

## Rations

Meal rations come in four types: F-ration, B-ration, C-ration and S-ration. Those in charge have used these rations for the past fifty years.

The F-ration is food cooked either at the base or in the field by the company kitchen. The components are either fresh during the harvest season or canned (institutional sized). The cooks make breakfast from a pork product with eggs or oatmeal, fruit, and biscuits. Lunch is usually sandwiches on the base or stuffed pitas in the field. On base dinner is a meat (in descending order chicken, rabbit, turkey, pork, or beef), two vegetables, a fruit, leaven rolls, and dessert of pudding, gelatin, baked fruit pies, and, sometimes, cake. Field dinners substitute quick bread (usually corn muffins) for rolls and exclude a dessert. For all meals, a selection of cheeses is available and the choices for drink include milk, fruit juice, water or tea.

The B-rations are backpack rations composed of vacuum-packed items in thermoplastic. The contents of the individual packages are preserved by drying, pressurized cooking, salt or sugar curing, pasteurization, or pickling. Natural antimicrobial additives and antioxidants added to the packaged food increases shelf life. The packs open with the knife included in the soldier's utensil kit. Dry condiments (salt, sugar, seasonings and herbs) and powered drinks use wax paper containers that can be torn open by hand. The issued bayonet can also open the packs but this is discouraged to prevent contamination of the food. A cardboard contains a meal. A slightly larger cardboard box holds the three meal boxes, the soldier's daily ration. Each box and each item has a printed label listing the contents. Below is a listing of possible contents in a B-ration meal. The daily ration includes one box of each group (B, L, and D) and a vacuum-packed chunk of hard cheese.

No.	Entrée	Other	Fruit	Dessert	Drink (Condensed)
B1	Ham w/egg	Oat Ohs Cereal	A/P/P	Biscuit w/jam	Milk
B2	Bacon w/egg	Flake Corn Cereal	A/P/P	"	"
B3	Sausage w/egg	Rice Squares Cereal	A/P/P	"	"

No.	Entrée	Other	Fruit	Dessert	Drink (Powdered)
L1	Meat Spread	Crackers	None	Cookie	Tea or Grape Juice
L2	Cheese Spread	"	"	Dessert Bar	"
L3	Peanut Butter	"	"	Fruit Turnover	"

No.	Entrée	Side Compliment	Other	Dessert	Drink (Powdered)
D1	Beef Stew	Crackers	Vegetable	Fruit Turnover	Tea
D2	Chicken Stew	"	Vegetable	Dessert Bar	"
D3	Rabbit Stew	"	Vegetable	Cookie	"
D4	Beef Ravioli	A/P/P	Vegetable	Fruit Turnover	"
D5	Chicken Breast	Potatoes	Vegetable & Bread	Dessert Bar	"
D6	Chicken Chunks	Noodles	Vegetable & Crackers	Cookie	"
D7	Chili Meat in Sauce	Macaroni	Vegetable & A/P/P	Fruit Turnover	"
D8	Chili Meat in Sauce	Red Beans	Vegetable & Crackers	Dessert Bar	"
D9	Ham Slice	Cheese Macaroni	Vegetable & A/P/P	Cookie	"
D10	Meat Loaf w/gravy	Potatoes	Vegetable & Bread	Fruit Turnover	"
D11	Pork Chop	Cheese Macaroni	Vegetable & A/P/P	Dessert Bar	"
D12	Roast Beef w/gravy	Potatoes	Vegetable & Bread	Cookie	"
D13	Tomato Meat Sauce	Spaghetti	Vegetable & Bread	Fruit Turnover	"
D14	Turkey w/gravy	Potatoes	Vegetable & Bread	Dessert Bar	"

A/P/P = Apple, Peach, Pear

Vegetable = Common Beans, Cowpeas, Maize, Squash, Root Vegetable, Cabbage

Bread = Quick Bread Biscuits or Muffins, Sourdough Rolls

Reserved for long-range, extraterritorial, patrols are C-rations. The foods in the C-ration are usually cooked, freeze-dried and vacuum packed in thermoplastic. Natural antimicrobial additives and antioxidants added to the packaged food increases shelf life. The packs open with the knife included in the soldier's utensil kit. Dry condiments (salt, sugar, seasonings and herbs) and powdered drinks use wax paper containers that can be torn open by hand. The D meals exclude the dessert and the other component of the meal but have increased portion sizes for the entrée and side compliment. C-rations do not include any of the L meals because two of the modified D meals are included in the ration instead. The daily ration includes a snack composed of a vacuum-packed chunk of hard cheese and sealed crackers.

The S-ration is labeled as such because it provides a bare necessity for survival or sustenance while evading enemy forces. S-rations include vacuum-packed, prepared, beef jerky, hard cheeses, trail bars, etc. with added antimicrobial additives and antioxidants. S-rations do not have the shelf life of C-rations and are a bit bland in appeal but they are the most portable of the available rations. The S-ration is not designed to supply the soldier with a high calorie intake as required for normal operations and training situations.