

STANDARD BOX MEAL MENU 20230217 - 20260217

BREAKFAST BOX MEAL MENU

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calciu m (mg)	Sodium (mg)
MFR	CROISSANT	1 Each		231	4.7	12	26.1	38	21	266
MFR	ASSORTED CEREALS	1 Each		220	4	1.5	60	0	0	270
MFR	JUICE, ORANGE, INDIVIDUAL	1 Each		142	0.5	0	35.3	0	5	5
MFR	GRANOLA BAR VARIETY PACK	1 Bar		126	2	4.9	18.6	0	11	47
MFR	MILK LOWFAT IND or UHT	1 Each		102	8.2	2.4	12.2	12	305	107
A 013 00	ASSORTED FRESH FRUIT	1 Each		88	0.4	0.3	20	0	10	2
MFR	POP TART	1 Packet		366	4.7	5.9	73.7	0	200	379
MFR	SALT PACKET	2 Packets		0	0	0	0	0	0	775
MFR	PEPPER PACKET	2 Packets		1	0	0	0.2	0	1	0
MFR	KETCHUP PACKET	1 Packet		10	0.1	0	2.4	0	1	82
MFR	MUSTARD PACKET	2 Packets		7	0.5	0.4	0.6	0	6	125
F 004 01	EGGS, HARD COOKED	2 Each		130	11.4	8.6	0.7	337	57	135
MFR	JELLY PACKET, ASSORTED	2 Packets		30	0	0	6	0	0	10
MFR	PEANUT BUTTER IND	2 Each		167	7.1	14.3	5.5	0	12	130
	PLASTIC WARE SET									

LUNCH AND DINNER BOX MEAL MENU

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calciu m (mg)	Sodium (mg)
A 013 00	ASSORTED FRESH FRUIT	1 Each		88	0.4	0.3	20	0	10	2
R/M	ASSORTED CHIPS	1 Each		153	1.7	9.5	16.1	0	39	146
M G 001 26	LETTUCE, ROMAINE, LEAF	1 Ounce		5	0.3	0.1	0.9	0	2	2
M G 001 49	TOMATOES CHERRY	3 Each		6	0.3	0.1	1.2	0	2	2
M G 001 12	CARROT STICKS	6 Sticks		12	0.3	0.1	2.9	0	21	21
M G 001 15	CELERY STICKS	4 Sticks		5	0.2	0.1	0.9	0	24	24
MFR	GRANOLA BAR, QUAKER	1 Bar		126	2	4.9	18.6	0	47	47
MFR	MUSTARD PACKET	2 Packets		7	0.5	0.4	0.6	0	125	125
MFR	CATSUP PACKET	1 Packet		10	0.1	0	2.4	0	82	82
MFR	SALAD DRESSING PACKET	2 Packets		78	0.2	6.7	4.8	5	142	142
MFR	SALT PACKET	2 Packets		0	0	0	0	0	775	77
MFR	PEPPER PACKET	2 Packets		1	0	0	0.2	0	0	0
MFR	JUICE, INDIVIDUAL	1 Each		142	0.5	0	35.3	0	5	5
	PLASTIC WARE SET									

