



MEAL COLD WEATHER/LONG RANGE PATROL (MCW/LRP) | DoD CFD

PURPOSE:

The Meal, Cold Weather and the Food Packet, Long Range Patrol (MCW/LRP) are designed to meet the Joint Service requirements of the United States Marine Corps (USMC) and the Army Special Operations Forces (SOF). The USMC and SOF require appropriate nutritional and operational characteristics for extreme cold environments. They require a restricted calorie ration with a long shelf life that can be used during initial assault, special operations, and long-range reconnaissance missions.



WHY IS IT NEEDED?:

Warfighters who work and live in extreme cold need rations that supply extra calories and are nutritionally designed for cold weather. Warfighters who are part of the USMC and SOF need rations in a lightweight, low volume package that meet the Surgeon General's nutritional requirements for restricted calorie feeding. Since the primary components of the MCW and the LRP are the same, costs have been cut by combining them into a single product that can be procured under one contract.



MCW/LRP PACKAGING

KEY FEATURES:

The ration is lightweight and includes ready-to-eat components and a freeze-dried entrée that can be eaten dry if necessary. Meal bags for each of the 12 menus contain the dehydrated entrée and a variety of spreads, crackers, cookies, sports bars, nuts, candy and powdered beverages with an accessory packet and plastic spoon. Extra drink mixes are included to encourage water consumption. The shelf life is a minimum of three years at 80° F (27°C) and six months at 100°F (38°C), but significantly extended shelf life for the entrée has been demonstrated in storage tests. The MCW is packed in a white meal bag and the LRP in a beige color bag.



MCW/LRP ENTRÉE, MENU 9

BENEFITS:

- **Lightweight...**12 menus with entrées that are freeze-dried, weigh less than one pound, small and require little preparation.
- **Cold Weather Tailored...**The rations won't freeze in cold-weather extremes and are nutritionally designed to optimize water requirements.
- **Cost Effective...**By combining the two assault rations, their availability is increased, and costs are cut significantly.



POINT OF CONTACT:

Combat Feeding

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MENU 1

Spicy oriental chicken, Fig bar, Ice cream sandwich, Dairy shake, Sports drink, Coffee, Creamer, Sugar

MENU 2

Beef stroganoff, Chocolate sports bar, Chocolate covered coffee beans, Trail mix, Sports drink, Coffee, Creamer, Sugar

MENU 3

Chili macaroni, Ramen noodles, MRE™ cracker, Cheese spread, Peanut butter pan coated discs, Cappuccino, Coffee, Creamer, Sugar

MENU 4

Turkey tetrazzini, Mocha dessert bar, MRE™ cracker, Cheese spread, Orange beverage, Cappuccino, Coffee, Creamer, Sugar

MENU 5

Chicken & rice, Chocolate covered cookie, Corn nuts, First Strike™ Bar (cran-raspberry), Cappuccino, Coffee, Creamer, Sugar

MENU 6

Seafood chowder, Shortbread cookie, Chocolate covered coffee beans, Trail mix, MRE™ cracker, Sports drink, Coffee, Creamer, Sugar

MENU 7

Beef stew, Pound cake, Corn nuts, Chocolate covered cookie, Sports drink, Coffee, Creamer, Sugar

MENU 8

Spaghetti & meat sauce, Trail mix, MRE™ cracker, Chocolate peanut butter spread, Chocolate pan coated discs, Sugar free beverage, Coffee, Creamer, Sugar

MENU 9

Mexican chicken & rice, Shortbread cookie, Smoked almonds, Dried cranberries, Banana walnut dessert bar, Sports drink, Coffee, Creamer, Sugar

MENU 10

Western omelet, Granola w/blueberries, Chocolate sports bar, Filled pretzels, Orange beverage, Cocoa, Coffee, Creamer, Sugar

MENU 11

Eggs w/bacon, Flavored oatmeal, Trail mix, Fig bar, Orange beverage, Cocoa, Coffee, Creamer, Sugar

MENU 12

Western omelet, Flavored oatmeal, Toaster pastry, Starch jellies, Dairy shake, Coffee, Creamer, Sugar

