

**FREEZE DRIED ~ PRECOOKED
WESTERN-STYLE
SCRAMBLED EGGS
WITH HAM, PEPPERS
& CHEESE**

**ADD 8 OUNCES HOT WATER
(~1/3 CANTEEN CUP) TO POUCH.
STIR, WAIT ~5-10 MINUTES.**

**HOT WATER MAY BE ADDED IN STAGES TO
KEEP FOOD HOT.**



INGREDIENTS: FREEZE DRIED PRECOOKED EGGS (WHOLE EGGS, EGG YOLK, NONFAT DRY MILK, MODIFIED CORN STARCH, CORN OIL, SALT, YEAST EXTRACT, SUNFLOWER OIL & SMOKE FLAVOR, XANTHAN GUM), FREEZE DRIED COOKED HAM: HAM (CURED WITH SALT, DEXTROSE, SODIUM TRIPOLYPHOSPHATE, SODIUM ERYTHORBATE, SMOKE FLAVOR, SODIUM NITRITE), FREEZE DRIED CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES, ANNATTO COLOR, POTATO STARCH AND CELLULOSE POWDER [TO PREVENT CAKING], NATAMYCIN [NATURAL MOLD INHIBITOR]), FREEZE DRIED RED & GREEN BELL PEPPERS, DEHYDRATED ONIONS.

CONTAINS: EGG, MILK.

NET WT 2.65 OZ (75g)

Nutrition Facts

Serving Size - 1 Pouch (75g)

Amount Per Serving

Calories 380 Calories from Fat 190

% Daily Value*

Total Fat 22g 33%

Saturated Fat 7g 33%

Trans Fat 0g

Cholesterol 545mg 182%

Sodium 1350mg 56%

Total Carbohydrate 16g 5%

Dietary Fiber <1g 4%

Sugars 10g

Protein 31g

Vitamin A 30% • Vitamin C 70%

Calcium 30% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may vary higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

MANUFACTURED BY
OREGON FREEZE DRY, INC.
ALBANY, OREGON 97321 USA

31674239

REV. 1001AF

FREEZE DRIED

BREAKFAST SKILLET

WITH HASH BROWNS

AND SCRAMBLED EGGS

MIXED WITH PORK SAUSAGE,

PEPPERS & ONIONS

**ADD 8 OUNCES HOT WATER
(-1/3 CANTEEN CUP) TO POUCH.
STIR, WAIT 5-10 MINUTES.
HOT WATER MAY BE ADDED IN
STAGES TO KEEP FOOD HOT.**



INGREDIENTS: HASH BROWNS* (POTATOES, VEGETABLE OIL [MAY CONTAIN: CANOLA, SUNFLOWER, COTTONSEED, PALM, CORN, SOYBEAN, HYDROGENATED SOYBEAN, HYDROGENATED COTTONSEED OILS], SALT, DEHYDRATED POTATO, ENRICHED BLEACHED FLOUR [WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], POTASSIUM SORBATE [TO MAINTAIN FRESHNESS], NATURAL FLAVORING, DISODIUM DIHYDROGEN PYROPHOSPHATE [COLOR RETENTION], DEXTROSE), PRECOOKED EGGS* (WHOLE EGGS [GLUCOSE REMOVED FOR STABILITY], EGG YOLK, NONFAT DRY MILK, MODIFIED CORN STARCH, CORN OIL, SALT, YEAST EXTRACT, SUNFLOWER OIL, SMOKE FLAVOR, XANTHAN GUM), PORK SAUSAGE* (SAUSAGE [PORK, SALT, SPICES, SUGAR], TEXTURED VEGETABLE PROTEIN [SOY FLOUR, SALT]) • RED AND GREEN BELL PEPPERS* • DEHYDRATED ONIONS *FREEZE DRIED

CONTAINS: EGG, MILK, WHEAT, SOY

NET WT 3.18 OZ (90g)

Nutrition Facts

Serving Size - 1 Pouch (90g)

Amount Per Serving

Calories 450 Calories from Fat 250

% Daily Value*

Total Fat 27g 42%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 310mg 103%

Sodium 1260mg 53%

Total Carbohydrate 32g 11%

Dietary Fiber 2g 8%

Sugars 5g

Protein 17g

Vitamin A 15% • Vitamin C 8%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may vary higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

**MANUFACTURED BY
OFD FOODS, INC.
ALBANY, OREGON 97321 USA**

31674829

F REV. 1511C

FREEZE DRIED SPAGHETTI WITH MEAT SAUCE

ADD 16 OUNCES HOT WATER
(-3/4 CANTEEN CUP) TO POUCH.
STIR, WAIT -10 MINUTES. HOT
WATER MAY BE ADDED IN STAGES TO
KEEP FOOD HOT.