STANDARD FRUIT BAR See Master Menu Enclosure (4)  
 Manager's Choice of sandwich

STANDARD RECREATIONAL MEAL MENU 20230217 - 20260217

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
L 092 00	*1 BARBECUED PORK SPARE RIBS	7 Oz		571	38.7	40.7	9.9	161	69	635
L 146 02	*1 BBQ CHICKEN (QTR)	1 Pc		622	51.6	25.9	42.2	163	62	1216
N 012 00	*1 GRILLED HAMBURGER (BEEF PATTIES)	1 Ea		286	24.2	10.6	21.6	67	84	267
N 030 04	*1 GRILLED FRANKFURTERS	1 Ea		292	10.8	17.3	22.5	28	81	679
M 040 00	*2 POTATO SALAD (#SAUCE)	2/3 C		371	4.1	28.2	25.9	63	38	770
M 008 00	*2 COLE SLAW	1/2 C		248	2.3	20.7	14.9	11	81	440
M 034 00	*2 MACARONI SALAD	1/2 C		170	0.5	17.3	3.3	10	15	307
Q 002 00	BAKED BEANS (CANNED)	1/2 C		182	8.1	3	34.1	12	81	691
R/M	HAMBURGER BUNS	1 Ea		120	4.2	1.6	21.6	0	74	215
R/M	HOT DOG BUNS	1 Ea		120	4.2	1.6	21.6	0	74	215
R/M	DINNER ROLLS	2 Ea		174	6.1	3.6	29.1	2	100	262
R/M	ASSORTED CHIPS	1 Ea		153	1.7	9.5	16.1	0	39	146
M G 001 26	LETTUCE LEAF OR SHREDDED	2 Ea		3	0.2	0	0.5	0	3	2
M G 001 70	DILL PICKLE CHIP	4 S1		9	0.4	0.2	1.9	0	45	640
M G 001 51	SLICED TOMATOES	2 S1		12	0.6	0.1	2.6	0	7	7
M G 001 33	SLICED ONIONS	3 S1		11	0.3	0	2.5	0	6	1
R/M	SALT, IND.	2 Pkt		0	0	0	0	0	0	775
R/M	PEPPER, IND.	2 Pkt		1	0	0	0.2	0	1	0
R/M	KETCHUP INDV.	1 Pkt		9	0.1	0	2.5	0	1	82
R/M	MUSTARD, IND.	2 Pkt		7	0.4	0.4	0.6	0	7	121
R/M	SALAD DRESSING, IND.	2 Pkt		50	0.1	4.3	3	4	1	131
R/M	PICKLE RELISH INDV.	2 Pkt		24	0	0	6	0	0	140
	*3 BEVERAGES									
	*4 DESSERT									
	*5 FRESH FRUIT									

- NOTES:
1. A choice of either 50/50 Spare Ribs/Chicken or 100/100 Hamburger/Hot Dog will be made available to patrons.
  2. Choice of salad - two of the five salads will be made available to patrons.
  3. Beverages (choice of canned soda, Gatorade, or Ind. Juice) will be provided.
  4. Dessert from the Master Menu Day will be provided. See Encl 2
  5. Standard Fruit Bar will be provided.
  6. Requesting units are responsible for consumable items, i.e. plates and cutlery.
  7. Requesting units are responsible to coordinate with MWSS-171 Field Mess for Food Transporters/Containers.
  8. Ensure meal is properly entered into Point of Sales with the correct SMR Barcode prior to subsistence leaving the Mess Hall. Do not accept any subsistence items returned to the Mess Hall.

FORCE MARCH MENU 20230217 - 20260217

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
R/M	RICE KRISPIES, INDV	1 Each		95	1.7	0.5	21.3	0	1	132
MFR	GRANOLA BAR VARIETY PACK	1 Bar		126	2	4.9	18.6	0	11	47
FRESH FRUIT (MIN OF 2 TYPES)										
A 013	ORANGES, FRESH	1 Each		80	1.6	0.2	20	0	68	0
A 013	BANANAS, FRESH	1 Each		105	1.3	0.4	26.9	0	6	1
A 013 00	APPLES, FRESH	1 Each		88	0.4	0.3	23.5	0	10	2
A 013 00	PEARS, FRESH	1 Each		86	0.5	0.2	22.9	0	14	2
A 013 00	BANANAS, FRESH	1 Each		105	1.3	0.4	26.9	0	6	1
F 004 00	HARD COOKED EGGS	2 Each		130	11.4	8.6	0.7	337	57	135

MANAGER'S CHOICE (MIN OF 2 TYPES)

R/M	JUICE, APPLE, INDIVIDUAL	1 Each		143	0.3	0.4	35	0	25	12
MFR	JUICE, ORANGE, CONCENTRATE, INDIVIDUAL	1 Each		153	2.1	0.4	35.9	0	34	6

NOTES: 1. This menu will only be used for Hikes and Force Marches with a LOI signed by the Commanding Officer.