

Suggested menuBreakfast

- fresh or powdered eggs & dried potatoes
 Kresco
 sourdough bread - baking powder or bisquick
 butter (in glass jar)
 powdered milk
 instant chocolate
 " Coffee
 Preme
 * dried fruit
 salt
 pepper
- * sliced peaches
 prunes
 applesauce
 apricots
 pears
- ** ham
 venna sausages
 sardines
 spam

Lunch

- ** Canned meat
 sourdough bread (baked in A.M.)
 butter
 jam or peanut butter
 milk
 chocolate
 raisins
 cheese
 Candy
 Tang
- *** chicken noodle
 beef vegetable
 mulligan stew
 beef hash
 baked beans
 spaghetti - tomato sauce

Dinner

- *** soup
 sourdough bread
 butter
 milk
 Chocolate or coffee - tea, Preme
 dried fruit
 Cookies (baked in reflector oven)