

# INDIVIDUAL RATIONS: MRE™ XXXVI Menus (2016)

## MENU 1

Chili w/ Beans, Trans Fat Free Corn Bread, Cheddar Cheese Spread, Trans Fat Free Crackers, Cheese Filled Snack Food, Carbohydrate Fortified Beverage Powder

## MENU 2

Shredded Barbeque Beef, Seasoned Black Beans, Jalapeno Cheddar Cheese Spread, Trans Fat Free Tortillas, Infused and Dried Fruits, Carbohydrate Fortified Beverage Powder, Barbeque Sauce

## MENU 3

Chicken w/Egg Noodles & Vegetables, Wet Pack Fruits, Peanut Butter, Trans Fat Free Cracker, Jelly/Jam, Candy, Carbohydrate Electrolyte Beverage Powder, Hot Sauce

## MENU 4

Spaghetti w/ Beef and Sauce, Toaster Pastry, Peanut Butter, Trans Fat Free Multigrain Snack Bread, Infused and Dried Fruits, Fortified Cocoa Beverage Powder, Jelly/Jam

## MENU 5

Chili and Macaroni, Trans Fat Free Pound Cake, Jalapeno Cheddar Cheese Spread, Trans Fat Free Crackers, Beef Snacks, Candy, Carbohydrate Electrolyte Beverage Powder, Crushed Red Pepper Spice

## MENU 6

Beef Taco, Wet Pack Fruits, Cheddar Cheese Spread, Trans Fat Free Tortillas, Nuts and Raisins w/ Chocolate Discs, Carbohydrate Electrolyte Beverage Powder, Seasoning Blend Spice

## MENU 7

Brisket Entrée, Au Gratin Potatoes, Trans Fat Free Cookies, Peanut Butter, Trans Fat Free Snack Bread, Jelly/Jam, Candy, Irish Cream Cappuccino Drink Mix

## MENU 8

Meatballs in Marinara Sauce, Garlic Mashed Potatoes, Trans Fat Free Cookies, Jalapeno Cheddar Cheese Spread, Trans Fat Free Italian Bread Sticks, Beef Snacks, Carbohydrate Fortified Beverage Powder

## MENU 9

Beef Stew, Fudge Brownie, Peanut Butter, Trans Fat Free Multigrain Snack Bread, Jelly/Jam Pretzels, Carbohydrate Electrolyte Beverage Powder, Hot Sauce

## MENU 10

Chicken Chunks, Trans Fat Free First Strike Bar, Cheddar Cheese Spread, Trans Fat Free Tortilla, Candy, Carbohydrate Fortified Beverage Powder, Hot Sauce, Buffalo Style

## MENU 11

Veggie Crumbles w/ Pasta in Taco Style Sauce, Wet Pack Fruits, Trans Fat Free First Strike Bar, Chunky Peanut Butter, Trans Fat Free Crackers, Nuts, French Vanilla Cappuccino Drink Mix, Chili Lime Hot Sauce

## MENU 12

Elbow Macaroni and Tomato Sauce, Cheese Spread, Trans Fat Free Snack Bread, Nuts and Raisins, Candy, Chocolate Protein Beverage Base, Hot Sauce

## MENU 13

Cheese Tortellini in Tomato Sauce, Dessert Powder, Peanut Butter, Trans Fat Free Crackers, Nuts & Raisins, Carbohydrate Electrolyte Beverage Powder, Hot Sauce

## MENU 14

Spinach Mushrooms & Cream Sauce Fettuccine, Trans Fat Free First Strike Bar, Peanut Butter, Trans Fat Free Crackers, Pretzels, Chocolate Protein Beverage Base, Hot Sauce

## MENU 15

Maple Pork Sausage Patty, Trans Fat Free Maple Muffin Top, Peanut Butter, Trans Fat Free Crackers, Nuts, Table Syrup, Carbohydrate Electrolyte Beverage Powder

## MENU 16

Rib Shaped BBQ Pork Patty, Santa Fe Style Rice and Beans, Trans Fat Free Ranger Bar, Peanut Butter, Trans Fat Free Wheat Snack Bread Twin Pack, Jelly/Jam, Carbohydrate Fortified Beverage Powder, BBQ Sauce

## MENU 17

Mexican Style Chicken Stew, Wet Pack Fruits, Cheese Filled Snack Food, Jalapeno Cheddar Cheese Spread, Trans Fat Free Vegetable Crackers, Candy, Chocolate Hazelnut Cocoa Beverage Powder, Crushed Red Pepper Spice

## MENU 18

Beef Ravioli in Meat Sauce, Trans Fat Free Muffin Top Chocolate Banana, Cheddar Cheese Spread, Trans Fat Free Wheat Snack Bread, Meat Snack, Carbohydrate Fortified Beverage Powder, Hot Sauce

## MENU 19

Grilled Jalapeno Pepper Jack Beef Patty, Cherry Blueberry Cobbler, Trans Fat Free Cookies, Cheddar Cheese Spread, Bacon, Trans Fat Free Twin Pack Wheat Snack Bread, Nuts, Carbohydrate Fortified Beverage Powder, Ketchup/ Mustard

## MENU 20

Hash Brown Potatoes W/ Bacon, Peppers, and Onions, Granola w/ Milk and Blueberry, Cheddar Cheese Spread, Trans Fat Free Crackers, Nuts & Raisins, Non-Nutr SwtNr Ornge Fortified Beverage Base

## MENU 21

Lemon Pepper Tuna, Trans Fat Free Pound Cake, Chocolate Peanut Butter, Trans Fat Free Tortillas, Snack Food, Carbohydrate Fortified Beverage Powder, Fat Free Mayo

## MENU 22

Asian Style Beef Strips w/ Vegetables, Fried Rice Chunky Peanut Butter, Trans Fat Free Snack Bread, Jelly/Jam, Candy, Chocolate Cocoa Bev Powder

## MENU 23

Chicken Pesto Pasta, Filled Bakery Item, Trans Fat Free Patriotic Sugar Cookies, Cheddar Cheese Spread, Trans Fat Free Snack Bread, Carbohydrate Electrolyte Beverage Powder

## MENU 24

Southwest Beef and Black Beans, Spiced Apples, Trans Fat Free Pound Cake, Cheddar Cheese Spread, Trans Fat Free Chipotle Tortillas, Meat Snack, Mocha Cappuccino Drink Mix

## MRE 37 (2017)

### IN:

Pepperoni Pizza  
Chicken Burrito Bowl Honey Wheat Bagel Thin Recovery Trail Mix Teriyaki Meat Stick Increase Wet Pack Fruit, Pound Cake, and Cookie Reduce Cheese & PB to 1 oz

### OUT:

Pork Rib  
Chicken Pesto Pasta Fried Rice Wheat Snack Bread Twin Pack Turkey Nugget Raisin Nut Mix Fudge Brownie Ranger Bar