

**SHUTTLE MENU STS-121**

**MIKE FOSSUM, MS-1 (BLUE)**

<b>Meal</b>	<b>Days 1* &amp; 12</b>	<b>Days 2 &amp; 13**</b>	<b>Day 3</b>	<b>Day 4</b>
<b>A</b>	Blueberry-Raspberry Yogurt (FF) Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Kona w/ Cream (B) Orange-Pineapple Drink (B) Kona Coffee, Black (B) Coffee, Black (B)	Granola w/Blueberries (R) x2 Sausage Pattie (R) (Day 13 only) Fuji Apple (FF) (Day 2 only) Chocolate Breakfast Drink (B) Orange-Mango Drink (B) Kona w/ Cream (B) Kona Coffee, Black (B) Coffee, Black (B)	Sausage Pattie (R) Cornflakes (R) Fuji Apple (FF) Grapefruit Drink (B) Cocoa (B) Kona w/ Cream (B) Kona Coffee, Black (B) Coffee, Black (B)	Pears (I) Oatmeal w/Raisins (R) Seasoned Scrambled Eggs (R) Strawberry Breakfast Drink (B) Kona w/ Cream (B) Kona Coffee, Black (B) Coffee, Black (B)
<b>B</b>	Fiesta Chicken (I) Tortilla (FF) X2 Peaches (I) Almonds (NF) Bread Pudding (I) Orange Drink (B) Tea (B) x2	Vegetarian Vegetable Soup (I) Chicken Salad (R) Crackers (NF) X2 Candy Coated Peanuts (NF) Vanilla Pudding (I) Tropical Punch (B) X2 Tea (B) x2	Tomato Basil Soup (I) Sweet & Sour Chicken (R) Pineapple (I) Cashews (NF) Candy Coated Chocolates (NF) Peach-Apricot Drink (B) Tea (B) x2	Teriyaki Beef Steak (I) Potatoes au Gratin (R) Italian Vegetables (R) Fuji Apple (FF) Shortbread Cookies (NF) Orange Drink (B) X2 Tea (B) x2
<b>C</b>	Sweet & Sour Chicken (R) Rice & Chicken (R) Asparagus (R) Pears (I) Candy Coated Peanuts (NF) Peach-Apricot Drink (B) Lemon-Lime Drink (B)	Shrimp Cocktail (R) Chicken Fajitas (I) Southwestern Corn (I) Tortilla (FF) X2 Strawberries (R) Butter Cookies (NF) Orange-Grapefruit Drink (B)	Shrimp Cocktail (R) Lasagna w/Meat (I) Broccoli au Gratin (R) Tortilla (FF) X2 Brownie (NF) Grape Drink (B) X2	Spicy Chicken & Vegetables (R) x: Asparagus (R) Tortilla (FF) X2 Strawberries (R) Candy Coated Peanuts (NF) Pineapple Drink (B) X2

\* Day 1 consists of Meals B & C only

\*\* Day 13 consists of Meal A only

B- Beverage

FF- Fresh Food

I- Irradiated

IM- Intermediate Moisture

NF- Natural Form

R- Rehydratable

T- Thermostabilized

**MIKE FOSSUM, MS-1 (BLUE)**

Meal	Day 5	Day 6	Day 7	Day 8
<b>A</b>	Sausage Pattie (R) Granola w/Blueberries (R) x2 Clif Bar (FF) x2 Vanilla Breakfast Drink (B) Orange-Pineapple Drink (B) Kona w/ Cream (B) Lemon-Lime Drink (B) x2 Kona Coffee, Black (B)	Blueberry-Raspberry Yogurt (FF) Oatmeal w/Raisins (R) Granola Bar (NF) Pineapple Drink (B) Kona w/ Cream (B) Kona Coffee, Black (B) Coffee, Black (B)	Mexican Scrambled Eggs (R) Tortilla (FF) Clif Bar (FF) x2 Strawberry Breakfast Drink (B) Grapefruit Drink (B) Kona w/ Cream (B) Lemon-Lime Drink (B) x2 Kona Coffee, Black (B)	Granola w/Blueberries (R) x2 Sausage Pattie (R) Orange-Pineapple Drink (B) Cocoa (B) Kona w/ Cream (B) Kona Coffee, Black (B) Coffee, Black (B)
<b>B</b>	Shrimp Cocktail (R) Chicken Teriyaki (I) Cauliflower w/ Cheese (R) Fruit Cocktail (I) Strawberries (R) Brownie (NF) Lemonade (B) X2 Tea (B) x2	Tomato Basil Soup (I) Dried Beef (IM) Tuna Salad Spread (I) Crackers (NF) X2 Pears (I) Candy Coated Chocolates (NF) Apple Cider (B) X2 Tea (B) x2	Meatloaf (I) Italian Vegetables (R) Mashed Potatoes (R) Strawberries (R) Vanilla Pudding (I) Tropical Punch (B) Tea (B) x2	Seafood Gumbo (I) Chicken Salad (R) Tortilla (FF) X2 Pineapple (I) Cashews (NF) Strawberry Drink (B) X2 Tea (B) x2
<b>C</b>	Turkey Tetrazzini (R) X2 Green Beans w/ Mushrooms (R) Tortilla (FF) X2 Peaches (I) Candy Coated Peanuts (NF) Grape Drink (B) X2	Shrimp Cocktail (R) Beef Stew (I) Broccoli au Gratin (R) Tortilla (FF) X2 Cashews (NF) Orange-Mango Drink (B) X2	Sweet & Sour Pork (I) Rice Pilaf (R) Creamed Spinach (R) Strawberries (R) Shortbread Cookies (NF) Trail Mix (IM) Orange Drink (B) x2	BBQ Beef Brisket (I) Candied Yams (I) Asparagus (R) Tortilla (FF) X2 Fruit Cocktail (I) Chocolate Pudding (I) Lemonade (B) X2

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**MIKE FOSSUM, MS-1 (BLUE)**

<b>Meal</b>	<b>Day 10</b>	<b>Day 11</b>
<b>A</b>	Grits w/ Butter (R) Seasoned Scrambled Eggs (R) Vanilla Breakfast Drink (B) Grapefruit Drink (B) Kona w/ Cream (B) Kona Coffee, Black (B) Coffee, Black (B)	Granola (R) Scrambled Eggs (R) Chocolate Breakfast Drink (B) Grape Drink (B) Kona w/ Cream (B) Kona Coffee, Black (B) Coffee, Black (B)
<b>B</b>	Dried Beef (IM) Cheddar Cheese Spread (I) Tortillas (FF) x2 Peaches (I) Macadamia Nuts (NF) Lemonade (B) X2 Tea (B) x2	Beef Stew (I) Creamed Spinach (R) Crackers (NF) X2 Pineapple (I) Candy Coated Peanuts (NF) Peach-Apricot Drink (B) X2 Tea (B) x2
<b>C</b>	Chicken Teriyaki (I) Pasta Vegetable Parmesan (R) Asparagus (R) Tortilla (FF) X2 Almonds (NF) Chocolate Pudding (I) Strawberry Drink (B) x2	Shrimp Cocktail (R) Spicy Chicken & Vegetables (R) Cauliflower w/ Cheese (R) Tortilla (FF) X2 Strawberries (R) Butter Cookies (NF) Orange Drink (B) X2

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