

Bridgford Foods **MRE Ready To Eat Sandwiches**



- Originally developed for the United States Military and currently used in the Military FSR First Strike Rations.
- Ready to eat; 270–330 calories per sandwich! Sandwich bread-only also available.
- No refrigeration required.
- MRE pouch-style packaging. Lightweight and easy to store.
- Shelf stable; 3-year shelf life if stored at 80°, or longer if kept in cooler conditions (freezing is not recommended).
- Perfect for household and workplace emergency kits.
- Other great uses include camping, hiking, hunting, fishing, boating, etc.
- These sandwiches are designed to be eaten straight from the pouch, however they can also be heated:
 - MRE Flameless Ration Heater Method: Place unopened pouch in MRE heater. To heat, follow the instructions on the MRE Heater. Once heated, carefully remove the pouch from the heater, open the pouch and eat.
 - Boiling Water Method: Place unopened pouch in boiling water (slow roll) for approximately 5-8 minutes. Carefully remove the pouch from the water, open the pouch and eat. (Make heating time adjustments as necessary)
 - Microwave Method: Remove the sandwich from the pouch prior to heating! Wrap the sandwich on a microwave-safe plate and cover with a paper towel (or wrap the sandwich in a paper towel), and microwave on high for 15-30 seconds. Adjust heating time as necessary.
 - Oven Method: Remove the sandwich from pouch, place the sandwich on an oven-safe baking sheet and heat in the oven at 325-350° for approximately 7-10 minutes. Adjust heating time as necessary.

Bridgford Sandwich Nutritional Info

BBQ Beef Sandwich



Nutrition Facts	
Serving Size 1 Sandwich (100g)	
Amount Per Serving	
Calories 290	Calories from Fat 80
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 1.5g	13%
Trans Fat 2.0g	
Cholesterol 20mg	6%
Sodium 670mg	28%
Total Carbohydrate 41g	14%
Dietary Fiber 2g	10%
Sugars 8g	
Protein 11g	
Vitamin A 4%	• Iron 15%
Vitamin C 0%	Calcium 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat. 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	

INGREDIENTS: BREAD (ENRICHED BLEACHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, GLYCEROL, YEAST, SALT, SUCROSE ESTER, DOUGH CONDITIONERS [WHEAT FLOUR, DIACETYL TARTARIC ACID ESTERS OF MONO- AND DIGLYCERIDES (DATEM), SOY OIL, L-CYSTEINE HYDROCHLORIDE, ENZYME, ASCORBIC ACID, AZOICARBONAMIDE (ADA)], GUM ARABIC, CALCIUM SULFATE, XANTHAN GUM, SORBIC ACID), BARBECUED BEEF (BEEF, TOMATO PASTE [TOMATO PASTE, SALT, CITRIC ACID], BROWN SUGAR, MUSTARD, GLYCEROL, HONEY, MOLASSES, SPICES AND FLAVORINGS, BEEF BROTH, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, RICE SYRUP, VINEGAR FLAVOR [SODIUM DIACETATE, CITRIC ACID, POTASSIUM CITRATE, GLUCONA-DELTA-LACTONE], WORCESTERSHIRE SAUCE [DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLORING, SUGAR, SPICES, ANCHOVIES, FLAVORING, TAMARIND], DRIED ONIONS, SMOKE FLAVORING, SODIUM PHOSPHATE).

CALORIES PER OUNCE: 83

BBQ Chicken Sandwich



Nutrition Facts	
Serving Size 1 Sandwich (100g)	
Amount Per Serving	
Calories 290	Calories from Fat 80
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 1.5g	
Cholesterol 15mg	5%
Sodium 680mg	28%
Total Carbohydrate 41g	14%
Dietary Fiber 2g	10%
Sugars 8g	
Protein 12g	
Vitamin A 4%	• Iron 8%
Vitamin C 0%	• Calcium 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat. 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	

