6/12/2011

... CONTINGENCY OPERATIONS (CONOPS) 28 DAY A-RATIONS MENU

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	DAY 22	DAY 23
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
BAKED BACON (PORK AND TURKEY) CREAMED BEEF & BISCUITS

DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
BAKED BACON (PORK AND TURKEY)	BAKED BACON (PORK AND TURKEY)	BAKED BACON (PORK AND TURKEY)	BAKED BACON (PORK AND TURKEY)	BAKED BACON (PORK AND TURKEY)
CREAMED BEEF & BISCUITS	CREAMED BEEF & BISCUITS	CREAMED BEEF & BISCUITS	CREAMED BEEF & BISCUITS	CREAMED BEEF & BISCUITS
PORK SAUSAGE PATTIES	PORK SAUSAGE PATTIES	PORK SAUSAGE PATTIES	PORK SAUSAGE PATTIES	PORK SAUSAGE PATTIES
CHICKEN SAUSAGE LINKS	CHICKEN SAUSAGE LINKS	CHICKEN SAUSAGE LINKS	CHICKEN SAUSAGE LINKS	CHICKEN SAUSAGE LINKS
EGG AND CHEESE BURRITO	TURKEY, EGG, AND CHEESE WRAPS	EGG AND CHEESE BURRITO	TURKEY, EGG, AND CHEESE WRAPS	EGG AND CHEESE BURRITO
HAM, EGG, AND CHEESE BURRITO	CHORIZO AND EGG BURRITO	HAM, EGG, AND CHEESE BURRITO	CHORIZO AND EGG BURRITO	HAM, EGG, AND CHEESE BURRITO
ASST. OMELETS	ASST. OMELETS	ASST. OMELETS	ASST. OMELETS	ASST. OMELETS
ASST. EGGS	ASST. EGGS	ASST. EGGS	ASST. EGGS	ASST. EGGS
HARD BOILED EGGS	HARD BOILED EGGS	HARD BOILED EGGS	HARD BOILED EGGS	HARD BOILED EGGS
LOW-FAT ROASTED SKILLET POTATOES	HASH BROWNS	LOW-FAT ROASTED SKILLET POTATOES	HASH BROWNS	LOW-FAT ROASTED SKILLET POTATOES
GRITS/OATMEAL	GRITS/OATMEAL	GRITS/OATMEAL	GRITS/OATMEAL	GRITS/OATMEAL
FRENCH TOAST/FRENCH TOAST STICKS/WAFFLES	FRENCH TOAST/FRENCH TOAST STICKS/PANCAKES	FRENCH TOAST/FRENCH TOAST STICKS/WAFFLES	FRENCH TOAST/FRENCH TOAST STICKS/PANCAKES	FRENCH TOAST/FRENCH TOAST STICKS/PANCAKES
SYRUP	SYRUP	SYRUP	SYRUP	SYRUP
MARGARINE	MARGARINE	MARGARINE	MARGARINE	MARGARINE
BREAD: WHITE, 100% WHOLE WHEAT, 100% WHOLE GRAIN	BREAD: WHITE, 100% WHOLE WHEAT, 100% WHOLE GRAIN	BREAD: WHITE, 100% WHOLE WHEAT, 100% WHOLE GRAIN	BREAD: WHITE, 100% WHOLE WHEAT, 100% WHOLE GRAIN	BREAD: WHITE, 100% WHOLE WHEAT, 100% WHOLE GRAIN
OTHER ASST. BREADS/TOAST/BISCUIT/ BAGELS	OTHER ASST. BREADS/TOAST/BISCUIT/ BAGELS	OTHER ASST. BREADS/TOAST/BISCUIT/ BAGELS	OTHER ASST. BREADS/TOAST/BISCUIT/ BAGELS	OTHER ASST. BREADS/TOAST/BISCUIT/ BAGELS
PEANUT BUTTER/JELLY	PEANUT BUTTER/JELLY	PEANUT BUTTER/JELLY	PEANUT BUTTER/JELLY	PEANUT BUTTER/JELLY
ASST. CEREAL	ASST. CEREAL	ASST. CEREAL	ASST. CEREAL	ASST. CEREAL
ASST. FRUIT (FRESH/CANNED IN NATURAL JUICE)	ASST. FRUIT (FRESH/CANNED IN NATURAL JUICE)	ASST. FRUIT (FRESH/CANNED IN NATURAL JUICE)	ASST. FRUIT (FRESH/CANNED IN NATURAL JUICE)	ASST. FRUIT (FRESH/CANNED IN NATURAL JUICE)
