

Case of 12 3-Course MREs Nutritional Information

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Name of Item	Type	Weight grams	Calories	Fat Grams	Saturated Fat Grams	Transfat Grams	Cholesterol Miligrams	Sodium milligrams	Carbohydrate Grams	Fibre Grams	Sugar Grams	Protein Grams	Vitamin A %	Vitamin C %	Calcium %	Iron %
Menu 1 - Spaghetti With Meat Sauce																
Spaghetti W Meat and Sauce	Entrée	227	220	8.0	3.5	-	30	680	26	2	7	14	10	15	8	20
Potatoes, Au Gratin	Side	142	220	11.0	7.0	-	35	420	26	1	3	4	6	90	8	2
TFF Carrot Pound Cake	Dessert	71	290	13.0	2.0	-	45	230	40	1	22	3	10	-	6	10
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Cheese Spread Fortified	Spread	43	180	17.0	10.0	-	50	300	1	-	-	5	60	70	15	-
Grape Electrolyte	Beverage 1	24	90	-	-	-	-	130	23	-	22	-	-	-	-	-
BBQ/Hot Sauce	Sauce	28	25	-	-	-	-	70	7	-	7	-	-	-	-	-
Total		582	1,205	54.0	23.5	-	160	1,915	151	5	62	30	86	175	37	42

Menu 2 - Chili With Beans																
Chili With Beans	Entrée	227	240	10.0	4.5	-	35	990	22	4	5	16	35	25	6	20
Santa Fe Style Rice and Beans	Side	142	170	5.0	2.5	-	10	500	25	3	6	7	15	8	15	6
TFF Lemon poppy seed Pound C	Dessert	71	270	12.0	4.0	-	45	180	35	-	19	3	-	-	4	10
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Strawberry Jam	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Total		539	1,020	32.0	12.0	-	90	1,905	149	8	69	30	50	33	25	46

Menu 3 - Taco Pasta (Vegetarian)																
Taco Pasta	Entree	227	200	7.0	1.0	-	-	1,070	37	9	8	12	20	15	10	20
Potatoes, Au Gratin	Side	142	220	11.0	7.0	-	35	420	26	1	3	4	6	90	8	2
Chocolate Chip Cookie	Dessert	60	280	13.0	4.0	-	10	210	39	1	20	3	-	-	2	6
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
BBQ/Hot Sauce	Sauce	28	25	-	-	-	-	70	7	-	7	-	-	-	-	-
Total		571	1,245	57.0	17.0	-	45	2,225	169	15	65	33	26	105	22	42

Menu 4 -Cheese Tortellini (Vegetarian)																
Cheese Tortellini	Entrée	227	240	6.0	1.0	-	25	510	37	2	4	9	2	2	10	10
Santa Fe Style Rice and Beans	Side	142	170	5.0	2.5	-	10	500	25	3	6	7	15	8	15	6
Strawberry Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4
Grape Electrolyte	Beverage 1	24	90	-	-	-	-	130	23	-	22	-	-	-	-	-
Total		534	1,140	46.0	11.5	-	35	1,625	160	9	53	32	27	10	27	40

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Menu 5 - Meatballs in Marinara Sauce																
Meatballs in Marinara Sauce	Entrée	227	280	14.0	5.0	-	30	1,030	27	2	7	10	6	2	8	10
Black Beans in Sauce	Side	142	130	3.5	0.5	-	-	850	30	13	2	8	4	10	6	15
Vanilla Pudding	Dessert	75	300	5.0	1.0	1.5	5	340	59	-	49	6	8	2	50	2
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
BBQ/Hot Sauce	Sauce	28	25	-	-	-	-	70	7	-	7	-	-	-	-	-
Total		586	1,255	49	12	2	35	2,745	183	19	92	38	18	14	66	41

Menu 6 -Vegetable lasagna (Vegetarian)

Vegetable Lasagna	Entrée	227	250	4.5	1.5	-	5	840	44	5	7	11	8	15	10	15
Zapplesauce	Side	128	130	-	-	-	-	-	33	2	19	-	-	520	-	2
Chocolate Chip Cookie	Dessert	60	280	13.0	4.0	-	10	210	39	1	20	3	-	-	2	6
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Grape Jelly	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Total		514	1,000	22.5	6.5	-	15	1,285	183	9	85	18	8	535	12	33

