

Meal	Wheat/Gluten	Peanut	Tree Nut	Soy	Lactose Intolerant	Milk/Dairy Allergy	Sesame	Eggs	Fish	Red Meat	Vegetarian (Not Vegan)
B6 - Ely Cinnamon Raisin Granola											
Cinnamon Raisin Granola	Bob's Red Mill Granola, 1/2 bag	Bob's Red Mill Granola, 1/2 bag	Bob's Red Mill Granola, 1/2 bag		Bob's Red Mill Granola, 1/2 bag	Bob's Red Mill Granola, 1/2 bag	Bob's Red Mill Granola, 1/2 bag				
Zee Zees MixZees											
Zee Zees Soft Baked Bar - Cinnamon Crisp	88 Acres Banana Bread Protein Bar				88 Acres Banana Bread Protein Bar	88 Acres Banana Bread Protein Bar	88 Acres Banana Bread Protein Bar				
Kar's Original Trail Mix		Zee Zees Sweet Heat Trail Mix	Zee Zees Sweet Heat Trail Mix	Zee Zees Sweet Heat Trail Mix	Zee Zees Sweet Heat Trail Mix	Zee Zees Sweet Heat Trail Mix	Zee Zees Sweet Heat Trail Mix	Zee Zees Sweet Heat Trail Mix			
That's Smart Dry Milk Powder					No Milk	No Milk					
Electrolyte Drink Packets											
B7 - Protein Bars A											
Special K Strawberry Protein Bars	88 Acres Banana Bread Protein Bar	88 Acres Banana Bread Protein Bar	88 Acres Banana Bread Protein Bar	88 Acres Banana Bread Protein Bar	88 Acres Banana Bread Protein Bar	88 Acres Banana Bread Protein Bar	88 Acres Banana Bread Protein Bar				
Highland Beef Original Deli Sticks										Chef's Cut Chicken Jerky	Vegan Jerky
Craisins - Orange											
Zee Zees Honey Roasted Sunflower Kernels											
Ocean Spray Yogurt-Dipped Cranberry Bites					Craisins (2)	Craisins (2)	Craisins (2)				
Electrolyte Drink Packets											
B8 - Peanut Butter/Banana Sandwiches B											
That's Smart Honey Graham Crackers	Pamela's Products GF Honey Graham Crackers				Pamela's Products GF Honey Graham Crackers						
DYMA PB&J Sleeves		Wowbutter + Jelly singles									
Power Snacks Banana Chips, 1oz	Craisins (2)	Craisins (2)	Craisins (2)	Craisins (2)	Craisins (2)	Craisins (2)	Craisins (2)				
Zee Zees Soft Baked Bar - Strawberry Crisp	88 Acres Banana Bread Protein Bar				88 Acres Banana Bread Protein Bar	88 Acres Banana Bread Protein Bar	88 Acres Banana Bread Protein Bar				
Imperial Fruit & Nut Blend	Zee Zees Sweet Heat Trail Mix	Zee Zees Sweet Heat Trail Mix	Zee Zees Sweet Heat Trail Mix	Zee Zees Sweet Heat Trail Mix	Zee Zees Sweet Heat Trail Mix	Zee Zees Sweet Heat Trail Mix	Zee Zees Sweet Heat Trail Mix	Zee Zees Sweet Heat Trail Mix			
Electrolyte Drink Packets											
B9 - Apple Cinnamon Oatmeal A											
Quaker Protein Instant Oatmeal - Apples & Cinnamon					Cream of Wheat, Original (2)	Cream of Wheat, Original (2)	Cream of Wheat, Original (2)				
Zee Zees Fava Bean Crisps - Churro											
Zee Zees MixZees											
Riffs Smokehouse Sweet Candied Bacon										Vegan Jerky	Vegan Jerky
Nature Valley Blueberry Nut Protein Bars		88 Acres Dark Chocolate Sea Salt Seed + Oat Bar	88 Acres Dark Chocolate Sea Salt Seed + Oat Bar	88 Acres Dark Chocolate Sea Salt Seed + Oat Bar	88 Acres Dark Chocolate Sea Salt Seed + Oat Bar	88 Acres Dark Chocolate Sea Salt Seed + Oat Bar	88 Acres Dark Chocolate Sea Salt Seed + Oat Bar				
