Northern Tier Okpik 2026-2027 Trail Menu

!!!	NOT safe for listed Allergen	X	Safe for listed Allergen	O	Processed in the same facility as the listed allergen

Breakfast #1	Peanut Free	Tree Nut Free	Dairy Free	Gluten Free	Soy	Vegetarian	Calories	Protein(g)	Carbs(g)	Sugar(g)
Papetti's Liquid Egg Scramble	X	X	!!!	X	!!!	X	140	9	1	0
Breakfast Sausage Links	X	X	X	X	X	!!!	170	6	0	0
Our Family Shredded Cheddar	X	X	!!!	X	!!!	X	110	6	2	0
Amazon Grocers Fruit & Grain Bar - Strawberry	!!!	!!!	O	O	O	X	140	3	25	12
Country Meats - Sweet Maple Bacon	X	X	X	X	X	!!!	70	9	2	2
Powersnacks Banana Chips	O	O	O	O	O	X	150	0	12	8
Materne GoGo Squeeze AppleApple	X	X	X	X	X	X	70	0	16	13
Our Family Strawberry Toaster Pastry	O	O	!!!	!!!	!!!	X	390	3	74	40
Hospitality Instant Hot Cocoa Mix	X	X	!!!	X	X	X	110	1	24	22
Alpine Spiced Apple Cider	X	!!!	O	O	O	X	80	0	20	20
Breakfast #1 Totals							**1430**	**37**	**176**	**117**

Breakfast #2	Peanut Free	Tree Nut Free	Dairy Free	Gluten Free	Soy	Vegetarian	Calories	Protein(g)	Carbs(g)	Sugar(g)
Malt-O-Meal Maple Brown Sugar	X	X	X	!!!	X	X	320	8	66	26
Sunmaid Raisins 1.33 oz	X	X	X	X	X	X	120	1	31	26
Clif Bar -Crunch Peanut Butter	!!!	O	O	O	O	X	260	11	40	17
Our Family Brown Sugar & Cinnamon Toaster Pastry	O	O	!!!	!!!	!!!	X	390	3	74	40
Motts Applesauce Variety Pack	X	X	X	X	X	X	40	0	10	8
Hospitality Instant Hot Cocoa Mix	X	X	!!!	X	X	X	110	1	24	22
Alpine Spiced Apple Cider	X	!!!	O	O	O	X	80	0	20	20
Ocean Spray Blueberry Cranberry Snack Medley	O	O	O	O	O	X	90	0	23	19
Breakfast #2 Totals							**1410**	**24**	**288**	**178**

Breakfast #3	Peanut Free	Tree Nut Free	Dairy Free	Gluten Free	Soy	Vegetarian	Calories	Protein(g)	Carbs(g)	Sugar(g)
Papetti's Liquid Egg Scramble	X	X	!!!	X	!!!	X	140	9	1	0
Highland Market Premier Bacon Bits	X	X	X	X	X	!!!	120	12	0	0
Burnett Shredded Cheese	X	X	!!!	X	X	X	114	6.5	0.9	0.1
Amazon Grocers Apple Cinnamon Fruit and Grain Cereal Bars	O	O	O	!!!	!!!	X	140	3	25	12
Our Family Strawberry Toaster Pastry	O	O	!!!	!!!	!!!	X	390	3	74	40
Materne GoGo Squeeze AppleApple	X	X	X	X	X	X	70	0	16	13
Protein Bar - Zee Zee Soft Baked S'Mores	X	X	X	!!!	!!!	X	250	4	42	14
Hospitality Instant Hot Cocoa Mix	X	X	!!!	X	X	X	110	1	24	22
Alpine Spiced Apple Cider	X	!!!	O	O	O	X	80	0	20	20
Black Forest Fruit Strips	O	O	O	O	O	X	90	0	11	7
Breakfast #3 Totals							**1504**	**38.5**	**213.9**	**128.1**

