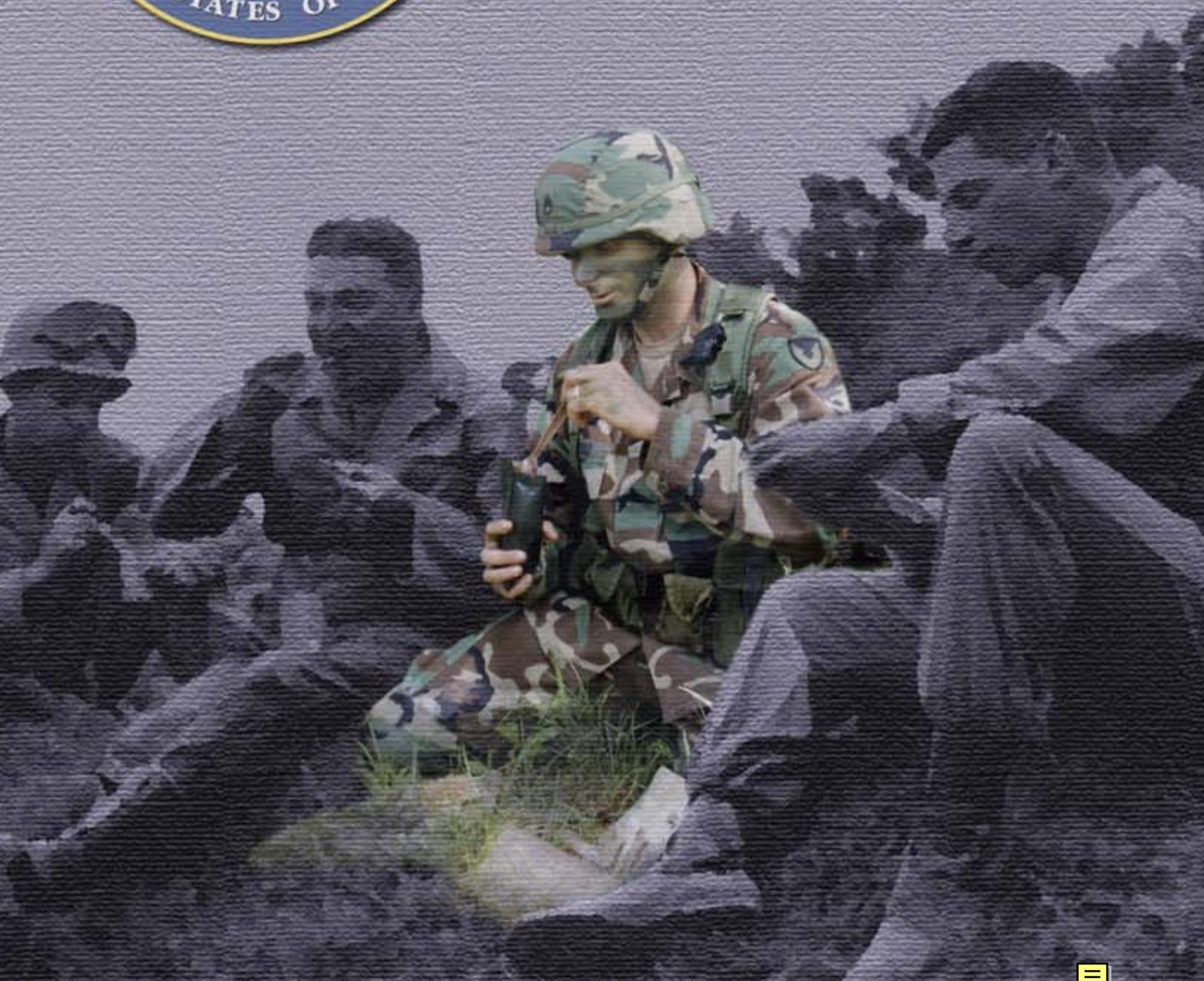


OPERATIONAL RATIONS OF THE DEPARTMENT OF DEFENSE



**NATICK PAM 30-25,
6th Edition
April 2004**



**Approved for
public release;
distribution unlimited**

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6th Edition
April 2004**

Proponents of this pamphlet are the DoD Combat Feeding Directorate [AMSSB-RCF(N)] and the Defense Supply Center Philadelphia, Directorate of Subsistence (DSCP-HR).

This pamphlet is posted at the U.S. Army Natick Soldier Center (NSC) website address given on the back cover. For the most current ration updates prior to publication of an updated Pamphlet, please consult the website. General comments and suggested improvements from readers are most welcome. Please send them to the Combat Feeding at the address on the back cover.

Customers interested in ordering rations described in this Pamphlet should contact Defense Supply Center Philadelphia, DSCP-HR, at the address and phone number given on the back cover or their website. The website provides National Stock Numbers for all operational rations in this pamphlet as well as names and telephone numbers of POCs.

Cover photo depicts military feeding — from the U.S. Army 1st Cavalry Division shown eating C-Rations during the Korean War to today's soldier eating a Meal, Ready-to-Eat (MRE). The U.S. Army Natick Soldier Center's DoD Combat Feeding Directorate and the Defense Supply Center Philadelphia will continue to work together to provide world class rations to our world class Warfighters.

FOR THE COMMANDERS:

OFFICIAL:



Gerald A. Darsch
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DISTRIBUTION: A,B



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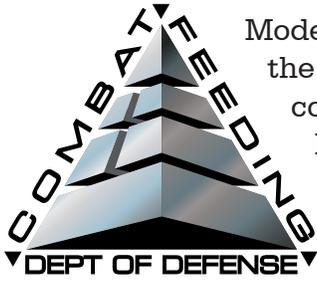
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Modern operational requirements demand state-of-the-art combat rations to provide the nutritional needs of the war fighter in extremely intense and highly mobile combat situations and other contingency operations. Under the auspices of the Department of Defense, the U.S. Army Natick Soldier Center's DoD Combat Feeding Directorate and the Defense Supply Center Philadelphia's Directorate of Subsistence, Operational Rations Business Unit, are collaborating to employ a total life cycle approach in developing, testing, evaluating, procuring, fielding and supporting all military rations. These rations provide an essential contribution to the overall quality of life of the individual combatant.



DEFENSE SUPPLY CENTER PHILADELPHIA

DoD Combat Feeding Directorate is responsible for research, development, engineering, integration, field testing with warfighters and technical support for the full range of combat rations. The Program is based on a strong partnership with the commercial sector, other government agencies and the Office of the Surgeon General. New combat ration menus and components are introduced each year as a direct result of warfighter input. The Operational Rations Business Unit is responsible for developing and implementing a master strategy for the integration of the US food industry

into the combat ration program. The Directorate of Subsistence is also responsible for ensuring a logistical infrastructure is in place to supply present and future customers the highest quality combat rations in a timely manner and at an affordable price.

This pamphlet highlights the full range of fielded combat rations, including general-purpose rations, special purpose subsistence and survival rations. Specific information provided for each ration includes: purpose, characteristics, nutritional data and preparation requirements.





Unitized Group Ration (UGR)

Purpose:

The Unitized Group Ration (UGR) is designed to simplify and streamline the process of providing the highest quality meals in the field by integrating Heat & Serve (H&S) and A-Rations with quick-prepared, user friendly, brand name commercial products. The UGR is used to sustain groups of military personnel during worldwide operations that allow organized food service facilities. It is an integral part of the Army Field Feeding System (AFFS).

Characteristics:

The UGR has 7 breakfast and 14 lunch/dinner menus. Available options include: UGR- H&S, and UGR-A both currently available and the UGR-B which will be available in the near future (see comments). Each module provides 50 complete meals. The H&S and the B-version are unitized into three fiberboard cartons, including disposables. Each pallet contains 8 modules or 400 meals. These are assembled at Government depots and have an expected shelf life of 18 months at 80°F. The UGR-A is a “build to order” ration with assembly and direct delivery by the vendor with a 15-day order ship time within CONUS and a 45-day order ship time for OCONUS. It has a shelf life of at least 3 months remaining for CONUS deliveries and at least 5 months remaining for OCONUS deliveries (at 80°F for semi-perishables and 0°F for perishables).



Unitized Group Ration Heat and Serve (UGR-H&S)

• **Average Weight/Module:** 113 pounds for A/H&S, 125 pounds for B

• **Cube/Module:** 5 cubic feet

Nutritional Data:

For UGR-H&S/A: Each meal, including mandatory supplements, provides an average of 1450 kilocalories (14% protein, 32% fat and 54% carbohydrate). Breakfast supplements include bread, milk and cold cereal; the lunch/dinner supplements include bread and milk.

For UGR-B: Each meal provides an average of 1,300 kilocalories (15% protein, 30% fat and 55% carbohydrate).

Preparation Requirements:

Trained food service personnel prepare the food using organized food service facilities.

Comments:

- At the request of the Marine Corps, plans are underway to commercialize aspects of the Unitized B Ration program where practical. The new program will be known as the Unitized Group Ration-B (UGR-B). The change in the program will see servings per module decrease from 100 to 50, while menu variety will also change from 10 breakfast to 7, and 10 lunch/dinner to 14. The shelf life will decrease from 24 months to 18 months and the number of unique B components will decrease from 33 to 11. The new program will rely on more commercially available items. Plans are to begin fielding the UGR-B in October-November 2004. The UGR-B will replace the Unitized B as stock is depleted on a “menu-by-menu” basis.
- The H&S metal tray can has been replaced with the polymeric tray container; phase-in was completed during the 2003 production.
- Customer-driven menu revisions are made annually under the Fielded Group Ration Improvement Program. An effort is currently underway to accelerate new item introduction from three to two years.

Unitized Group Ration H&S Menu Improvements



5 BREAKFAST		10 LUNCH/DINNERS	
FY00:	Eggs: Western Style Bacon & Cheese Creamed Ground Beef Pork Sausage Links Potatoes in Butter Sauce Potatoes with Bacon Pieces Waffles: Plain & Blueberry Coffee Cake & Spice Cake	Lasagna Spaghetti & Meatballs Chicken Breast Beef & Green Peppers BBQ Pork Ribs Ham Slices in Spice Sauce Hamburgers Chili Con Carne Chicken Chow Mein Turkey Slices Mashed Potatoes, Instant Stuffing, Instant	Beans w/Rice & Bacon Baked Beans White Rice Oriental Rice Sweet Potatoes Cakes: Spice, Yellow, Marble, Chocolate (w/toppings) Puddings: Chocolate & Vanilla
7 BREAKFAST		14 LUNCH/DINNERS	
FY01:	NEW: Pork Sausage & Gravy Scrambled Eggs w/ Pork Sausage & Potatoes Corned Beef Hash	NEW: Beef Stew Chicken Teriyaki Chili w/ Beans Meatballs w/ Brown Gravy Beef With Noodles Butterscotch Pudding Devil's Fudge Cake w/ Coconut Topping Walnut Tea Cake	OUT: Chili Con Carne
FY02:	NEW: Cappuccino replaces Cocoa in 3 Menus Apple Cinnamon Waffles	NEW: Pasta w/ Italian Sausage	OUT: Ham w/ Spice Sauce
FY03:	NEW: Scrambled Eggs w/ Turkey Sausage & Potatoes Scrambled Eggs w/ Beef & Potatoes Cinnamon Swirls Coffee Filter Bags Eggs, Dehydrated Plain (Army only) OUT: Scrambled Eggs, Western Style Coffee Cake w/ Topping	NEW: Lasagna w/ Vegetables Country Captain's Chicken Pork Tamales Chocolate Waffles Coffee Filter Bags	OUT: Lasagna with Meat Sauce Chicken Chow Mein Pasta w/Italian Sausage Oriental Rice Ground Coffee
FY04*:	NEW: Turkey Sausage in Brine Omelet w/Ham & Potato Banana Nut Loaf Raspberry Swirls Blueberry Scones OUT: Ham Slices in Brine Cinnamon Swirls Omelet w/Bacon & Cheese	NEW: Chicken & Dumplings Veal Parmesan Sweet & Sour Pork Mashed Potatoes w/Poultry Gravy Jalapeno Cheese Spread Chocolate Chocolate Chip Cookies Butterscotch Chip Cookies Tapioca Pudding Chocolate Peanut Butter Cookies Chocolate Brownie w/ M&Ms®	OUT: Chili w/Carne Teriyaki Chicken BBQ Pork Ribs Chocolate Pudding Sweet Potatoes
FY05*:	NEW: Cheesy Ham & Potatoes	NEW: BBQ Pork Ribs (improved) Buffalo Chicken & Lemon Pepper Chicken Cornbread & Sausage Stuffing Brownie w/ Butterfinger Pieces Lemon Crunch Cake Chocolate Chip Macaroon Cookies Blonde Brownie Pasta & Sausage (improved) Spaghetti Pizza Bake Zucchini w/Tomatoes Mac & Cheese Red Beans & Rice (improved)	OUT: Potatoes w/ Bacon Hamburger Patties Beef w/ Peppers Bread Stuffing (MC) Instant Mashed Potatoes Instant Stuffing Dehydrated Eggs Pork Tamales Lasagna w/Vegetables
FY06*:		NEW: Chicken Strips/Gravy	OUT: Country Captain's Chicken

*Additional menu changes will be made based on FY04 field test results.



