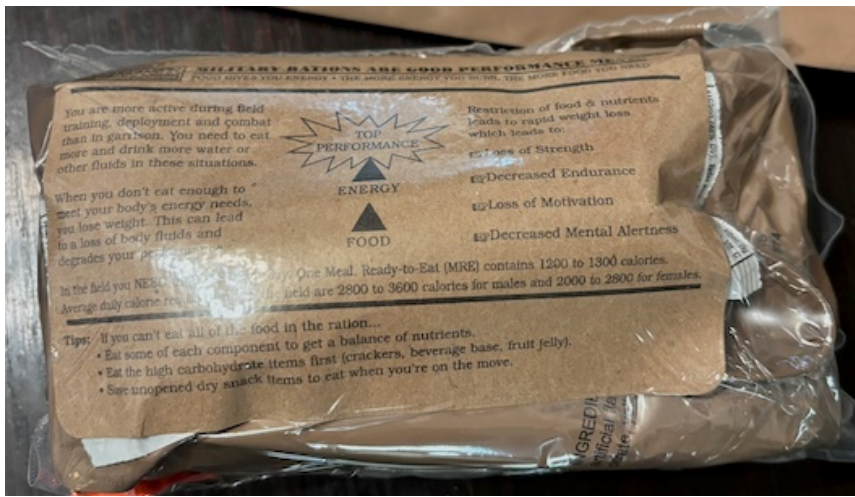


What is **in** an MRE?

Depends. I'll show you the contents of Menu 5. This is a decent one. It contains "Chicken



Chunks, White, Cooked." In case you thought there was a live chicken, DOD makes things very clear. Painfully clear. (Think "Front Towards Enemy")



There's a lot of stuff in one of these pouches...and plenty of advice from Captain Obvious of Natick Labs.

"You are more active during field training, deployment and combat than in garrison." I mean who knew?

Here is your "accessory" bag.



Gum, salt, napkin, even a moist towelette and some sugar free "Beverage Base Lemonade." Not for mixing with the electrolytes beverage.



Next up some "Trail Mix, Recovery"



"Tortillas, Plain"



Some "Cheese Spread" (Think this is what was in C-Rations, too)



Chicken Chunks ("Cooked, White")



"Buffalo Sauce"



Energy Bar: "First Strike" makes it nutritious (and it says so on the label)



Some "Carbohydrate Electrolyte Beverage Powder" (Makes the plants grow)



Dessert Time! (Better than a "John Wayne Bar?")



And a spoon! The End