ASST. YOGURT	ASST. YOGURT	ASST. YOGURT	ASST. YOGURT	ASST. YOGURT
ASST. JUICE	ASST. JUICE	ASST. JUICE	ASST. JUICE	ASST. JUICE
COFFEE/TEA/COCOA/MILK	COFFEE/TEA/COCOA/MILK	COFFEE/TEA/COCOA/MILK	COFFEE/TEA/COCOA/MILK	COFFEE/TEA/COCOA/MILK
SOY MILK (CHOCOLATE AND VANILLA)	SOY MILK (CHOCOLATE AND VANILLA)	SOY MILK (CHOCOLATE AND VANILLA)	SOY MILK (CHOCOLATE AND VANILLA)	SOY MILK (CHOCOLATE AND VANILLA)
SALSA/JALAPENOS/COND	SALSA/JALAPENOS/COND	SALSA/JALAPENOS/COND	SALSA/JALAPENOS/COND	SALSA/JALAPENOS/COND
CINNAMON ROLL	DANISH	DOUGHNUTS	CINNAMON ROLL	DANISH
COFFEE CAKE	COFFEE CAKE	COFFEE CAKE	COFFEE CAKE	COFFEE CAKE
LOW FAT/WHOLE GRAIN MUFFINS	LOW FAT/WHOLE GRAIN MUFFINS	LOW FAT/WHOLE GRAIN MUFFINS	LOW FAT/WHOLE GRAIN MUFFINS	LOW FAT/WHOLE GRAIN MUFFINS
SHORT ORDER L/D	**SHORT ORDER L/D**	**SHORT ORDER L/D**	**SHORT ORDER L/D**	**SHORT ORDER L/D**
HAMBURGERS	HAMBURGERS	HAMBURGERS	HAMBURGERS	HAMBURGERS
CHEESEBURGERS	CHEESEBURGERS	CHEESEBURGERS	CHEESEBURGERS	CHEESEBURGERS
TURKEY BURGERS	TURKEY BURGERS	TURKEY BURGERS	TURKEY BURGERS	TURKEY BURGERS
FRANKFURTERS	FRANKFURTERS	FRANKFURTERS	FRANKFURTERS	FRANKFURTERS
GRILLED CHEESE W/HAM	GRILLED CHEESE	GRILLED CHEESE W/HAM	GRILLED CHEESE	GRILLED CHEESE W/HAM
SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)	SANDWHICH BAR (DELI MEAT + TUNA)
	Chicken Meatball Sub with Marina sauce			
FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES
SWEET POTATO PUFFS	ONION RINGS	ONION RINGS	SWEET POTATO PUFFS	ONION RINGS
BEANS (NO PORK)	PORK N BEANS	BEANS (NO PORK)	PORK N BEANS	BEANS (NO PORK)
CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)	CHIPS (1/3 BAKED)
PIZZA	PIZZA	PIZZA	PIZZA	PIZZA
CONDIMENTS	CONDIMENTS	CONDIMENTS	CONDIMENTS	CONDIMENTS
CHICKEN TENDERS	CHICKEN NUGGETS	CHICKEN TENDERS	CHICKEN NUGGETS	CHICKEN TENDERS
BREADED CHICKEN WINGS	BUFFALO WINGS	TURKEY WINGS	BREADED CHICKEN WINGS	BUFFALO WINGS
GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH	GRILLED CHICKEN SANDWICH
POLISH SAUSAGE W/ SAUERKRUAT	CORN DOGS	ITALIAN SAUSAGE	CORN DOGS	POLISH SAUSAGE W/ SAUERKRUAT
PHILLY CHEESE STEAK SANDWICH	FISH SANDWICH	PHILLY CHEESE STEAK SANDWICH	FISH SANDWICH	PHILLY CHEESE STEAK SANDWICH
CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)	CHILI CON CARNE (ON HOT FOOD BAR)
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
TOMATO SOUP	CHICKEN & RICE SOUP	CHICKEN NOODLE SOUP	NEW ENGLAND CLAM SOUP	CREAM OF BROCCOLI SOUP
CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS
HONEY GLAZED CORNISH HEN	BEEF STROGANOFF	VEAL PARMESAN	CHILI MACARONI	FRIED & BAKED CHICKEN
