Components of Type C Ration (31 Oct 44) (COD 183A)

# 8 UNITS

| Unit 1.<br>Breakfast  |  | Unit 4.<br>Breakfast  |   |
|---|--|---|---|
| Biscuits IV<br>Cereal, premix<br>Coffee, soluble<br>Peanuts, candy coated<br>Sugar                                  | 2 oz.<br>2 oz.<br>5 gms.<br>1.2 oz.<br>0.8 oz.   | Biscuits<br>Cereal, premix<br>Coffee, soluble<br>Chocolate Drops<br>Sugar                     | 2 oz.<br>2 oz.<br>5 gms.<br>1.2 oz.<br>0.8 oz.      |
| Unit 2.<br>Dinner   | ×  | Unit 5.<br>Dinner   | Ň   |
| Biscuits V<br>Fudge<br>Cookies, Butterscotch<br>Lemon Juice Powder, Syn<br>Sugar                                    | 1.4 oz.<br>2 oz.<br>0.8 oz.<br>. 7 ms.<br>1.66 oz.   | Biscuits<br>Candy, hard<br>Cookies, Butter-<br>scotch<br>Orange Juice Powder<br>Syn.<br>Sugar | 1.4 cz.<br>0.6 cz.<br>0.8 cz.<br>7 gms.<br>1.66 cz. |
| Unit 3.<br>Supper   |  | Unit 6.<br>Supper   |   |
| Biscuits I<br>Caramels<br>Cocca, compressed<br>Jam, canned  | 2.0 oz.<br>1 oz.<br>2 oz.<br>1.5 cz.   | Biscuits<br>Caramels<br>Coffee, soluble<br>Jam, canned<br>Sugar                               | 2 oz.<br>1 oz.<br>5 gms.<br>1.5 oz.<br>0.8 oz.      |
|   | M UNIT   | 3   |   |
| Ham, Egg, Potato<br>Moat and Beans<br>Chicken & Vegetables<br>Meat & Noodles<br>Frankfurters & Beans<br>Pork & Rice | 11 <sup>1</sup> / <sub>2</sub> oz.<br>12 oz.<br>12 oz.<br>12 oz.<br>12 oz.<br>12 oz.<br>12 oz. | Meat & Spaghetti<br>Meat & Vegetable<br>Stew<br>Pork & Boans<br>Ham & Lima Beans              | 12 oz.<br>12 oz.<br>12 oz.<br>12 oz.                |
| Average   | calories pe  | er ration - 3700  | Division  |

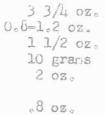


## Scanned by the 90th Infantry Division Preservation Group

Components of the Type K Ration (31 Oct 44) (C.C.D. 286)

## BREAKFAST

"eat and bgg Product Biscuits (Coreal (premix) Coffee (soluble) Fruit Bar Gum Sugar



#### DINNER

| Cheese Product    | 4 020        |
|-------------------|--------------|
| Biscuits          | 1.4-2.1 02.  |
| Candy Bar         | 11-1 2/8 oz. |
| Syn, Fruit powder | 7 grams      |
| Bum               |              |
| Sugar             | 1.2 oz.      |

## SUPPER

| Meat Product, canned  | 4 oz.       |
|-----------------------|-------------|
| Biscuits              | 1.5-2.2 oz. |
| Bouillon Powder       | 10 grams    |
| Caramels or Candy Bar | 2 oz.       |
| Coffee (soluble)      | 5 grams     |
| Gum<br>Sugar          | 23 grams    |

Average calories per ration - 2825

22 January 1945.



Components of the 10-in-1 Ration

## Menu "1.

| Army spread, canned       | 7.5 oz. |
|---------------------------|---------|
| Coffee, soluble           | 2 02.   |
| Fruit pudding, canned     | 35 oz.  |
| Hamburger, canned         | 60 oz.  |
| Ham and Eggs, canned      | 68 oz.  |
| Hash, corned beef, dehyd. | 26 oz.  |
| or                        |         |
| Neat and Rice, dehyd.     | 26 uz.  |
| Jam, canned               | 22 oz.  |
| Milk, evap.               | 12 02.  |
| Tomatoes, canned          | 38 oz.  |
| Biscuits                  | 56 oz.  |
| Cereals, premix           | 20 oz.  |
| Cocoa Beverage            | 20 oz.  |
| Caramel Bar               | 20 oz.  |
| Sugar                     | 12 oz.  |
| Partial Dinner Unit /1    |         |

