

SHUTTLE MENU STS-116
(Stow By Meal)

JOAN HIGGINBOTHAM, MS-4 (BROWN)

Meal	Day 1* & Day 12**	Day 2	Day 3	Day 4	Day 5	Day 6
A	Dried Pears (IM) Bran Chex (R) Breakfast Roll (FF) Apple Cider (B)	Sausage Pattie (R) Mexican Scrambled Eggs (R) Wheat Tortilla (FF) X2 Orange Juice (B) X2	Dried Apricots (IM) Granola w/Raisins (R) Peach-Apricot Drink (B) X2	Oatmeal w/Brown Sugar (R) Mexican Scrambled Eggs (R) Orange-Mango Drink (B) X2	Dried Peaches (IM) Breakfast Sausage Links (I) Grits w/Butter (R) Orange Juice (B)	Blueberry-Rasberry Yogurt (FF) Granola w/Raisins (R) Orange Juice (B) X2
B		Vegetarian Vegetable Soup (T) Chicken Salad (R) Crackers (NF) X2 Trail Mix (IM) Tropical Punch w/ A/S (B) X2	Tuna Salad Spread (T) Crackers (NF) x2 Peaches (T) Granola Bar (NF) Tropical Punch w/ A/S (B) X2	Beef Enchiladas (I) X2 Applesauce (T) Shortbread Cookies (NF) Almonds (NF) Banana Pudding (T) Tropical Punch w/ A/S (B)	Teriyaki Chicken (R) Crackers (NF) X2 Fruit Cocktail (T) Candy Coated Peanuts (NF) Orange-Mango Drink (B)	Seafood Gumbo (T) Mashed Potatoes (R) Wheat Tortilla (FF) Pears (T) Cashews (NF) Orange Drink (B) X2
C	Beef Ravioli (T) X2 Italian Vegetables (R) Wheat Tortilla (FF) X2 Fruit Cocktail (T) Grape Drink w/ A/S (B)	Beef Enchiladas (I) Mashed Potatoes (R) Green Beans w/Mushrooms (R) Strawberries (R) Lemonade w/ A/S (B)	Smoked Turkey (I) Candied Yams (T) Wheat Tortilla (FF) X2 Shortbread Cookies (NF) Apple Cider (B)	Chicken w/ Peanut Sauce (T) Rice Pilaf (R) Creamed Spinach (R) Wheat Tortilla (FF) X2 Orange-Pineapple (B)	Shrimp Cocktail (R) Italian Vegetables (R) Cauliflower w/ Cheese (R) Wheat Tortilla (FF) X2 Banana Pudding (T) Pineapple Drink (B)	Cheese Tortellini (T) Corn (R) Wheat Tortilla (FF) X2 Strawberries (R) Cashews (NF) Tea w/ Sugar (B)

*Day 1 consists of Meal C only

**Day 12 consists of Meal A only

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

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JOAN HIGGINBOTHAM, MS-4 (BROWN)

Meal	Day 7	Day 8	Day 9	Day 10	Day 11
A	Peaches (T) Sausage Pattie (R) Seasoned Scrambled Eggs (R) Oatmeal w/Brown Sugar (R) Orange-Pineapple Drink (B)	Peach Ambrosia (R) Sausage Pattie (R) Corn Flakes (R) Orange Juice (B)	Fruit Cocktail (T) Rice Krispies (R) Granola Bar (NF) Orange-Mango Drink (B) X2	Peaches (T) Scrambled Eggs (R) Cornflakes (R) Orange Juice (B) X2	Pineapple (T) Mexican Scrambled Eggs (R) Tortilla (FF) Grits w/Butter (R) Orange-Pineapple Drink (B)
B	Beef Ravioli (T) Pasta Vegetable Parmesan (R) Tomatoes & Eggplant (T) Shortbread Cookies (NF) Peanuts (NF) Grape Drink w/ A/S (B) X2	Chicken Fajitas (I) Macaroni & Cheese (R) Wheat Tortilla (FF) X2 Peaches (T) Candy Coated Peanuts (NF) Apple Cider (B)	Tomato Basil Soup (T) Tuna Salad Spread (T) Crackers (NF) X2 Peach Ambrosia (R) Brownie (NF) Tropical Punch w/ A/S (B)	Peanut Butter (T) Jelly (T) Tortilla (FF) X2 Pineapple (T) Candy Coated Peanuts (NF) Pineapple Drink (B)	Fiesta Chicken (T) Tomatoes & Eggplant (T) Tortilla (FF) X2 Applesauce (T) Almonds (NF) Orange-Mango Drink (B) X2
C	Meatloaf (T) Rice Pilaf (R) Broccoli au Gratin (R) Wheat Tortilla (FF) X2 Brownie (NF) Pineapple Drink (B)	Beef Ravioli (T) Rice Pilaf (R) Candied Yams (T) Wheat Tortilla (FF) X2 Strawberries (R) Shortbread Cookies (NF) Pineapple Drink (B)	Beef Enchiladas (I) Potatoes au Gratin (R) Green Beans w/ Mushrooms (R) Tortilla (FF) X2 Fruit Cocktail (T) Lemonade w/ A/S (B)	Shrimp Cocktail (R) Rice & Chicken (R) Broccoli au Gratin (R) Tortilla (FF) Chocolate Pudding (T) Shortbread Cookies (NF) Grape Drink w/ A/S (B)	Shrimp Cocktail (R) Creamed Spinach (R) Candied Yams (T) Strawberries (R) Tropical Punch w/ A/S (B)

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