

First Strike Ration (FSR) Menus

MENU 1	MENU 2	MENU 3
Filled french toast pocket	Brown sugar cinnamon toaster pastry	Lemon poppyseed pound cake
Bacon cheddar pocket sandwich	Italian pocket sandwich	Honey BBQ beef pocket sandwich
Pepperoni pocket sandwich	Chunk chicken	Albacore tuna
	Tortillas	Tortillas
Cheese spread, jalapeno	Peanut butter	Cheese spread, plain
Wheat snack bread	Cracker, plain	Cracker, plain
ERGO drink	ERGO drink	ERGO drink
ERGO drink	ERGO drink	ERGO drink
First Strike™ bar, mocha	First Strike™ bar, apple cinnamon	First Strike™ bar, mocha
First Strike™ bar, chocolate	First Strike™ bar, cran-raspberry	First Strike™ bar, cran-raspberry
Dessert bar, peanut butter	Dessert bar, mocha	Dessert bar, chocolate banana nut
Beef snack, sweet BBQ	Beef snack, sweet BBQ	Beef snack, sweet BBQ
Beef snack, teriyaki	Beef snack, teriyaki	Beef snack, teriyaki
Applesauce, CHO enhanced	Applesauce, CHO enhanced	Applesauce, CHO enhanced
Nut fruit mix	Nut fruit mix	Nut fruit mix
Caffeinated gum	Caffeinated gum	Caffeinated gum
	Mayonnaise, fat free	Mayonnaise, fat free
	Hot sauce	Hot sauce
ACCESS C	ACCESS B	ACCESS A
Apple cider	Lemon tea	Coffee
		Cream substitute
		Sugar
Towelette	Towelette	Towelette
Salt	Salt	Salt
Matches	Matches	Matches
Tissue	Tissue	Tissue
Zip-lock pouch	Zip-lock pouch	Zip-lock pouch
Towelette (2)	Towelette (2)	Towelette (2)
Spoon	Spoon	Spoon