

**SHUTTLE MENU STS-118
(Stow by Person)**

RICK MASTRACCHIO, MS-2 (GREEN)

Meal	Days 1*& 13	Days 2, 8 & 14	Days 3 & 9	Days 4, 10 & 15**	Days 5 & 11	Days 6 & 12	Day 7
A	Dried Pears (IM) Oatmeal w/ Brown Sugar (R) Tortilla (FF) Granola Bar (NF) Chocolate Breakfast Drink (B) Orange Juice (B)	Mexican Scrambled Eggs (R) Tortilla (FF) Cornflakes (no sugar) (FF) Granola Bar (NF) Orange Juice (B)	Granola w/ Blueberries (R) Tortilla (FF) Granola Bar (NF) Strawberry Breakfast Drink (B) Orange Juice (B)	Oatmeal w/ Brown Sugar (R) Tortilla (FF) Granola Bar (NF) Chocolate Breakfast Drink (B) Orange Juice (B)	Dried Apricots (IM) Cornflakes (no sugar) (FF) Seasoned Scrambled Eggs (R) Tortilla (FF) x2 Granola Bar (NF) Orange Juice (B)	Granola w/ Blueberries (R) Cornflakes (no sugar) (FF) Tortilla (FF) Granola Bar (NF) Strawberry Breakfast Drink (B) Orange Juice (B)	Dried Pears (IM) Oatmeal w/ Brown Sugar (R) Tortilla (FF) Granola Bar (NF) Chocolate Breakfast Drink (B) Orange Juice (B)
B	Cheddar Cheese Spread (I) Peanut Butter (FF) Tortilla (FF) x2 Strawberries (R) Trail Mix (IM) x2 Crackers (NF) Tropical Punch w/ A/S (B) x2	Vegetarian Vegetable Soup (I) Peanut Butter (FF) Tortilla (FF) Applesauce (I) Cashews (NF) x2 Orange Drink w/ A/S (B) x2	Vegetarian Vegetable Soup (I) Peanut Butter (FF) Tortilla (FF) Granola Bar (NF) x2 Crackers (NF) Grape Drink w/ A/S (B) x2	Beef Stroganoff (R) Peanut Butter (FF) Tortilla (FF) x2 Trail Mix (IM) x2 Candy Coated Almonds (NF) Tropical Punch w/ A/S (B) x2	Vegetarian Vegetable Soup (I) Crackers (NF) Tortilla (FF) Peanut Butter (FF) Strawberries (R) Cashews (NF) x2 Lemonade w/ A/S (B) x2	Peanut Butter (FF) Macaroni & Cheese (R) Tortilla (FF) Applesauce (I) Granola Bar (NF) x2 Candy Coated Almonds (NF) Grape Drink w/ A/S (B) x2	Cheddar Cheese Spread (I) Peanut Butter (FF) Tortilla (FF) x2 Strawberries (R) Trail Mix (IM) x2 Crackers (NF) Tropical Punch w/ A/S (B) x2
C	Beef Enchiladas (I) Tortilla (FF) Almonds (NF) Chocolate Pudding (I) Grape Drink w/ A/S (B) x2	Cheese Tortellini (I) Tortilla (FF) x2 Pineapple (I) Candy Coated Almonds (NF) Tropical Punch w/ A/S (B) x2	Fettuccine (R) Vegetable Risotto (R) Tortilla (FF) x2 Chocolate Pudding (I) Strawberries (R) Lemonade w/ A/S (B) x2	Beef Enchiladas (I) Tortilla (FF) Candy Coated Almonds (NF) Grape Drink w/ A/S (B) x2	Lasagne w/ Meat (I) Tortilla (FF) x2 Chocolate Pudding (I) Almonds (NF) Tropical Punch w/ A/S (B) x2	Beef Ravioli (I) Tortilla (FF) x2 Trail Mix (NF) x2 Candy Coated Almonds (NF) Lemonade w/ A/S (B) x2	Grilled Chicken (I) Red Beans & Rice (I) Corn (R) Peaches (I) Tortilla (FF) X2 Cherry Blueberry Cobbler (I) Lemonade (B) Grape Drink w/ A/S (B) x2

*Day 1 consists of Meal C only

**Day 15 consists of Meal A only

(B) - Beverage, (FF) - Fresh Food, (I) - Irradiated, (IM) - Intermediate Moisture, (NF) - Natural Form, (R) - Rehydratable, (I) - Thermostabilized

Special Meal