Imperial Energy Blend	Zee Zees Honey Roasted Sunflower Kernels	Zee Zees Honey Roasted Sunflower Kernels	Zee Zees Honey Roasted Sunflower Kernels	Zee Zees Honey Roasted Sunflower Kernels	Zee Zees Honey Roasted Sunflower Kernels	Zee Zees Honey Roasted Sunflower Kernels	Zee Zees Honey Roasted Sunflower Kernels	Zee Zees Honey Roasted Sunflower Kernels			
Electrolyte Drink Packets											
B10 - Ely Maple Granola B											
Maple Almond Granola, 12oz	Bob's Red Mill Granola, 1/2 bag	Bob's Red Mill Granola, 1/2 bag	Bob's Red Mill Granola, 1/2 bag		Bob's Red Mill Granola, 1/2 bag	Bob's Red Mill Granola, 1/2 bag	Bob's Red Mill Granola, 1/2 bag	Bob's Red Mill Granola, 1/2 bag			
Country Meats Sticks - Sweet Maple Bacon										Savory Wild Portabella Jerky	Savory Wild Portabella Jerky
Welch's Fruit 'n Yogurt Snacks - Blueberry Acai					Craisins	Craisins	Craisins				
Nature Valley Fruit & Nut Bars		88 Acres Dark Chocolate Sea Salt Seed + Oat Bar	88 Acres Dark Chocolate Sea Salt Seed + Oat Bar	88 Acres Dark Chocolate Sea Salt Seed + Oat Bar	88 Acres Dark Chocolate Sea Salt Seed + Oat Bar	88 Acres Dark Chocolate Sea Salt Seed + Oat Bar	88 Acres Dark Chocolate Sea Salt Seed + Oat Bar				
Zee Zees Honey Roasted Sunflower Kernels											
That's Smart Dry Milk Powder					No Milk	No Milk					
Electrolyte Drink Packets											
B11 - Protein Bars B											
Clif Protein Bars	Made Good Granola Bars (3)	Made Good Granola Bars (3)	Made Good Granola Bars (3)	Made Good Granola Bars (3)	Made Good Granola Bars (3)	Made Good Granola Bars (3)	Made Good Granola Bars (3)	Made Good Granola Bars (3)			
Highland Beef Original Deli Sticks										Vegan Jerky	Vegan Jerky

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D1 - Voyageur Fajita												
	Our Family Tortillas	Gluten-Free Tortillas										
	Our Family Spanish Rice											
	Frozen Chicken, 1.5lb Pack											
	Green Peppers	Good To-Go Cuban Rice Bowl (2)			Good To-Go Cuban Rice Bowl (2)	Good To-Go Mexican Quinoa Bowl (3)	Good To-Go Mexican Quinoa Bowl (3)		Good To-Go Cuban Rice Bowl (2)			Good To-Go Cuban Rice Bowl (2)
	Onions											
	Our Family Fajita Seasoning											
	Herdez Taqueria Street Sauce, Roja			No Sauce								
	Bongards Cheddar Cheese Block, 16oz					Hummus	Hummus					
	Our Family Chocolate Pudding Mix					Enjoy Life Chocolate Bar Minis (3)						
D2 - Northwoods Spaghetti												
	Rotini Pasta											
	Freeze Dried Hamburger Crumbles, 9oz											
	Tomato Powder, 4.5oz	Good To-Go Pasta Marinara (2)									Good To-Go Pasta Marinara (2)	Good To-Go Pasta Marinara (2)
	Lawry's Spaghetti Seasoning											
	Green Peppers											
	Onions											
	Lender's Bagels, 6ct	Gluten-Free Bun (2 buns)			Gluten-Free Bun (2 buns)							
	Betty Crocker Fudge Brownie Mix	Made Good Soft Baked Mini Cookies (2)				Made Good Soft Baked Mini Cookies (2)	Made Good Soft Baked Mini Cookies (2)					
D3 - Kekakabic Supreme												
	Our Family Scalloped Potatoes	Good To-Go Herbed Mushroom Risotto				Good To-Go Herbed Mushroom Risotto	Good To-Go Herbed Mushroom Risotto				Good To-Go Herbed Mushroom Risotto (2)	Good To-Go Herbed Mushroom Risotto