INGREDIENTS:

ENRICHED SPAGHETTI (DURUM [WHEAT] SEMOLINA,
NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE,
RIBOFLAVIN, FOLIC ACID) • TOMATO PASTE • COOKED
BEEF (BEEF, FLAVORING, SALT)

LESS THAN 2% OF: TEXTURED SOY FLOUR (SOY
FLOUR, CARAMEL COLOR) • DEHYDRATED CHEESE
(CHEDDAR CHEESE [MILK, CHEESE CULTURE, SALT,
ENZYMES], CREAM, SALT, SODIUM PHOSPHATE, LACTIC
ACID) • SUGAR • SEA SALT • HYDROLYZED VEGETABLE
PROTEIN (CORN, YEAST, WHEAT GLUTEN, SOY
PROTEIN, SOYBEAN OIL) • SPICE • ONION POWDER •
GARLIC POWDER

CONTAINS: MILK, SOY, WHEAT

NET WT 4.30 OZ (122g)

Nutrition Facts

Serving Size - 1 Pouch (122g)

Amount Per Serving

Calories 520 Calories from Fat 100

% Daily Value*

Total Fat 11g 17%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 1330mg 55%

Total Carbohydrate 75g 25%

Dietary Fiber 6g 24%

Sugars 14g

Protein 27g

Vitamin A 25% • Vitamin C 70%

Calcium 10% • Iron 30%

*Percent Daily Values are based on a 2,000
calorie diet. Your Daily Values may vary higher
or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	
Protein		50g	65g	

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31671089

F REV. 1502D

FREEZE DRIED BEEF STEW

ADD 16 OUNCES HOT WATER
(-3/4 CANTEEN CUP) TO POUCH.
STIR, WAIT -10 MINUTES. HOT
WATER MAY BE ADDED IN STAGES TO
KEEP FOOD HOT.



INGREDIENTS: POTATOES (POTATOES, SODIUM ACID PYROPHOSPHATE [COLOR RETENTION]) • COOKED BEEF (BEEF, SALT) • CARROTS • GREEN PEAS (PEAS, SALT) • CORN OIL WITH SPICE EXTRACT
LESS THAN 2% OF: MODIFIED CORN STARCH • HYDROLYZED VEGETABLE PROTEIN (CORN, YEAST, WHEAT GLUTEN, SOY PROTEIN, SOYBEAN OIL) • DRIED BEEF STOCK • DEHYDRATED ONION • SUGAR • SPICES • GARLIC POWDER

CONTAINS: WHEAT, SOY

NET WT 4.94 OZ (140g)

Nutrition Facts

Serving Size - 1 Pouch (140g)

Amount Per Serving

Calories 570 Calories from Fat 160

% Daily Value*

Total Fat 18g **27%**

Saturated Fat 3g **16%**

Trans Fat 0g

Cholesterol 55mg **19%**

Sodium 2680mg **112%**

Total Carbohydrate 63g **21%**

Dietary Fiber 8g **30%**

Sugars 7g

Protein 43g

Vitamin A 180% • Vitamin C 80%

Calcium 6% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may vary higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g
Protein			50g	65g

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31671959

F REV. 1502U

FREEZE DRIED ORIENTAL-STYLE SPICY CHICKEN & VEGETABLES WITH RICE



ADD 16 OUNCES HOT WATER
(-3/4 CANTEEN CUP) TO POUCH.
STIR, WAIT ~10 MINUTES. HOT
WATER MAY BE ADDED IN STAGES TO
KEEP FOOD HOT.

INGREDIENTS: GREEN BEANS, COOKED CHICKEN,
PRECOOKED ENRICHED LONG GRAIN RICE
(ENRICHED WITH NIACIN, IRON [FERRIC
ORTHOPHOSPHATE], THIAMINE MONONITRATE,
FOLIC ACID), MUSHROOMS, WATERCHESTNUTS,
RED BELL PEPPERS, TERIYAKI FLAVOR
(SOY SAUCE [SOYBEANS, WHEAT, SALT],
MALTODEXTRIN, YEAST EXTRACT, SALT, SPICES),
AND CONTAINS 2% OR LESS OF MODIFIED CORN
STARCH, BROWN SUGAR, FLAVORING (DRIED
TORULA YEAST, AUTOLYZED YEAST EXTRACT,
SAFFLOWER OIL, NATURAL FLAVOR), GARLIC
POWDER, SESAME/SOYBEAN OIL, SPICES, SALT.