Unitized Group Ration (UGR) 2003 Heat & Serve Menus

BREAKFAST

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7
Grape Juice	Orange Juice	Orange Juice	Grape Juice	Orange Juice	Grape Juice	Orange Juice
Creamed Ground Beef	Ham Slices in Brine	Sausage Links in Brine	Pork Sausage & Gravy	Sausage Links in Brine	Pork Sausage & Gravy	Corned Beef Hash
Scrambled Eggs w/ Bacon & Cheese	Scrambled Eggs w/ Beef & Potatoes	Omelet w/ Sausage & Potatoes	Scrambled Eggs w/ Turkey Sausage & Potatoes*	Scrambled Eggs w/ Bacon & Cheese	Scrambled Eggs w/ Beef & Potatoes*	Scrambled Eggs w/ Turkey Sausage & Potatoes*
Potatoes w/ Bacon	Pears	Hominy Grits	Peaches	Potatoes w/ Bacon	Blueberry Dessert	Apple Dessert
	Coffee Cake w/ Crumb Topping	Blueberry Dessert	Cinnamon Swirls	Fruit Cocktail		Waffles, Apple Cinnamon
Pancakes, Plain Maple Syrup		Blueberry Waffles Maple Syrup		Waffles, Plain Maple Syrup	Pancakes, Blueberry Maple Syrup	Maple Syrup
Salsa or Picante	Ketchup		Ketchup	Ketchup	Ketchup	Salsa or Picante
Strawberry Jam	Hot Sauce	Salsa or Picante	Hot Sauce	Hot Sauce	Hot Sauce	Strawberry Jam
	Grape Jelly	Strawberry Jam	Grape Jelly		Grape Jelly	Coffee
Cocoa	Capuccino	Cocoa	Capuccino	Cocoa	Capuccino	Cocoa
Tea	Tea	Tea	Tea	Tea	Tea	Tea
Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer

LUNCH/DINNER

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7
Lasagna w/ Vegetables*	Turkey Slices w/ Gravy	Pork Tamales*	Hamburger Patties w/ Hamburger Buns	Country Captain Chicken*	Spaghetti w/ Meatballs	Beef & Green Peppers
Apple Sauce	Sweet Potatoes Stuffing, Stove Top	Red Beans & Rice	Baked Beans Mustard, Relish & Ketchup	White Rice		White Rice
Green Beans	Cranberry Sauce	Corn	Hot Sauce	Peas & Carrots	Green Beans	Corn
Hot Sauce	Mixed Vegetables	Hot Sauce	Vanilla Pudding	Hot Sauce	Hot Sauce	Hot Sauce
Spiced Cake	Chocolate Brownies w/M&Ms®	Chocolate Chip Cookies		Devil's Fudge Cake	Butterscotch Pudding	Chocolate Waffles
	Blueberry Dessert	Apple Dessert	Fruit Cocktail	Pears	Peaches	Cherry Dessert
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
Grape Jelly	Strawberry Jam	Grape Jelly	Strawberry Jam	Grape Jelly	Strawberry Jam	Grape Jelly
Lemonade	Ice Tea	Orange Drink	Lemonade	Grape Drink	Pink Lemonade	Ice Tea
Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee
Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer
MENU 8	MENU 9	MENU 10	MENU 11	MENU 12	MENU 13	MENU 14
BBQ Boneless Pork Ribs	Chili Con Carne w/ Beans	Chicken Breast in Gravy	Beef Chunks w/ Noodles	Teriyaki Chicken	Beef Stew	Meatballs w/Gravy
Red Beans & Rice	White Rice	Mashed Potatoes Stuffing, Stove Top Cranberry Sauce		White Rice Soy Sauce		Red Beans & Rice
Mixed Vegetables	Corn	Peas	Mixed Vegetables	Corn	Green Beans	Peas & Carrots
Hot Sauce	Hot Sauce	Hot Sauce	Hot Sauce	Hot Sauce	Hot Sauce	Hot Sauce
Marble Cake	Chocolate Pudding	Peanut Butter/ Chocolate Chip Cookies	Walnut Tea Cake	Butterscotch Pudding	Chocolate Brownies w/M&Ms®	Devil's Fudge Cake
Blueberry Dessert	Pears	Peaches	Tropical Fruit Salad	Pineapple Chunks	Peaches	Pears
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
Strawberry Jam	Grape Jelly	Strawberry Jam	Grape Jelly	Strawberry Jam	Grape Jelly	Strawberry Jam
Lemonade	Orange Drink	Cherry Drink	Pink Lemonade	Ice Tea	Lemonade	Orange Drink
Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee
Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer	Non-Dairy Creamer

* = New Items

Breakfast Menus:

Supplement with 2 slices of Bread, 2 (8 oz.) Milk and 1 Box Cold Cereal per Individual

Lunch/Dinner Menus:

Supplement with 2 slices of Bread and 8 oz. Milk

Enhancements included Fresh Fruits and Salad When Possible

Unitized Group Ration (UGR) 2004 Heat & Serve Menus



BREAKFAST

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7
Grape Juice Turkey Sausage Links in Brine*	Orange Juice Creamed Ground Beef	Orange Juice Sausage Links in Brine	Grape Juice Pork Sausage & Gravy	Orange Juice Sausage Links in Brine Potatoes w/ Bacon	Grape Juice Pork Sausage & Gravy	Orange Juice Corned Beef Hash
Scrambled Eggs w/ Beef & Potatoes (MC)	Omelet w/ Ham & Potatoes*	Omelet w/Sausage & Potatoes (MC)	Scrambled Eggs w/ Turkey Sausage & Potatoes	Scrambled Eggs w/ Bacon & Cheese	Scrambled Eggs w/ Beef & Potatoes	Scrambled Eggs w/ Turkey Sausage & Potatoes
Dehydrated Eggs (Army)	Banana Nut Loaf*	Dehydrated Eggs (Army)	Peaches		Blueberry Dessert	Apple Dessert
Potatoes w/Bacon Cinnamon Scones*	Pears	Blueberry Dessert	Raspberry Swirls*	Waffles, Plain	Blueberry Scones*	Waffles, Apple-Cinnamon
Salsa or Picante	Ketchup	Maple Syrup		Maple Syrup	Maple Syrup	Maple Syrup
Strawberry Jam	Hot Sauce	Salsa or Picante	Ketchup	Ketchup	Ketchup	Salsa or Picante
Cocoa	Grape Jelly	Strawberry Jam	Hot Sauce	Hot Sauce	Hot Sauce	
	Capuccino, French Vanilla*	Cocoa	Grape Jelly	Cocoa	Grape Jelly	Strawberry Jam
			Capuccino, Irish Cream*		Capuccino, French Vanilla*	Cocoa

LUNCH / DINNER

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7
Lasagna w/ Vegetables	Turkey Slice w/ Gravy	Pork Tamales	Hamburger Patty w/ Hamburger Buns	Country Captain Chicken	Spaghetti w/ Meatballs	Beef & Green Peppers
	Mashed Potatoes w/ Poultry Gravy*	Red Beans & Rice	Baked Beans	White Rice		White Rice
	Stuffing, Stove Top Cranberry Sauce		Jalapeno Cheese Spread*			
Green Beans	Mixed Vegetables	Corn	Mustard, Relish, Ketchup	Peas & Carrots	Green Beans	Corn
Spice Cake	Chocolate Brownie w/ M&Ms®	P'nut Butter Chocolate Chip Cookies	Vanilla Pudding	Devil's Fudge Cake	Butterscotch Pudding	Chocolate Chip Cookies*
Apple Sauce	Peaches	Apple Dessert	Fruit Cocktail	Pears	Peaches	Cherry Dessert
Lemonade	Ice Tea	Orange Drink	Lemonade	Grape Drink	Pink Lemonade	Ice Tea
Hot Sauce	Hot Sauce	Hot Sauce	Hot Sauce	Hot Sauce	Hot Sauce	Hot Sauce
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
Grape Jelly	Strawberry Jam	Grape Jelly	Strawberry Jam	Grape Jelly	Strawberry Jam	Grape Jelly
MENU 8	MENU 9	MENU 10	MENU 11	MENU 12	MENU 13	MENU 14
Sweet & Sour Pork*	Veal Parmesan* Baked Ziti*	Chicken Breast in Gravy	Beef Chunks w/ Noodles	Chicken & Dumplings*	Beef Stew	Meatballs/Gravy
White Rice		Stuffing*				Red Beans & Rice
Mixed Vegetables	Corn	Mashed Potatoes	Mixed Vegetables	Corn	Green Beans	Peas & Carrots
Marble Cake	Rice Pudding	Cranberry Sauce	Walnut Tea Cake	Butterscotch Pudding	Raspberry Swirls*	Tapioca Pudding*
Blueberry Dessert	Pears	Peas	Tropical Fruit Salad	Pineapple Chunks	Peaches	Pears
Lemonade	Orange Drink	Butterscotch Chip Cookies*	Pink Lemonade	Ice Tea	Lemonade	Orange Drink
Hot Sauce	Hot Sauce	Peaches	Hot Sauce	Hot Sauce	Hot Sauce	Hot Sauce
Peanut Butter	Peanut Butter	Cherry Drink	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
Strawberry Jam	Grape Jelly	Hot Sauce	Grape Jelly	Strawberry Jam	Grape Jelly	Strawberry Jam

* = New Items

Breakfast Menus:

Include coffee, tea, and nondairy creamer. Supplement with two 8 oz. milks and one box of cold cereal per individual. Enhance with 2 slices bread.

Lunch/Dinner Menus:

Include coffee and nondairy creamer. Supplement with 8 oz. milk. Enhancements include 2 slices bread, fresh fruits, and salad when possible.



Unitized Group Ration (UGR) 2005 Heat & Serve Menus

BREAKFAST

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7
Grape Juice Turkey Sausage Links	Orange Juice Creamed Ground Beef	Orange Juice Pork Sausage Links	Grape Juice Pork Sausage in Gravy	Orange Juice Turkey Sausage Links	Grape Juice Pork Sausage in Gravy	Orange Juice Corned Beef Hash
Scrambled Eggs w/ Beef & Potatoes	Omelet w/Ham & Potato	Omelet w/Sausage & Potatoes	Scrambled Eggs w/ Turkey Sausage & Potatoes	Scrambled Eggs w/ Bacon & Cheese	Scrambled Eggs w/ Beef & Potatoes	Scrambled Eggs w/ Turkey Sausage & Potatoes
Cheesy Ham & Potato*	Pears	Blueberry Dessert	Peaches	Fruit Salad	Blueberry Scones	Apple Dessert
Cinnamon Scones w/ Icing	Coffee Cake	Blueberry Waffles	Raspberry Swirls	Waffles, Plain	Blueberry Dessert	Waffles, Apple Cinnamon
Salsa or Picante	Ketchup Hot Sauce	Maple Syrup Salsa or Picante	Ketchup Hot Sauce	Maple Syrup Ketchup Hot Sauce	Ketchup Hot Sauce	Maple Syrup Jalapeno Ketchup
Strawberry Jam Cocoa	Cappuccino, Fr Vanilla	Grape Jelly Cocoa	Cappuccino, Irish Cream	Strawberry Jam Cocoa	Cappuccino, Fr Vanilla	Cocoa

LUNCH/DINNER

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7
Pasta & Sausage (improved)*	Turkey Slice/Gravy Mashed Potatoes w/ Poultry Gravy Cornbread, Sausage Stuffing*	Chili White Rice	Beef Chunks w/ Noodles	Country Captain's Chicken White Rice	Spaghetti w/Meatballs	Buffalo Chicken/Lemon Pepper Chicken* White Rice
Green Beans Coffee Cake	Mixed Vegetables Brownie w/M&Ms	Corn Lemon Crunch Cake*	Mixed Vegetables Chocolate Peanut Butter Chip Cookie	Peas & Carrots Devil's Fudge Cake	Green Beans Butterscotch Pudding	Corn Walnut Tea Cake
Applesauce Lemonade Grape Jelly	Peaches Iced Tea	Pears Lemonade Peanut Butter & Strawberry Jam	Fruit Cocktail Pink Lemonade	Cherry Dessert Grape Drink Peanut Butter & Grape Jelly	Peaches Iced Tea	Fruit Cocktail Lemonade Peanut Butter & Strawberry Jam
MENU 8	MENU 9	MENU 10	MENU 11	MENU 12	MENU 13	MENU 14
Beef Stew	Spaghetti Pizza Bake* Zucchini w/Tomatoes*	Chicken Breast in Gravy Mashed Potatoes in Poultry Gravy Corn	BBQ Pork Ribs (improved)* Macaroni & Cheese*	Chicken & Dumplings	Sweet & Sour Pork White Rice	Meatballs w/Gravy Red Beans & Rice, Improved*
Green Beans	Chocolate Chip Macaroon*	Butterscotch Chip Cookies Cranberry Sauce Fruit Cocktail Cherry Drink	Green Beans Hamburger Bun Walnut Tea Cake	Peas	Mixed Vegetables	Peas & Carrots
Blondie Brownie*	Pears	Apple Dessert	Apple Dessert	Butterscotch Pudding	Butterfinger Brownie*	Tapioca Pudding
Peaches	Orange Drink Peanut Butter & Grape Jelly	Orange Drink Peanut Butter & Strawberry Jam	Orange Drink Peanut Butter & Strawberry Jam	Peaches	Pineapple Chunks	Fruit Cocktail
Lemonade				Iced Tea	Lemonade Peanut Butter & Grape Jelly	Orange Drink

* = New Items

Breakfast Menus:

Include coffee and nondairy creamer (3 menus). Supplement with two 8 oz. milks & 1 box cold cereal per individual. Enhance with 2 slices of bread.

Lunch/Dinner Menus:

Include hot sauce, coffee and nondairy creamer (7 menus). Supplement with 8 oz. milk. Enhancements include 2 slices bread, fresh fruits and salad when possible.

