

# Menu Examples, Customizable for Calories, Price or Religious Specification

Ration Unit 1,500 kcal - MENU A1	Ration Unit 2,600 kcal - MENU B1	Ration Unit 3,600 kcal - MENU C1
<p style="text-align: center;">Breakfast</p> <p>1 Vanilla Cake (85g)</p> <p style="text-align: center;">Lunch</p> <p>1 Entrée - Chicken with Rice and Vegetables (227g)</p> <p>1 Starch - Flatbread/Tortillas (2) (44g)</p> <p style="text-align: center;">Dinner</p> <p>1 Entrée - Lamb and Lentil Stew (227g)</p> <p>1 Snack - Nut and Raisin Mix (56g)</p> <p>1 Dessert - Oatmeal Cookies (4) (56g)</p> <p>1 Isotonic Drink Mix - Fruit Punch (28g)</p> <p style="text-align: center;">Additional Items</p> <p>2 Spoon</p> <p>2 Tissues</p> <p>2 Refreshing Towel</p> <p>2 Coffee or Tea Bag</p> <p>2 Creamer</p> <p>2 Sugar</p> <p>2 Salt</p> <p>2 Pepper</p> <p>2 Candy</p> <p>2 Flameless Ration Heater (for the entrée)</p> <p>1 Customer Insert (Menu and Info) - No Printed Bag</p>	<p style="text-align: center;">Breakfast</p> <p>1 High Energy Cereal Bar (84g)</p> <p>1 Starch - Flat Bread/Tortillas (2) (44g)</p> <p>1 Spread Item - Peanut Butter, Fruit Jam or other (28g)</p> <p style="text-align: center;">Lunch</p> <p>1 Entrée - BBQ Chicken with Beans and Veggies (227g)</p> <p>1 Side Item - Rice with Vegetables (150g)</p> <p>1 Starch - Military Salted Crackers (2) (40g)</p> <p>1 Snack - Dried Fruit Cocktail (56g)</p> <p>1 Isotonic Drink Mix - Orange (28g)</p> <p style="text-align: center;">Dinner</p> <p>1 Entrée - Cheese Tortellini in Marinara Sauce (227g)</p> <p>1 Snack - Toasted Corn Nuts (56g)</p> <p>1 Dessert - Sugar Cookies (4) (84g)</p> <p>1 Isotonic Drink Mix - Lemonade (28g)</p> <p style="text-align: center;">Additional Items</p> <p>2 Spoon</p> <p>2 Tissues</p> <p>2 Refreshing Towel</p> <p>2 Coffee or Tea Bag</p> <p>2 Creamer</p> <p>2 Sugar</p> <p>2 Salt</p> <p>2 Pepper</p> <p>2 Candy</p> <p>2 Flameless Ration Heater (for the entrée)</p> <p>1 Customer Insert (Menu and Info) - No Printed Bag</p> <p>5 Water Purification Tablets</p>	<p style="text-align: center;">Breakfast</p> <p>1 High Energy Cereal Bar (84g)</p> <p>1 Starch - Flat Bread/Tortillas (2) (44g)</p> <p>1 Spread Item - Peanut Butter, Jelly or other (28g)</p> <p>1 Oatmeal/Porridge (Dry) - Apple Cinnamon (56g)</p> <p>1 Shelf Stable Water Pouch for Oatmeal</p> <p>1 Protein Breakfast Drink</p> <p style="text-align: center;">Lunch</p> <p>1 Entrée -Chicken Noodle Stew (227g)</p> <p>1 Side Item - Rice with Vegetables (150g)</p> <p>1 Starch - Military Salted Crackers (2) (40g)</p> <p>1 Snack - Nut and Raisin Mix (56g)</p> <p>1 Fruit - Dried Fruit Cocktail (56g)</p> <p>1 Isotonic Drink Mix - Orange (28g)</p> <p style="text-align: center;">Dinner</p> <p>1 Entrée - Beef Stew with Vegetables (227g)</p> <p>1 Starch - Flat Bread/Tortillas (2) (44g)</p> <p>1 Snack - Oriental Cracker and Nut Mix (56g)</p> <p>1 Dessert - Sugar Cookies (4) (84g)</p> <p>1 Isotonic Drink Mix - Lemonade (28g)</p> <p style="text-align: center;">Additional Items</p> <p>3 Spoon</p> <p>3 Tissues</p> <p>3 Refreshing Towel</p> <p>3 Coffee or Tea Bag</p> <p>3 Creamer</p> <p>3 Sugar</p> <p>3 Salt</p> <p>3 Pepper</p> <p>3 Candy</p> <p>3 Flameless Ration Heater (for the entrée)</p> <p>1 Leftover Bag</p> <p>1 Customer Insert (Menu and Info) - No Printed Bag</p> <p>5 Water Purification Tablets</p> <p>3 Fuel Gel Packets</p> <p>1 Metal Stove</p> <p>1 Matches</p>