CONTAINS: SOY, WHEAT.

NET WT 5.29 OZ (150g)

Nutrition Facts

Serving Size - 1 Pouch (150g)

Amount Per Serving

Calories 580 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2.5g **12%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 2590mg **108%**

Total Carbohydrate 99g **33%**

Dietary Fiber 7g **29%**

Sugars 10g

Protein 32g

Vitamin A 30% • Vitamin C 60%

Calcium 10% • Iron 30%

*Percent Daily Values are based on a 2,000
calorie diet. Your Daily Values may vary higher
or lower depending on your calorie needs.

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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OREGON FREEZE DRY, INC.
ALBANY, OREGON 97321 USA

31671389

REV. 1104S

FREEZE DRIED
CHILI MACARONI
WITH BEEF

ADD 16 OUNCES HOT WATER
 (-3/4 CANTEEN CUP) TO POUCH.
 STIR, WAIT -10 MINUTES. HOT
 WATER MAY BE ADDED IN STAGES TO
 KEEP FOOD HOT.



INGREDIENTS:

COOKED BEEF (BEEF, FLAVORING, SALT) • ENRICHED
 MACARONI (DURUM [WHEAT] SEMOLINA, NIACIN, FERROUS
 SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)
 • KIDNEY BEANS (KIDNEY BEAN, SALT) • TOMATO PASTE •
 CHILI SEASONING (CHILI PEPPER & OTHER SPICES,
 DEHYDRATED ONION & GARLIC, SALT, HYDROLYZED SOY
 PROTEIN, POTASSIUM CHLORIDE, PAPRIKA, SUGAR,
 MALTODEXTRIN, BEEF EXTRACT, DISODIUM INOSINATE,
 DISODIUM GUANYLATE, AUTOLYZED YEAST EXTRACT,
 CARAMEL COLOR, NATURAL FLAVORS, CITRIC ACID) •
 MODIFIED CORN STARCH • DEHYDRATED ONION • SPICE

CONTAINS: SOY, WHEAT

NET WT 4.80 OZ (136g)

Nutrition Facts

Serving Size - 1 Pouch (136g)

Amount Per Serving

Calories 570 Calories from Fat 130

% Daily Value*

Total Fat 15g 23%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 1950mg 81%

Total Carbohydrate 77g 26%

Dietary Fiber 12g 48%

Sugars 7g

Protein 31g

Vitamin A 40% • Vitamin C 40%

Calcium 15% • Iron 35%

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 calorie diet. Your Daily Values may vary higher
 or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

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OFD FOODS, INC.
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F REV. 1502G

FREEZE DRIED TURKEY TETRAZZINI

ADD 16 OUNCES HOT WATER
(~3/4 CANTEEN CUP) TO POUCH.
STIR, WAIT ~10 MINUTES. HOT
WATER MAY BE ADDED IN STAGES TO
KEEP FOOD HOT.



INGREDIENTS: COOKED TURKEY, ASPARAGUS, ENRICHED SPAGHETTI (DURUM SEMOLINA, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, NONFAT DRY MILK, PIMIENTOS, MUSHROOMS, CORN OIL, AND CONTAINS 1% OR LESS OF SALT, CHICKEN BASE (CHICKEN INCLUDING NATURAL CHICKEN JUICES, MALTODEXTRIN, HYDROLYZED CORN GLUTEN, DRIED WHEY, NATURAL FLAVORING, YEAST EXTRACT), SUGAR, CHICKEN FAT, DEHYDRATED ONION, FLAVORINGS (YEAST EXTRACT, SAFFLOWER OIL, AND NATURAL FLAVOR), HYDROLYZED CORN SOY WHEAT GLUTEN PROTEIN, SPICES, SHERRY WINE, (CONTAINS SULFITE), GARLIC POWDER, CITRIC ACID, TURMERIC (FOR COLOR), SOYBEAN OIL, AND SPICE EXTRACT.

CONTAINS: WHEAT, MILK, SOY.

NET WT 4.41 OZ (125g)

Nutrition Facts

Serving Size - 1 Pouch (125g)

Amount Per Serving

Calories 610 Calories from Fat 180

% Daily Value*

Total Fat 21g **32%**

Saturated Fat 4.5g **22%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 1590mg **66%**

Total Carbohydrate 59g **20%**

Dietary Fiber 3g **11%**

Sugars 13g

Protein 36g

Vitamin A 20% • Vitamin C 40%

Calcium 50% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may vary higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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