit		Apple Sauce	
B4	Bagel	Gluten free Bagle					
B4	Cream Cheese					pb&j pouch	
B4	Meat Stick Ends and curls						Vegan Jerky
B4	Granola Bar	L.N. granola Bar					
B5	PANCAKE MIX	Gluten Free oatmeal			Oatmeal	Oatmeal	
B5	SYRUP						
B5	SPAM						Vegan Jerky

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B5	Meal YOGURT COVERED FRUIT			Pineapple		Dried pineapple	
B6	Spam						Vegan Jerky
B6	Cheese Block					hummus	
B6	H.S. Waffle						
B7	hudson Bay Bread	GF/Vegan HBB			GF/Vegan HBB	GF/Vegan HBB	
B7	PEANUT BUTTER		Sunbutter/Wowbutter				
B7	DRIED BANANA						
B7	PROTEIN BAR		L.N. Protein Bar	L.N. Protein Bar			
B7	Ends & Curls						Vegan Jerky
B8	GRANOLA-Cinnamon Raisin		L.N. granola				
B8	Protein Bar					L.N. Granola Bar	
B8	COUNTRY MEAT STICK						Vegan Jerky
B8	YOGURT POUCH					AppleSauce	
B9	PRO-BAR		Hudson Bay Bread				
B9	Meat Stick w/ cheese					Meat Stick	Vegan Jerky
B9	Crunchers- Ranch					Chili lime Crunchers	
B9	Yogurt covered fruit					Dried Fruit	
B10	OATMEAL	gluten free oatmeal					
B10	HONEY STINGER WAFFLE			l.n. granola bar	l.n. granola bar	L.N. Granola Bar	
B10	RAISIN	dried fruit					
B10	COUNTRY MEAT STICK						Vegan Jerky

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	Meal						
B10	GRANOLA BAR	L.N. Granola Bar					
B9	YOGURT COVERED FRUIT			Dried Fruit		Dried fruit	
B11	Granola- Almond	LN Granola	LN Granola			LN Granola	
B11	HONEY STINGER WAFFLE			l.n. granola bar	l.n. granola bar	L.N. Granola Bar	
B11	Protein Bar						
B11	Ends & Curls						Vegan Jerky
B11	Yogurt Pouch					Apple Sauce	
B11	Dried Fruit						
B12	PRO BAR		Hudson Bay Bread				
B12	Meat Stick and Cheese	Country Meat Stick		Country Meat Stick		meat stick	Vegan Jerky
B12	YOGURT COVERED FRUIT			dried fruit		dried fruit	
B12	Crunchers -Ranch					Crunchers Chili lime	
B12	GRANOLA BAR - sweet	L.N. Granola Bar	L.N. Granola Bar	L.N. Granola Bar	L.N. Granola Bar		
L1	BREAD	gluten free bread		gluten free bread			
L1	LUNCH MEAT						guac singles
L1	CHEESE SLICES					no cheese	
L1	Animal Crackers	chick pea snacks		chick pea			
L2	PITA BREAD	Gluten Free Bagel					
L2	SUMMER SAUSAGE						Hummus
L2	SHELF STABLE CHEESE					Hummus	
L2	CHEESE CRACKERS	E.L. Lentil Chip				E.L. Lentil chip	
L2	NUTROLL		Homefree Cookie	Homefree Cookie		Homefree Cookie	

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L3	BAGEL	Gluten Free Bagel		Pita Bread			
L3	PEANUT BUTTER		Sunbutter/Wowbutter				
L3	JELLY	Dried Fruit		dried fruit	dried fruit		
L3	TRAIL MIX -Fruit & Nut	Nut & Seed	Nut & Seed	Nut & Seed		Nut & Seed	
L3	PRINGLES	Popchips					
L3	RANCH PACKET			No Ranch		No Ranch	
L4	CLUB CRACKERS	E.L. Lentil Chip		E.L. Lentil Chip			
L4	Pepperjack Cheese Wedge			Hummus		Hummus	
L4	SUMMER SAUSAGE						Vegan Jerky
L4	TRAIL MIX - Nut & Chocolate		sun flower kernel				
L4	FRUIT SNACK						
L5	HUDSON BAY BREAD	GF/ Vegan HBB				GF/ Vegan HBB	
L5	PB&J		Sunflower Butter				
L5	COUNTRY MEAT STICK						Vegan Jerky
L5	RANCH PACKET					No Ranch	
L5	Cheese Whale	homefree cookie	homefree cookie	homefree cookie		Homefree cookie	
L6	TORTILLAS	gluten free tortilla		gluten free tortilla			
L6	CHEESEWICH					Hummus & Meatstick	Hummus & Cheese
L6	PIZZA SAUCE			No Sauce			
L6	TRAIL MIX - nut and chocolate		Nut & Seed	Nut & Seed			
L6	VEGGIE STRAW						
L6	TWIZZLERS	Fruit Snack		homefree cookie			

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	Meal						
L5	Cheese Whale	homefree cookie	homefree cookie	homefree cookie		Homefree cookie	
L7	Hummus						
L7	Meat & Cheese					Meat Stick	veegan Jerkey
L7	Trail Mix		Crunchers				
L8	WASA	gluten free wasa					
L8	CHICKEN						Hummus
L8	FRUIT GUMMIE			dry fruit	dry fruit		
L8	YOGURT COVERED PEANUT BUTTER	Homefree Cookie		Homefree Cookie		Homefree Cookie	
L9	Tortilla	Gluten Free tortilla		Gluten Free tortilla			
L9	Chicken						Hummus
L9	Cheese					Hummus	
L9	H.S. Chews						
L10	HUDSON BAY BREAD	GF/Vegan HBB				GF/Vegan HBB	
L10	PEANUT BUTTER		Sunbutter/Wowbutter				
L10	JELLY						
L10	Meat stick and Cheese			country meat stick		meat stick	Vegan Jerky
L10	TRAIL MIX		Seed & Fruit	Seed & Fruit		Seed & Fruit	
L11	Wasa Crackers	GF Wasa Crackers					
L11	Tuna						Hummus
L11	HS Chew						
L11	Cheese					no cheese	

