

B UNITS

Unit 4.

Breakfast		Breaklast	
Biscuits IV	2 oz.	Biscuits	2 02.
Gereal, premix	2 0%.	Cereal, premix	2 02.
Coffee, soluble	5 gms.	Coffee, soluble	5 gms.
Peanuts, candy coated	1.2 oz.	Chocolate Drops	1.2 02.
Sugar	0.8 oz.	Sugar	0.8 oz.

Unit 2.			. 1	Dinner
,				

Unit 1.

Fudge 2 oz. Candy, hard 0.6 o Cookies, Butterscotch 0.8 oz. Cookies, Butter-	7
Cooking Buttomenatch O. R. og Vooking Buttom	60
OUNTES, Dagger Scotter Out One Ourses, Dancer -	
Lemon Juice Powder, Syn. 7 gms. scotch 0.8 o	Z.c.
Sugar 1.66 oz. Orange Juice Powder,	
Syn. 7 gms	0
Sugar 1.66	oz.

Unit 3. Supper Supper

Biscuits I	2.0 oz.	Biscuits	2 02.
Caramels	l oz.	Caramels	1 02.
Cocoa, compressed	2 oz.	Coffee, soluble	5 gms.
Jam, canned	1.5 oz.	Jam, canned	1.5 oz.
		Sugar	0.8 oz.

M UNITS

Ham, Egg. Potato	lla oz.	Meat & Spaghetti	12 02.
Meat and Reans	12 oz.	Meat & Vegetable	
Chicken & Vegetables	12 02.	Stew	12 02.
Meat & Noodles	12 oz.	Pork & Beans	12 oz.
Frankfurters & Beans	12 oz.	Ham % Lima Reans	12 oz.
Pork & Rice	12 02		

Average calories per ration - 3700



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

BREAKFAST

DINNER

Biscu Cerea Coffe Fruit	l (premix) e (soluble)	3 3/4 oz. 0.8-1.2 oz. 1 1/2 oz. 10 grans 2 oz.	Cheese Product Biscuits Candy Bar Sym, Fruit powder Bum	4 oz. 1.4-2.1 oz. 1.4-1 2/8 oz. 7 grams
Gum		0	Sugar	1.2 oz.
Sugar		.8 oz.		

SUPPER

Meat Product, cam Biscuits Bouillon Powder Caramels or Candy	1.5-2.	grams oz.	
Coffee (soluble) Gum Sugar		grams	

Average calories per ration - 2825

22 January 1945.



Components of the 10-in-1 Ration

	DESCRIPTION OF THE PARTY OF THE	The Art of the Set of the Art of	
Menu "1.		Menu #2.	
Army spread, canned	7.5 oz.	Army spread, canned	7.5 02.
Coffee, soluble	2 02.	Bacon, sliced, canned	48 oz.
Fruit pudding, canned	35 oz.	Coffee, soluble	L oz.
Hamburger, canned	60 oz.	Corn, canned	24-38 02.
Ham and Eggs, canned	68 oz.	Fruit cake, canned	35 oz.
Hash, corned beef, dehyd.	26 oz.	Jam, canned	22 02.
or		Filk, evap. canned	12 oz.
Meat and Rice, dehyd.	26 oz.	Pork Tenderloin, canned	60 02.
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 02.
Caramel Bar	20 oz .	Sugar	24 02.
Sugar	12 oz.	Partial Dinner Unit //2	
Partial Dinner Unit #1			
Menu #3.		Menu //L a	
Army spread	7.5 02.	Army spread	7.5 oz.
Beef, corned, canned	48 oz.	Bacon, sliced, canned	48 02.
Coffee, soluble	2 02 0	Beans, snap, canned	38 oz.
Jam, canned	22 oz.	Beef, roast, canned	48 oz.
Milk, evap, canned	12 oz.	Coffee, soluble	4 020
Peas, canned	40 oz.	Fig pudding	7.5 0%.
Plum pudding, canned	35 oz.	Jam canned	22 oz.
Pork and Corn, canned	60 oz.	Milk, evap, canned	12 02.
Pork sausage meat, canned	1 68 oz.	Pork & Applesauce	60 oz.
73.0	-11		

56 oz.

20 oz .

20 02.

20 oz.

12 02.

or

Biscuits

Sugar

Pork Sausage Patties &

Partial Dinner Unit #4

Apples, canned

Caramel Nougat Bar

Cereal, premix

Biscuits

Fruit Bar

Sugar

Cereal, premix

Cocoa beverage

Partial Dinner Unit #3



60 oz.

