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Revised: 06 May 25

Contents of Meal, Cold Weather (MCW) Ration July 2021- Present

MENU 1	MENU 2	MENU 3
Beef Stroganoff with Noodles	Chicken Fajita Bowl	Chili and Macaroni with Beef
Filled Pretzels, Cheddar Cheese	Nuts and Raisins with Pan Coated	Crackers, Plain
Dessert Bar, Peanut Butter	Chocolate Disks	Cheese Spread, Cheddar, Plain
Chocolate Protein Drink Powder,	Dessert Bar, Mocha	Toasted Corn Kernels
Chocolate	Beverage Powder, Carbohydrate,	Pan Coated Candy, Oval/Round,
Beverage Powder, Carbohydrate,	Fortified 2/	Milk Chocolate with Peanuts
Fortified 2/	Dried Fruit, Cranberries	Cappuccino, Irish Cream
Accessory Packet	Accessory Packet	Accessory Packet
Spoon	Spoon	Spoon

MENU 4	MENU 5	MENU 6
Homestyle Chicken Noodle Casserole	Chicken and Rice	Chicken and Biscuit Dumplings with
First Strike Bar, Chocolate	Filled Bakery Item, Cinnamon Bun	Vegetables
Crackers, Plain	First Strike Bar, Cran-Raspberry	Ramen Noodle Soup
Peanut Spread, Smooth, Chocolate	Cocoa Beverage Powder, Milk	Pound Cake, Trans Fat Free, Marble
Beverage Powder, Carbohydrate,	Chocolate	Crackers, Vegetable
Fortified 2/	Accessory Packet	Beverage Powder, Carbohydrate,
Accessory Packet	Spoon	Fortified 2/
Spoon		Accessory Packet
		Spoon

MENU 7	MENU 8	MENU 9
Beef Stew	Spaghetti with Meat Sauce	Mexican Style Adobo Rice and
Toasted Corn Kernels	Ramen Noodle Soup	Chicken
Nuts, Almonds, Smoked	Pan Coated Candy, Disks, Milk	Dessert Bar, Chocolate Banana Nut
Pound Cake, Trans Fat Free, Vanilla	Chocolate	Cornbread
Beverage Powder, Carbohydrate,	Plain Beverage Powder, Carbohydrate,	Dried Fruit, Cranberries
Fortified 2/	Fortified 2/	Beverage Powder, Carbohydrate,
Accessory Packet	Cocoa Beverage Powder,	Fortified 2/
Spoon	Milk Chocolate	Accessory Packet
	Dried Fruit, Whole Raisins	Spoon
	Accessory Packet	
	Spoon	

1/ Accessory pack component listed at the end of this document.

2/ Flavors shall be procured in equal quantities and assembled in a distribution which provides the greatest variation.

Beverage Powder, Carbohydrate, Fortified flavors: Grape, Lemon-Lime, Orange & Tropical Punch

MENU 10	MENU 11	MENU 12
Western Style Scrambled Eggs with Uncured Ham, Cheese, Peppers and Onions	Scrambled Eggs with Uncured Bacon Cereals, Rolled Oats, Instant, Maple and Brown Sugar	Breakfast Skillet with Pork Sausage Cereals, Rolled Oats, Instant, Strawberries and Cream
Granola with Milk and Blueberries	Nuts and Raisins with Pan Coated	Tortillas, Plain
Toaster Pastry, Chocolate Chip	Chocolate Disks	Cheese Spread, Cheddar, With
Muffin Top, Maple	Patriotic Sugar Cookies	Jalapeno Peppers
Filled Pretzels, Cheddar Cheese	Cocoa Beverage Powder, Milk Chocolate	Beverage Powder, Carbohydrate,
Beverage Base, Sweetened with Non-nutritive Sweetener, Fortified, Orange	Accessory Packet Spoon	Fortified 2/ Chocolate Protein Drink Powder, Chocolate
Coffee, Cappuccino, Irish Cream		Accessory Packet
Accessory Packet		Spoon
Spoon		

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Beverage Powder, Carbohydrate, Fotified flavors: Grape, Lemon-Lime, Orange & Tropical Punch

Accessory Packet
Chewing Gum, Xylitol Sweetened, Peppermint or Cinnamon
Hand Cleaner
Matches, Safety
Hot Sauce
Toilet Tissue
Coffee
Creamer
Sugar