Unitized Group Ration (UGR) 2004 A-Ration Menus



BREAKFAST

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7
Grape Juice Creamed Ground Sausage Buttermilk Biscuit Eggs Hash Browns Hominy Grits Raspberry Swirls Cocoa Strawberry Jam/Jelly Minced Onions	Orange Juice Brown & Serve Sausage Cheddar Cheese Omelet Hash Browns Blueberry Muffin Cappuccino, French Vanilla Grape Jelly Minced Onions	Cran-Orange Juice Breakfast Steak w/ Pepper & Onions Eggs Hash Browns Sweet Potato Pancakes Cocoa Strawberry Jam/Jelly Minced Onions Steak Sauce Maple Syrup Steak Seasoning	Grape Juice Canadian Bacon Fried Egg Patty Hash Browns Buttermilk Biscuit Cappuccino, Irish Cream Grape Jelly Minced Onions	Orange Juice Pork Sausage Patties Eggs Oatmeal Cinnamon Scones Cocoa Strawberry Jam/Jelly Cinnamon Maple Sprinkles	Grape Juice Turkey Sausage Links Texas French Toast Ham & Cheese Omelet Grits Banana Nut Loaf Cappuccino, French Vanilla Grape Jelly Cinnamon Maple Sprinkles Maple Syrup	Cran-Orange Juice Bacon Bagel w/Spanish Omelet* Eggs Grits Cinnamon Crumb Cake* Cocoa Strawberry Jam/Jelly

LUNCH / DINNER

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7
Chicken Parmesan Ziti Green Beans Banana Cake, Frosted* Applesauce Lemonade Spaghetti Sauce Parmesan Cheese Hot Sauce Italian Seasoning Vegetable Seasoning Cinnamon Maple Sprinkles	Turkey Cutlets w/ Gravy Mashed Potatoes Stuffing, Stove Top Cranberry Sauce Peas* Chocolate Chip Cookie Fruit Cocktail Iced Tea Hot Sauce Poultry Seasoning Vegetable Seasoning Vegetable Oil	Country Style Pork Ribs* Macaroni & Cheese Corn Peppermint Patty Brownie* Applesauce Orange Drink Hot Sauce Vegetable Seasoning Cinnamon Maple Sprinkles	Hamburger* Scalloped Potatoes* Baked Beans* Vanilla Pudding Peaches Lemonade Hot Sauce Mustard, Relish, Ketchup Salad Dressing Minced Onions	Teriyaki Chicken White Rice Peas & Carrots Chocolate Cake w/ White Frosting* Pears Grape Drink Soy Sauce Hot Sauce Vegetable Seasoning	Spaghetti w/ Meatballs Green Beans Pizza Filled Bread Stick Butterscotch Pudding Peaches Pink Lemonade Parmesan Cheese Hot Sauce Italian Seasoning Vegetable Seasoning	Grilled Steak Mashed Potatoes Gravy Corn Vanilla Cake w/ Chocolate Frosting* Fruit Cocktail Iced Tea Steak Sauce Steak Seasoning Vegetable Seasoning Vegetable Oil
MENU 8	MENU 9	MENU 10	MENU 11	MENU 12	MENU 13	MENU 14
Rotisserie Chicken* Au Gratin Potatoes Chicken Gravy* Carrots Oatmeal Cookies Applesauce Lemonade Hot Sauce All Purpose Seasoning Vegetable Seasoning Cinnamon Maple Sprinkles Paprika	Chicken Fajitas Mexican Rice Corn Tortillas Lemon Glazed Cupcakes* Pears Orange Drink Salsa Hot Sauce Fajita Seasoning Vegetable Seasoning	Chicken Breast Rice Pilaf Chicken Gravy Peas Cranberry Sauce PB Chocolate Chip Cookie Fruit Cocktail Cherry Drink Hot Sauce Poultry Seasoning Vegetable Seasoning All Purpose Seasoning	BBQ Beef Scalloped Potatoes Mixed Vegetable Carrot Cake w/Cream Cheese Frosting* Pears Pink Lemonade Hot Sauce Vegetable Seasoning Paprika	Fried Chicken Mashed Potatoes Chicken Gravy Corn Chocolate Chip Cookie Fruit Cocktail Iced Tea Hot Sauce Vegetable Seasoning Vegetable Oil	Pot Roast* Mashed Potatoes Brown Gravy Peas & Carrots Brownie w/Butterfinger Pieces* Peaches Lemonade Hot Sauce All Purpose Seasoning Vegetable Seasoning	Pork Chops Macaroni & Cheese Pork Gravy Green Beans Ranger Cookies* Pineapple Chunks Orange Drink Hot Sauce Garlic Vegetable Seasoning Paprika

* = New Items

Breakfast Menus:

Include coffee, nondairy creamer, ketchup, hot sauce, vegetable oil, salt and pepper.
Supplement with two 8 oz. milks and one box cold cereal per individual.
Enhance with 2 slices bread.

Lunch/Dinner Menus:

Include peanut butter, jam/jelly, salt, pepper, margarine, coffee, and nondairy creamer.
Supplement with 8 oz. milk.
Enhancements include 2 slices of bread, fresh fruit, and salad when possible.



Unitized Group Ration (UGR) 2005 A-Ration Menus

BREAKFAST

MENU 1 Grape Juice Creamed Ground Sausage* Buttermilk Biscuit Eggs Hash Browns Hominy Grits Almond Biscotti* Cocoa Strawberry Jam/Jelly Minced Onions Jalapeno Ketchup	MENU 2 Orange Juice Brown & Serve Pork Sausage Cheddar Cheese Omelet Hash Browns Bagel w/Cream Cheese* Cappuccino, French Vanilla Grape Jelly Minced Onions	MENU 3 Cran-Orange Juice Breakfast Steak w/ Peppers & Onions Eggs Hash Browns Sweet Potato Pancakes Cocoa Strawberry Jam/Jelly Minced Onions Steak Sauce Maple Syrup Steak Seasoning	MENU 4 Grape Juice Canadian Bacon Fried Egg Patty Hash Browns Buttermilk Biscuit Cappuccino, Irish Cream Grape Jelly Minced Onions	MENU 5 Orange Juice Pork Sausage Patties Hash Browns Eggs/Cheese/Veg Taco* Oatmeal Blueberry Muffin Cocoa Strawberry Jam/Jelly Minced Onions Cinnamon Maple Sprinkles	MENU 6 Grape Juice Turkey Sausage Links Texas French Toast Ham & Cheese Omelet Hominy Grits Banana Nut Loaf Cappuccino, French Vanilla Grape Jelly Cinnamon Maple Sprinkles Maple Syrup	MENU 7 Cran-Orange Juice Bacon Bagel w/Spanish Omelet Vegetable Omelet* Hominy Grits Poptarts w/Brown Sugar Frosting* Cocoa Strawberry Jam/Jelly
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LUNCH/DINNER

MENU 1 Chicken Parmesan Ziti Zucchini w/Tomatoes* Banana Cake Strawberry & Banana Pudding Tubes* Lemonade Spaghetti Sauce Parmesan Cheese Hot Sauce Italian Seasoning	MENU 2 Turkey Cutlets w/ Gravy Mashed Potatoes Stuffing, Stove Top Cranberry Sauce Peas Chocolate Chip Cookie Mixed Fruit Iced Tea Hot Sauce Poultry Seasoning Vegetable Seasoning Vegetable Oil	MENU 3 Country Style Pork Ribs Macaroni & Cheese Com Peppermint Patty Brownie Applesauce Orange Drink Hot Sauce Vegetable Seasoning	MENU 4 Hamburger Scalloped Potatoes Baked Beans Shortbread Cookies Peaches/Peach Gelatin* Lemonade Hot Sauce BBQ Spice Steak Seasoning Mustard, Relish, Ketchup Vegetable Oil Maple Sprinkles* Minced Onions	MENU 5 General Tso Chicken* White Rice Green Beans Carrot Cake w/Cream Chs Frosting Pineapple Grape Drink Soy Sauce Hot Sauce Vegetable Seasoning	MENU 6 Salmon in Lemon Herb Sauce* Rice Pilaf Peas PB Chocolate Chip Cookie Fruit Cocktail Cherry Drink Hot Sauce Vegetable Seasoning	MENU 7 Grilled Steak Mashed Potatoes Gravy Com Chocolate Chunk Brownie Iced Tea Steak Sauce Steak Seasoning Vegetable Seasoning Vegetable Oil
MENU 8 Rotisserie Chicken Au Gratin Potatoes Chicken Gravy Carrots Oatmeal Cookies Chocolate Fudge Pudding Tube* Lemonade Hot Sauce Vegetable Seasoning Paprika	MENU 9 Spaghetti w/ Meatballs Green Beans Pizza Grinder Ranger Cookie Butterscotch Pudding Pink Lemonade Parmesan Cheese Hot Sauce Italian Seasoning Vegetable Seasoning	MENU 10 Chicken Fajitas Mexican Rice Com Tortillas Chocolate Cake w/ White Frosting Pears Orange Drink Salsa Hot Sauce Vegetable Seasoning	MENU 11 Meatloaf w/BBQ Sauce* Scalloped Potatoes Zucchini & Tomatoes Vanilla Cake w/ Chocolate Frosting Mixed Fruit/Cherry Gelatin* Pink Lemonade Hot Sauce Vegetable Seasoning Paprika	MENU 12 Blackened Catfish* Mashed Potatoes Cornbread Stuffing Collard Greens Lemon Glazed Cupcakes Iced Tea Hot Sauce Vegetable Oil	MENU 13 Pot Roast Mashed Potatoes Brown Gravy Peas & Carrots Brownie w/Butterfinger Pieces Vanilla Pudding Tubes* Lemonade Hot Sauce All Purpose Seasoning Vegetable Seasoning	MENU 14 Pork Chops Macaroni & Cheese Pork Gravy Green Beans PB Choc Chip Cookies Applesauce Orange Drink Hot Sauce Garlic Powder Vegetable Seasoning Paprika

* = New Items

Breakfast Menus:

Include coffee, nondairy creamer, ketchup, hot sauce, vegetable oil, salt and pepper.
 Supplement with two 8 oz. milks and one box cold cereal per individual.
 Enhance with 2 slices bread.

Lunch/Dinner Menus:

All include salt, pepper, margarine, coffee, and nondairy creamer.
 Odd number menus also include peanut butter, jam/jelly
 Supplement with 8 oz. milk.
 Enhancements include 2 slices of bread,
 fresh fruit, and salad when possible.

Unitized Group Ration (UGR) B-Ration Menus



BREAKFAST

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7
Pork Sausage	Turkey Sausage	Creamed Chipped Beef	Creamed Sausage	Scrambled Eggs Western Style	Pork Sausage	Sausage
Eggs	Eggs	Eggs	Eggs	Eggs	Eggs	Eggs
Hash Browns	Hashbrowns	Rice	Hash Browns	Hash Browns	Hash Browns	Hash Browns
Pancakes	Oatmeal	Pancakes	Waffles	Pancakes	Oatmeal	Pancakes
Hominy Grits	Biscuits	Hominy Grits	Farina	Hominy Grits	Biscuits	Hominy Grits
Biscuits	Cinnamon Swirls		Biscuits	Biscuits	Raspberry Swirls	Biscuits
Fruit Cocktail	Peaches	Pineapple	Pears	Pineapple	Peaches	Fruit Cocktail
Grape Juice	Orange Juice	Apple Juice	Orange Juice	Grape Juice	Orange Juice	Grape Juice
Maple Syrup		Maple Syrup	Maple Syrup	Maple Syrup		Maple Syrup
			Worcestershire Sauce			
Peanut Butter & Grape Jelly	Peanut Butter & Strawberry Jelly	Peanut Butter & Grape Jelly	Peanut Butter & Strawberry Jelly	Peanut Butter & Grape Jelly	Peanut Butter & Strawberry Jelly	Peanut Butter & Grape Jelly
Cocoa	Cappuccino	Cocoa	Cappuccino	Cocoa	Cappuccino	Cappuccino

LUNCH / DINNER

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7
Beef & Gravy w/ Biscuit Topping	Chicken Creole	Pork Chops & Gravy	Chicken A La King	Shrimp Jambalaya	Shepherd's Pie	Mexican Macaroni & Chicken
Mashed Potatoes	Rice	Au Gratin Potatoes	Rice	Rice	Carrots	Green Beans
Mixed Vegetables	Corn	Green Beans	Peas	Corn	Pears	Pineapple
Pears	Fruit Cocktail	Applesauce	Fruit Cocktail	Peaches	Biscuits	Combread
Sugar Cookie	Combread	Biscuits	Biscuits	Combread	Devil's Fudge Crumb Cake	Oatmeal Cookie
Peanut Butter & Grape Jelly	Oatmeal Cookie	Brownies	Coffee Crumb Cake	Walnut Tea Cake	Peanut Butter & Strawberry Jelly	Peanut Butter & Grape Jelly
Ketchup	Peanut Butter & Strawberry Jelly	Peanut Butter & Grape Jelly	Peanut Butter & Strawberry Jelly	Peanut Butter & Grape Jelly	Margarine	
Margarine		Ketchup	Margarine			
MENU 8	MENU 9	MENU 10	MENU 11	MENU 12	MENU 13	MENU 14
Baked Chicken & Rice	Spaghetti & Meat Sauce	Pineapple Barbeque	Chicken & Bread Stuffing	Chili Con Carne	Shrimp Creole	White Bean and Chicken Chili
Mixed Vegetables	Rice	Pork Chops	Mashed Potatoes	Rice	Rice	Rice
Peaches	Corn	Macaroni & Cheese	Carrots	Corn	Peas	Green Beans
Biscuits	Applesauce	Green Beans	Peaches	Fruit Cocktail	Pineapple	Peaches
Chocolate Brownies w/Icing	Biscuits	Pears	Biscuits	Combread	Biscuits	Combread
Peanut Butter & Strawberry Jelly	Yellow Cake w/ Chocolate Frosting	Chocolate Cookies	Walnut Tea Cake	Chocolate Pudding	Apple Crisp	Brownies
Ketchup	Peanut Butter & Grape Jelly	Peanut Butter & Strawberry Jelly	Peanut Butter & Grape Jelly	Peanut Butter & Strawberry Jelly	Peanut Butter & Grape Jelly	Peanut Butter & Strawberry Jelly
			Ketchup			
			Margarine			

Breakfast Menus:

All breakfast menus include: Ketchup, Hot Sauce, Salt & Pepper, Coffee, Creamers, Shortening, Paper Trays, Dining Packets, Cups, Trash Bags

Lunch/Dinner Menus:

All Lunch/Dinner menus include: Hot Sauce, Salt & Pepper, Tea, Beverage Base, Coffee, Creamers, Paper Trays, Dining Packets, Cups and Trashbags



Purpose:

The Arctic Supplement, when used in combination with the Unitized Group Ration (UGR) provides additional beverage and snack kilocalories for the warfighter in a cold environment. The Arctic Supplement is designed to simplify and streamline the ordering process for these items. The Supplement is only to be used to augment the UGR.

Characteristics:

The Arctic Supplement assembly consists of soups, warming beverages, snacks, clamshell Styrofoam trays and hot cups with lids covers. Each module promotes the increased consumption of fluids and kilocalories required in cold environments. Each module is unitized into three shipping cartons; six shipping cartons fit on one tier of a standard pallet. There are four tiers per pallet (eight modules per pallet). The shelf life is 18 months at 80° F (27° C).

- **Average Weight/Module:** 60 pounds
- **Cube/Module:** 5 cubic feet

Nutritional Data:

The Arctic Supplement provides an additional 914 Kilocalories (7% Protein, 63% Carbohydrates and 30% Fat).