64 02.

20 oz.

20 02.

· 24 oz.

COMPONENTS AND CALCULATED NUTRITIVE VALUE OF RESERVE RATIONS

RATION C

RATION D

RATION K
Breakfast Unit
Dinner Unit
Supper Unit

10-IN-1 RATION

Nenu #1

#2

#3

数4

#5

REQUIREMENTS & PLANNING SECTION SUBSISTENCE BRANCH 1 MARCH 1944



FIELD RATION C

Gr.	PONTATS	LBS. PR KATION
	Biscuit C Lemon Juice Powder, Synthetic	.469
	Hard Candy	.112
	Sugar	.112
	Meat and Beans	. 750
	"eat and Spaghetti	.750
	Meat and Vegetable Stew	.750
	Cocoa	.092
,	Coffee, soluble (1/5 oz.)	

Nutritive Value

C	alories		2685
P	rotein (gm)		115
Įı'	at (gm)		77
C	alcium (mg)		744
I	ron (mg)	ø	35.7
	itamin A (IU)		7,260
	hiamin (mg)		0.89
	iboflavin (mg)	1.69
	iacin (mg)		25.1
A.	scorbic Acid	(mg)	58

Gross Reight per ration 5 lbs.
Cubic feet per ration, 137 cu, ft.
Packed 8 rations per box
Gross weight per box 40 lbs.
Cubic feet per box 1.1 cu, ft.

REQUIREMENTS & PLANNING SECTION
SUBSISTENCE BRANCH
OFFICE OF THE QUARTER ACTER GENERAL

1 February 1944



Want more specifications? See http://www.90thidpg.us courtesy of the Quartermaster Museum, Ft. Lee, Virginia

1 .	A 1	rm	3	0	2.7	10
п	Ser.	8-	- 6	11	1.5	C

										.2	3 2 2	
1100D	02.	CAL.	PRO.	(G) FAT	(MG) CA.	(MC) IRON	(I.U.) VITAMIN A	(MG) THIAMIN	(MG)	(TG) NITOIN	ASC. A	0
C Biscuit	7.5	869	19	20	390	10.8	~	. 27	29	3.4	रेपानुमा प्र	00 st
Lemon Juice Powd. Syn. (7 gm.)	c	28			50			.01			58	and the second
Candy	1 4/5	204		35		code	TOTALD			Printers	TO CO	
Sugar	1.8	203	25						120	45	5000	and or Janette
Moat & Beans	12	377	26	15	103	10.3	stillige On formallinging and the spiritual parts were sufficient the still still though an equation with	.34	.41	7.2	CD3	
Meat & Spaghetti	12	490	34	23	136	6.4	1260	.10	.35	5.7	523 Marie - Marie -	motorous de l'agrap
Meat & Veg. Stew	12	350	30	1.7	68	7.1	6000	.13	.40	8.5		ann chleandhaileith ido
Cocoa	1.5	164	6	2	47	1.1	SSSE.	.Où	, 24	.3.	CUSO	
TOTAL	ggyddigyddig sarthur-o'r a Lefddig felanieth	2685	115	77	744	35.7	7260	.89	1.69	25.1	58	
Grandonium Annuni formati den en estados, curtos para especial en elle	THE OWNER WAS TO SHARE THE	- And College of Colle	Service Continues on the Continues on th	Martine or proprietory lattices with	Service Triscopera (CS) September 1	w/retransmigligiteswarfoltmanus/We	manuficial agricum enterengem et ciglum en elektrisken ordistation aver	activitation and the first appearance appearance and the second s	US	Seattles desired the democal constitutions of the	in Miller & Sheet a Stationard Springer - Chipmon	more engineering

REQUIREMENTS & PLANNING SECTION
SUBSISTENCE BRANCH
OFFICE OF THE QUARTERMASTER GENERAL

1 February 1944

PILLD MATION D 12 Gz. Bar

Calories		7	770
Protein (pm)	10		32
Fat (gr)			
1 00			95
Calcium (gri)	V		0/
Iron (mg			10.8
Vitamin A (IU)			
Thiarine (mg)			1.5
kiboflavin (mg)			.5
Riacin (mg)			1.2
Ascorbic Acid (mg)			

