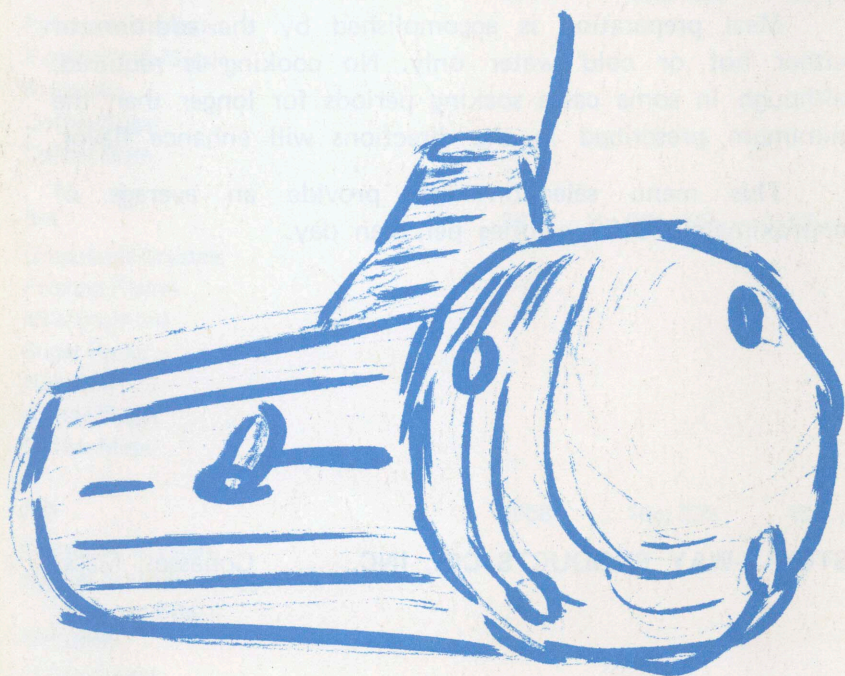


MENU
and
FOOD LIST
for
BEN FRANKLIN
1969
Gulf Stream Drift Mission



Prepared by:

STOWAWAY PRODUCTS CO., Cohasset, Massachusetts

MENU and FOOD LIST

Meals for this mission are packed in two-man day increments, consisting of Breakfast, Lunch, Dinner and Snack with each meal individually sealed in a 3-mil thick polyethylene bag, and the full day's ration packaged within a heavy duty outer polyethylene bag.

The outer bag may be utilized as a garbage container at meal's end.

All meals are numbered according to the schedule set forth in this booklet.

Meal preparation is accomplished by the addition of either hot or cold water only. No cooking is required, although in some cases soaking periods for longer than the minimum prescribed in the directions will enhance flavor.

This menu selection will provide an average of approximately 3158 calories per man day.

BREAKFASTS (36 each)

	Calories	Water	Weight
B-1	1410	32c, 16h	12 oz.
Orange Crystals Familia/Milk/Sugar Tea/Sugar Coffee Mate Nut Roll			
B-2	1642	16c, 32h	13½ oz.
Orange Crystals Instant Scrambled Egg Bacon Bar Pecan Roll Coffee/Sugar Coffee Mate			
B-3	2014	32c, 16h	18 oz.
Pineapple Crystals Familia/Milk/Sugar Fruitcake Coffee/Sugar Coffee Mate			
B-4	1815	32c, 16h	18 oz.
Grapefruit Crystals Frosted Flakes Milk (non-fat) Sugar Packs Nut Roll Coffee/Sugar Coffee Mate			
B-5	1658	16c, 32h	15½ oz.
Pineapple Crystals Instant Scrambled Egg w/Bacon Bits Nut Roll Coffee/Sugar Coffee Mate			

LUNCHEES (36 each)

	Calories	Water	Weight
L-1	1171	16c, 16h	10½ oz.
Deviled Ham			
Crackers			
Mustard			
Pea Soup			
Lemonade			
L-2	1045	26c, 0h	9½ oz.
Tuna Salad			
Bread			
Peach Slices			
Grape Drink			
L-3	1526	36c, 0h	13½ oz.
Chicken Salad			
Crackers			
Chocolate Milk Shake			
Cheese			
Orange Drink			
L-4	1105	30c, 16h	10½ oz.
Egg Salad			
Bread			
Fruit Cocktail			
Beef Soup			
Lemonade			
L-5	1295	16c, 16h	10½ oz.
Chicken Soup			
Peanut Butter			
Jelly/Honey			
Bread			
Grape Drink			

DINNERS (36 each)

	Calories	Water	Weight
D-1	1646	22c, 44h	14½ oz.
Beef Soup			
Beef/Rice Dinner or Beef Stew			
Carrots			
Crackers			
Chocolate Pudding			
Coffee/Sugar			
Coffee Mate			
Salt/Pepper			
D-2	2586	12c, 50h	26 oz.
Chicken Soup			
Ham			
Apple Sauce			
Mashed Potato			
Peas & Carrots			
Coffee/Sugar			
Coffee Mate			
Salt/Pepper			
D-3	1603	12c, 62h	16 oz.
Pea Soup			
Beef Stew			
Mashed Potato			
Peas			
Butterscotch Pudding			
Coffee/Sugar			
Coffee Mate			
Salt/Pepper			
D-4	1995	0c, 54h	19 oz.
Chicken Soup			
Beef Patties			
Mashed Potato			
Peas			
Nut Roll			
Ketchup			
Coffee/Sugar			
Coffee Mate			
Salt/Pepper			
D-5	2496	20c, 44h	23 oz.
Potato Soup			
Chicken Stew			
Carrots			
Crackers			
Fruit Cocktail			
Nut Roll			
Coffee/Sugar			
Coffee Mate			
Salt/Pepper			

SNACKS (36 each)

	Calories	Water	Weight
S-1	804	0	6 oz.
Raisins (2)			
Chocolate Bars (2)			
Nuts			
S-2	880	0	7 oz.
Fig Bars			
Cheese			
Chocolate Bars			
S-3	724	0	10 oz.
Mandarin Oranges			
Raisins			
Nuts			
S-4	654	0	5½
Malted Milk Tablets			
Beef Jerky			
Chocolate Bars			
S-5	1415	12c	13½
Nut Roll			
Peaches			
Chocolate Bars			

NOTES

MENU

BREAKFAST

GENERAL FRANKLIN

1949

of the United States Air Force