Preparation Requirements:

Food service personnel prepare the Arctic Supplement for serving.



Arctic Supplement to the UGR — Packaging and Sample Components

Medical Diet Field Feeding Supplement to the UGR — Packaging and Sample Components (on facing page)





Purpose:

The Medical Diet Field Feeding Supplement, used in combination with the Unitized Group Rations (UGR), provides medically unique food components required to prepare modified diets for consumption by patients in Armed Forces medical treatment facilities. The Supplement was designed to simplify and streamline the ordering process of medically unique food items, and is based on Armed Forces hospital modified diet order patterns observed during Operation Desert Storm/Desert Shield. The Supplement is not a stocked item; it is ordered and purchased on an "as needed" basis.

Characteristics:

The Medical Diet Field Feeding Supplement is comprised of liquid and soft foods, and is designed for troops with cranial and facial injuries that may impede chewing and the consumption of food (a complete list of components are provided below). Each Medical Supplement is shipped in a tri-wall container, with the following unit load dimensions: 33" wide x 41" long x 49" high; 38.37' cube; 443 lbs. The shelf life of the Medical Diet Field Feeding Supplement is 12 months at 80° Fahrenheit. Date of Pack (DOP) is date assembled.

Preparation Requirements:

The Medical Diet Field Feeding Supplement requires minimal preparation (e.g. the addition of water and heating).

Comments:

Based on lessons learned from OIF the U.S. Army medical community and the Combat Feeding Directorate (CFD) have worked together to redesign the current medical diet supplement. Items not fully utilized were reduced or eliminated. Tea bags, sugar substitute and sodium restricted broths were eliminated and the number of disposable items (e.g. plastic spoons, sandwich bags) was reduced. An electrolyte beverage replaced the current beverage base and the amount of Ensure was doubled. These changes were transitioned to DSCP in February 2004. Under the Fielded Group Ration Improvement Program, CFD will look at further reducing the cube and logistical footprint of this supplement.

Package Contents:

ITEM:	CASE QUANTITY:	TOTAL UNITS:
Instant Breakfast, Assorted Flavors	9	540
Beef Broth, Dehydrated, Regular	2	192
Chicken Broth, Dehydrated, Regular	2	192
Cream Chicken Soup, Condensed, 2 servings/can	1	48
Cream Tomato Soup, Condensed, 2 servings/can	1	48
Gelatins, individual desert cups:		
- Strawberry 4pk	3	144
- Strawberry/Orange 4pk	3	144
GatorAde, Lemon-Lime, powder	1	384
Ensure (Ross Labs), 8 oz. liquid cans		
- Chocolate Plus	2	48
- Vanilla Plus	2	48
Sugar, Packet	1	1200
Sandwich Bags	1	600
Plastic Spoons	1	1200
Straws, Flexible, Individually Wrapped	1	1000
.25 liter (8oz.) Hot Cups	1	1000
Cup lids with straw-hole	1	1000



Meal, Ready-to-Eat, Individual (MRE)

Purpose:

The Meal, Ready-to-Eat is used by the Services to sustain individuals during operations that preclude organized food service facilities, but where resupply is established or planned.

Characteristics:

Each meal contains an entrée/starch, crackers, a spread (cheese, peanut butter, jam or jelly), a dessert/snack, beverages, an accessory packet, a plastic spoon and a flameless ration heater (FRH). The flexibly packaged foods are heat processed in retort pouches. Components are lightweight, compact, and easily opened. The shelf life is a minimum of three years at 80° F (27° C) or six months at 100° F (38° C) Through MRE XV of 1995, the ration had 12 meals per shipping container, one of each menu. The number of menus was increased to 16 for MRE XVI (1996), 20 for MRE XVII (1997). From MRE XXVIII (1998) to the present, the number of menus was increased to and remains at 24. The same shipping container dimensions are used as earlier, with Menus 1-12 packed in Case A and Menus 13-24 packed in Case B. Weight and cube data are:



- **Weight:** 21.8 pounds/case (gross), 1.5 pounds/meal
- **Cube:** 0.99 cubic feet/case, 0.052 cubic feet/meal

Nutritional Data:

Each meal provides an average of 1300 kilocalories (13% protein, 34% fat, and 53% carbohydrate).

When supplemented with pouch bread, an additional 200 kilocalories are provided (12% protein, 33% fat, and 55% carbohydrate). The Office of the Surgeon General (OTSG) approves all menus.

Preparation Requirements:

The individual consumer prepares the food. The water requirement is approximately 23 ounces to rehydrate all beverages. Beginning with the 1993 procurement, the Flameless Ration Heater (FRH) is included in each meal bag.

Comments:

As part of DoD's focus on Quality and Customer Satisfaction, the MRE (components and packaging/packing) undergoes continuous product improvement under the Fielded Individual Ration Improvement Program. The Joint Services Operational Rations Forum (JSORF) Integrated Product Team meets annually to approve all menu changes. JSORF accomplishments include:

- Since 1993, over 150 new items have been approved
- Over 75% of ration components are now non-developmental items (NDI)
- 35 least-acceptable items will have been eliminated through MRE XXVI
- Number of menus have been increased from 12 to 24
- A Flameless Ration Heater is placed in each mealbag
- Four vegetarian meals in the 24 menus, 2 each in Case A & B
- New easy-open meal bags with commercial-like color and graphics were adopted
- Nutritional labeling implemented


ITEMS IN:
ITEMS OUT:

	R&D Items:	NDI* Items:	
MRE XVIII (24 Menus) 1998 Production	Beef teriyaki Chicken strips in salsa Buttered noodles	Spicy oriental chicken Meat loaf w/ brown gravy Pasta w/ vegetables in Alfredo sauce (vegetarian) Granola bars: chocolate chip, honey nut Fruit filled bars Cinnamon apples Apple cinnamon toaster pastry Snack mix Shortbread cookies Chewy chocolate bar Tea bag Vegetable cracker	Pork w/ rice in BBQ sauce Tuna w/ noodles
MRE XIX (24 Menus) 1999 Production	Raisin nut mix	Lemon poppyseed pound cake Black bean & rice burrito (vegetarian) Toasted peanut butter & crackers Cheese peanut butter & crackers	Oatmeal cookie bar (compressed)
MRE XX (24 Menus) 2000 Production	Country Captain chicken Turkey tetrazzini Raspberry applesauce	Minestrone Western style beans Yellow & wild rice pilaf Marshmallow treats Graham treats Oatmeal cookie Wheat snack bread	Chicken stew Ham slice
MRE XXI (24 Menus) 2001 Production	Seafood jambalaya Beef enchilada Mashed potatoes	Plain snack bread Nutter butter cookies Peanut butter & cheddar Combos Chocolate chip cookies Honey nut mini wheat snack cereal Cinnamon snack cereal Spice pound cake M&M cookies	Pork chow mein Smoky franks
MRE XXII (24 Menus) 2002 Production	Hamburger Patty	Beef steak with mushroom gravy Multigrain cereal Cappuccino: choc., van., strawberry Barbecue sauce Picante sauce Seasoning blend, salt free Ground red pepper	Beef steak Chicken with rice Hot sauce (4 menus)
MRE XXIII (24 Menus) 2003 Production	Hearty New England clam chowder Applesauce, carbohydrate fortified	Pot roast with vegetable Barbecue pork rib Vegetable manicotti Peanut butter M&Ms® Crisp M&Ms® Almond poppyseed pound cake Pumpkin pound cake Chocolate mint cookie Vanilla waffle sandwich cookie	Jamaican pork chop Pasta with Alfredo sauce Beef with mushrooms
MRE XXIV (24 Menus) 2004 Production	Veggie griller with BBQ sauce Mexican macaroni and cheese	Cajun rice with sausage Cheese spread with bacon Strawberry rhubarb compote Molasses cookie Toffee crunch cookie Kreamsicle cookie Dried cranberries Red hot cinnamon candies Peanut M&Ms®	Bean and rice burrito Turkey breast with potatoes

* NDI = Non-Developmental Item



Meal, Ready-to-Eat Improvements, 2005-2006

ITEMS IN:

ITEMS OUT:

R&D Items:

NDI* Items:

MRE XXV
(24 Menus)
2005 Production

Penne w/ spicy tomato sauce
Sloppy Joe filling

Chicken fajita
Cheese omelet w/ vegetables
Tortillas
Hash browns w/ bacon
Smoke house almonds
Ranger bar
Cheese Nips
Raisins (osmotically dried)
White chocolate/raspberry cookie
Scone, cinnamon
Blueberry-cherry cobbler
Carbohydrate fortified beverage
Carbohydrate electrolyte beverage
Hot beverage bag
Jalapeno ketchup
Steak sauce

Pasta w/ vegetables in tomato sauce
Thai chicken
Country Captain chicken
Beef teriyaki
Beverage base

MRE XXVI
(24 Menus)
2006 Production

HooAH!TM/OORAH! Bar

Chili with beef
Tuna fish
Mexican corn
Mango peach applesauce
Raisin nut mix w/ pan coated chocolate discs
Caramel apple bar
Toaster pastry, frosted brown sugar cinnamon
Chocolate banana muffin top
Xylitol gum
Cocoa, chocolate hazelnut flavored
Mayonnaise, fat free
Pizza cheese spread
Chocolate peanut butter spread

Beefsteak w/ mushroom gravy
Chicken tetrazzini



**Vegetable Manicotti -
Replaces Pasta w/ Alfredo Sauce
in MRE XXIII**

* NDI = Non-Developmental Item

Meal, Ready-to-Eat, Individual Menus (MRE, XXII)



MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7	MENU 8	MENU 9	MENU 10	MENU 11	MENU 12
Beef Steak w/Mushroom Gravy Western Style Beans Peanut Butter Cracker Beef Jerky Bev. Base w/ Sugar Red Pepper Spoon ACC Pkt-B FRH	Jamaican Pork/Noodles Spiced Apples Jalapeno Cheese Spread Cracker (Veg. Flavor) Dairy Shake Hot Sauce Spoon ACC Pkt-A FRH	Beef Ravioli Potato Sticks Fudge Brownie Cheese Wheat Snack Bread Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	Country Captain Chicken Buttered Noodles Toaster Pastry Cheese Cracker Candy Mocha Cappucino Hot Sauce Spoon ACC Pkt-A FRH	Grilled Chicken Breast Minestrone Soup Fudge Brownie Jelly Wheat Snack Bread Candy Seasoning Packet Spoon ACC Pkt-D FRH	Oriental Chicken/Thai Sauce White Rice Raisin Nut Mix Jalapeno Cheese Spread Cracker (Veg. Flavor) French Vanilla Cappucino Hot Sauce Spoon ACC Pkt-E FRH	Chicken w/ Salsa Mexican Rice Shortbread Cookie Jalapeno Cheese Spread Cracker (Veg. Flavor) Candy Hot Sauce Spoon ACC Pkt-C FRH	Hamburger Patty Nacho Combos Cheese 2Wheat Snack Bread BBQ Sauce Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-C FRH	Beef Stew M&M® Cookie Jalapeno Cheese Spread Cracker (Veg. Flavor) Dairy Shake Hot Sauce Spoon ACC Pkt-A FRH	Chili w/ Macaroni Pound Cake Cheese Wheat Snack Bread Cocoa Red Pepper Spoon ACC Pkt-B FRH	Pasta w/ Veg - Tomato (Vegetarian) Fruit TS Pound Cake Peanut Butter Cracker Hard Candy Seasoning Packet Spoon ACC Pkt-D FRH	Bean & Rice Burrito (Vegetarian) Fruit TS Fruit Filled Bar Peanut Butter Cracker Pound Cake Picante Sauce Seasoning Packet Spoon ACC Pkt-D FRH
MENU 13 Cheese Tortellini (Vegetarian) Applesauce Pound Cake Peanut Butter Cracker Hard Candy Seasoning Packet Spoon ACC Pkt-D FRH	MENU 14 Pasta w/ Vegetable Alfredo Sca (Vegetarian) TS Fruit Dry Roasted Nuts Peanut Butter Cracker Pound Cake Seasoning Packet Spoon ACC Pkt-D FRH	MENU 15 Beef Enchiladas Mexican Rice Chocolate Chip Cookies Jalapeno Cheese Spread Cracker (Veg. Flavor) Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 16 Chicken w/ Noodles Raspberry Applesauce Fig Bar Cheese Spread Cracker (Veg. Flavor) Candy Cocoa Hot Sauce Spoon ACC Pkt-A FRH	MENU 17 Beef Teriyaki Chow Mein Noodles Cheese & Pnut Butter Cracker Jam Wheat Snack Bread Candy Bev. Base w/ Sugar Red Pepper Spoon ACC Pkt-E FRH	MENU 18 Turkey Breast Pot/ Gravy Combos Cheddar Peanut Butter Cracker Chocolate Sports Bar Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 19 Beef w/ Mushrooms Yellow & Wild Rice Pilaf Oatmeal Cookie Jam Cracker Cocoa Hot Sauce Spoon ACC Pkt-A FRH	MENU 20 Spaghetti w/ Meat Sauce Toasted Pnut Butter Cracker Cheese Spread Wheat Snack Bread Hard Candy Dairy Shake Hot Sauce Spoon ACC Pkt-A FRH	MENU 21 Chicken Tetrazzini Pound Cake Jelly Cracker Dairy Shake Hot Sauce Spoon ACC Pkt-E FRH	MENU 22 Jambalaya Chocolate Covered Cookie Cheese Spread Wheat Snack Bread Candy Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 23 Chicken w/ Cavatelli Pound Cake Peanut Butter Wheat Snack Bread Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 24 Meatloaf w/ Gravy Mashed Potatoes Toaster Pastry Jelly Cracker (Veg. Flavor) Cocoa Red Pepper Spoon ACC Pkt-B FRH

Case A = Menus 1-12, Case B = Menus 13-24

Accessory Packet A:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet B:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette, Candy (Vanilla Caramels or Tootsie Rolls), Ground Red Pepper

Accessory Packet C:

Lemon Tea w/Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet D:

Lemon Tea w/Sugar, Apple Cider, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette, Seasoning Packet (Salt-Free)

Accessory Packet E:

