

INDIVIDUAL RATIONS: MRE™ XXXIII Menus (2013)

MENU 1

Chili w/beans, Corn bread, Jalapeño cheese spread, Tortillas, Ranger bar, Carbohydrate fortified beverage, Ground red pepper, Accessory Packet A

MENU 2

Chicken fajita, Refried beans, Trans fat free fudge brownie, Jalapeño cheese spread, Tortillas, Nuts, Irish cream cappuccino, Seasoning blend, Accessory Packet B

MENU 3

Chicken w/noodles, Peanut butter spread, Snack bread, Raisin nut mix w/pan coated chocolate disks, Jelly, Carbohydrate fortified beverage, Hot sauce, Accessory Packet A

MENU 4

Pork sausage w/gravy, Granola w/fruit, Toaster pastry, Cheese spread, Crackers, Carbohydrate fortified beverage, Accessory Packet A

MENU 5

Chicken w/tomatoes and feta cheese, First Strike™ bar, Cheese spread, Vegetable crackers, Dried fruit, Candy II, Carbohydrate electrolyte beverage, Accessory Packet A

MENU 6

Beef taco filling, Wet fruit pack, Filled crackers, Peanut butter spread, Crackers, Jelly, Carbohydrate electrolyte beverage, BBQ sauce, Accessory Packet A

MENU 7

Beef brisket, Garlic mashed potato, Cookie, Tortillas, Chocolate peanut butter spread, Candy I, Carbohydrate fortified beverage, Butter granules, Accessory Packet B

MENU 8

Meatballs w/marinara sauce, Au gratin potatoes, First Strike™ Bar, Cheese spread, Snack bread, Carbohydrate electrolyte beverage, Accessory Packet C

MENU 9

Beef stew, Raisin nut mix, Peanut butter spread, Snack bread, Jelly, Pretzels, Chocolate hazelnut cocoa powder, Hot sauce, Accessory Packet B

MENU 10

Chili and macaroni, Pound cake, Cheese spread, Crackers, Carbohydrate electrolyte beverage, Ground red pepper, Candy III, Accessory Packet A

MENU 11

Vegetable lasagna, Wet fruit pack, Cookie, Chunky peanut butter spread, Cracker, Candy I, Hot sauce, French vanilla coffee, Accessory Packet B

MENU 12

Spicy penne pasta, Toaster pastry, Peanut butter spread, Snack bread, Pudding, Carbohydrate electrolyte beverage, Hot sauce, Accessory Packet A

MENU 13

Cheese tortellini, Wet fruit pack, First Strike™ bar, Peanut butter spread, Crackers, Candy II, Carbohydrate electrolyte beverage, Seasoning blend, Accessory Packet B

MENU 14

Ratatouille, Pound cake, Peanut butter spread, Crackers, Dried fruit, Dairy shake (TFF), Seasoning blend, Accessory Packet A

MENU 15

Mexican style chicken stew, Sante Fe style rice and beans, Filled pretzels, Jalapeño cheese spread, Vegetable crackers, Candy II, Carbohydrate fortified beverage, Ground red pepper, Accessory Packet A

MENU 16

Boneless pork rib, Potato cheddar soup, Beef snacks, Peanut butter spread, Wheat snack bread (twin pack), Jelly, Caffeine mints, Carbohydrate fortified beverage, BBQ sauce, Accessory Packet B

MENU 17

Maple sausage, Maple muffin top, Cheese spread, Crackers, Raisin nut mix, Orange sugar free beverage, Table syrup, Accessory Packet A

MENU 18

Beef ravioli in meat sauce, Cheese spread, Snack bread, Corn nuts, Dried fruit, Carbohydrate fortified beverage, Hot sauce, Accessory Packet C

MENU 19

Jalapeño pepperjack beef patty, Cherry blueberry cobbler, Cookie, Bacon cheese spread, Wheat snack bread (twin pack), Ketchup, Mustard, Cocoa, Accessory Packet B

MENU 20

Spaghetti w/meat sauce, Pretzels, Cheese spread, Snack bread, Dried fruit, Candy III, Carbohydrate fortified beverage, Hot sauce, Accessory Packet A

MENU 21

Lemon pepper tuna, Baked snack cracker, Pound cake, Dairy shake (TFF), Fat free mayonnaise, Tortilla, Nuts, Seasoning blend, Accessory Packet B

MENU 22

Asian beef strips, Fried rice, Chunky peanut butter spread, Jelly, Snack bread, Candy I, Cocoa, Accessory Packet C

MENU 23

Chicken pesto pasta, Filled bakery item, Patriotic cookie, Cheese spread, Italian bread sticks, Carbohydrate electrolyte beverage, Ground red pepper, Accessory Packet A

MENU 24

Southwest beef and black beans, Spiced apples, Chocolate banana nut muffin top, Jalapeño cheese spread, Tortillas, Smoked turkey nuggets, Mocha cappuccino, Accessory Packet B

- ▲ **Accessory Packet A:** Coffee, non-dairy creamer, sugar and matches
- ▲ **Accessory Packet B:** Sugar free beverage powder
- ▲ **Accessory Packet C:** Coffee, non-Dairy creamer and sugar substitute
- ▲ **Candy I:** Toffee
- ▲ **Candy II:** Chocolate or peanut butter disks
- ▲ **Candy III:** Fruit-flavored or licorice candy
- ▲ **NOTE:** All beverages are powder