

Components of Type C Ration (31 Oct 44) (COD 183A)B UNITSUnit 1.Breakfast

Biscuits IV	2 oz.
Cereal, premix	2 oz.
Coffee, soluble	5 gms.
Peanuts, candy coated	1.2 oz.
Sugar	0.8 oz.

Unit 4.Breakfast

Biscuits	2 oz.
Cereal, premix	2 oz.
Coffee, soluble	5 gms.
Chocolate Drops	1.2 oz.
Sugar	0.8 oz.

Unit 2.Dinner

Biscuits V	1.4 oz.
Fudge	2 oz.
Cookies, Butterscotch	0.8 oz.
Lemon Juice Powder, Syn.	7 gms.
Sugar	1.66 oz.

Unit 5.Dinner

Biscuits	1.4 oz.
Candy, hard	0.6 oz.
Cookies, Butter-scotch	0.8 oz.
Orange Juice Powder, Syn.	7 gms.
Sugar	1.66 oz.

Unit 3.Supper

Biscuits I	2.0 oz.
Caramels	1 oz.
Cocoa, compressed	2 oz.
Jam, canned	1.5 oz.

Unit 6.Supper

Biscuits	2 oz.
Caramels	1 oz.
Coffee, soluble	5 gms.
Jam, canned	1.5 oz.
Sugar	0.8 oz.

M UNITS

Ham, Egg, Potato	11½ oz.
Meat and Beans	12 oz.
Chicken & Vegetables	12 oz.
Meat & Noodles	12 oz.
Frankfurters & Beans	12 oz.
Pork & Rice	12 oz.

Meat & Spaghetti	12 oz.
Meat & Vegetable Stew	12 oz.
Pork & Beans	12 oz.
Ham & Lima Beans	12 oz.

Average calories per ration - 3700

22 January 1945.



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

BREAKFAST

Meat and Egg Product	3 3/4 oz.
Biscuits	0.8-1.2 oz.
Cereal (premix)	1 1/2 oz.
Coffee (soluble)	10 grams
Fruit Bar	2 oz.
Gum	
Sugar	.8 oz.

DINNER

Cheese Product	4 oz.
Biscuits	1.4-2.1 oz.
Candy Bar	1 1/4-1 2/8 oz.
Syn, Fruit powder	7 grams
Gum	
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	
Sugar	23 grams

Average calories per ration - 2825

22 January 1945.



Components of the 10-in-1 RationMenu #1.

Army spread, canned	7.5 oz.
Coffee, soluble	2 oz.
Fruit pudding, canned	35 oz.
Hamburger, canned	60 oz.
Ham and Eggs, canned	68 oz.
Hash, corned beef, dehyd.	26 oz.
or	
Meat and Rice, dehyd.	26 oz.
Jam, canned	22 oz.
Milk, evap.	12 oz.
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.

Army spread, canned	7.5 oz.
Bacon, sliced, canned	48 oz.
Coffee, soluble	4 oz.
Corn, canned	24-38 oz.
Fruit cake, canned	35 oz.
Jam, canned	22 oz.
Milk, evap. canned	12 oz.
Pork Tenderloin, canned	60 oz.
Peanuts, canned	15 oz.
Stew, English	68 oz.
or	
Meat Balls & Spaghetti	68 oz.
Biscuits	64 oz.
Cereal, premix	20 oz.
Sugar	24 oz.
Partial Dinner Unit #2	

Menu #3.

Army spread	7.5 oz.
Beef, corned, canned	48 oz.
Coffee, soluble	2 oz.
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 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. canned	12 oz.
Pork & Applesauce	60 oz.
or	
Pork Sausage Patties & Apples, canned	60 oz.
Biscuits	64 oz.
Caramel Nougat Bar	20 oz.
Cereal, premix	20 oz.
Sugar	24 oz.
Partial Dinner Unit #4	



Components of the 10-in-1 RationMenu #1.

Army spread, canned	7.5 oz.
Coffee, soluble	2 oz.
Fruit pudding, canned	35 oz.
Hamburger, canned	60 oz.
Ham and Eggs, canned	68 oz.
Hash, corned beef, dehyd.	26 oz.
or	
Meat and Rice, dehyd.	26 oz.
Jam, canned	22 oz.
Milk, evap.	12 oz.
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.

Army spread, canned	7.5 oz.
Bacon, sliced, canned	48 oz.
Coffee, soluble	4 oz.
Corn, canned	24-38 oz.
Fruit cake, canned	35 oz.
Jam, canned	22 oz.
Milk, evap. canned	12 oz.
Pork Tenderloin, canned	60 oz.
Peanuts, canned	15 oz.
Stew, English	68 oz.
or	
Meat Balls & Spaghetti	68 oz.
Biscuits	64 oz.
Cereal, premix	20 oz.
Sugar	24 oz.
Partial Dinner Unit #2	

Menu #3.

Army spread	7.5 oz.
Beef, corned, canned	48 oz.
Coffee, soluble	2 oz.
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 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 oz.
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 UnitsMenu #1

2 pkg. Biscuits
1 jelly bar
1 pkg. Grape juice powder
1.2 oz. sugar
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 Cocconut 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

Meat and Egg Product	3 3/4 oz.
Biscuits	0.8-1.2 oz.
Cereal (premix)	1 1/2 oz.
Coffee (soluble)	10 gms.
Fruit Bar	2 oz.
Gum	
Sugar	.8 oz.

DINNER

Cheese Product	4 oz.
Biscuits	1.4-2.1 oz.
Candy Bar	1 1/4-1 2/8 oz.
Syn. Fruit powder	7 gms.
Gum	
Sugar	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