Menu 7 - Beef Ravioli

Beef Ravioli in Meat Sauce	Entrée	227	280	8.0	3.5	-	25	670	34	2	5	16	6	10	8	15
Black Beans in Sauce		142	130	3.5	0.5	-	-	850	30	13	2	8	4	10	6	15
Chocolate Pudding	Dessert	75	300	5.0	1.0	1.5	5	340	59	-	49	6	8	2	50	2
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Cheese Spread Fortified	Spread	43	180	17.0	10.0	-	50	300	1	-	-	5	60	70	15	-
Lemon Lime Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		600	1,340	44	18	4	80	2,485	206	17	102	41	86	92	79	48

Menu 8 -Beef Taco

Beef Taco	Entrée	227	240	9.0	3.5	-	10	810	23	4	5	18	25	6	10	15
Black Beans in Sauce	Side	142	130	3.5	0.5	-	-	850	30	13	2	8	4	10	6	15
TFF Spice Pound Cake	Dessert	71	260	12.0	4.0	-	40	190	34	1	18	3	-	-	2	8
TFF Tortillas	Bread	63	220	5.0	2.0	-	-	350	37	1	1	5	-	-	6	10
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
BBQ/Hot Sauce	Sauce	28	25	-	-	-	-	70	7	-	7	-	-	-	-	-

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Total		598	1,145	34.5	11.5	2.0	50	2,510	185	20	78	36	37	16	24	54

Menu 9 - Sausage Patty with Hash Browns

Pork Sausage Patty	Entrée	74	240	21.0	7.0	-	50	520	2	-	4	10	-	-	-	4
Hash Browns	Side	227	260	13.0	4.5	-	35	820	23	2	1	13	-	15	-	4
Strawberry Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Grape Jelly	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		504	1,230	54.0	17.5	3.5	85	2,110	163	5	85	31	18	15	20	34

Menu 10 - Apple Maple Oatmeal (Vegetarian)

Apple Maple Rolled Oats	Entrée	227	200	1.5	-	-	-	135	44	3	28	4	-	4	4	8
Brown Sugar Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
TFF Spice Pound Cake	Dessert	71	260	12.0	4.0	-	40	190	34	1	18	3	-	-	2	8
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4
Fruit Punch Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		516	1,370	54.5	14.0	3.5	40	1,315	209	10	114	25	18	4	28	46

Menu 11 - Sausage Patty with Hash Browns

Pork Sausage Patty	Entrée	74	240	21.0	7.0	-	50	520	2	-	4	10	-	-	-	4
Hash Browns	Side	227	260	13.0	4.5	-	35	820	23	2	1	13	-	15	-	4
Chocolate Chip Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
Wheat Snack Bread	Bread	57	180	6.0	1.5	1.5	-	350	30	2	3	4	-	-	20	10
Blackberry Jam	Spread	28	70	-	-	-	-	-	17	-	16	-	-	-	-	-
Orange Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		504	1,230	54.0	17.5	3.5	85	2,110	163	5	85	31	18	15	20	34

Menu 12 - Apple Maple Oatmeal (Vegetarian)

Apple Maple Rolled Oats	Entrée	227	200	1.5	-	-	-	135	44	3	28	4	-	4	4	8
Applesauce	Side	128	130	-	-	-	-	-	33	2	19	-	-	520	-	2
Brown Sugar Toaster Pastry	Dessert	52	210	9.0	3.0	-	-	180	37	-	16	2	10	-	-	10
MRE Cracker	Bread	47	180	5.0	1.0	-	-	85	28	1	1	4	-	-	-	10
Peanut Butter Fortified	Spread	43	250	21.0	4.0	-	-	220	10	3	4	10	-	-	2	4

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Fruit Punch Electrolyte	Beverage 1	24	90	-	-	-	-	150	22	-	22	-	-	-	-	-
Cocoa Beverage	Beverage 2	43	180	5.0	1.5	2.0	-	90	32	1	23	2	8	-	-	6
Total		563	1,240	41.5	9.5	2.0	-	860	206	10	113	22	18	524	6	40
AVG Menu Totals (Per Meal)		551	1,202	45.2	14.1	1.6	60	1,924	177	11	84	31	34	128	31	42
% calories from fat		34%	34%													