Tea Bag, Cream Substitute, Sugar, Chewing Gum, Matches, Toilet Tissue, Towelette

¹ Jolly Rancher Candy or Charms, Heat Stable M&M®s, Peanut Brittle Bar, Fruit Flavored Discs



Meal, Ready-to-Eat, Individual Menus (MRE, XXIII)

MENU 1 Beef Steak w/Mushroom Gravy Western Style Beans Jelly Cracker Dairy Shake Red Pepper Spoon ACC Pkt-B FRH	MENU 2 BBQ Pork Patty Clam Chowder Cheese 2Wheat Snack Bread Fig Bar Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 3 Beef Ravioli Potato Sticks Fudge Brownie Cheese Cracker Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 4 Country Captain Chicken Buttered Noodles Toaster Pastry Cheese Cracker Candy Mocha Cappucino Hot Sauce Spoon ACC Pkt-A FRH	MENU 5 Grilled Chicken Breast Minestrone Soup Pound Cake Jalapeno Cheese Spread Wheat Snack Bread Candy Seasoning Packet Spoon ACC Pkt-A FRH	MENU 6 Oriental Chicken/Thai Sauce Yellow & Wild Rice Pilaf Raisin Nut Mix Peanut Butter Cracker (veg-flavor) French Vanilla Cappucino Hot Sauce Spoon ACC Pkt-E FRH	MENU 7 Chicken w/ Salsa Mexican Rice Shortbread Cookie Jalapeno Cheese Spread Cracker (veg-flavor) Candy Hot Sauce Spoon ACC Pkt-C FRH	MENU 8 Hamburger Patty Nacho Combos Cheese 2Wheat Snack Bread Beef Jerky BBQ Sauce Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-C FRH	MENU 9 Beef Stew M&M® Cookie Jelly Cracker Dairy Shake Hot Sauce Spoon ACC Pkt-A FRH	MENU 10 Chili w/ Macaroni Chocolate Mint Cookie Jalapeno Cheese Spread Wheat Snack Bread Cocoa Red Pepper Spoon ACC Pkt-B FRH	MENU 11 Pasta w/ Veg - Tomato (Vegetarian) Applesauce CHO Fortified Pound Cake Peanut Butter Cracker Hard Candy Seasoning Packet Spoon ACC Pkt-D FRH	MENU 12 Bean & Rice Burrito (Vegetarian) TS Fruit Fudge Brownie Peanut Butter Cracker Hard Candy Hard Candy Picante Sce Hot Sauce Spoon ACC Pkt-D FRH
MENU 13 Cheese Tortellini (Vegetarian) Applesauce Pound Cake Peanut Butter Cracker Hard Candy Seasoning Packet Spoon ACC Pkt-D FRH	MENU 14 Vegetable Manicotti TS Fruit Dry Roasted Nuts Peanut Butter Cracker Pound Cake Seasoning Packet Spoon ACC Pkt-D FRH	MENU 15 Beef Enchiladas Mexican Rice Chocolate Chip Cookies Jalapeno Cheese Spread Cracker (Veg. Flavor) Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 16 Chicken w/ Noodles Raspberry Applesauce Fig Bar Cheese Spread Cracker (Veg. Flavor) Candy Cocoa Hot Sauce Spoon ACC Pkt-A FRH	MENU 17 Beef Teriyaki Chow Mein Noodles Shortbread Cookie Jam Wheat Snack Bread Candy Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-E FRH	MENU 18 Turkey Breast Pot/Gravy Combos Cheddar Peanut Butter Cracker Chocolate Sports Bar Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 19 Pot Roast w/ Vegetables Spiced Apples Oatmeal Cookie Cheese Spread Cracker Cocoa Hot Sauce Spoon ACC Pkt-A FRH	MENU 20 Spaghetti w/ Meat Sauce Cheese Spread Wheat Snack Bread Hard Candy Dairy Shake Hot Sauce Spoon ACC Pkt-A FRH	MENU 21 Chicken Tetrazzini Chocolate Covered Cookie Jam Cracker Dairy Shake Hot Sauce Spoon ACC Pkt-B FRH	MENU 22 Jambalaya Pound Cake Jalapeno Cheese Spread Wheat Snack Bread Candy Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 23 Chicken w/ Cavatelli Pretzel Sticks Peanut Butter Wheat Snack Bread Bev. Base w/ Sugar Hot Sauce Spoon ACC Pkt-A FRH	MENU 24 Meatloaf w/ Gravy Mashed Potatoes Vanilla Wafer Cookie Jelly Cracker Cocoa Red Pepper Spoon ACC Pkt-B FRH

Case A = Menus 1-12, Case B = Menus 13-24

Accessory Packet A:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet B:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette, Candy (Vanilla Caramels or Tootsie Rolls), Ground Red Pepper

Accessory Packet C:

Lemon Tea w/Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet D:

Lemon Tea w/Sugar, Apple Cider, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette, Seasoning Packet (Salt-Free)

Accessory Packet E:

Tea Bag, Cream Substitute, Sugar, Chewing Gum, Matches, Toilet Tissue, Towelette

¹ Jolly Rancher Candy or Charms, Heat Stable M&M@s, Peanut Brittle Bar, Fruit Flavored Discs

Meal, Ready-to-Eat, Individual Menus (MRE, XXIV)



MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7	MENU 8	MENU 9	MENU 10	MENU 11	MENU 12
Beef Steak w/Mushroom Gravy	BBQ Pork Rib	Beef Ravioli	Country Captain Chicken	Grilled Chicken Breast	Oriental Chicken/Thai Sauce	Chicken w/ Salsa	Hamburger Patty	Beef Stew	Chili w/ Macaroni	Pasta w/Veg Tomato (Vegetarian)	Veggie Griller w/ BBQ Sauce (Vegetarian)
Western Style Beans	New England Clam Chowder	Fruit, Wet Pack	Mashed Potatoes	Minestrone Stew	Yellow & Wild Rice Pilaf	Mexican Rice	Mexican Macaroni & Cheese		Raisin Nut Mix	Dried Cranberries	
Jelly	Cookie	Fudge Brownie	Toaster Pastry	Pound Cake	Raisin Nut Mix	Shortbread Cookie	Pretzels, Nacho filled	Cookie	Cookie	Pound Cake	Fudge Brownie
Cracker	Cheddar Cheese 2Wheat Snack Bread	Cheddar Cheese Cracker, Veg. Flavor	Peanut Butter Cracker Candy	Jalapeno Cheese Wheat Snack Bread Candy	Peanut Butter Cracker	Jalapeno Cheese Cracker, Veg. Flavor Candy	Bacon Cheese 2Wheat Snack Bread	Jelly Cracker Beef Jerky Dairy Shake	Jalapeno Cheese Wheat Snack Bread Cocoa	Peanut Butter Cracker Hard Candy	2Wheat Snack Bread Hard Candy
Dairy Shake	Bev. Base w/ Sugar	Bev. Base w/ Sugar		French Vanilla Cappuccino							
Red Pepper	Hot Sauce	Hot Sauce	Hot Sauce	Seasoning Pkt	Hot Sauce	Hot Sauce	Hot Sauce	Hot Sauce	Red Pepper	Seasoning Pkt	Hot Sauce
Spoon ACC Pkt-B FRH	Spoon ACC Pkt-A FRH	Spoon ACC Pkt-A FRH	Spoon ACC Pkt-A FRH	Spoon ACC Pkt-D FRH	Spoon ACC Pkt-E FRH	Spoon ACC Pkt-C FRH	Spoon ACC Pkt-C FRH	Spoon ACC Pkt-A FRH	Spoon ACC Pkt-B FRH	Spoon ACC Pkt-D FRH	Spoon ACC Pkt-C FRH
MENU 13	MENU 14	MENU 15	MENU 16	MENU 17	MENU 18	MENU 19	MENU 20	MENU 21	MENU 22	MENU 23	MENU 24
Cheese Tortellini (Veg)	Vegetable Manicotti	Beef Enchiladas	Chicken w/ Noodles	Beef Teriyaki	Cajun Rice w/Sausage	Pot Roast w/Veg	Spaghetti w/ Meat Sauce	Chicken Tetrazzini	Jambalaya	Chicken w/ Cavatelli	Meatloaf w/ Gravy
Spiced Apples	Potato Sticks	Refried Beans	Raspberry Applesauce	Chow Mein Noodles	Pretzels, Cheddar filled	Fruit, Wet Pack	Applesauce, CHO fortified	Cookies	Pound Cake	Fig Bar	Mashed Potatoes
Pound Cake	Pound Cake	Cookie	Pretzels	Shortbread Cookie	Jam	Cookie	Cheddar Cheese	Jam	Pound Cake	Pound Cake	Vanilla Wafer Cookie
Peanut Butter Cracker	Peanut Butter Cracker	Jalapeno Cheese Cracker, Veg. Flavor	Peanut Butter Cracker	Jam Wheat Snack Bread	Cheddar Cheese Cracker	Jalapeno Cheese Cracker	Cheddar Cheese Wheat Snack Bread	Jam Cracker	Jalapeno Cheese Wheat Snack Bread Candy	Bacon Cheese Wheat Snack Bread	Jelly Cracker
Hard Candy	Dry Roasted Nuts	Picante Sauce Bev. Base w/Sugar	Candy Cocoa	Candy Bev. Base w/Sugar	Chocolate Sports Bar Bev. Base w/Sugar	Cocoa	Dairy Shake	Dairy Shake	Bev. Base w/Sugar	Bev. Base w/Sugar	Cocoa
Seasoning Pkt	Hot Sauce	Red Pepper	Hot Sauce	Hot Sauce	Hot Sauce	Hot Sauce	Hot Sauce	Seasoning Pkt	Hot Sauce	Hot Sauce	Red Pepper
Spoon ACC Pkt-D FRH	Spoon ACC Pkt-C FRH	Spoon ACC Pkt-B FRH	Spoon ACC Pkt-A FRH	Spoon ACC Pkt-E FRH	Spoon ACC Pkt-A FRH	Spoon ACC Pkt-A FRH	Spoon ACC Pkt-A FRH	Spoon ACC Pkt-D FRH	Spoon ACC Pkt-A FRH	Spoon ACC Pkt-A FRH	Spoon ACC Pkt-B FRH

Case A = Menus 1-12, Case B = Menus 13-24

Accessory Packet A:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet B:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette, Candy (Vanilla Caramels, Tootsie Roll)

Accessory Packet C:

Lemon Tea w/sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet D:

Lemon Tea w/sugar, Apple Cider, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet E:

Tea Bag, Cream Substitute, Sugar, Chewing Gum, Matches, Toilet Tissue, Towelette

Hard Candy:

Jolly Ranchers Candy or Charms

Candy:

Chocolate – plain discs, Chocolate w/crisped rice discs, Chocolate w/ peanut butter discs, Chocolate w/peanuts, Cinnamon Candies, Fruit Favored Discs



Meal, Ready-to-Eat, Individual Menus (MRE, XXV)

MENU 1 Grilled Beefsteak w/ Mushroom Gravy Western Style Beans Jam Cracker Candy I Steak Sauce Dairy Shake Red Pepper Spoon ACC Pkt-A FRH	MENU 2 BBQ Pork Rib New England Clam Chowder Cookie Cheddar Cheese 2Wheat Snack Bread Spoon ACC Pkt-A FRH	MENU 3 Beef Ravioli Fruit, wet pack Fudge Brownie Cheddar Cheese Cracker, Veg. Flavor Bev Base CHO fortified Hot Sauce Spoon ACC Pkt-A FRH	MENU 4 Cheese & Veg Omelet Hashbrowns w/Bacon Toaster Pastry Jam Cracker Candy III Hot Sauce Spoon ACC Pkt-C FRH	MENU 5 Chicken Breast Fillet Minestrone Stew Pound Cake Jalapeno Cheese Wheat Snack Bread Candy II Coffee, French Vanilla Jalapeno Ketchup Spoon ACC Pkt-B FRH	MENU 6 Chicken Fajita Yellow & Wild Rice Pilaf Nut Raisin Mix Cheddar Cheese Tortilla Coffee, French Vanilla Seasoning Blend Spoon ACC Pkt-C FRH	MENU 7 Chicken w/ Salsa Mexican Rice Shortbread Cookie Jalapeno Cheese Cracker, Veg. Flavored Candy II Coffee, Mocha Flvd Hot Sauce Spoon ACC Pkt-B FRH	MENU 8 Hamburger Patty Mac & Cheese, Mexican Style Pretzels, Nacho Filled Bacon Cheese 2Wheat Snack Bread Beef Snacks Cured BBQ Sauce Hot Sauce Spoon ACC Pkt-B FRH	MENU 9 Beef Stew Chocolate Sports Bar Peanut Butter Cracker Dairy Shake Hot Sauce Spoon ACC Pkt-A FRH	MENU 10 Chili w/ Macaroni Cookie Jalapeno Cheese Wheat Snack Bread Candy III Cocoa Red Pepper Spoon ACC Pkt-A FRH	MENU 11 Penne w/Veg Sausage in Spicy Tom Sauce Fruit, dried Pound Cake Peanut Butter Cracker Electrolyte Beverage Seasoning Blend Spoon ACC Pkt-C FRH	MENU 12 Veggie Burger in BBQ Sauce (Vegetarian) Fruit, dried Scone, Cinnamon Potato Sticks 2Wheat Snackbread Bev Base CHO Fortified Hot Sauce Spoon ACC Pkt-B FRH
MENU 13 Cheese Tortellini (Vegetarian) Spiced Apples Pound Cake Peanut Butter Cracker Candy I Seasoning Blend Spoon ACC Pkt-C FRH	MENU 14 Vegetable Manicotti Fruit, wet pack Pound Cake Peanut Butter Cracker Ranger Bar Hot Sauce Spoon ACC Pkt-B FRH	MENU 15 Beef Enchiladas Refried Beans Cookie Jalapeno Cheese Cracker, Veg Flavored Picante Sauce Bev Base, CHO Fortified Red Pepper Spoon ACC Pkt-A FRH	MENU 16 Chicken w/ Noodles Fruit, wet pack Pretzels Cheddar Cheese Cracker Candy II Cocoa Hot Sauce Spoon ACC Pkt-A FRH	MENU 17 Sloppy Joe Filling Baked Snack Cracker, Cheese Shortbread Cookie Jalapeno Cheese 2Wheat Snack Bread Electrolyte Beverage Hot Sauce Spoon ACC Pkt-A FRH	MENU 18 Cajun Rice w/Sausage Cheddar Filled Pretzels Peanut Butter Cracker Nuts Bev Base, CHO Fortified Hot Sauce Spoon ACC Pkt-A FRH	MENU 19 Pot Roast w/Veg Fruit, dried Cookie Peanut Butter Cracker Cocoa Hot Sauce Spoon ACC Pkt-A FRH	MENU 20 Spaghetti w/ Meat Sauce Blueberry-Cherry Cobbler Cheddar Cheese Wheat Snack Bread Electrolyte Beverage Hot Sauce Spoon ACC Pkt-A FRH	MENU 21 Chicken Tetrazzini Cookies Jelly Cracker Dairy Shake Seasoning Blend Spoon ACC Pkt-C FRH	MENU 22 Jambalaya Pound Cake Jam Wheat Snack Bread Dairy Shake Hot Sauce Spoon ACC Pkt-A FRH	MENU 23 Chicken w/ Cavatelli Fig Bar Pound Cake Bacon Cheese Wheat Snack Bread Carbohydrate Fortified Beverage Hot Sauce Spoon ACC Pkt-A FRH	MENU 24 Meatloaf w/ Gravy Mashed Potatoes Vanilla Wafer Cookie Jelly Cracker Candy I Cocoa Red Pepper Spoon ACC Pkt-B FRH

