

## UNITIZED B RATION

### WHAT IS IT?

The Unitized B Ration is used mainly by the United States Marine Corps to sustain groups of military personnel during operations that allow organized food service facilities. It is also used in situations that do not permit re-supply of perishable foods and where refrigeration equipment is not available. This ration has 10 breakfast and 10 lunch/dinner menus with each Unitized B menu providing a meal for 100 individuals. The ration is delivered on pallets with each pallet containing either two 100-man breakfast meals or two 100-man dinner meals. The average weight of the ration is 229.1 pounds per module and the cubic measurement is 12 cubic feet per module.

### WHAT IS IN IT?

There are approximately 100 semi-perishable foods used in the Unitized B menus (see Menu Table). The components are mostly canned and dehydrated foods, packaged in bulk containers of various sizes and types. Each module contains all food items and disposable items (trays, cups, dining packets and trash bags) necessary to feed 100 individuals. The ration provides approximately 4300 kilocalories (13% protein, 33% fat, and 54% carbohydrate).

### HOW DO I EAT IT?

Trained food service personnel prepare the food. It takes 2 to 3 hours for 2 cooks to prepare a meal for 100 people; additional personnel are needed for serving and sanitation. An average of 75 gallons of water per day is required to prepare food (excluding bread) and beverages for 100 people.

### HOW LONG WILL IT LAST?

The shelf life for this item is 24 months at 80 degrees Fahrenheit.

### HOW CAN I GET IT?

Each menu has its own National Stock Number (See Menu Table). Requisitions are processed according to the supply procedures for each Military Service. Point of contact is Barbara Selander at (215) 737-4360, DSN 444-4360 or e-mail: [bselander@dscp.dla.mil](mailto:bselander@dscp.dla.mil).



## UNITIZED B RATION MENUS

|                                  | BREAKFAST  |                  | DINNER   |
|----------------------------------|--|------------------|--|
| <b>DAY 1</b><br>8970-01-325-1181 | Apple Juice<br>Grapefruit Sections<br>Scrambled Eggs<br>Hominy Grits<br>Creamed Ground Beef<br>Hash Brown Potatoes<br>Biscuits/Margarine<br>Peanut Butter/Grape Jelly        | 8970-01-325-1190 | Beef and Gravy<br>Mashed Potatoes<br>Peas<br>Biscuits<br>Pears<br>Sugar Cookies  |
| <b>DAY 2</b><br>8970-01-325-1182 | Orange Juice<br>Scrambled Eggs/Bacon<br>Hash Brown Potatoes<br>Peaches<br>Biscuits   | 8970-01-325-1191 | Creole Chicken<br>Steamed Rice<br>Corn<br>Fruit Cocktail<br>Oatmeal Cookies<br>Biscuits                                    |
| <b>DAY 3</b><br>8970-01-325-1183 | Orange Juice<br>Hominy Grits<br>Scrambled Eggs/Bacon<br>Hash Brown Potatoes<br>Griddle Cakes<br>Biscuits/Margarine<br>Pears<br>Maple Syrup<br>Peanut Butter/Blackberry Jelly | 8970-01-325-1192 | Chili Macaroni<br>Peas<br>Peaches & Cottage Cheese<br>Salad<br>Cornbread<br>Fruit Cocktail & Van. Pudding<br>Sugar Cookies |
| <b>DAY 4</b><br>8970-01-325-1184 | Orange Juice<br>Hominy Grits<br>Scrambled Eggs<br>Creamed Ground Beef<br>Hash Brown Potatoes<br>Biscuits   | 8970-01-325-1193 | Beef & Gravy w/Vegetables<br>Mashed Potatoes<br>Corn Relish<br>Biscuits<br>Peach Crunch                                    |
| <b>DAY 5</b><br>8970-01-325-1859 | Apple Juice<br>Hominy Grits<br>Scrambled Eggs Western Style<br>Hash Brown Potatoes<br>Fruit Cocktail<br>Biscuits/Margarine<br>Peanut Butter/Grape Jelly                      | 8970-01-325-1194 | Shrimp Creole<br>Steamed Rice<br>Buttered Carrots and Peas<br>Biscuits/Margarine<br>Apple Crisp                            |

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|                                   | <b>BREAKFAST</b>  | <b>DINNER</b>  |
|-----------------------------------|---|--|
| <b>DAY 6</b><br>8970-01-325-1185  | Orange Juice<br>Roast Beef Hash<br>Scrambled Eggs<br>Hash Brown Potatoes<br>Biscuits  | 8970-01-325-1195 Baked Ham Macaroni and Tomatoes<br>Green Beans<br>Cornbread<br>Margarine<br>Cherry Cobbler  |
| <b>DAY 7</b><br>8970-01-325-1186  | Orange Juice<br>Oatmeal<br>Scrambled Eggs<br>Grilled Luncheon Meat<br>Hash Brown Potatoes<br>Pineapples<br>Quick Coffee Cake<br>Biscuits/Margarine<br>Peanut Butter/Grape Jelly | 8970-01-325-1196 Breaded Pork Chops and Creamed<br>Gravy<br>Applesauce<br>Mashed Potatoes<br>Oatmeal Cookies<br>Biscuits<br>Carrots and Peas         |
| <b>DAY 8</b><br>8970-01-325-1187  | Apple Juice<br>Grapefruit Sections<br>Scrambled Eggs/Bacon<br>Hominy Grits<br>Hash Brown Potatoes<br>Biscuits   | 8970-01-325-1197 Chicken Noodle Soup<br>Crackers<br>Chili Con Carne<br>Steamed Rice<br>Green Beans<br>Cornbread<br>Pears<br>Chocolate Cookies        |
| <b>DAY 9</b><br>8970-01-325-1188  | Orange Juice<br>Oatmeal<br>Scrambled Eggs w/Bacon<br>Hash Brown Potatoes<br>Fruit Cocktail<br>Biscuits/Margarine<br>Peanut Butter/Grape Jelly                                   | 8970-01-325-1198 Beef Patties Jardiniere<br>Mashed Potatoes<br>Corn<br>Pineapple & Cottage Cheese Salad<br>Biscuits<br>Yellow Cake w/Chocolate Icing |
| <b>DAY 10</b><br>8970-01-325-1189 | Orange Juice<br>Hominy Grits<br>Scrambled Eggs<br>Roast Beef Hash<br>Hash Brown Potatoes<br>Pears<br>Biscuits   | 8970-01-325-1199 Baked Chicken<br>Steamed Rice<br>Green Beans<br>Biscuits<br>Peaches<br>Chocolate Brownies w/Chocolate Icing                         |

*Breakfast menus include Coffee, Cocoa, and Beverage Base. Dinner menus include Coffee, Tea, and Beverage Base.*