SLICED ROAST BEEF	GRILLED HAM STEAK	PEPPER STEAK	BAKED SALMON	BEEF PRIME RIB w/ AU JUS
BAKED POTATO	SEASONED NOODLES	WHITE/BROWN RICE	AZTEC RICE	MASHED POTATOES
WHITE/BROWN RICE	DEVILED OVEN FRIES		MASHED POTATOES	ORANGE RICE
SEASONED GREEN PEAS	HONEY DIJON VEGETABLES	FRIED CABBAGE	BROWN GRAVY	CHICKEN GRAVY
CAULIFLOWER PARMESAN	STEWED TOMATOES	HACIENDA CORN & BLACK BEANS	SOUTH of the BORDER BROCCOLI	GREEN BEAN COMBO
BROWN GRAVY		BROWN GRAVY	PEAS with ONIONS	MEXICAN CORN
SOUR CREAM			LEMON SLICES	HORSERADISH
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**
TORTILLA SOUP	CHICKEN & RICE SOUP	NEW ENGLAND CLAM SOUP	NEW ENGLAND CLAM SOUP	CREAM OF BROCCOLI SOUP
CRACKERS	CRACKERS	CRACKERS	CRACKERS	CRACKERS
TACO BAR W/NACHOS	GRILLED CHICKEN BREAST	RIBEYE STEAK	ROAST TURKEY	ROAST PORK
	PORK RIBS & SAUERKRAUT	FRIED SHRIMP	STUFFED GREEN PEPPERS	GENERAL TSO CHICKEN
SPANISH RICE	MASHED POTATOES	ONIONS & MUSHROOMS		CHICKEN AND BROCOLI
FAJITAS		PREMIUM FISH TBD		VEG LO MEIN
ENCHILLADAS	BROWN GRAVY	RICE PILAF	RISSOLE POTATOES	WHITE/BROWN RICE
BURRITOS	HERBED BROCCOLI	BAKED POTATO w/ sour cream	MASHED POTATOES	SEASONED POTATOES
CALICO CORN	MIXED VEGETABLES	SEASONED GREEN BEANS	BREAD DRESSING	FRIED CAULIFLOWER
CARNE ASADA		CORN ON THE COB	ITALIAN-STYLE BAKED BEANS	BEETS IN ORANGE-LEMON SAUCE
SOUR CREAM		AU JUS	SIDES	EGG ROLLS
		HUSH PUPPIES	CRANBERRY SAUCE	LUMPIA
REFRIED BEANS		CHICKEN GRAVY	Turkey Gravy	
ENCHILLADA SUACE				
GUACAMOLE				
QUESO SUACE				
CHICKEN QUESADILLA				
L/D	**L/D**	**L/D**	**L/D**	**L/D**
SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)	SALAD BAR w/ FRUITS (FRESH & CANNED)
ASST BREADS + GARLIC BROLLS, PITA BREAD	ASST BREADS + GARLIC BROLLS, PITA BREAD	ASST BREADS + HOT ROLLS, PITA BREAD	ASST BREADS + CORNBREAD, PITA BREAD	ASST BREADS + HOT ROLLS, PITA BREAD
ASST BEVERAGES	ASST BEVERAGES	ASST BEVERAGES	ASST BEVERAGES	ASST BEVERAGES
ASST CONDIMENTS	ASST CONDIMENTS	ASST CONDIMENTS	ASST CONDIMENTS	ASST CONDIMENTS
TACO BAR W/NACHOS	POTATO BAR	POTATO BAR	POTATO BAR	PASTA BAR W/RAVIOLI
DESSERTS	**DESSERTS**	**DESSERTS**	**DESSERTS**	**DESSERTS**
BLUEBERRY CRISP	COCONUT CREAM PIE	APPLE COBBLER	BANANA CREAM PUDDING	
POUND CAKE	WHITE CAKE W/BUT CRM FROST	PINEAPPLE UPSIDE DOWN CAKE	GINGERBREAD CAKE W/VAN ICI	PINEAPPLE UPSIDE DOWN CAKE
CHOCOLATE CHIP COOKIES	PEANUT BUTTER COOKIES	OATMEAL COOKIES	CHOCOLATE CHIP COOKIES	OATMEAL RAISIN COOKIES
	Chocolate Cappuccino Cake		LEMON CAKE	
	Angel Food Cake			
ICE CREAM	ICE CREAM	ICE CREAM	ICE CREAM	ICE CREAM
ASST. PIES	ASST. PIES	ASST. PIES	ASST. PIES	ASST. PIES
	Xylitol Gum		Xylitol Gum	