INGREDIENTS: BREAD (ENRICHED BLEACHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, GLYCEROL, YEAST, SALT, SUCROSE ESTER, DOUGH CONDITIONERS [WHEAT FLOUR, DIACETYL TARTARIC ACID ESTERS OF MONO- AND DIGLYCERIDES (DATEM), SOY OIL, L-CYSTEINE HYDROCHLORIDE, ENZYME, ASCORBIC ACID, AZOICARBONAMIDE (ADA)], GUM ARABIC, CALCIUM SULFATE, XANTHAN GUM, SORBIC ACID), BARBECUED CHICKEN (CHICKEN, TOMATO PASTE [TOMATO PASTE, SALT, CITRIC ACID], BROWN SUGAR, MUSTARD, GLYCEROL, HONEY, MOLASSES, SPICES AND FLAVORINGS, CHICKEN BROTH, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, RICE SYRUP, VINEGAR FLAVOR [SODIUM DIACETATE, CITRIC ACID, POTASSIUM CITRATE, GLUCONA-DELTA-LACTONE], WORCESTERSHIRE SAUCE [DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLORING, SUGAR, SPICES, ANCHOVIES, FLAVORING, TAMARIND], DRIED ONIONS, SMOKE FLAVORING, SODIUM PHOSPHATE).

CALORIES PER OUNCE: 83

Bridgford Sandwich Nutritional Info (continued)

Italian Style Sandwich



Nutrition Facts	
Serving Size 1 Sandwich (100g)	
Amount Per Serving	
Calories 320	Calories from Fat 120
	% Daily Value*
Total Fat 14g	21%
Saturated Fat 4g	21%
Trans Fat 2g	
Cholesterol 10mg	3%
Sodium 730mg	30%
Total Carbohydrate 39g	13%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 11g	
Vitamin A 4%	• Iron 10%
Vitamin C 0%	Calcium 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat. 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	

INGREDIENTS: BREAD (ENRICHED BLEACHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, GLYCEROL, YEAST, SALT, SUCROSE ESTER, DOUGH CONDITIONERS [WHEAT FLOUR, DIACETYL TARTARIC ACID ESTERS OF MONO- AND DIGLYCERIDES (DATEM), SOY OIL, L-CYSTEINE HYDROCHLORIDE, ENZYME, ASCORBIC ACID, AZODICARBONAMIDE (ADA)], GUM ARABIC, CALCIUM SULFATE, XANTHAN GUM, SORBIC ACID), **TOMATO SAUCE** (TOMATO PASTE [TOMATOES, TOMATO JUICE, SALT, CITRIC ACID], GLYCEROL, **PARMESAN/ROMANO CHEESE** [PASTEURIZED COW'S MILK, CULTURE, SALT, ENZYMES], OLIVE OIL, SUGAR, GARLIC POWDER, DRIED ONIONS, SPICES, SALT), **MARINATED/COOKED SAUSAGE** (ITALIAN SAUSAGE [PORK, SALT, WATER, DEXTROSE, SPICES AND FLAVORINGS, MONOSODIUM GLUTAMATE, SODIUM NITRITE], RICE SYRUP, GLYCEROL, WATER, SALT, SPICES), **PEPPERONI** (PORK, BEEF, SALT, WATER, DEXTROSE, PAPRIKA, SPICES AND FLAVORINGS, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, SODIUM ERYTHORBATE, SODIUM NITRITE, BHA, BHT), **MOZZARELLA CHEESE POWDER** (MOZZARELLA CHEESE [PASTEURIZED MILK, CULTURES, SALT, ENZYMES], DISODIUM PHOSPHATE).
CONTAINS 21% MEAT

CALORIES PER OUNCE: 91

Bacon Cheese Sandwich



Nutrition Facts	
Serving Size 1 Sandwich (88g)	
Amount Per Serving	
Calories 330	Calories from Fat 130
	% Daily Value*
Total Fat 15g	22%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 20mg	6%
Sodium 690mg	29%
Total Carbohydrate 37g	12%
Dietary Fiber 2g	7%
Sugars 0g	
Protein 12g	
Vitamin A 2%	• Iron 10%
Vitamin C 0%	Calcium 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat. 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	

