

LISA NOWAK, MS-2 (GREEN)

Meal	Days 1* & 13**	Days 2 & 6	Days 3, 10 & 12	Days 4, 8 & 11
A	Mexican Scrambled Eggs (R) Sausage Pattie (R) Granola (R) Strawberries (R) Orange Juice (B)	Sausage Pattie (R) Luna Bar (FF) Granola (R) Applesauce (I) Orange Juice (B)	Clif Bar (FF) Granola w/ Blueberries (R) Applesauce (I) Orange Juice (B) Cocoa (B)	Mexican Scrambled Eggs (R) Breakfast Sausage Links (I) Dried Peaches (IM) Granola w/ Blueberries (R) Orange-Grapefruit Drink (B)
B	Rice Pilaf (R) Chicken Cashew Curry (R) Fruit Cocktail (I) Shortbread Cookies (NF) Orange-Mango Drink (B) x2	Minestrone Soup (I) Cheese Tortellini (I) (Day 2 only) Lasagna w/ Meat (I) Pears (I) Brownie (NF) Lemonade (B) x2	Chicken Noodle Soup (I) Teriyaki Chicken (R) Pasta Vegetable Parmesan (R) Shortbread Cookies (NF) Orange-Mango Drink (B) x2	Vegetarian Vegetable Soup (I) Fiesta Chicken (I) Mashed Potatoes (R) Pears (I) Peach-Apricot Drink (B) x2
C	Chicken Fajitas (I) Tortillas (FF) x2 Pasta Vegetable Parmesan (R) Butter Cookies (NF) Lemonade (B) x2	Turkey Tetrazzini (R) Vegetable Risotto (R) Candied Yams (I) Peaches (I) Chocolate Pudding (I) Orange-Mango Drink (B) x2	Barbecued Beef Brisket (I) Potatoes au Gratin (R) Vegetable Risotto (R) Fruit Cocktail (I) Macadamia Nuts (NF) Orange-Pineapple Drink (B) x2	Shrimp Cocktail (R) Beef Fajitas (I) Tortillas (FF) x2 Green Beans & Mushrooms (R) Cashews (NF) Orange-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

Meal Days 5, 7 & 9

A Mexican Scrambled Eggs (R) (Day 9 only)
Sausage Pattie (R)
Tortilla (FF)
Strawberries (R)
Orange-Grapefruit Drink (B)
Cocoa (B)

B Chicken Strips in Salsa (I)
Tortillas (FF) x2
Rice Pilaf (R)
Dried Apricots (IM)
Almonds (NF)
Lemonade (B) x2

C Seafood Gumbo (I)
Chicken w/ Noodles (R)
Rice w/ Butter (I)
Carrot Coins (I)
Broccoli au Gratin (R)
Chocolate Pudding (I)
Peach-Apricot Drink (B) x2

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