Lunch #1	Peanut Free	Tree Nut Free	Dairy Free	Gluten Free	Soy	Vegetarian	Calories	Protein(g)	Carbs(g)	Sugar(g)
Hudson Bay bread	O	O	!!!	O	!!!	X	614	10	93	46
Poco Pac Peanut Butter Pouch	!!!	O	!!!	!!!	!!!	X	360	14	18	8
Poco Pac Grape Jelly Pouch	O	O	!!!	!!!	!!!	X	140		36	20
Bongards Mozzarella String Cheese	X	X	!!!	X	X	X	160	14	0	0
Planters Peanut Butter & Chocolate Trail Mix	!!!	!!!	!!!	X	!!!	X	319	10.6	23	15.9
Jack Links Jalapeno & Cheese	X	X	!!!	!!!	!!!	!!!	130	8	2	0
Welch's Fruit Snacks Variety Pack	X	X	X	X	X	X	70	1	17	10
Sunbelt Oats and Honey Bar	!!!	!!!	!!!	!!!	!!!	X	120	2	19	8
Squinchers Grape	X	X	X	X	X	X	5	0	1	0
Lunch #1 Totals							**1918**	**59.6**	**209**	**107.9**

Lunch #2	Peanut Free	Tree Nut Free	Dairy Free	Gluten Free	Soy	Vegetarian	Calories	Protein(g)	Carbs(g)	Sugar(g)
Ritz Cheese Cracker Sandwich, 1.35 Ounce	O	X	!!!	!!!	!!!	X	400	4	22	5
Bongards Cheddar Cheese Stick	X	X	!!!	X	X	X	220	14	0	0
Cloverdale Tangy Snacker Stick	X	X	X	X	X	!!!	160	10	1	1
Kar's Sweet N Salty Trail Mix	!!!	!!!	!!!	X	!!!	X	280	7	28	20
Amazon Oats and Honey Bar	X	X	X	X	!!!	X	180	3	30	12
Nature Valley Blueberry Nut Protein Bar	!!!	!!!	!!!	X	!!!	X	190	10	15	8
Our Family Berry Electrolyte Drink Mix	X	X	X	X	X	X	0	0	1	0
			Lunch #2 Totals				**1430**	**48**	**97**	**46**

Lunch #3	Peanut Free	Tree Nut Free	Dairy Free	Gluten Free	Soy	Vegetarian	Calories	Protein(g)	Carbs(g)	Sugar(g)
Country Meat Sticks Old # 9 or Smoked Hickory	X	X	O	O	O	!!!	70	9	3	3
Zee Zee Chicken Stick	X	X	X	X	X	!!!	40	6	1	0
Bongards Marble Jack Cheese Stick	X	X	!!!	X	X	X	220	14	1	0
Ocean Spray Original Craisins	X	X	X	X	X	X	180	0	46	42
Wheat Thins Veggie Toasted Chips	X	X	!!!	!!!	X	X	210	3	34	6
Orchard Valley Harvest Trail Mix Cranberry Almond Cashew	!!!	!!!	X	X	X	X	140	3	14	10
Pearson's Nut Roll	!!!	!!!	!!!	X	!!!	X	240	8	27	20
Reese's Peanut Butter Filled Pretzels	!!!	!!!	**X**	!!!	**X**	X	130	4	17	4
Mott's Asst Fruit Snacks made with Fruit & Veggie Juice	X	X	X	X	X	X	160	0	38	18
Squinchers Orange Electrolye Drink Mix	X	X	X	X	X	X	5	0	1	0
			Lunch #3 Totals				**1395**	**47**	**182**	**103**

Lunch #4	Peanut Free	Tree Nut Free	Dairy Free	Gluten Free	Soy	Vegetarian	Calories	Protein(g)	Carbs(g)	Sugar(g)
Smuckers Uncrustables Wheat Peanut Butter & Grape Sandwich	!!!	!!!	!!!	!!!	!!!	X	600	18	64	30
Power Alley Dried Pineapple Bits, 1.5 Ounce	X	X	X	X	X	X	130	0	33	20
Chex Mix 1.75 Oz	X	X	X	!!!	!!!	X	210	4	37	4
Klements Beef & Pork Stick - Teriyaki	X	X	X	X	!!!	X	160	8	4	2
Nature's Garden Trail Mix Snack Packs	!!!	!!!	X	X	X	X	180	4	13	11
Our Family Berry Electrolyte Drink Mix	X	X	X	X	X	X	0	0	1	0
Hershey's Miniatures	!!!	!!!	!!!	X	!!!	X	170	2	21	18
Lunch #4 Totals							**1450**	**36**	**173**	**85**