## Menu 2.

| Arey spread, canned     | 7.    | 5 020   |
|-------------------------|-------|---------|
| Bacon, sliced, canned   |       | 02.     |
| Coffee, soluble         |       | oz.     |
| Corn, canned            | 24-38 |         |
| Fruit cake, canned      |       | oz.     |
| Jam, canned             |       | 02.     |
| Milk, evap. canned      |       | oz.     |
| Pork Tenderloin, canned |       | 02.     |
| Peanuts, canned         |       | 02 .    |
| Stew, English           |       | OZ o    |
| OI.                     | 00    | WP 64 0 |
| Neat Balls & Spaghetti  | 68    | 08.     |
| Biscuits                |       | OZ.     |
|                         |       |         |
| Coreal, premix          |       | OZ.     |
| Sugar                   | 24    | 020     |
| Partial Dinner Unit //2 | i.    |         |
|                         |       |         |

#### Menu #3.

G

| Army spread               | 7.5 oz. |
|---------------------------|---------|
| Beef, corned, canned      | 48 oz.  |
| Coffee, soluble           | 2 02.   |
| Jam, canned               | 22 oz.  |
| Milk, evap. canned        | 12 oz.  |
| Peas, canned              | 40 oz.  |
| Plum pudding, canned      | 35 oz.  |
| Pork and Corn, canned     | 60 oz . |
| Pork sausage meat, canned | 68 oz.  |
| Biscuits                  | 56 oz . |
| Cereal, premix            | 20 oz.  |
| Cocoa beverage            | 20 oz . |
| Fruit Bar                 | 20 oz.  |
| Sugar                     | 12 oz.  |
| Partial Dinner Unit #3    |         |

#### Menu #4.

| Army spread            | 7.5 02. |
|------------------------|---------|
| * 4                    |         |
| Bacon, sliced, canned  | 48 02.  |
| Beans, snap, canned    | 38 oz.  |
| Beef, roast, canned    | 48 02.  |
| Coffee, soluble        | 4 020   |
| Fig pudding            | 7.5 02. |
| Jam canned             | 22 oz.  |
| Milk, evap. canned     | 12 oz.  |
| Pork & Applesauce      | 60 oz.  |
| OI                     |         |
| Pork Sausage Patties & |         |
| Apples, canned         | 60 oz.  |
| Biscuits               | 64 oz.  |
| Caramel Nougat Bar     | 20 oz.  |
| Cereal, premix         | 20 02.  |
| Sugar                  | 24 02.  |
| Partial Dinner Unit #4 |         |
|                        |         |



## Components of the 10-in-1 Ration

#### Menu #1.

#### Menu #2.

| Army spread, canned       | 7.5 oz. | Army spread, canned     | 7.5 oz.   |
|---------------------------|---------|-------------------------|-----------|
| Coffee, soluble           | 2 oz.   | Bacon, sliced, canned   | 48 oz.    |
| Fruit pudding, canned     | 35 oz.  | Coffee, soluble         | 4 oz.     |
| Hamburger, canned         | 60 oz.  | Corn, canned            | 24-38 oz. |
| Ham and Eggs, canned      | 68 oz.  | Fruit cake, canned      | 35 oz.    |
| Hash, corned beef, dehyd. | 26 oz.  | Jam, canned             | 22 oz.    |
| or                        |         | Milk, evap. canned      | 12 oz.    |
| Meat and Rice, dehyd.     | 26 oz.  | Pork Tenderloin, canned | 60 oz.    |
| Jam, canned               | 22 oz.  | Peanuts, canned         | 15 oz.    |
| Milk, evap.               | 12 oz.  | Stew, English           | 68 oz.    |
| Tomatoes, canned          | 38 oz.  | or                      |           |
| Biscuits                  | 56 oz.  | Meat Balls & Spaghetti  | 68 oz.    |
| Cereals, premix           | 20 oz.  | Biscuits                | 64 oz.    |
| Cocoa Beverage            | 20 oz.  | Cereal, premix          | 20 oz.    |
| Caramel Bar               | 20 oz.  | Sugar                   | 24 oz.    |
| Sugar                     | 12 oz.  | Partial Dinner Unit #2  |           |
| Partial Dinner Unit #1    |         |                         |           |

7.5 oz.

48 oz.

2 oz.

22 oz.

12 oz. 40 oz.

35 oz.

60 oz. 68 oz.

56 oz.

20 oz.

20 oz.

20 oz.

