

FIRST STRIKE RATION (FSR)

Menu #1

Filled French Toast
Sandwich, Honey BBQ Beef
Sandwich, Pepperoni
Cheese Spread, Jalapeno
Italian Bread Sticks
Dessert Bar, Peanut Butter
First Strike Bar, Chocolate
Beef Strips, Barbeque
Beef Strips, Teriyaki
Snack, Pretzels, Sticks
Fruit, Zapplesauce®,
Cinnamon
Trail Mix, Recovery
Chocolate Protein Drink
Beverage (1) 1/
Gum, Caffeine, Cinnamon
Re-closeable Plastic Bag
Spoon
Accessory Packet B

Menu #2

Toaster Pastry 1/
Sandwich, Italian Style
Chicken Chunks
Tortillas, Chipotle
Peanut Butter
Crackers, Plain
Dessert Bar, Mocha
First Strike Bar, Apple-
Cinnamon
Beef Strips, Teriyaki
Beef Strips, Barbeque
Fruit, Zapplesauce®
Fruit, Dried, Cranberries Nuts,
Almonds, Smoked Beverages
(2) 1/
Gum, Caffeine, Peppermint
Barbecue Sauce
Re-closeable Plastic Bag
Spoon
Accessory Packet B

Menu #3

Cake, Lemon Poppy Pound
Sandwich, Honey BBQ Beef
Chicken Chunks
Tortillas, Plain
Cheese Spread, Plain
Crackers, Plain
Dessert Bar,
Chocolate Banana Nut
First Strike Bar, Mocha
First Strike Bar, Cran-
Raspberry
Snack, Corn Kernels, Plain
Fruit, Zapplesauce®
Trail Mix, Recovery
Beverages (2) 1/
Candy, Caffeinated Mints
Hot Sauce, Buffalo Style 2/
Re-closeable Plastic Bag
Spoon
Accessory Packet A

Menu #4

Filled Cinnamon Bun
Filled Wrap, Mexican Style
Beef
Chicken, BBQ
Snack Bread, Multigrain
Cheese Spread, Jalapeno
Turkey Nuggets, Smoked
Dessert Bar, Peanut Butter
First Strike Bar, Mocha
Energy Gel, Mixed Berry
Snack, Filled Pretzel, Cheddar
Fruit, Zapplesauce®
Fruit, Raisins
Beverages (2) 1/
Gum, Caffeinated, Cinnamon
Hot Sauce, Extra Hot 2/
Re-closeable Plastic Bag
Spoon
Accessory Packet A

Menu #5

Filled French Toast
Toaster Pastry 1/
Sandwich, Honey BBQ
Chicken
Tuna, Lemon Pepper
Peanut Butter, Plain Crackers,
Plain
Beef Stick, Teriyaki
Snack, Corn Kernels, Plain
First Strike Bar, Cran-
Raspberry
Energy Gel, Mixed Berry Nut
Fruit Mix, Type II
Fruit, Zapplesauce®,
Cinnamon
Chocolate Protein Drink
Beverage (1) 1/
Candy, Caffeinated Mints
Mayonnaise, Fat Free
Re-closeable Plastic Bag
Spoon
Accessory Packet C

Menu #6

Filled Apple Turnover
Filled Wrap, BBQ Pork
Chicken, Garlic and Herb
Cheese Spread, Plain
Multi-grain Snack Bread
Turkey Nuggets, Smoked
Snack, Filled Pretzel, Cheddar
Dessert Bar, Mocha
First Strike Bar, Apple-
Cinnamon
Caffeinated Chocolate Pudding
Fruit, Dried, Cranberries
Dairyshake Powder,
Strawberry Banana
Beverage (1) 1/
Gum, Caffeinated, Peppermint
Hot Sauce, Extra Hot 2/
Re-closeable Plastic Bag
Spoon
Accessory Packet C

Menu #7

Filled Blueberry Turnover
Sandwich, Beef Nacho
Tuna, Lemon-Pepper
Tortillas, Plain
Spread, Cheddar Potato
Bacon Crackers, Plain
Baked Snack Crackers,
Hot and Spicy Cheese
Beef Stick, Teriyaki
First Strike Bar, Chocolate
First Strike Bar, Apple-
Cinnamon
Nut Fruit Mix, Type II Fruit,
Zapplesauce®
Beverages (2) 1/
Gum, Caffeinated, Cinnamon
Mayonnaise, Fat Free
Re-closeable Plastic Bag
Spoon
Accessory Packet A

Menu #8

Filled French Toast
Sandwich, Honey BBQ
Chicken
Tuna, Albacore
Italian Breadsticks
Cheese Filled Crackers,
Cheddar Cheese
Beef Strips, Barbeque
Beef Strips, Teriyaki
Dessert Bar,
Chocolate Banana Nut
First Strike Bar, Mocha
Fruit, Zapplesauce®,
Cinnamon
Nut Fruit Mix, Type II
Dairyshake Powder, Vanilla
Beverage (1) 1/
Gum, Caffeinated,
Peppermint
Mayonnaise, Fat Free
Re-closeable Plastic Bag
Spoon
Accessory Packet A

Menu #9

Filled Cinnamon Bun
Sandwich, Italian
Chicken, Garlic and Herb
Tortillas, Plain
Spread, Cheddar Potato Bacon
Crackers, Plain
Corn Kernels, Barbecue
Beef Strips, Barbeque
Beef Strips, Teriyaki
First Strike Bar, Cran-
Raspberry
Caffeinated Chocolate Pudding
Fruit, Dried, Raisins
Dairyshake Powder, Vanilla
Beverage (1) 1/
Candy, Caffeinated Mints
Hot Sauce, Extra Hot 2/
Re-closeable Plastic Bag
Spoon
Accessory Packet B