Dinner #1	Peanut Free	Tree Nut Free	Dairy Free	Gluten Free	Soy	Vegetarian	Calories	Protein(g)	Carbs(g)	Sugar(g)
Diced Chicken	X	X	X	X	X		150	21	1	0
Our Family Elbow Macaroni	X	X	X	!!!	X	X	400	14	84	4
LeGout - cheese sauce mix	X	X	!!!	X	!!!	X	50	0	5	2
Amazon Grocers - Original Chili Seasoning Mix	X	X	X	!!!	X	X	30	1	6	1
Doritos - Nacho Cheese Chip	X	X	!!!	X	X	X	150	2	17	1
Lipton Cup a Soup - Chix Noodle	X	X	X	!!!	X	X	50	2	8	0
Dessert - Grandma's Chocolate Chip Cookie	O	O	!!!	!!!	!!!	X	340	4	44	22
Bedtime Snack - Little Debbie Fudge Rounds	O	O	!!!	!!!	!!!	X	150	1	23	14
Hospitality Instant Hot Cocoa Mix	X	X	!!!	X	X	X	110	1	24	22
Alpine Spiced Apple Cider	X	!!!	O	O	O	X	80	0	20	20
Dinner #1 Totals							**1510**	**46**	**232**	**86**

Dinner #2	Peanut Free	Tree Nut Free	Dairy Free	Gluten Free	Soy	Vegetarian	Calories	Protein(g)	Carbs(g)	Sugar(g)
Fraboni Polish Sausage	X	X	!!!	X	X		240	14	1	0
Bear Creek Creamy Potato Soup	X	X	!!!	X	X	X	280	4	52	6
Sunsource Meri Frozen corn	X	X	X	X	X	X	100	2	21	4
Time Savor Frozen Potato	X	X	X	X	X	X	50	1	12	0
Lipton Cup a Soup - Chix Noodle	X	X	X	!!!	X	X	50	2	8	0
Kraft Parmesan Grated Cheese	X	X	!!!	X	X	X	40	4	0	0
Crav'n Gourmet - Rich & Crisp Crackers Original	X	X	X	!!!	!!!	X	196	2	25	3
Dessert - Our Family Chewy Granola Bar - Assorted	!!!	!!!	!!!	!!!	!!!	X	100	1	18	7
Bedtime Snack - Little Debbie Oatmeal Cream Pie	O	O	!!!	!!!	!!!	X	170	1	25	13
Hospitality Instant Hot Cocoa Mix	X	X	!!!	X	X	X	110	1	24	22
Alpine Spiced Apple Cider	X	!!!	O	O	O	X	80	0	20	20
Dinner #2 Totals							**1416**	**32**	**206**	**75**

Dinner #3	Peanut Free	Tree Nut Free	Dairy Free	Gluten Free	Soy	Vegetarian	Calories	Protein(g)	Carbs(g)	Sugar(g)
Meatballs	X	X	X	!!!	!!!	!!!	270	12	6	1
Our Family Egg Noodles	X	X	X	!!!	X	X	330	12	60	
Our Family Sour Cream	X	X	!!!	X	X	X	60	1	2	2
McCormick Stroganoff Seasoning Mix	X	X	!!!	!!!	X	!!!	20	0	4	0
Fritos	X	X	X	X	X	X	160	2	16	0
Lipton Cup a Soup - Chix Noodle	X	X	X	!!!	X	X	50	2	8	0
Dessert - Our Family Chewy Granola Bar - Assorted	!!!	!!!	!!!	!!!	!!!	X	100	1	18	7
Bedtime Snack - Little Debbie Cosmic Brownie	O	X	!!!	!!!	!!!	X	270	2	41	23
Hospitality Instant Hot Cocoa Mix	X	X	!!!	X	X	X	110	1	24	22
Alpine Spiced Apple Cider	X	!!!	O	O	O	X	80	0	20	20
Dinner #3 Totals							**1450**	**33**	**199**	**75**

