

SHUTTLE MENU STS-121

MARK KELLY, PLT (YELLOW)

Meal	Days 1* & 12	Days 2 & 13**	Day 3	Day 4
<b>A</b>	Granola (R) Granola Bar (NF) Kona w/ Cream & Sugar (B) Orange-Pineapple Drink (B)	Granola w/Raisins (R) Granola Bar (NF) Chocolate Breakfast Drink (B) Orange-Mango Drink (B) Kona w/ Cream & Sugar (B)	Breakfast Sausage Links (I) Cornflakes (R) Grapefruit Drink (B) Cocoa (B) Kona w/ Cream & Sugar (B)	Pineapple (I) Oatmeal w/Raisins (R) Tortilla (FF) Chocolate Breakfast Drink (B) Kona w/ Cream & Sugar (B)
<b>B</b>	Teriyaki Chicken (R) Tortilla (FF) X2 Peaches (I) Macadamia Nuts (NF) Candy Coated Chocolates (NF) Apple Cider (B) X2 Tea w/Lemon (B)	Vegetarian Vegetable Soup (I) Chicken Salad (R) Crackers (NF) X2 Candy Coated Peanuts (NF) Brownie (NF) Tropical Punch (B) X2 Tea w/Lemon (B)	Tomato Basil Soup (I) Sweet & Sour Chicken (R) Pineapple (I) Candy Coated Peanuts (NF) Peach-Apricot Drink (B) X2 Tea w/Lemon (B)	Chicken Teriyaki (I) Italian Vegetables (R) Applesauce (I) Almonds (NF) Shortbread Cookies (NF) Orange Drink (B) X2 Tea w/Lemon (B)
<b>C</b>	Shrimp Cocktail (R) Chicken Fajitas (I) Creamed Spinach (R) Tortilla (FF) X2 Strawberries (R) Chocolate Pudding (I) Pineapple Drink (B) X2	BBQ Beef Brisket (I) Green Beans w/Mushrooms (R) Creamed Spinach (R) Tortilla (FF) X2 Fruit Cocktail (I) Lemonade (B) X2	Shrimp Cocktail (R) Lasagna w/Meat (I) Broccoli au Gratin (R) Tortilla (FF) Chocolate Pudding (I) Macadamia Nuts (NF) Grape Drink (B) X2	Spicy Chicken & Vegetables (R) Potatoes au Gratin (R) Asparagus (R) Tortilla (FF) X2 Strawberries (R) Candy Coated Peanuts (NF) Orange Drink (B) Tea w/Lemon (B)

\* 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

Meal	Day 5	Day 6	Day 7	Day 8
<b>A</b>	Peaches (I) Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Chocolate Breakfast Drink (B) Orange-Pineapple Drink (B) Kona w/ Cream & Sugar (B)	Blueberry-Raspberry Yogurt (FF) Oatmeal w/Raisins (R) Granola Bar (NF) Pineapple Drink (B) Kona w/ Cream & Sugar (B)	Mexican Scrambled Eggs (R) Breakfast Sausage Links (I) Vanilla Breakfast Drink (B) Grapefruit Drink (B) Kona w/ Cream & Sugar (B)	Granola w/Blueberries (R) Orange-Pineapple Drink (B) Cocoa (B) Kona w/ Cream & Sugar (B)
<b>B</b>	Shrimp Cocktail (R) Teriyaki Chicken (R) Asparagus (R) Fruit Cocktail (I) Brownie (NF) Pineapple Drink (B) X2 Tea w/Lemon (B)	Tomato Basil Soup (I) Tuna Salad Spread (I) Crackers (NF) X2 Tapioca Pudding (I) Candy Coated Chocolates (NF) Apple Cider (B) X2 Tea w/Lemon (B)	Meatloaf (I) Italian Vegetables (R) Pears (I) Candy Coated Chocolates (NF) Lemonade (B) Tea w/Lemon (B)	Vegetarian Vegetable Soup (I) Chicken Salad (R) Tortilla (FF) X2 Pineapple (I) Cashews (NF) Strawberry Drink (B) X2 Tea w/Lemon (B)
<b>C</b>	Hot & Sour Soup (I) Sweet & Sour Pork (I) Butterscotch Pudding (I) Shortbread Cookies (NF) Trail Mix (IM) Grape Drink (B) X2	Shrimp Cocktail (R) Beef Stew (I) Broccoli au Gratin (R) Tortilla (FF) Cashews (NF) Candy Coated Peanuts (NF) Orange-Mango Drink (B) X2	Turkey Tetrazzini (R) X2 Asparagus (R) Tortilla (FF) X2 Peaches (I) Candy Coated Peanuts (NF) Orange-Pineapple Drink (B) X2	Sweet & Sour Chicken (R) Creamed Spinach (R) Tortilla (FF) X2 Strawberries (R) Candy Coated Peanuts (NF) Grape Drink (B) X2

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

Meal	Day 9	Day 10	Day 11
<b>A</b>	Oatmeal w/ Brown Sugar (R) Breakfast Roll (FF) Vanilla Breakfast Drink (B) Orange Juice (B) Kona w/ Cream & Sugar (B)	Breakfast Roll (FF) Oatmeal w/Raisins (R) Chocolate Breakfast Drink (B) Grapefruit Drink (B) Kona w/ Cream & Sugar (B)	Granola (R) Applesauce (I) Breakfast Roll (FF) Chocolate Breakfast Drink (B) Grape Drink (B) Kona w/ Cream & Sugar (B)
<b>B</b>	Peanut Butter (I) Grape Jelly (I) Fruit Cocktail (I) Trail Mix (IM) Shortbread Cookies (NF) Grape Drink (B) X2 Tea w/Lemon (B)	Chicken Salad (R) Crackers (NF) X2 Peaches (I) Macadamia Nuts (NF) Granola Bar (NF) Lemonade (B) X2 Tea w/Lemon (B)	Tomato Basil Soup (I) Crackers (NF) X2 Pineapple (I) Candy Coated Peanuts (NF) Peach-Apricot Drink (B) X2 Tea w/Lemon (B)
<b>C</b>	Shrimp Cocktail (R) Tofu w/ Hot Mustard (I) Rice & Chicken (R) Creamed Spinach (R) Tortilla (FF) X2 Brownie (NF) Tropical Punch (B)	Chicken Teriyaki (I) Italian Vegetables (R) Carrot Coins (I) Tortilla (FF) Chocolate Pudding (I) Grape Drink (B)	Shrimp Cocktail (R) Minestrone Soup (I) Spicy Chicken & Vegetables (R) Tortilla (FF) X2 Strawberries (R) Candy Coated Peanuts (NF) Apple Cider (B) X2

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