

SHUTTLE MENU STS-129

(Stow By Day)

RANDY BRESNIK, MS-2 (GREEN)

Meal	Days 1, 7 & 12**	Days 2 & 8 (EVA)	Days 3 & 9	Days 4 & 10	Days 5 & 11	Day 6 (EVA)
<b>A</b>	Mexican Scrambled Eggs (R) Breakfast Sausage Links (I) Trail Mix (IM) Strawberry Breakfast Drink (B) x2	Oatmeal w/ Raisins (R) Yogurt Covered Granola Bar (NF) Cornflakes (R) Chocolate Breakfast Drink (B) x2 <b><u>EVA Snack (day 8 only)</u></b> Mango-Peach Smoothie (B) Clif Bar, Cool Mint Chocolate (NF) Kashi GoLean Chewy Bar, Cookies n' Cream (NF)	Scrambled Eggs (R) Dried Pears (IM) Breakfast Sausage Links (I) Trail Mix (IM) Kashi GoLean Roll, Chocolate Turtle (NF) Strawberry Breakfast Drink (B) x2	Oatmeal w/ Brown Sugar (R) Blueberry-Raspberry Yogurt (I) Cornflakes (R) Chocolate Breakfast Drink (B) x2	Mexican Scrambled Eggs (R) Breakfast Sausage Links (I) Trail Mix (IM) Strawberry Breakfast Drink (B) x2 Kashi GoLean Roll, Fuge Sundae (NF)	Oatmeal w/ Raisins (R) Yogurt Covered Granola Bar (NF) Peaches (I) Chocolate Breakfast Drink (B) x2 <b><u>EVA Snack</u></b> Mango-Peach Smoothie (B) Clif Bar, Cool Mint Chocolate (NF) Kashi GoLean Chewy Bar, Oatmeal Raisin Cookie (NF)
<b>B</b>	Rice & Chicken (R) Smoked Turkey (I) Applesauce (I) Butter Cookies (NF) Strawberry Drink (B) x2	Beef Stroganoff (R) Potatoes au Gratin (R) Beef Jerky, Peppered (FF) Strawberries (R) Candy Coated Chocolates (NF) Mango-Peach Smoothie (B) x2	Turkey Tetrizzini (R) Cheddar Cheese Spread (I) Crackers (NF) x2 Peaches (I) Candy Coated Peanuts (NF) Lemonade (B) x2	Beef Steak (I) Macaroni & Cheese (R) Shortbread Cookies (NF) Tapioca Pudding (I) Tropical Fruit Salad (I) Mango-Peach Smoothie (B) x2	Chicken Noodle Soup (I) Rice & Chicken (R) Butter Cookies (NF) Pineapple (I) Strawberry Drink (B) x2	Beef Stroganoff (R) Macaroni & Cheese (R) Shortbread Cookies (NF) Chocolate Pudding (I) Mango-Peach Smoothie (B) x2
<b>C</b>	Chicken Fajitas (I) (day 1 only) Tortillas (FF) x2 (day 1 only) Broccoli au Gratin (R) (day 1 only) Brownie (NF) (day 1 only) Orange-Mango Drink (B) (day 1 only) <b><u>Special Meal (Day 7 only)</u></b> BBQ Beef Brisket (I) x2 Baked Beans (I) x2 Potatoes Au Gratin (R) Mashed Potatoes (R) Green Beans w/ Mushrooms (R) x2 Chocolate Pudding Cake (I) x2 Lemonade (B) x2	BBQ Beef Brisket (I) Corn (R) Mashed Potatoes (R) Chocolate Pudding Cake (I) Pineapple Drink (B)	Teriyaki Chicken (R) Rice Pilaf (R) x2 Peanuts (NF) Apricot Cobbler (I) Apple Cider (B)	Chicken Strips in Salsa (I) Tortillas (FF) x2 Mashed Potatoes (R) Chocolate Pudding Cake (I) Orange-Mango Drink (B)	Chicken Fajitas (I) Tortillas (FF) x2 Corn (R) Strawberries (R) Bread Pudding (I) Pineapple Drink (B)	Fiesta Chicken (I) Tortillas (FF) x2 Broccoli au Gratin (R) Peanuts (NF) Chocolate Pudding Cake (I) Apple Cider (B)

\*Day 1 consists of Meal C only

\*\*Day 12 consists of Meals A & B only

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