INGREDIENTS: BREAD (ENRICHED BLEACHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, CHEDDAR FLAVORED FLAKES [HYDROLYZED VEGETABLE OIL, CORN SYRUP SOLIDS, WHEAT FLOUR, MILK, MALTODEXTRIN, SALT, LACTIC ACID, ENZYME MODIFIED CHEESE (MILK, SALT, ENZYMES), NATURAL FLAVORS, SODIUM CITRATE, SODIUM CARBONATE, DISODIUM PHOSPHATE, ANNATTO (FOR COLOR)], PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, GLYCEROL, YEAST, SALT, SUCROSE ESTER, DOUGH CONDITIONERS [WHEAT FLOUR, DIACETYL TARTARIC ACID ESTERS OF MONO- AND DIGLYCERIDES (DATEM), SOY OIL, L-CYSTEINE HYDROCHLORIDE, ENZYME, ASCORBIC ACID, AZODICARBONAMIDE (ADA)], GUM ARABIC, BUTTER FLAVOR [GUM ARABIC, NATURAL AND ARTIFICIAL FLAVORS, MEDIUM CHAIN TRIGLYCERIDES], GLUCONO- DELTA-LACTONE, CALCIUM SULFATE, XANTHAN GUM, SORBIC ACID), **BACON** (CURED WITH WATER, SALT, HICKORY SMOKE FLAVOR, SUGAR, DEXTROSE, SODIUM ERYTHORBATE, SODIUM NITRITE).

CALORIES PER OUNCE: 106

Bridgford Sandwich Nutritional Info (continued)

Pepperoni Sandwich



Nutrition Facts	
Serving Size 1 Sandwich (70g)	
Amount Per Serving	
Calories 270	Calories from Fat 130
	% Daily Value*
Total Fat 15g	23%
Saturated Fat 5g	24%
Trans Fat 1g	
Cholesterol 20mg	7%
Sodium 580mg	24%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 10g	
Vitamin A 4%	• Iron 8%
Vitamin C 0%	Calcium 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat. 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	

INGREDIENTS: BREAD (ENRICHED BLEACHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, GLYCEROL, YEAST, SALT, SUCROSE ESTER, DOUGH CONDITIONERS [WHEAT FLOUR, DIACETYL TARTARIC ACID ESTERS OF MONO- AND DIGLYCERIDES (DATEM), SOY OIL, L-CYSTEINE HYDROCHLORIDE, ENZYME, ASCORBIC ACID, AZODICARBONAMIDE (ADA)], GUM ARABIC, CALCIUM SULFATE, XANTHAN GUM, GLUCONO-DELTA-LACTONE, SORBIC ACID), **PEPPERONI** (PORK, BEEF, SALT, WATER, DEXTROSE, PAPRIKA, SPICES AND FLAVORINGS, LACTIC ACID STARTER CULTURE, OLEOPRESIN OF PAPRIKA, SODIUM ERYTHORBATE, SODIUM NITRITE, BHA, BHT).

CALORIES PER OUNCE: 108

Italian Soy Marinara Sandwich



Nutrition Facts	
Serving Size 1 Sandwich (100g)	
Amount Per Serving	
Calories 310	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	13%
Trans Fat 1.5g	
Cholesterol 0mg	0%
Sodium 820mg	34%
Total Carbohydrate 36g	12%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 11g	
Vitamin A 6%	• Iron 10%
Vitamin C 20%	• Calcium 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat. 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	

