

First Strike Ration (FSR) Menus 1/ 2/

MENU 1	MENU 2	MENU 3
Filled French Toast Pocket	Brown Sugar Cinn. Toaster Pastry	Lemon Poppyseed Pound Cake
Bacon Cheddar Pocket Sandwich	Italian Pocket Sandwich	Honey BBQ Beef Pocket Sandwich
Pepperoni Pocket Sandwich	Chunk Chicken	Albacore Tuna
	Tortillas	Tortillas
Cheese Spread, Jalapeno	Peanut Butter	Cheese Spread, Plain
Wheat Snack Bread	Cracker, Plain	Cracker, Plain
ERGO Drink	ERGO Drink	ERGO Drink
ERGO Drink	ERGO Drink	ERGO Drink
First Strike Bar, Mocha	First Strike Bar, Apple Cinnamon	First Strike Bar, Mocha
First Strike Bar, Chocolate	First Strike Bar, Cran-Raspberry	First Strike Bar, Cran-Raspberry
Dessert Bar, Peanut Butter	Dessert Bar, Mocha	Dessert Bar, Choc. Banana Nut
Beef Snack, Sweet BBQ	Beef Snack, Sweet BBQ	Beef Snack, Sweet BBQ
Beef Snack, Teriyaki	Beef Snack, Teriyaki	Beef Snack, Teriyaki
Applesauce, CHO Enhanced	Applesauce, CHO Enhanced	Applesauce, CHO Enhanced
Nut Fruit Mix	Nut Fruit Mix	Nut Fruit Mix
Caffeinated Gum	Caffeinated Gum	Caffeinated Gum
	Mayonnaise, Fat Free	Mayonnaise, Fat Free
Hot Sauce, Red	Hot Sauce, Red	
Zip-Lock Pouch	Zip-Lock Pouch	Zip-Lock Pouch
Towelette (2)	Towelette (2)	Towelette (2)
Spoon	Spoon	Spoon
Accessory Pack C 2/	Accessory Pack B 2/	Accessory Pack A 2/
Apple Cider	Lemon Tea	Coffee
		Cream Substitute
		Sugar
Salt	Salt	Salt
Chewing Gum	Chewing Gum	Chewing Gum
Matches	Matches	Matches
Tissue	Tissue	Tissue
Towelette (1)	Towelette (1)	Towelette (1)

1/ There are a total of three (3) towelettes per menu.

2/ If a subassembly/accessory packet is used, additional components may also be inserted in the accessory packet.