	Freeze Dried Sausage Crumbles, 9oz											
	Freeze Dried Corn, 4.5oz											
	Bisquick Complete Biscuit Mix - Buttermilk	Gluten-Free Tortilla			Gluten-Free Tortilla	Gluten-Free Tortilla	Gluten-Free Tortilla		Gluten-Free Tortilla			
	Betty Crocker Blueberry Muffin Mix	Made Good Soft Baked Mini Cookies (2)				Made Good Soft Baked Mini Cookies (2)	Made Good Soft Baked Mini Cookies (2)					
D4 - Poo Bah Burgoo												
	Freeze Dried Chicken, 9oz											
	Shore Lunch Wild Rice Soup Mix	Good To-Go Kale & White Bean Stew (2)				Good To-Go Kale & White Bean Stew (2)	Good To-Go Kale & White Bean Stew (2)					Good To-Go Kale & White Bean Stew (2)
	Highland White Rice, Parboiled, 13oz											
	Freeze Dried Peas, 4.5oz											
	Grecian Delight Chicago-Style Pita, 10ct	Gluten-Free Tortilla			Gluten-Free Tortilla							
	That's Smart Honey Graham Crackers	Pamela's Products GF Honey Graham Crackers			Pamela's Products GF Honey Graham Crackers							
	Our Family Marshmallows											
	Hershey's Milk Chocolate Bars				Enjoy Life Chocolate Bar	Enjoy Life Chocolate Bar	Enjoy Life Chocolate Bar					
D5 - Charlie's Kraft Bacon Mac												
	Macaroni Pasta											
	Oscar Mayer Bacon Bits											
	Cheese Sauce Powder, 4.5oz	Good To-Go Bimbibap (2)			Good To-Go Cuban Rice Bowl (2)	Good To-Go Bimbibap (2)	Good To-Go Bimbibap (2)				Good To-Go Bimbibap (2)	Good To-Go Bimbibap (2)
	Freeze Dried Green Beans, 4.5oz											
	Freeze Dried Carrots, 4.5oz											
	Our Family Devil's Food Cake Mix	Made Good Cookies (2)			Made Good Cookies (2)							
	Nutella Hazelnut Spread			Enjoy Life Chocolate Bar	Enjoy Life Chocolate Bar	Enjoy Life Chocolate Bar	Enjoy Life Chocolate Bar					

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D6 - Chili Mac												
	Macaroni Pasta	Good To-Go Smoked Three Bean Chili (2)				Good To-Go Smoked Three Bean Chili (2)	Good To-Go Smoked Three Bean Chili (2)				Good To-Go Smoked Three Bean Chili (2)	Good To-Go Smoked Three Bean Chili (2)
	Shore Lunch Chili Mix											
	Cheese Sauce Powder, 4.5oz											
	Freeze Dried Hamburger Crumbles, 9oz											
	Freeze Dried Corn, 4.5oz											
	Cornbread Mix	Made Good Cookies (2)				Made Good Cookies (2)	Made Good Cookies (2)					
	Betty Crocker Chocolate Chip Muffin Mix	Made Good Cookies (2)			Made Good Cookies (2)	Made Good Cookies (2)	Made Good Cookies (2)					
D7 - Pesto Pasta												
	Egg Noodles, 16oz	Good To-Go Pasta Marinara (2)			Good To-Go Pasta Marinara (2)	Good To-Go Pasta Marinara (2)	Good To-Go Pasta Marinara (2)					Good To-Go Pasta Marinara (2)
	Freeze Dried Chicken, 9oz											
	Knorr Pesto Seasoning											
	Kraft Parmesan Cheese, 3oz											
	Freeze Dried Carrots, 4.5oz											
	Bisquick Complete Biscuit Mix - Buttermilk	GF Crackers			GF Crackers	GF Crackers	GF Crackers		GF Crackers			
	Individual Packaged Cookies	Made Good Cookies		Made Good Cookies	Made Good Cookies	Made Good Cookies	Made Good Cookies					
D8 - Red Beans & Rice												
