<table>
<thead>
<tr>
<th>Meal</th>
<th>Days 1*, 3, 5, 7, 9, 11 &amp; 13**</th>
<th>Days 2, 4, 6, 8, 10 &amp; 12</th>
</tr>
</thead>
</table>
| **A** | Mexican Scrambled Eggs (R)  
Noodles & Chicken (R)  
Tortilla (FF) X2  
Pineapple (T)  
Granola Bar (NF)  
Kona w/Cream (B) | Cheese Grits (FF)  
Beef Stroganoff w/Noodles (R)  
Rice & Chicken (R)  
Tortilla (FF) X2  
Pineapple (T)  
Granola Bar (NF)  
Kona w/Cream (B) |
| **B** | Beef Fajitas (I)  
Spicy Chicken & Vegetables (R)  
Macaroni & Cheese (R)  
Rice & Chicken (R)  
Tortilla (FF) X2  
Pears (T)  
Tea w/Lemon (B) | Meatloaf (T)  
**Chicken Strips in Salsa (T)**  
Macaroni & Cheese (R)  
Corn (R)  
Tortilla (FF) X2  
Pears (T)  
Tea w/ Lemon (B) |
| **C** | Shrimp Cocktail (R)  
Chicken Strips in Salsa (T)  
Beef Ravioli (T)  
Corn (R)  
Tortilla (FF) X2  
Shortbread Cookies (NF)  
Lemonade w/A/S (B) | Cream of Mushroom Soup (R)  
Lasagna w/Meat (T)  
Chicken Fajitas (T)  
Spicy Chicken & Vegetables (R)  
Macaroni & Cheese (R)  
Tortilla (FF) X2  
Shortbread Cookies (NF)  
Orange Drink (B) |

*Day 1 consists of Meal 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