Case A = Menus 1-12, Case B = Menus 13-24

Accessory Packet A:

Coffee, Cream Substitute, Sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet B:

Lemon Tea w/sugar, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Accessory Packet C:

Apple Cider, Salt, Chewing Gum, Matches, Toilet Tissue, Towelette

Candy I:

Caramel -Vanilla Flavored, Toffee Roll – Chocolate Flavored, Toffee w/Walnuts

Candy II:

Chocolate – plain discs, Chocolate w/crisped rice discs, Chocolate w/ peanut butter discs, Chocolate w/peanuts

Candy III:

Cinnamon Candies, Fruit Favored Discs



Purpose:

The Meal, Religious, Kosher/ Halal is utilized to serve those individuals in the Military Service who maintain a strict religious diet.

Characteristics:

Each meal consists of two components: (1) an entree (pouch in box) certified and labeled as Glatt Kosher or Dhabiha Halal and a common accessory pack certified by both Kosher and Halal authorities. Kosher and Halal entrée menus are identical as indicated in the table. Kosher and Halal entrees, however, are never cased together; they are purchased separately from different companies. For each ration, entrees are delivered in a mixed case of 12 meals, and the accessory packs delivered in a separate carton of 12. Both the entrée case and the accessory pack case are then packed side-by-side in a master case. Minimum and maximum expected shelf life at delivery are 3 and 10 months, respectively.

As indicated in the pictures, complementary menu components are commercial items and include a beverage base (hot or cold), cereal, bakery items (bagel chips, granola bars, etc.), and fruit/nuts (raisins, peanuts, etc.). Accessory items include salt, pepper, sugar, spoon, toilet tissue, flameless heater and a moist Towelette.

Nutritional Data:

Each menu provides approximately 1200 kilocalories (11-13% protein, 37-40% fat, and 48% carbohydrate).

Preparation Requirements:

Except for the beverages, the entire meal is ready to eat. Although the entree may be eaten cold when operationally necessary, it can also be heated by immersion in hot water while sealed in its individual package or by using the flameless ration heater provided in the accessory packet.

Main Entree Varieties:

KOSHER	HALAL
Beef Stew	Beef Stew
Chicken and Noodles	Chicken and Noodles
Cheese Tortellini	Cheese Tortellini
Florentine Lasagna	Florentine Lasagna
Pasta w/ Garden Vegetables	Pasta w/ Garden Vegetables
“My Kind of Chicken”	“My Kind of Chicken”
Old World Stew	Old World Stew
Chicken & Black Beans	Chicken & Black Beans
Chicken Mediterranean	Chicken Mediterranean
Vegetarian Stew	Vegetarian Stew



Kosher Meal Components & Accessories



Halal Meal Components & Accessories

Components/Accessory Items are shipped packaged together in the same case with the entrees. Component/Accessory Items contain brand-name items.

Complementary Components include Beverage Base (hot or cold), Cereal, Bakery Items (bagel chips, granola bars, etc.), and Fruit/Nuts (e.g. raisins, peanuts, etc.). Accessory Items are Salt, Pepper, Sugar, Spoon, Toilet Tissue, Flameless Heater and Towelette.



Meal, Tailored Operational Training (TOTM)

Purpose:

The purpose of this ration is to provide an alternative operational training meal in lieu of “sack lunches” and catered commercial meals to military organizations that engage in inactive duty training (IDT). It may be used in any situation where traditional operational ration meals are not mandated. The TOTM became available in May 2001. This effort was executed to promote doctrine requirements and a “train as you fight” philosophy, while meeting the customer budgetary needs. As a training tool, this meal will aid units in gaining familiarity with the preparation, usage, consumption, and disposal of a pre-packed meal similar to the MRE. This meal is similar to the standard Meal, Ready-to-Eat (MRE) in packaging and contains many of the same components. However, it employs commercial packaging to reduce costs. The TOTM is not an MRE, nor is it designed to take the place of the MRE. The Tailored Operational Training Meal (TOTM) is a totally self-contained packet consisting of a meal packed in a lightweight flexible meal bag that fits easily into military field clothing pockets. Three sets of menus are available, as described on the following page. Each set is comprised of 12 different menus. Each case contains twelve meals, one of each menu. The TOTM is easily adaptable for disaster relief efforts. The net weight and cube per case are approximately 20 lbs. and .95 cubic feet, respectively.

Nutritional Data:

Each TOTM meal bag provides an average of 997 kilocalories.

Preparation Requirements:

The entire meal is ready to eat, except for the beverages, which need to be rehydrated. Although the entrée may be eaten cold if operationally necessary, a flameless ration heater is provided with each meal.

Comment:

The TOTM is intended only for situations where usage of the MRE is not mandatory.



Meal, Tailored Operational Training (TOTM) Packaging



Meal, Tailored Operational Training (TOTM) Components & Accessories

Meal, Tailored Operational Training (TOTM) Menus



Vendor: SOPACKO

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7	MENU 8	MENU 9	MENU 10	MENU 11	MENU 12
Vegetable Manicotti	Cheese Tortellini	Beef Stew	Chili Macaroni	Chicken Cavatelli	Beef Patty	Beef Ravioli	Spaghetti	Chicken Tetrazzini	Chicken w/ Noodles/Vegs	Minestrone Stew	Pasta w/ Vegetables
Applesauce, Fortified* Cracker	Rice, Yellow & Wild Cookie (various)	Rice, Yellow & Wild Cracker	Mashed Potatoes Cracker	Mashed Potatoes Cracker	Wheat Snack Bread (2) BBQ Sauce	Applesauce, Fortified* Cookie (various) Peanuts, salted	Applesauce, Fortified* Cracker	Osmotic Fruit Cracker	Osmotic Fruit Cracker	Osmotic Fruit Cracker	Mashed, Potatoes Cracker
Peanuts, salted				Peanut Butter			Peanut Butter Skittles	Cookie (various)		Cookie (various)	Peanut Butter
Chocolate Covered Disks	Chocolate Covered Disks	Fruit Flavored Disks	Chocolate Covered Disks	Chocolate Covered Disks	Fruit Flavored Disks			Fruit Flavored Disks		Chocolate Covered Disks	Fruit Flavored Disks
Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base
Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater
Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**

* Current inventories of Fruit will be exhausted and then switched to applesauce.

** Dining Kit includes napkin, spoon, coffee, sugar, black pepper, salt, creamer, and a moist towelette.

Vendor: WORNICK

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7	MENU 8	MENU 9	MENU 10	MENU 11	MENU 12
Spaghetti w/ Meat Sauce	Minestrone Stew	Pasta W/ Vegetables	Beef Stew	Chili Macaroni	Cheese Tortellini	Chicken Noodles	Chicken Tetrazzini	Manicotti	Beef Enchilada	Beef Ravioli	Cajun Rice w/ Beans & Beef Sausage
Applesauce* Peanuts, Dry Roasted, Salted	Applesauce* Nut Raisin Mix	Applesauce* Peanuts, Dry Roasted, Salted	Applesauce* Potato Sticks	Applesauce* Cracker Pkt	Applesauce* Peanuts, Dry Roasted, Salted	Applesauce* Cracker Pkt	Pretzels Chocolate Sports Bar	Dairy Shake† Peanut, Dry Roasted, Salted	Applesauce* Peanuts, Dry Roasted, Salted	Dairy Shake† Pretzels	Applesauce* Peanuts, Dry Roasted, Salted
Chocolate Covered Disks**	Chocolate Covered Disks**	Chocolate Covered Disks**	Toffee Roll (1 ea)	Toffee Roll (1 ea)	Toffee Roll (1 ea)	Peanut Butter Jelly	Toffee Roll (1 ea)	Toffee Roll (1 ea)	Chocolate Covered Disks**	Toffee Roll (1 ea)	Chocolate Covered Disks**
		Cookie Pkt, MRE Style†	Cookie Pkt, MRE Style†	Cookie Pkt, MRE Style†	Cookie Pkt, MRE Style†		Cookie Pkt, MRE Style†	Cookie Pkt, MRE Style†			Beverage Base
Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base	Beverage Base	Flameless Heater
Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Dining Packet B
Dining Packet B	Dining Packet B	Dining Packet A	Dining Packet A	Dining Packet A	Dining Packet B	Dining Packet B	Dining Packet A	Dining Packet A	Dining Packet A	Dining Packet B	

Dining Packet A: Spoon, Salt, Pepper, Creamer, Coffee, Sugar, Towelette, Napkin
Dining Packet B: Spoon, Salt, Pepper, Sugar, Towelette, Napkin

* A variety of at least 2 per case (Raspberry, Regular, Fortified)

** A variety of at least 1 per case (Plain, Peanut Butter, Crispy, Peanuts)

† A variety of at least 2 per case (Choc. Chip, Pan-Coated Candy, Oatmeal, Sugar Wafer, Choc. Mint, Toffee Chip, Kremsicle, Molasses, Fig Bar)

‡ A variety of at least 1 per case (Vanilla, Chocolate, Strawberry)

Vendor: AMERIQUAL

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6	MENU 7	MENU 8	MENU 9	MENU 10	MENU 11	MENU 12
Minestrone	Pasta w/ Vegetables	Spaghetti	Cajun Rice w/Beans & Sausage	Chicken w/ Noodles	Chicken, Thai	Beef Ravioli	Chili Mac	Chicken Tetrazzini	Pork Rib	Beef Stew	Beef Enchilada
MRE Fruit* Vanilla Wafer Cookie	MRE Fruit* Crackers	MRE Fruit* Crackers	MRE Fruit* Vanilla Wafer Cookie	MRE Fruit* Vanilla Wafer Cookie	MRE Fruit* Vanilla Wafer Cookie	MRE Fruit* Fig Bar	MRE Fruit* Crackers	MRE Fruit* Fig Bar	MRE Fruit* Vanilla Wafer Cookie	MRE Fruit* Vanilla Wafer Cookie	MRE Fruit* Vanilla Wafer Cookie
Potato Sticks Chocolate Covered Disks- Peanut Butter	Peanut Butter Chocolate Covered Disks	Peanut Butter Chocolate Covered Disks	Potato Sticks Chocolate Covered Disks- Peanut Butter	Pretzels Chocolate Covered Disks	Pretzels Chocolate Covered Disks- Peanut Butter	Potato Sticks Chocolate Covered Disks	Peanut Butter Chocolate Covered Disks- Peanut Butter	Potato Sticks Chocolate Covered Disks	Potato Sticks Chocolate Covered Disks- Peanut Butter	Pretzels Chocolate Covered Disks	Pretzel Chocolate Covered Disks- Peanut Butter
	Tea, Instant	Tea, Instant	Tea, Instant			Tea, Instant	Tea, Instant	Tea, Instant			
Cappuccino, French Vanilla				Cappuccino, French Vanilla	Cappuccino, French Vanilla				Cappuccino, Mocha	Cappuccino, Mocha	Cappuccino, Mocha
Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater	Flameless Heater
Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**	Dining Kit**

*MRE Fruit will be one of the following: mixed fruit, pears, or peaches.

** The Dining Kit includes red pepper flakes, salt packet, spoon, chewing gum and a towelette.



Purpose:

The Go-To-War (GTW) Ration is a unitized ration designed to sustain an individual during the early stages of mobilization until the rations industry is able to ramp up to meet demand for operational rations. The ration evolved from lessons learned during Operation Desert Shield/Storm (ODS). It does not meet the full spectrum of Military Service Requirements for Operational Rations. It is intended to augment the “family of rations” and not replace operational rations.

Characteristics:

Each of the nutritionally complete menus consists of commercially available, individual serving size, shelf-stable components to include an entree, fruit, snack items, spreads, condiments and beverages. All components are contained in a clear meal polymeric meal bag. All menu components are available from a variety of commercial sources. Criteria for selection of the menus include; acceptability of components, shelf stability, packaging utility, and nutritional adequacy. Expected shelf life is 12 months at 80°F (27°C). As with the Meal, Ready-To-Eat (MRE), there are 12 meals per shipping container, one of each menu.

- **Weight:** 33 lbs. Per case, 2.26 lbs per meal
- **Cube:** 1.24 cubic ft/case; .09 cubic ft/meal

Nutritional Data:

Each meal provides an average of 1300 kilocalories (12% protein, 32% fat and 56% carbohydrate).

Preparation Requirements:

The food is fully processed/prepared and ready-to-eat. The water requirement is 16 ounces for rehydration of beverages.

Comments:

A comprehensive computer database of commercially available, shelf-stable foods to support this ration is maintained by U.S. Army Natick Soldier Center. When the Defense Supply Center Philadelphia (DSCP) receives a procurement requirement, menus reflecting currently available components will be coordinated with the Office of The Surgeon General for approval and packing/assembly documents will be finalized.