	Zatarain's Red Beans & Rice Mix	Good To-Go Cuban Rice Bowl (2) + Gluten-Free Tortilla			Good To-Go Cuban Rice Bowl (2) + Gluten-Free Tortilla						Good To-Go Mexican Quinoa Bowl (2)	Good To-Go Cuban Rice Bowl (2)
	Catalina 8" Tortillas, 12ct											
	Freeze Dried Sausage, 9oz											
	Freeze Dried Corn, 4.5oz											
	Our Family No-Bake Cheesecake Mix	Enjoy Life Chocolate Bars (2)			Enjoy Life Chocolate Bars (2)	Enjoy Life Chocolate Bars (2)						
	That's Smart Honey Graham Crackers	Pamela's Products GF Honey Graham Crackers			Pamela's Products GF Honey Graham Crackers							
D9 - BBQ Chicken												
	Freeze Dried Chicken, 9oz											Good To-Go Mexican Quinoa Bowl (2)
	Idahoan Instant Mashed Potatoes					Gluten-Free Tortillas	Gluten-Free Tortillas					
	Freeze Dried Peas, 4.5oz											
	Cornbread Mix	Made Good Cookies (2)				Made Good Cookies (2)	Made Good Cookies (2)					
	Ritz Cheese Crispers - Four Cheese & Herb	Enjoy Life Lentil Chips			Enjoy Life Lentil Chips	Enjoy Life Lentil Chips						
	Our Family Vanilla Pudding Mix					Enjoy Life Chocolate Bar	Enjoy Life Chocolate Bar					
	Vanilla Wafers	Kinnikinnick GF Vanilla Wafers			Kinnikinnick GF Vanilla Wafers	Kinnikinnick GF Vanilla Wafers	Kinnikinnick GF Vanilla Wafers		Made Good Cookies			
	BBQ Sauce Packets											
D10 - Enchilladas												
	Shore Lunch Tortilla Soup Mix	Good To-Go Cuban Rice Bowl (2) + Gluten-Free Tortillas			Good To-Go Cuban Rice Bowl (2) + Gluten-Free Tortillas	Good To-Go Mexican Quinoa Bowl (2) + Gluten-Free Tortillas	Good To-Go Mexican Quinoa Bowl (2) + Gluten-Free Tortillas			Good To-Go Cuban Rice Bowl (2) + Gluten-Free Tortillas		Good To-Go Cuban Rice Bowl (2) + Tortilla (no separate tortillas packed)
	Catalina 8" Tortillas, 12ct											
	Our Family Spanish Rice											
	Freeze Dried Chicken, 9oz											
	Sour Cream Powder, 4.5oz											
	Freeze Dried Black Beans, 4.5oz											
	Freeze Dried Corn, 4.5oz											
	Our Family Classic Yellow Cake Mix	Made Good Cookies (2)			Made Good Cookies (2)	Made Good Cookies (2)	Made Good Cookies (2)		Made Good Cookies (2)			
D11 - Charlie's Kraft Tuna Mac												
	Macaroni Pasta	Good To-Go Bimbimbap (2)			Good To-Go Cuban Rice Bowl (2)	Good To-Go Bimbimbap (2)	Good To-Go Bimbimbap (2)					Good To-Go Bimbimbap (2)
	Tuna Pouches											
	Cheese Sauce Powder, 4.5oz											
	Freeze Dried Peas, 4.5oz											
	Freeze Dried Carrots, 4.5oz											
	Betty Crocker Blueberry Muffin Mix	Made Good Cookies (2)			Made Good Cookies (2)							
D12 - Northwoods Spaghetti B												
	Rotini Pasta	Good To-Go Pasta Marinara (2)									Good To-Go Pasta Marinara (2)	Good To-Go Pasta Marinara (2)
	Freeze Dried Hamburger Crumbles, 9oz											
	Tomato Powder, 4.5oz											
	Lawry's Spaghetti Seasoning											

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	Freeze Dried Green Beans, 4.5oz											
	Betty Crocker Fudge Brownie Mix	Made Good Soft Baked Mini Cookies (2)				Made Good Soft Baked Mini Cookies (2)	Made Good Soft Baked Mini Cookies (2)					