Allergen Friendly Substitutions	Peanut Free	Tree Nut Free	Dairy Free	Gluten Free	Soy	Vegetarian	Calories	Protein(g)	Carbs(g)	Sugar(g)
Made Good Chocolate Chip Granola Bars	X	X	X	X	X	X	100	2	17	6
Made Good Birthday Cake Granola Bars	X	X	X	X	X	X	110	2	17	6
Made Good Soft Baked Bars - Blueberry	X	X	X	X	X	X	120	2	20	7
Blakes Chewy Granola Bars - Apple Cinnamon	X	X	X	X	X	X	110	2	17	5
Blakes Chewy Granola Bars - Birthday Cake	X	X	X	X	X	X	120	2	17	6
Blakes Chewy Granola Bars - Chocolate Chip	X	X	X	X	X	X	120	2	17	5
Blakes Breakfast Protein Bar - Sprinkled Donut	X	X	X	X	X	X	100	5	15	3
Blakes Breakfast Protein Bar - Blueberry Muffin	X	X	X	X	X	X	100	5	15	4
Blakes Breakfast Protein Bar - Cinnamon Roll	X	X	X	X	X	X	100	5	15	3
Katz Gluten Free Toaster Pastry - Brown Sugar Cinnamon	X	X	X	X	X	X	220	2	40	18
Katz Gluten Free Toaster Pastry - Strawberry	X	X	X	X	X	X	220	2	40	13
BoBo's PB & J's - Strawberry 'uncrustable'	!!!	!!!	X	X	X	X	230	4	39	16
BoBo's PB & J's - Grape 'uncrustable'	!!!	!!!	X	X	X	X	230	4	39	16
SunWise - Sunbutter & Grape jelly 'uncrustable'	X	X	X	!!!	!!!	X	310	9	33	11
Absurd Snacks - Chickpea Snack Mix - Maple Cinnamon	X	X	X	X	X	X	170	7	22	5
Absurd Snacks - Chickpea Snack Mix - Rosemary Sea Salt	X	X	X	X	X	X	170	7	21	4
Sunrich Snacks - Sunflower Kernals - Roasted & Salted	X	X	X	X	X	X	170	6	6	1

Allergen Friendly Substitutions	Peanut Free	Tree Nut Free	Dairy Free	Gluten Free	Soy	Vegetarian	Calories	Protein(g)	Carbs(g)	Sugar(g)
Sunrich Snacks - Sunflower Kernals - Honey Roasted	X	X	X	X	X	X	190	6	11	5
Primal Spirit Vegan Jerky - Thai Peanut	!!!	X	X	!!!	!!!	X	74	10	8	4
Primal Spirit Vegan Jerky - Mesquite Lime	X	X	X	!!!	!!!	X	74	10	7	4
Primal Spirit Vegan Jerky - Teriyaki	X	X	X	!!!	!!!	X	99	10	7	3
Primal Spirit Vegan Jerky - Hot & Spicy	X	X	X	!!!	!!!	X	80	10	11	3
Primal Spirit Vegan Jerky - Hickory Smoked	X	X	X	!!!	!!!	X	99	10	8	3
Primal Spirit Vegan Jerky - Texas BBQ	X	X	X	!!!	!!!	X	81	10	11	5
Quaker Gluten Free Oatmeal - Maple Brown Sugar	X	X	X	X	X	X	160	4	32	9
Quaker Gluten Free Oatmeal - Original	X	X	X	X	X	X	130	5	24	0
Bedtime Snack - Home Free Cookies Choc Chip	X	X	X	X	X	X	150	1	20	10
Bedtime Snack - Home Free Cookies Ginger Snap	X	X	X	X	X	X	130	1	19	9
Bedtime Snack - Home Free Cookies Lemon Burst	X	X	X	X	X	X	140	1	21	10
Blake's Crispy Treats - Original	X	X	X	X	X	X	90	1	16	5
Blake's Crispy Treats - Birthday Cake	X	X	X	X	X	X	90	1	16	5
Blake's Crispy Treats - Chocolate Chip	X	X	X	X	X	X	90	1	16	5
Good To-Go - Mushroom Risotto	O	!!!	O	X	O	X	410	13	64	3
Good To-Go - Pasta Marinara	O	O	O	!!!	O	X	370	12	70	15
Good To-Go - Mexican Quinoa Bowl	O	O	O	X	O	X	350	15	67	6
Good To-Go - Thai Curry	O	O	!!!	X	O	X	350	10	56	8
Good To-Go - Chicken Pho	O	O	O	X	O	X	390	27	54	6
Good To-Go - Ranchero Scramble	O	O	O	X	O	X	330	15	46	9
Good To-Go - Smoked 3 Bean Chili	O	O	O	X	O	X	340	16	63	13
Good To-Go - Kale White Bean Stew	O	O	O	X	O	X	360	16	60	12
Good To-Go - Bibimbap	O	O	O	X	!!!	X	370	9	60	11