

Case of 12 MRE's (avg. 1475+ calories each) with Soldier Fuel Bars and without Flameless Ration Heaters



Note: The meals in this case do **NOT come with our Flameless Ration Heater**

Name of Item	Type	Weight grams	Calories	Fat Grams	Saturated Fat Grams	Transfat Grams	Cholesterol Milligrams	Sodium milligrams	Carbohydrate Grams	Fibre Grams	Sugar Grams	Protein Grams	Vitamin A %	Vitamin C %	Calcium %	Iron %
Menu 1 - Spaghetti With Meat Sauce																
Spaghetti W Meat and Sauce	Entrée	227	220	8.0	3.5	-	30	680	26	2	7	14	10	15	8	20
Potato Cheddar Soup	Side	142	160	7.0	3.5	-	15	680	22	1	2	4	4	4	6	2
Carrot Pound Cake	Dessert	71	260	13.0	2.5	-	40	230	34	2	15	4	10	2	4	4
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Cheese Spread Fortified	Spread	43	180	17.0	10.0	-	50	300	1	-	-	5	60	70	15	-
Ration Bar - Peanut Butter	Ration Bar	65	270	8.0	2.0	-	5	135	41	2	15	10	-	35	2	6
Ice Tea	Beverage 1	16	60	-	-	-	-	-	16	-	16	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		653	1,510	63.0	24.0	2.0	140	2,200	200	9	79	43	92	126	35	48

Menu 2 - Chili With Beans																
Chili With Beans	Entrée	227	240	10.0	4.5	-	35	990	22	4	5	16	35	25	6	20
Mexican Rice	Side	142	200	4.0	0.5	-	-	440	36	2	-	6	15	4	2	10
Cookies with Pan Coated																
Chocolate Discs	Dessert	60	280	13.0	4.0	-	10	210	39	1	20	3	-	-	2	6
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Cheese Spread Fortified	Spread	43	180	17.0	10.0	-	50	300	1	-	-	5	60	70	15	-
Ration Bar - Peanut Butter	Ration Bar	65	270	8.0	2.0	-	5	135	41	2	15	10	-	35	2	6
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		650	1,620	62.0	23.5	2.0	100	2,400	221	11	86	46	118	134	27	58

Menu 3 - Chicken and Dumplings																
Chicken and Dumplings	Entrée	227	240	8.0	2.0	-	75	550	20	1	1	23	8	2	2	8
Mexican Rice	Side	142	200	4.0	0.5	-	-	440	36	2	-	6	15	4	2	10
Cookies with Pan Coated																
Chocolate Discs	Dessert	60	280	13.0	4.0	-	10	210	39	1	20	3	-	-	2	6
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Cheese Spread Fortified	Spread	43	180	17.0	10.0	-	50	300	1	-	-	5	60	70	15	-
Ration Bar - Peanut Butter	Ration Bar	65	270	8.0	2.0	-	5	135	41	2	15	10	-	35	2	6
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		650	1,620	60.0	21.0	2.0	140	1,960	219	8	82	53	91	111	23	46

Menu 4 - Chicken With Noodles																
Chicken with Noodles	Entrée	227	260	8.0	2.5	-	75	230	19	2	1	28	30	4	4	10
Hash Browns With Bacon	Side	142	220	12.0	3.5	-	15	550	22	2	1	8	-	15	2	2
Fudge Brownie	Dessert	85	320	17.0	6.0	4.0	40	115	43	2	28	4	-	-	2	15
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Cheese Spread Fortified	Spread	43	180	17.0	10.0	-	50	300	1	-	-	5	60	70	15	-
Ration Bar - Chocolate	Ration Bar	65	280	9.0	5.0	-	5	140	40	2	18	10	-	35	4	10
Ice Tea	Beverage 1	16	60	-	-	-	-	-	16	-	16	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		667	1,680	73.0	29.5	6.0	185	1,510	201	10	88	61	98	124	27	53

Menu 5 - Sloppy Joe Filling with beef																
Sloppy Joe Filling w beef	Entrée	227	370	22.0	9.0	-	100	820	22	2	9	21	35	60	2	15
Potato Cheddar Soup	Side	142	160	7.0	3.5	-	15	680	22	1	2	4	4	4	6	2
Fudge Brownie	Dessert	85	320	17.0	6.0	4.0	40	115	43	2	28	4	-	-	2	15
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Blackberry Jam	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Ration Bar - Chocolate	Ration Bar	65	280	9.0	5.0	-	5	140	40	2	18	10	-	35	4	10
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		671	1,650	66.0	26.5	7.5	160	2,345	228	10	121	45	47	99	34	58