12 oz

## Menu #3.

Army spread Beef, corned, canned Coffee, soluble Jam, canned Milk, evap. canned Peas, canned . Plum pudding, canned Pork and Corn, canned Pork sausage meat, canned Biscuits Cereal, premix Cocoa beverage Fruit Bar Sugar Partial Dinner Unit #3

Menu #4.

| Army spread            | 7.5 oz. |
|------------------------|---------|
| Bacon, sliced canned   | 48 oz.  |
| Beans, snap canned     | 38 oz.  |
| Beef, roast canned     | 48 oz.  |
| Coffee, soluble        | 4 oz.   |
| Fig pudding            | 7.5 oz. |
| Jam, canned            | 22 oz.  |
| Milk, evap.            | 12 oz.  |
| Pork & Applesauce      | 60 oz.  |
| or                     |         |
| Pork Sausage Patties & |         |
| Apples, canned         | 60 02.  |
| Biscuits               | 64 oz.  |
| Caramel Nougat Bar     | 20 oz.  |
| Cereal, premix         | 20 oz.  |
| Sugar                  | 24 oz.  |
| Partial Dinner Unit #4 |         |



## Menu #5.

| Army spread                | 7.5 oz.  |
|----------------------------|----------|
| Pork Sausage, link canned  | 64 oz.   |
| Beans, lima, canned        | 40 oz.   |
| Cheese, canned             | 32.5 oz. |
| Coffee, soluble            | 2 oz.    |
| Ham w/Raisin Sauce, canned | 68 oz.   |
| or                         |          |
| Ham w/Sweet Potato, canned | 68 oz.   |
| Jam, canned                | 22 oz.   |
| Milk, evap.                | 12 oz.   |
| Pineapple Rice Pudding,    |          |
| canned                     | 37.5 oz. |
| Biscuits                   | 56 oz.   |
| Cereal, premix             | 20 oz.   |
| Chocolate Bar              | 20 oz.   |
| Cocoa Beverage             | 20 oz.   |
| Sugar                      | 12 oz.   |
| Partial Dinner Unit #5     |          |

### Calorie Value per Ration

| Menu | #1 | 4031 |
|------|----|------|
| Menu | #2 | 3950 |
| Menu | #3 | 4180 |
| Menu | #4 | 3800 |
| Menu | #5 | 4260 |

#### Partial Dinner Units

| A | enu #1 |         |       |        |
|---|--------|---------|-------|--------|
|   | 2 pkg. | Biscui  | its   |        |
|   | l jell | y bar   |       |        |
|   | l pkg. | Grape   | juice | powder |
|   | 1.2 oz | . sugai | c     |        |
|   | Gum    |         |       |        |

Menu #2 2 pkg. Biscuits 1 pkg. caramels 1 caramel bar 1.2 oz. sugar Gum

- Menu #3
  2 pkg. Biscuits
  2 oz. Chocolate Bar
  1 pkg. Orange juice powder, syn.
  1.2 oz. Sugar
  Gum
- Menu #4 2 pkg. Biscuits 1 Cocoanut Bar 1 pkg. Lemon juice powder, syn. 1.2 oz. sugar Gum

Menu #5 2 pkg. Biscuits 1 Vanilla Fudge Bar 1 pkg. Orange Juice powd., syn. 1.2 oz. sugar Gum



Components of the Type K Ration (31 Oct 44) (CQD 286)

## BREAKFAST

## DINNER

Cheese Product

Syn. Fruit powder

Biscuits

Candy Bar

Gum

Sugar

Meat and Egg Product Biscuits Cereal (premix) Coffee (soluble) Fruit Bar Gum Sugar

| 2 2 /  |       | ×. |
|--------|-------|----|
| 3 3/2  | LOZ.  |    |
| 0.8-1. | 2 oz. |    |
| 1 1/2  | oz.   |    |
| 10     | gms.  |    |
| 2      | oz.   |    |
|        |       |    |
| .8     | oz.   |    |

4 oz. 1.4-2.1 oz. 1<u>1</u>-1 2/8 oz. 7 gms.

1.2 oz.

#### SUPPER

| Meat Product, canned  | 4 oz.       |
|-----------------------|-------------|
| Biscuits              | 1.5-2.2 oz. |
| Bouillon Powder       | 10 gms.     |
| Caramels or Candy Bar | 2 oz.       |
| Coffee (soluble)      | 5 gms.      |
| Gum                   |             |
| Sugar                 | 23 gms.     |
|                       |             |

Average calories per ration - 2825