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	Meal	WHEAT/GLUTEN	PEANUT/TREE NUT	SOY	EGG	Lactose Intolerance	VEGETARIAN
L12	Bagel Chips	LN Chips		LN Chips		LN Chips	
L12	hummus						
L12	Meat & Cheese Stick					Meat Stick	Vegan Jerky
L12	Trail mix Fruit& Nut		Crunchers				
L13	Club Crackers	LN chips		LN Chips		LN Chips	
L13	Summer Sausage						Hummus
L13	Cheese Wedge					hummus	
L13	Trail Mix Nut & chocolate						
D1	TORTILLA	gluten free tortilla		gluten free tortilla			
D1	SPANISH RICE	Uncle Ben Rice for crew		Uncle Ben Rice for crew			
D1	CHICKEN						Black Beans
D1	FAJITA SEASONING	Mccormick for Crew		Mccormick for Crew	Mccormick for Crew		
D1	CHEESE BLOCK					No Cheese	
D1	PUDDING					E.L. Caramel Apple	
D2	ROTINI	Gluten Free Pasta					
D2	DRIED HAMBURGER						TVP
D2	SPAGHETTI SEASONING	Mccormick for Crew		Mccormick for Crew	Mccormick for Crew		
D2	BAGLE	Gluten Free Bagel		Pita Bread			
D2	BROWNIE	E.L. Coco Loco		E.L. Coco Loco	E.L. Coco Loco		
D3	KEKAKABIC SUPREME	Backpacker Meal #1		Backpacker Meal #1	Backpacker Meal #1	Backpacker Meal #1	TVP
D3	Biscuit mix	Gluten Free Bagel		Pita Bread			

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D3	CHOCOLATE CHIP MUFFIN	Homefree Cookie		Homefree Cookie	Homefree Cookie	Homefree Cookie	
D4	POO-BAH	Bear Creek WR Soup for crew		Backpacker Meal #3	Bear Creek WR Soup	Backpackers #3	Backpackers #3
D4	PITA BREAD	Gluten Free Bagel					
D4	GRAHAM CRACKER	E.L. Graham	E.L. Graham	E.L. Graham	E.L. Graham		
D4	HERSHEY BAR			E.L. Chocolate		E.L. Chocolate	
D5	CHARLIE'S KRAFT WAFFLES	Backpacker Meal #2		Backpacker Meal #2	Backpacker Meal #2	Backpacker Meal #2	no bacon
D5	BANANA MUFFIN	E.L. Caramel Apple		E.L. Caramel Apple	E.L. Caramel Apple		
D5	CROUTON	No Crouton				No Crouton	
D6	CHILI MAC	G.F. Pasta & Bear Creek for crew		Backpacker Meal #1	Bear Creek Soup for Crew	Backpacker #1	no ground beef
D6	CORN BREAD MIX	Gluten Free Bagel		Pita Bread	Pita Bread	Pita Bread	
D6	BLUEBERRY MUFFIN	E.L. Caramel Apple		E.L. Caramel Apple	E.L. Caramel Apple	E.L. Caramel Apple	
D7	Egg Noodle	Gluten Free Pasta		Gluten Free Pasta	Gluten Free Pasta		
D7	Chicken						TVP
D7	Pesto		No pesto				
D7	Brownie	EL Granola bar			EL Granola bar	EL Granola bar	
D7	Biscuit mix	LN Chips				LN Chips	
D7	Parmesan cheese					No cheese	
D8	RED BEANS AND RICE	Backpacker Meal #3		Backpacker Meal #3			
D8	CORN BREAD MIX	Gluten Free Bagel		Pita Bread	Pita Bread		
D8	Dried Sausage Crumble						TVP
D8	CHEESECAKE	E.L. Caramel Apple	No graham cracker	No graham cracker	No graham cracker	E.L. Caramel Apple	

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D9	DRIED CHICKEN						Soy Curls
D9	TORTILLA	Gluten Free Tortilla		gluten free tortilla			
D9	BANANA CHIPS	Dried Fruit	Dried Fruit	Dried Fruit	Dried Fruit		
D9	VANILLA PUDDING					E.L. Coco Loco	
D9	VANILLA WAFFERS	Homefree Cookies					
D10	Enchillada Soup mix	Backpacker Meal #4					Backpackers meal #4
D10	Tortilla	Gluten Free Tortilla		Gluten Free Tortilla			
D10	Spanish Rice			BackPacker meal #4			
D10	Chicken						
D10	Sour Cream					No sour cream	
D10	Yellow Cake Mix	EL Granola Bar			EL Granola Bar	EL Granola Bar	
D11	Macaroni	Gluten Free Pasta				Backpackers Meal #3	
D11	Tuna						Soy Curls
D11	Cheese Sauce						
D11	Muffin Mix	EL Granola Bar		EL Granola Bar	EL Granola Bar		
D11	Crutons					no crutons	
D12	ROTINI	Gluten Free Pasta					
D12	DRIED HAMBURGER						TVP
D12	SPAGHETTI SEASONING	Mccormick for Crew		Mccormick for Crew	Mccormick for Crew		
D12	BROWNIE	E.L. Coco Loco		E.L. Coco Loco	E.L. Coco Loco		