Menu 6 -Vegetable lasagna																
Vegetable Lasagna	Entrée	227	250	4.5	1.5	-	5	840	44	5	7	11	8	15	10	15
Mexican Rice	Side	142	200	4.0	0.5	-	-	440	36	2	-	6	15	4	2	10
Raspberry White Chip Cookie	Dessert	57	250	12.0	4.0	2.5	10	160	35	-	20	3	-	-	4	6
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Strawberry Jam	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Ration Bar - Chocolate	Ration Bar	65	280	9.0	5.0	-	5	140	40	2	18	10	-	35	4	10
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		643	1,500	40.5	14.0	6.0	20	2,170	256	12	109	36	31	54	40	57

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Name of Item	Type	Weight grams	Calories	Fat Grams	Saturated Fat Grams	Transfat Grams	Cholesterol Milligrams	Sodium milligrams	Carbohydrate Grams	Fibre Grams	Sugar Grams	Protein Grams	Vitamin A %	Vitamin C %	Calcium %	Iron %
Menu 7 - Beef Ravioli																
Beef Ravioli in Meat Sauce	Entrée	227	280	8.0	3.5	-	25	670	34	2	5	16	6	10	8	15
Potato Cheddar Soup	Side	142	160	7.0	3.5	-	15	680	22	1	2	4	4	4	6	2
Raspberry White Chip Cookie	Dessert	57	250	12.0	4.0	2.5	10	160	35	-	20	3	-	-	4	6
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4
Ration Bar - Chocolate	Ration Bar	65	280	9.0	5.0	-	5	140	40	2	18	10	-	35	4	10
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		647	1,670	67.0	22.5	4.5	55	2,195	223	10	95	49	18	49	24	53

Menu 8 -Chicken Pesto Pasta																
Chicken Pesto Pasta	Entrée	227	340	4.5	6.0	-	40	490	26	1	4	18	2	6	8	8
Potato Cheddar Soup	Side	142	160	7.0	3.5	-	15	680	22	1	2	4	4	4	6	2
Carrot Pound Cake	Dessert	71	260	13.0	2.5	-	40	230	34	2	15	4	10	2	4	4
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4
Ration Bar - Chocolate	Ration Bar	65	280	9.0	5.0	-	5	140	40	2	18	10	-	35	4	10
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		661	1,740	64.5	23.5	2.0	100	2,085	214	11	89	52	24	47	24	44

Menu 9 - Sausage Patty with Hash Browns																
Pork Sausage Patty	Entrée	74	240	21.0	7.0	-	50	520	2	-	4	10	-	-	-	4
Hash Browns With Bacon	Side	142	220	12.0	3.5	-	15	550	22	2	1	8	-	15	2	2
Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		434	1,370	74.0	20.5	3.5	65	2,060	155	8	73	36	18	15	24	36

Menu 10 - Apple Maple Oatmeal																
Apple Maple Rolled Oats	Entrée	227	200	1.5	-	-	-	135	44	3	28	4	-	4	4	8
Hash Browns With Bacon	Side	142	220	12.0	3.5	-	15	550	22	2	1	8	-	15	2	2
Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Blackberry Jam	Spread	28	70	-	-	-	-	17	-	-	16	-	-	-	-	-
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		572	1,150	33.5	9.5	3.5	15	1,455	204	8	109	20	18	19	26	36

Menu 11 - Sausage Patty with Hash Browns																
Pork Sausage Patty	Entrée	74	240	21.0	7.0	-	50	520	2	-	4	10	-	-	-	4
Hash Browns With Bacon	Side	142	220	12.0	3.5	-	15	550	22	2	1	8	-	15	2	2
Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	200	10	3	4	10	-	-	2	4
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		434	1,370	74.0	20.5	3.5	65	2,040	155	8	73	36	18	15	24	36

Menu 12 - Apple Maple Oatmeal																
Apple Maple Rolled Oats	Entrée	227	200	1.5	-	-	-	135	44	3	28	4	-	4	4	8
Mixed Fruit	Side	128	120	-	-	-	-	60	28	-	25	1	4	100	-	-
Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Blackberry Jam	Spread	28	70	-	-	-	-	17	-	-	16	-	-	-	-	-
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		558	1,050	21.5	6.0	3.5	-	965	210	6	133	13	22	104	24	34

AVG Menu Totals (Per Meal)		603	1,494	58.3	20.1	3.8	87	1,949	207	9	95	41	50	75	28	47
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% calories from fat 35% 35%