REQUIREMENTS AND PLANNING SECTION SUBSISTENCE BRANCH OFFICE OF THE QUARTERMASTER GENERAL 1 July 1943



Scanned by the 90th Infantry Division Preservation Group FILLD WATION K

K Biscuit eat Leg Product Fruit Bar Coffee Sugar	LBS.	.150 .234 .125 .015 .050
K Biscuit Cheese Product Candy Lemon Juice Powder, Synthetic Sugar		.150 .25 .125 .015 .050
K Biscuit Meat Product Chocolate Bar Bouillon Powder		.150 .238 .125 .022

NUTRITIVE VALUE

			AC ELLICY RESIDENCE AND ACTION	dudo (ne edobel) mardigo: especio es l'annigra relativo de l'annigra de la
Calories Protein (gm) Fat (gm) Calcium (gm) Iron (mg)	833 24 31 ,2 5,5	1065 30 44 0.9	858 35 40 .3	2756 89 115 1.4 11.9
Vitamin A (IU) Thiamine (mg) Riboflavin (mg) Miacin (mg) Ascorbic Acid (mg)	3450 0.53 0.47 3.4 0	1350 0.37 0.67 1.2	0.67 0.58 6.3	4800 1.6 1.7 10.9

Gross weight per ration 3.58 lbs.

Cubage 0,112 cu.ft.

Packed in export case 12 rations to case: Gross weight 43 lbs. Cubage 1.34 cu. ft.

REQUIREMENTS & PLANNING SECTION
SUBSISTENCE BRANCH
OFFICE OF THE QUARTERMASTER GENERAL



Want more specifications? See http://www.90thidpg.us courtesy of the Quartermaster Museum, Ft. Lee, Virginia

Scanned by the 90th Infantry Division Preservation Group

RATION K

			Scanne	d by the	90th Infa	ntry Divisi	on Preservation	Group			a Ca-
					RATIO	N K				o eservatio	on Group
	oz.	CAL,	(G) PRO.	(G) FAT	(AG) CA.	(MG) LRON	VITAMIN A	(MG) THIAMIN	(MG) RIBO.	NIACIN	(MG) ASC A.
K Biscuits	7.2	888	18	24	438	3.6	Could Goods	1.02	0.60	3.6	Anna regional de proprieta de proprieta de la constitución de la const
Meat & Egg. Prod.	3.7	269	16	23	144	2.4	3450	0.15	0.23	I.S.	ar qaob
Fruit Bar	2 '	180	2	and the state of t	144	1.9		0.04	0.04	0.4	CITS CONTRACT STREAMS
Coffee	1/5	CO	***		disse	- Color	eron sero	CCD			
Sugar	1.6	176	C	· ca			Com esta	OSSO		E	442)
Cheese Prod.	1	427	24	36	812	0.7	1350	C ₀ 03	0.47		GED HEISTONIA DE MANAGER PROPERTIES DE L'ARTENNA DE L'ARTENNA DE L'ARTENNA DE L'ARTENNA DE L'ARTENNA DE L'ARTENNA DE
Candy	2	227		C333	CCC	Account of the second of the s	Changing 	alarea Sindis de constituições de constituições de constituições de constituições de constituições de constituições d	CONTROL TO A MONTH OF THE TOTAL	ppina	CÉSA
Lemon Juice Powd. Syn. 7 gm.		27		(CD)				ender			60
Meat Prod.	3.9	21,1	22	16	12/4	0.6	abco ·	0.08	0.19	1.8	0
Choc. Bar	2.0	295	5	16	113	1.8	GNS aus	0.25	0.09	0.2	Menterologic
Bouillon Powd. 10 gm.	and the control of th	26	2		1	0.9	ಕಾಜಾ	estille	0.10	3.1	entrastituario de escrizio en est. Ado-
TOTAL		2756	89	115	1469	11.9	4800	1.57	1.72	10.9	organizati unditi contegoriturus actumino cuo insperiore conferencia in contegorita con contegorita conteg

REQUIREMENTS & PLAUNING SECTION SUBSISTENCE BRANCH OFFICE OF THE QUARTERWASTER GENERAL

1 January 1944

10-IN-1 RATION (10 Men for 1 Day)

