

INDIVIDUAL RATIONS: MRE™ XXXIV Menus (2014)

MENU 1

Chili w/Beans, Corn Bread, Cheese Spread, Snack Bread, Ranger Bar, Carbohydrate Fortified Beverage, Ground Red Pepper

MENU 2

Shredded Barbeque, Beef, Seasoned Black Beans, Pretzels, Jalapeño Cheese Spread, Tortilla, Nut Average, Carbohydrate Fortified Beverage, Hot Sauce

MENU 3

Chicken w/Noodles, Trans Fat Free Fudge Brownie, Cheese Spread, Plain Cracker, Nut Raisin Mix w/Choc Disks, Carbohydrate Electrolyte Beverage, Hot Sauce

MENU 4

Spaghetti w/Meat Sauce, Peanut Butter, Multigrain Snack Bread, Dried Fruit, Candy III, Carbohydrate Fortified Beverage, Jelly/Jam

MENU 5

Tomato & Feta Chicken, First Strike Bar, Jalapeño Cheese Spread, Vegetable Cracker, Dried Fruit, Candy II, Carbohydrate Electrolyte Beverage

MENU 6

Beef Taco Filling, Wet Pack Fruit, Filled Crackers, Peanut Butter, Tortilla, Jelly/Jam, Carbohydrate Electrolyte Beverage, Seasoning Blend

MENU 7

Beef Brisket, Garlic Mashed Potatoes, Cookie, Peanut Butter, Snack Bread, Jelly/Jam, Candy I, Cappuccino, Irish Cream, Butter Granules

MENU 8

Meatballs w/Marinara, Au Gratin Patatoes, First Strike Bar, Jalapeño Cheese Spread, Tortilla, Beef Snacks, Carbohydrate Fortified Beverage

MENU 9

Beef Stew, Nut Raisin Mix, Peanut Butter, Multigrain Snack Bread, Jelly/Jam, Pretzels, Chocolate Hazelnut Cocoa, Hot Sauce

MENU 10

Chili and Macaroni, Trans Fat Free Pound Cake, Jalapeño Cheese Spread, Plain Cracker, Candy III, Carbohydrate Electrolyte Beverage, Ground Red Pepper

MENU 11

Vegetarian Taco Pasta, Wet Pack Fruit, Cookie, Chunky Peanut Butter, Plain Cracker, Candy I, French Vanilla Cappuccino, Hot Sauce

MENU 12

Spicy Penne Pasta, Toaster Pastry, Chocolate Peanut Spread, Snack Bread, Instant Pudding, Pretzels, Carbohydrate Electrolyte Beverage, Hot Sauce

MENU 13

Cheese Tortellini, Wet Pack Fruit, First Strike Bar, Peanut Butter, Plain Cracker, Candy II, Carbohydrate Electrolyte Beverage, Hot Sauce

MENU 14

Ratatouille, Trans Fat Free Pound Cake, Peanut Butter, Plain Cracker, Dried Fruit, Trans Fat Free Dairyshake, Hot Sauce

MENU 15

Mexican Style Chicken Stew, Wet Pack Fruit, Filled Pretzels, Cheese Spread, Vegetable Cracker, Candy II, Carbohydrate Fortified Beverage, Ground red Pepper

MENU 16

Boneless Pork Rib, Santa Fe Style Rice and Beans, Beef Snack, Peanut Butter, Twin Pack Wheat Snack Bread, Jelly/Jam, Caffeine Mints, Carbohydrate Fortified Beverage, Barbeque Sauce

MENU 17

Maple Sausage, Maple Muffin Top, Cheese Spread, Plain Cracker, Nut Raisin Mix, Sugar Free Beverage Base, Orange w/Vitamin C, Table Syrup

MENU 18

Beef Ravioli in Meat Sauce, Bacon Cheese Spread, Snack Bread, Corn Nuts, Dried Fruit, Carbohydrate Fortified Beverage, Hot Sauce

MENU 19

Jalapeño Pepperjack Beef Patty, Cherry and Blueberry Cobbler, Cookie, Cheese Spread, Twin Pack Wheat Snack Bread, Ketchup, Mustard, Cocoa

MENU 20

Pork Sausage w/Gravy, Granola w/Fruit, Chocolate Banana Muffin Top, Cheese Spread, Plain Cracker, Carbohydrate Fortified Beverage

MENU 21

Lemon Pepper Tuna, Trans Fat Free Pound Cake, Fat Free Mayo, Tortilla, Nut Average, Baked Snack Cracker, Trans Fat Free Dairyshake, Seasoning Blend

MENU 22

Asian Style Beef Strips w/Peppers, Fried Rice, Chunky Peanut Butter, Snack Bread, Jelly/Jam, Candy I, Cocoa

MENU 23

Chicken pesto Pasta, Patriotic Cookie, Cheese Spread, Italian, Bread Sticks, Filled Bakery, Carbohydrate Electrolyte Beverage, Ground Red pepper

MENU 24

Southwest Beef and Black Beans, Spiced Apples, Toaster Pastry, Cheese Spread, Chipotle Tortilla, Turkey Snacks, Mocha Cappuccino

▲ **Candy I:** Toffee

▲ **Candy II:** Chocolate or peanut butter disks

▲ **Candy III:** Fruit- flavored or licorice candy

▲ **NOTE:** All beverages are powder