The Go-To-War Ration database, menus and packaging requirements were updated and provided to DSCP during Operation Iraqi Freedom. However, a shortage of MREs did not occur and a need was not identified by DSCP to procure the Go-To-War Ration.

The Go-To-War ration is not readily accessible. DSCP can only provide it when authorized to do so in situations where the MRE is not available.





Purpose:

The Meal, Cold Weather and the Food Packet, Long Range Patrol is designed to meet the Joint Service requirements of the Marine Corps and the Army Special Operational Forces (SOF). The Marine Corps requires appropriate nutritional and operational characteristics for extreme cold environments, and the SOF require a long shelf-life restricted calorie ration to be used during initial assault, special operations and long-range reconnaissance missions.

Characteristics:

The ration is lightweight and includes ready-to-eat components and a freeze-dried entrée that can be eaten dry if necessary. Meal bags for each of the 12 menus contain the dehydrated entrée and a variety of spreads/crackers, cookies, sports bars, nuts, candy and powdered beverages with an accessory packet and plastic spoon. Extra drink mixes are included to encourage water consumption. The shelf life is a minimum of 3 years at 80° F (27° C) and 6 months at 100° F (38° C) but extended shelf life for the entrée has been demonstrated in actual storage tests. The MCW is packed in a white camouflage meal bag and the LRP in a beige color bag, as displayed on the next page.

- **Weight:** 15.0 pounds/case, 1 pound/packet
- **Cube:** 0.99 cubic feet/case, 0.04 cubic feet/packet

Nutritional Data:

Each menu provides an average of 1540 kilocalories (15% protein, 35% fat and 50% carbohydrate). The MCW, if used for three meals, provides the minimum 4500 kilocalories required for heavy exertion in extreme cold. Limits on protein and sodium help to reduce risk of dehydration in cold weather environments. The LRP is a restricted calorie ration that is approved for use at an issue of one packet per man per day for up to ten days. The MCW/LRP is compatible with other operational ration feeding systems like the UGR and the MRE and can be used as a separate meal especially in cold weather scenarios.

Preparation Requirements:

The individual consumer prepares the food. The water requirement is 16 ounces for the meat entrées, 16 ounces for the egg/cereal menus and 12-24 ounces for the beverages. Total water required ranges from 28-40 ounces per menu if all the components are rehydrated. Menu design is aligned with the requirement of providing adequate hydration in a cold weather environment. Fuel tablets for heating water in the canteen cup are provided separately. In addition to the items listed in the menus on the next page, coffee, creamer and sugar packets are provided.

Comments:

The first procurement of the combined MCW/LRP was completed in FY01, and the ration is now available. Stocks of the original MCW and LRP will be issued until depleted. Continuous product improvements in the MCW/LRP are planned and will include removal of less acceptable components and refinement of the primary packaging system.

The second procurement of the MCW/LRP has been completed and will be available in FY04.





Combined MCW/LRP Menus FY04 Procurement

MENU 1	MENU 2	MENU 3	MENU 4	MENU 5	MENU 6
Spicy Oriental Chicken Fig Bar	Beef Stroganoff Chocolate Sports Bar	Sweet & Sour Pork/Rice Ramen Noodles	Turkey Tetrazzini Fudge Brownie	Chicken & Rice Chocolate Covered Cookie** Ramen Noodles	Lasagna Raisin Nut Mix
MRE Cracker Peanut Butter	Starch Jellies* Raisin Nut Mix	MRE Cracker Peanut Butter	MRE Cracker Cheese Spread	Orange Bev. Cocoa Coffee Creamer Sugar	Toaster Pastry Shortbread Cookie
MRE Bev Base Cappuccino* Coffee Creamer Sugar	Cocoa Coffee Creamer Sugar	Cappuccino* Coffee Creamer Sugar	Orange Bev. Lemon Tea Coffee Creamer Sugar	Lemon Tea Cappuccino* Coffee Creamer Sugar	
MENU 7	MENU 8	MENU 9	MENU 10	MENU 11	MENU 12
Beef Stew Pound Cake Tootsie Roll Chocolate Covered Cookie Cider	Spaghetti & Meat Sauce Raisin Nut Mix Toaster Pastry M&M's®	Beef Teriyaki W/Rice Shortbread Cookies MRE Cracker Peanut Butter	Western Omelet Cream Of Wheat Cereal Chocolate Sports Bar** Combos (Filled Pretzels)*	Eggs/Bacon Oatmeal Flavored Raisin Nut Mix** Fig Bar**	Western Omelet Oatmeal Flavored Fudge Brownie PB M&M's*
Coffee Creamer Sugar	Cocoa Coffee Creamer Sugar	Cider Coffee Creamer Sugar	Orange Bev. Cocoa Coffee Creamer Sugar	Orange Bev. Cocoa Coffee Creamer Sugar	Lemon Tea Cocoa Coffee Creamer Sugar

* New components
**Expanded components



MCW/LRP Meal Bag and Components



Purpose:

The Food Packet, Survival, General Purpose is used by the Services to sustain an individual in survival situations, including escape and evasion, under all environmental conditions, and when potable water is limited. Requested by the Air Force, it is typically stored in the survival kit on aircraft and is meant to provide basic sustenance for periods less than five consecutive days.

Characteristics:

The ration contains six compressed bars, two cereal bars, three cookie bars and a wintergreen glucose bar. The bars are vacuum-sealed in trilaminate foil pouches and packed in a water resistant, paperboard box. Sweetened lemon tea and soup broth powder are also included. The storage requirement for this ration is five years at 80°F (27°C) and one month at 140°F (60°C). There are 24 food packets per shipping container.

- **Weight:** 18.21 pounds/case, 11.4 ounces/packet
- **Cube:** 0.520 cubic feet/case, 24 cubic inches/packet

Nutritional Data:

Each packet provides 1447 kilocalories (5% protein, 39% fat and 56% carbohydrate). In order to minimize metabolic water requirements less than 8% protein is an Air Force operational requirement. If the product is required to be used in a salt-water survival scenario the consumption of the soup broth is not recommended.

Preparation Requirements:

No preparation is required for the six food bars except for opening the pouches. The cereal bars can be broken into pieces and rehydrated with water if desired. Fourteen ounces of water are required to reconstitute the lemon tea and the soup broth powder.

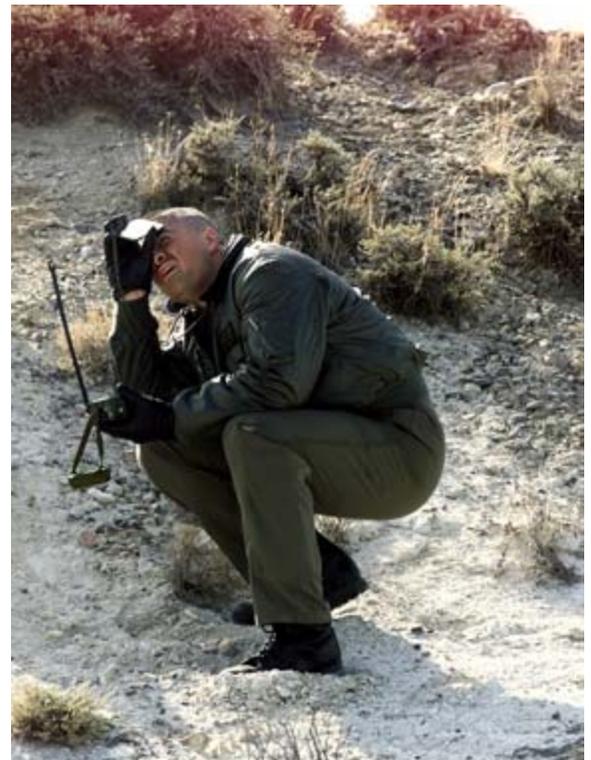
Comments:

The original Food Packet, Survival, General Purpose was type classified in 1961, replacing all other survival packets except those designed for space constraints and water limitation (Abandon Ship and Aircraft, Liferaft). This first packet was packet in a tin-plated can. Limited procurement quantities contributed to the unavailability of the can and some of the original components. The product was redesigned and changes incorporated in to the product in 1993. The improvements included a 42% increase in calories and greater component variety. The Food Packet, Survival, General Purpose has a verified five year shelf life.



Ration Box and Components

COMPONENTS	UNITS
Cornflake Bar	2
Shortbread Bar	1
Wintergreen Tablets	1
Granola Bar	1
Chocolate Chip Bar	1
Soup & Gravy Base	1
Sweetened Lemon Tea	1





Purpose:

The Food Packet, Survival, Abandon Ship is used by the Navy to sustain personnel who must abandon ship. It is positioned in lifesaving craft aboard larger ships.

Characteristics:

The packet contains dense commercial food bars that are required not to provoke thirst. The food bars are required to meet a minimum five year shelf life which is verified by a certificate of compliance from the manufacturer. There are a minimum of six equally shaped, individually wrapped bars per vacuum sealed laminated foil pouch. The food packet does not exceed 36.6 cubic inches or a weight of 18.0 ounces. It is designed to fit in the storage areas of lifesaving craft.

Nutritional Data:

The food packet has a minimum of 2400 kilocalories and 54% carbohydrate. The protein content maximum is 8% and the salt content maximum is 0.5%. Restriction of the protein and salt content are advantageous in minimizing the negative metabolic effects of short term fasting. This product is strictly a short term survival food for three to five days. The food bars are compatible with potable water restrictions.

Preparation Requirements:

There is no preparation necessary except opening packages.

Comments:

Experience with ocean disasters have shown that other supplies such as lifesaving equipment and drinking water were more critical to survival for the three to five day abandon ship scenario. Minimizing cube is essential if a food packet is included in the life craft cargo. The current packet is a commercial product first available in 1997. The Navy would prefer to have shelf life extended on this product to simplify the logistical restocking schedule. Redesign of this product is planned in order to meet that requirement. The previous version of the ration contained hard candy and chewing gum like the Food Packet, Survival, Aircraft, Liferaft Even earlier versions contained starch jelly bars, candy coated chewing gum, mint tablets, matches and a cigarette pack.



Food Packet and Individually Wrapped Bars





Purpose:

The Food Packet, Survival, Aircraft, Life Raft is used by the Navy to sustain personnel that survive aircraft disasters. The packet, along with other essential equipment, is supplied in the emergency kits carried aboard naval aircraft.

Characteristics:

The packet contains either hard candy, candy coated chewing gum and twine (Type I) or two to six survival food bars (Type II). Both Type I and Type II are overwrapped in flexible laminated foil pouches. An instruction sheet is included in Type I food packet explaining the use of the product (one day supply) and the twine as an aid in storing and protecting the food products after the packet is opened. The components are required to have a minimum shelf life of five years. The hard candy component has shown stability at extreme temperatures (3 years at 100°F) and ten year acceptable quality at 80°F. The Type II item is a generic off the shelf commercial item, including packaging. No storage data is available for this product, the shelf life requirement is verified by certificate of compliance from the manufacturer.

- **Weight:**

Type I: 3.5 ounces /packet, 8.0 pounds/case (gross)

Type II: 14-16 ounces/packet

- **Cube:**

Type I: 12.00 cubic inches/packet, 0.24 cubic feet/case

Type II: 36.6 cubic inches/packet

Nutritional Data:

Each Type I packet provides approximately 300 kilocalories (100% carbohydrate). It is strictly a short-term survival food. Type II packet provides 400 kilocalories per bar (two to six bars per packet). The Type II product is required to meet tolerances for maximum 8% protein, 0.5% salt and 45% minimum carbohydrate. The consumption of this ration will help to minimize the negative metabolic effects of short term fasting. The components are compatible with potable water restrictions.

Preparation Requirements:

No preparation is necessary except opening packages.

Comments:

The Navy only requires small quantities of this product and procurement is limited but purchased yearly.



Food Packet and Assorted Components





Ultra High Temperature Milk (UHT)

Purpose:

This item is used by the Armed Forces as a mandatory supplement and/or enhancement for operational ration feeding during operations which either do not have refrigeration capability or have limited capability. It is used in situations that do not permit resupply of perishable foods.

Characteristics:

UHT milk is fresh milk, which has been heat processed using a technology called Ultra High Temperature (UHT). The UHT process ensures maximum retention of flavor and nutritional value. The aseptic processing and packaging system protects the product from microorganisms, air and light, which assures a long shelf life without refrigeration. The shelf life of UHT milk is 10 months (unopened) under normal storage condition. Weight and cube per case is approximately 16.4 pounds and 0.33 cubic feet, respectively.

Nutritional Data:

The nutritional values provided are:

- Whole White — 150 calories (30% Fat, 40% Carbohydrate, 30% Protein)
- Whole Chocolate — 230 calories (21% Fat, 58% Carbohydrate, 21% Protein)
- Reduced Fat Chocolate 2% milk fat — 170 calories (14% Fat, 64% Carbohydrate, 22% Protein)
- Reduced Fat Strawberry 2% milk fat — 170 calories (13% Fat, 66% Carbohydrate, 21% Protein)
- Reduced Fat White 2% milk fat — 120 calories (21% Fat, 46% Carbohydrate, 33% Protein).

Serving size is 1 cup (236 ml).



Food Packet, Carbohydrate Supplement (CarboPack)

Purpose:

The CarboPack is a supplemental ration that provides additional energy to the warfighter during intense, prolonged physical activity and highly stressful conditions.

Characteristics:

The CarboPack provides a source of energy that improves soldier endurance and cognition. The CarboPack is easy to prepare, hydrate, consume, and digest; it provides true eat on-the-move & out-of-hand components. All components when packaged in a foil trilaminate outer packaging will meet a two-year shelf life. The CarboPack consists of two, eight-ounce carbohydrate electrolyte beverages and one carbohydrate rich bar. The beverage package serves as both the rehydration vessel and drink pouch. Each case contains twenty-five CarboPacks to be compatible with the Meal, Ready-to-Eat (MRE) and Unitized Group Ration (UGR).

Nutritional Data:

Each CarboPack contains at least 75 grams of Carbohydrate and 380 kilocalories to provide additional nutrition required by soldiers engaged in heavy to exceptionally-heavy activity. The carbohydrate (CHO) baseline used in the nutritional design of the CarboPack is tied directly to Military Dietary Reference Intakes (MDRIs) and Nutritional Standards For Operational Rations (NSORs) as established by the Office of the Surgeon General (OTSG) in Army Regulation 40-25.