MENU #1

COMPONENTS GERMANNA SECURITARIA SECURITARIA	WCT. (Oz.)		
Army Spread	7.5		
Jam	22		
Milk, evap.	12	Nutritive Value per Man	n per Day
Pork Sausage	68		
Tomatoes, canned	38	Calories	3610
Egg Product	37.5	Protein (gm)	124
Meat & Rice, dehyd.	26	Fat (gm)	150
C Biscuit	614	Calcium (gm)	1.1
Cereal, pre-mix	20	Iron (mg)	32.1
Sugar	20	Vitamin A (IU)	4590
Lemon Juice Powder,		Thiamine (mg)	1.79
Synthetic	(70 gm)	Riboflavin (mg)	2.32
K-Biscuits	24	Niacin (mg)	29.0
Peanuts	1.5	Ascorbic Acid (mg)	79
Cocoa Beverage	20		
Hard Candy	13.7		

MENU #2

COMPONENTS	GT o (OZ o)		
Army Spread Bacon, sliced Beans, snap canned	7.5 48 38	Nutritive Value per	Man per Day
Jam	22	Calories	4080×
Milk, evap.	12	Protein (gm)	89
Stew, English	60	Fat (gm)	209
Cheese Component	40	Calcium (gm)	1.7
K-4 Biscuit	64	Iron (mg)	17.2
Cereal, pre-mix	20	Vitamin A (IU)	2615
Fruit Bars	20	Thiamine (mg)	2.3
Sugar	32	Riboflavin (mg)	2.25
K-Biscuits	24	 Niacin (mg)	13.2
Caramels	20	Ascorbic Acid (mg)	64
Lemon Juice Powder,			
Synthetic	(70 gm)	*Theoretical loss by bacon fat (25%) wou in loss of 238 call of fat, and a sligh certain other nutri	no result ries, 25 gm it decrease in
		Kh I	

10-in-l Ration (Contd.)

MENU #3

COMPONENTS	WGT. (oz.)		
Army Spread Beef, corned canned Ham and Eggs Jan	70 22	Nutritive Value per	Man per Day
Milk, evap. Peas, canned Meat (K components) C-Biscuit Cereal, pre-mix	12 40 37.5 64 20	Calories Protein (gm) Fat (gm) Calcium (gm) Iron (mg)	3570 126 138 1.3
Fruit Bar Sugar Orange Juice Powder Synthetic	OF .	Vitamin A (IU) Thiamine (mg) Riboflavin (mg)	5380 1.7 2.1
Cocoa Beverage Chocolate Bar K-Biscuits	(70 gm) 20 20 24	Niacin (mg) Ascorbic Acid (mg)	16.4 71

MENU #4

COMPONENTS WG	T. (oz.)		
Army Spread Bacon, sliced camned	7.5 48	Nutritive Value per	Man per Day
Beef, roast canned Corn, canned Jam Milk, evap. Egg Product C Biscuit Candy, Hard Cereal, pre-mix Lemon Juice Powder, Synthetic Sugar K Biscuits Fruit Bar	48 40 22 12 37.5 64 13.75 20 (70 gm) 32 24 20	Calories Protein (gm) Fat (gm) Calcium (gm) Iron (mg) Vitamin A (IU) Thiamine (mg) Riboflavin (mg) Niacin (mg) Ascorbic Acid (mg) *Theoretical loss by bacon fat (25%) would in loss of 238 calors of fat, and a slight certain other nutries	ld result ries, 25 gm. t decrease in

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10-in-1 Ration (Contd.)

MEAU #5

Army Spread	7.5		
Pork & Egg canned	70		
Beans, lima canned	40	Nutritive Value per	Man per Day
Hash, corned beef,			
dehyd.	26	Calories	3980
Jam	22	Protein (gm)	145
Milk, evap.	12	Fat (gm)	171
Cheese component	40	Calcium (gm)	2.1
K-4 Biscuit	64	Iron (mg)	20.6
Cereal, pre-mix	20	Vitamin A (IU)	9410
Cocoa Beverage	20	Thiamine (mg)	2.8
Chocolate Bar	20	Riboflavin (mg)	2.6
Sugar	20	Niacin (mg)	20.8
K-Biscuit	24	Ascorbic Acid (mg)	69
Fruit Bar	20		
Orange Juice Powder,			
Synthetic	(70 gm)		

Gross weight per case of 10 rations 45 lbs. Gross weight per ration Cubage per case of 10 rations Cubage per ration

4.5 lbs. 1.4 cu. ft. .14 cu. ft.

REQUIREMENTS & PLANNING SECTION SUBSISTENCE BRANCH OFFICE OF THE QUARTERMASTER GENERAL

1 May 1944