INGREDIENTS: BREAD (FLOUR [BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, FUNGAL ALPHA AMYLASE], WATER, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, GLYCEROL, YEAST, SALT, SUCROSE ESTER, DOUGH CONDITIONERS [WHEAT FLOUR, MONOGLYCERIDES, DIACETYL TARTARIC ACID ESTERS OF MONO & DIGLYCERIDES, AMMONIUM SULPHATE, ENZYMES, CITRIC ACID, ASCORBIC ACID], GUM ARABIC, CALCIUM SULPHATE, XANTHAN GUM, NATURAL BUTTER FLAVOR, SORBIC ACID), **ITALIAN SOY MARINARA** (TOMATO SAUCE [TOMATO PASTE, TOMATOES, SALT, CITRIC ACID], SOY PROTEIN CONCENTRATE, WATER, RICE SYRUP, GLYCEROL, OLIVE OIL, SEASONING AND FLAVORINGS, MOZZARELLA CHEESE POWDER [MOZZARELLA CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), DISODIUM PHOSPHATE], PARMESAN AND ROMANO CHEESE [PASTEURIZED MILK, CULTURES, SALT, ENZYMES]), SALT, SUGAR, CITRIC ACID, DEXTROSE, PAPRIKA EXTRACT, MONOSODIUM GLUTAMATE, PAPRIKA).

CALORIES PER OUNCE: 83

Bridgford Sandwich Nutritional Info (continued)

Shelf-Stable Sandwich Bread



Nutrition Facts	
Serving Size 1 Sandwich (100g)	
Amount Per Serving	
Calories 330	Calories from Fat 90
	% Daily Value*
Total Fat 10g	16%
Saturated Fat 3g	14%
Trans Fat 2.5g	
Cholesterol 0mg	0%
Sodium 540mg	22%
Total Carbohydrate 41g	14%
Dietary Fiber 5g	19%
Sugars 0g	
Protein 8g	
Vitamin A 8%	• Iron 8%
Vitamin C 0%	• Calcium 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat. 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	

INGREDIENTS: BREAD ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, GLYCEROL, YEAST, SALT, SUCROSE ESTER, DOUGH CONDITIONERS (WHEAT FLOUR, DIACETYL TARTARIC ACID ESTERS OF MONO- AND DIGLYCERIDES [DATEM], SOY OIL, L-CYSTEINE ENZYME, ASCORBIC ACID, AZODICARBONAMIDE [ADA]), GUM ARABIC, BUTTER FLAVOR (GUM ARABIC, NATURAL AND ARTIFICIAL FLAVORS, MEDIUM CHAIN TRIGLYCERIDES), CALCIUM SULFATE, XANTHAN GUM, SORBIC ACID. CALORIES PER OUNCE: 94.

CALORIES PER OUNCE: 94

Cinnamon Bun



Nutrition Facts	
Serving Size 1 Sandwich (100g)	
Amount Per Serving	
Calories 330	Calories from Fat 80
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 3g	14%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 49g	16%
Dietary Fiber 4g	15%
Sugars 16g	
Protein 6g	
Vitamin A 0%	• Iron 8%
Vitamin C 15%	• Calcium 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat. 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	

INGREDIENTS: BREAD (ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, GLYCEROL, CINNAMON FLAKES [SUGAR, VEGETABLE OIL (PALM OIL, PALM KERNEL OIL), CINNAMON, SOY LECITHIN], YEAST, SUGAR, SALT, SUCROSE ESTER, DOUGH CONDITIONERS [WHEAT FLOUR, DIACETYL TARTARIC ACID ESTERS OF MONO- AND DIGLYCERIDES (DATEM), SOY OIL, L-CYSTEINE HYDROCHLORIDE, ENZYME, ASCORBIC ACID, AZODICARBONAMIDE (ADA)], GUM ARABIC, CALCIUM SULFATE, XANTHAN GUM, SORBIC ACID), BUTTER FLAVOR (GUM ARABIC, NATURAL AND ARTIFICIAL FLAVORS, MEDIUM CHAIN TRIGLYCERIDES), FOOD COLOR [FD&C YELLOW #5 ALLUM LAKE]), CINNAMON FILLING (HIGH FRUCTOSE CORN SYRUP, WATER, DEXTROSE, CINNAMON, CORN SYRUP, GLYCEROL, STARCH, VANILLA FLAVOR [NATURAL AND ARTIFICIAL]), LOCUST BEAN GUM, XANTHAN GUM).

CALORIES PER OUNCE: 94