Preparation Requirements:

The bar is ready-to-eat. The water requirement is 16 ounces for rehydration of both beverages. The beverages can be rehydrated and consumed from their pouch.

Comments:

A National Stock Number (NSN) has been established and procurement documents have been completed for the CarboPack. Currently the CarboPack is not being stocked but can be procured by the Defense Supply Center under a special order request.



CarboPack Components



Purpose:

Pouch Bread is used as an optional enhancement for operational rations.

Characteristics:

There are currently two varieties of Bread, Shelf Stable, White and Wheat. Both come fully baked and packaged in an individual three-ply laminate package with an oxygen-absorbing sachet. The serving size for each is 1.8 ounces per pouch and each shipping case contains 96 pouches. The bread is ready for consumption upon opening the pouch and has an expected shelf life of 36 months. When used as an enhancement, an additional 200 kilocalories is provided (12% protein, 33% fat and 55% carbohydrates).

Comments:

Split Top White Bread is a new item expected to be available in the near future. The serving size will be 1.8 ounces per pouch and each shipping case will contain 48 pouches. When it becomes available, it will replace the Bread, Shelf Stable, White.



Water, Drinking, Emergency and Water, Drinking, Sterile



Purpose:

The items, packaged in commercially acceptable containers, are suitable for (1) optional military use, such as with operational rations, aboard aircraft and emergency life rafts and (2) use by Federal, State and local governments and other interested parties.

Characteristics:

Both items are commercially sterile water, ready for consumption, which is potable, colorless, odorless and hermetically sealed in the following two types of containers: (1) Water, Drinking, Emergency is packaged in 4 fluid ounce trilaminate disposable flexible pouches designed to provide a spout. Each intermediate box contains 24 pouches; there are 2 intermediate boxes per shipping carton; (2) Water, Drinking, Sterile is hermetically sealed in a 16.9 fluid ounce rigid plastic bottles with screw-on closures (caps). There are 24 bottles per shipping carton. Expected shelf life in both packages is 60 months (5 years).

Comments:

Finished products meet sterilization requirements of the U.S. Pharmacopoeia and are produced under commercial good manufacturing practices as regulated by the Food and Drug Administration (FDA) under the Food, Drug and Cosmetic Act. The pH range may be 6.0 – 8.0, maximum sodium content 160 mg/L and maximum chloride 250 ml/L.



Emergency Drinking Water



Sterile Drinking Water



Purpose:

Health & Comfort Packs (HCP) provide forward area troops everyday necessities required for their health and comfort when the Post Exchange system or local stores are not available.

Characteristics:

The Type I HCP contains articles used by both males and females. It will supply 10 individuals for approximately 30 days. Each shipping container contains 10 prepackaged polyethylene bags with a drawstring closure containing a designed quantity of 17 items for issue to 10 individuals. Each shipping container also contains other items intended as general supply for replacement or issue as needed.

The Type II HCP is for females only and contains articles for feminine hygiene. It will supply 10 females for approximately 30 days. The contents of Type I and Type II HCPs are indicated in the accompanying photos. Expected shelf life of all components in Type I and Type II HCPs at the time of assembly is two years at 50 to 72° F.

The Type III HCP became available in March 2002. It consists of a personal body wipe packet, bulk packed with 40 packets per box. Each packet contains 10 washcloth-size body wipes. Contents of each box are intended for 10 individuals. Expected shelf life at time of assembly is two years at 50-72° F.

Comments:

The components listed here are the components that were procured on the last contract for this ration. Based on field surveys, changes may be made in future procurements. If changes are made, they are usually in size of a component or due to popularity of a new item, but the basic list of items generally remains the same. The photo, top right, displays the Type I assemblies on the top level and Type I supplemental items on the lower level. Lower right photo is the Type II components.



HCP Type I



HCP Type II

Package Contents:

TYPE I	TYPE I (Supplemental Items)	TYPE II (Female)	TYPE III (Male & Female)
Toothbrush	Detergent, laundry (2)	Napkins, sanitary, regular (48)	Body wipes (40)
Toothpaste	Comb, hair, flexible rubber (2)	Napkins, sanitary, super (72)	
Floss, dental	Bootlaces, black (2)	Tampons, regular (60)	
Razor, shaving (5), and Shaving Cream (1) (twin disposable & brushless shave cream)	Sewing kit, military	Tampons, super (84)	
OR Razor, Shaving (5) (twin blade disposable w/ shaving foam dispenser)	Band Aids	Panty shields (200)	
Soap, bar	Shoe brush	Bag, plastic, self seal, 1 gallon (20)	
Foot powder	Mirror	Disposal bag, 3x7 (150)	
Tissues	Boot/shoe polish (3)	Bag, plastic, (10)	
Shampoo		Ponytail holders (10)	
Deodorant, stick		Brush, hair, grooming (1)	
Lip Balm (2)		Comb, plastic (2)	
Personal hygiene body wipe (8 pack)(3)		Bobby pins (50)	
Bag, plastic, self seal		Personal hygiene body wipes (10)	
Lotion, sunscreen			
Toilet paper			
After shave, cleanser			
After shave, lotion			



Purpose:

The original requirement for the HDR was based on a need identified by the Defense Security Cooperation Agency-Humanitarian Assistance/Demining Activities (DSCA-HA/D), for a means of feeding large populations of displaced persons or refugees under emergency conditions. The HDR was developed and is managed by the Defense Logistic Agency's Defense Supply Center Philadelphia (Subsistence). While the HDR is similar in concept to the Meal, Ready-to-Eat as it is composed of ready-to-eat thermostabilized entrees and complementary components and is packaged in materials structurally similar to the MRE. However, the similarity ends there.

Characteristics:

The components are designed to provide a full day's sustenance to a moderately malnourished individual. In order to provide the widest possible acceptance from the variety of potential consumers with diverse religious and dietary restrictions from around the world, the HDR contains no animal products or animal by-products, except that minimal amounts of dairy products are permitted. Alcohol and alcohol based ingredients are also banned. The meal bag is similar to the MRE meal bag except that it is a salmon color and it contains graphics demonstrating how to open the bag and that the contents should be eaten. Again, the shipping container is the same as the MRE, except that it holds ten meal bags and contains markings and graphics specific to the HDR. The shelf life of the HDR is 36 months at 80° Fahrenheit.

- **Weight:** 25 lbs/case, 1,237 lbs/pallet
- **Cube:** 1.02 cubic feet/case, 58.1 cubic feet/pallet

Nutritional Data:

Since the meal is designed as a complete day's supply of food, a minimum of two entrees is provided in each meal bag. Complementary components are also included to provide the balance of the daily nutritional requirements that call for not less than 2200 calories, broken down as 10-13% protein, 27-30% fat, and not less than 60% carbohydrates. A spoon and a non-alcohol based moist towelette are the only non-food components in the meal bag.

Preparation Requirements:

The entire meal is ready to eat. The entrees may be eaten cold, however, as is universally understood, the entrees generally are more desirable when heated. The entree package may be immersed in hot water or the contents may be placed in a pot for heating over flame.



Humanitarian Daily Ration (HDR) Distribution In Iraq

Humanitarian Daily Ration (HDR) Packaging and Components





Humanitarian Daily Ration (HDR) Menus

<p>MENU 1A Bean Salad Brown & Wild Rice w/Lentils Crackers Peanut Butter Raisins Flat Bread Strawberry Jam Accessory Pack*</p>	<p>MENU 2A Barley Stew Lentil Stew Vegetable Biscuits Jam Peanut Butter Fruit Bar Shortbread Cookies Fruit Pastry Accessory Pack*</p>	<p>MENU 3A Beans & Rice in Tomato Sauce Herb Rice Biscuit (2 pack MRE crackers) Vegetable Crackers (2 pack) Fruit Bar (2 oz. Fig) Peanut Butter Strawberry Jam Fruit Pastry (2 pack) Shortbread (1 bar) Accessory Packet*</p>
<p>MENU 2A Bean Salad Rice w/Beans Crackers Peanut Butter Raisins Flat Bread Strawberry Jam Apple Fruit Bar Accessory Pack*</p>	<p>MENU 2B Barley Stew Peas in Tomato Sauce Vegetable Biscuits Jam Peanut Butter Fruit Bar Shortbread Cookies Fruit Pastry Accessory Pack*</p>	<p>MENU 2C Red Beans & Rice Yellow Rice Biscuit (2 pack MRE crackers) Vegetable Crackers (2 pack) Fruit Bar (2 oz. Fig) Peanut Butter Strawberry Jam Fruit Pastry (2 pack) Shortbread (1 bar) Accessory Packet*</p>
<p>MENU 3A Bean Salad Lentils & Vegetables Crackers Peanut Butter Raisins Flat Bread Strawberry Jam Apple Fruit Bar Accessory Pack*</p>	<p>MENU 3B Barley Stew Rice & Vegetables in Sauce Vegetable Biscuits Jam Peanut Butter Fruit Bar Shortbread Cookies Fruit Pastry Accessory Pack*</p>	<p>MENU 3C Lentil Stew Herb Rice Biscuit (2 pack MRE crackers) Vegetable Crackers (2 pack) Fruit Bar (2 oz. Fig) Peanut Butter Strawberry Jam Fruit Pastry (2 pack) Shortbread (1 bar) Accessory Packet*</p>
<p>MENU 4A Beans w/Potatoes Brown & Wild Rice w/Lentils Crackers Peanut Butter Raisins Flat Bread Strawberry Jam Accessory Pack*</p>	<p>MENU 4B Rice & Vegetables in Sauce Peas in Tomato Sauce Vegetable Biscuits Jam Peanut Butter Fruit Bar Shortbread cookies Fruit Pastry Accessory Pack*</p>	<p>MENU 4C Pasta in Tomato Sauce Yellow Rice Biscuit (2 pack MRE crackers) Vegetable Crackers (2 pack) Fruit Bar (2 oz. Fig) Peanut Butter Strawberry Jam Fruit Pastry (2 pack) Shortbread (1 bar) Accessory Packet*</p>
<p>MENU 5A Lentils & Vegetables Beans w/Potatoes Crackers Peanut Butter Raisins Flat Bread Apple Fruit Bar Accessory Pack*</p>	<p>MENU 5B Lentil Stew Peas in Tomato Sauce Vegetable Biscuits Jam Peanut Butter Fruit Bar Shortbread Cookies Fruit Pastry Accessory Pack*</p>	<p>MENU 5C Lentil Stew Red Beans & Rice Biscuit (2 pack MRE crackers) Vegetable Crackers (2 pack) Fruit Bar (2 oz. Fig) Peanut Butter Strawberry Jam Fruit Pastry (2 pack) Shortbread (1 bar) Accessory Packet*</p>

* **Accessory Pack contents:** red pepper, pepper, salt, sugar, spoon, matches (unprinted), towelette (alcohol free), napkin



Purpose:

The Meal, Alternative Regionally Customized (MARC) is a self contained, shelf stable meal. The effort was initiated after receiving an urgent request from the Defense Logistics Agency to expedite the development of a suitable vegetarian ration with unique dietary and component requirements designed specifically for detainees at Guantanamo Bay Naval Base (GTMO). By collaborating closely with DSCP and the U.S. Navy food service personnel at GTMO the salient performance characteristics and calorie requirements to maximize nutritional benefit and identify component restrictions were determined. While created out of a need to support GTMO detainees, the meal may be used to provide for other detainees as well.

Characteristics:

The final product configuration includes 10 different luncheon entrée menus containing food components familiar to Southwest Asian/Middle East populations and each is packaged in a single meal bag. Each case contains 10 meals, 1 of each menu. The menu variety can be seen in the table below. Based on the product design parameters, the MARC does not include “prohibited products” such as beef, pork, poultry, or any other animal product or animal by-product in any of the entrées or meal components (note: the MARC IS NOT kosher or halal certified). The shelf life of the MARC is a minimum of 12 months at 80° Fahrenheit from the time of product assembly. Contractors will ship the MARC with no less than 9 months shelf life remaining.

Nutritional Data:

The contents of one MARC meal bag provides a minimum of 700 calories (9-15 % protein, 25-30 % fat, and NLT 60 % carbohydrates).

Preparation Requirements:

Except for the beverages, the entire meal is ready to eat.



<p>MENU 1</p> <p>Chili with Black Beans Crackers</p> <p>Nuts</p> <p>Jam</p> <p>Tea (powdered drink mix)</p>	<p>MENU 2</p> <p>Pasta with Vegetable Tomato Crackers (Vegetable) Raspberry Applesauce Nuts</p> <p>Tea (powdered drink mix)</p>	<p>MENU 3</p> <p>Minestrone Crackers (Vegetable)</p> <p>Separate packets of Raisins and Dry Roasted Nuts</p> <p>Jam</p> <p>Tea (powdered drink mix)</p>	<p>MENU 4</p> <p>Cheese Tortellini Crackers</p> <p>Nuts</p> <p>Jam</p> <p>Tea (powdered drink mix)</p>	<p>MENU 5</p> <p>Curried Vegetables Crackers (Vegetable) Spiced Apples</p> <p>Jam</p> <p>Tea (powdered drink mix)</p>
<p>MENU 6</p> <p>Saag Chole (Spinach & Garbanzos)</p> <p>Yellow & Wild Rice Cracker</p> <p>Jam</p> <p>Tea (powdered drink mix)</p>	<p>MENU 7</p> <p>Alu Chole (Curried garbanzos & potatoes)</p> <p>Rice Spiced Apples</p> <p>Tea (powdered drink mix)</p>	<p>MENU 8</p> <p>Channa dal masala (Golden lentils with vegetables)</p> <p>Yellow & Wild Rice Cracker</p> <p>Jam</p> <p>Tea (powdered drink mix)</p>	<p>MENU 9</p> <p>Vegetable Jalfrazi (Spicy garden vegetables)</p> <p>Mexican Rice Cracker</p> <p>Jam</p> <p>Tea (powdered drink mix)</p>	<p>MENU 10</p> <p>Dhingri Mutter (Garden peas & sautéed mushrooms)</p> <p>Rice Cracker (Vegetable) Jam</p> <p>Tea (powdered drink mix)</p>

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