

**SHUTTLE MENU STS-118
(Stow By Person)**

TRACY CALDWELL, MS-1 (BLUE)

Meal	Days 1* & 12	Days 2 & 13	Days 3 & 14	Day 4	Day 5	Days 6 & 15**
A	Dried Peaches (IM) Bran Chex (R) Breakfast Roll (FF) Apple Cider (B) Coffee w/ C/S (B)	Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Kona Coffee w/ C/S (B) Orange Juice (B)	Dried Apricots (IM) Granola w/Blueberries (R) Coffee w/ C/S (B) Pineapple Drink (B)	Sausage Pattie (R) Mexican Scrambled Eggs (R) Tortilla (FF) Orange-Mango Drink (B) Kona Coffee w/ C/S (B)	Dried Peaches (IM) Peanut Butter (I) Crackers (NF) x2 Orange Juice (B) Coffee w/ C/S (B)	Granola w/Raisins (R) Grits w/Butter (R) Kona Coffee w/ C/S (B) Orange-Mango Drink (B) - day 6; Orange-Grapefruit Drink (B) - day 15
B	Grilled Chicken (I) Pasta Vegetable Parmesan (R) Tomatoes & Eggplant (I) Shortbread Cookies (NF) Almonds (NF) Orange-Mango Drink (B) X2 Kona Coffee w/ C/S (B)	Tomato Basil Soup (I) Chicken Salad (R) - day 13; Dried Beef (NF) - day 2 Cheddar Cheese Spread (I) - day 2 only Crackers (NF) x2 Trail Mix (IM) Tea (B) x2 Coffee w/ C/S (B)	Mushroom Soup (R) Crackers (NF) x2 Cheddar Cheese Spread (I) - day 3 only Peaches (I) Granola Bar (NF) Tropical Punch (B) x2 Kona Coffee w/ C/S (B)	Beef Stroganoff w/Noodles (R) x2 Applesauce (I) Shortbread Cookies (NF) Macadamia Nuts (NF) Peach Ambrosia (R) Tropical Punch (B) Coffee w/ C/S (B) Mocha (FF)	Dried Beef (NF) Cheddar Cheese Spread (I) Crackers (NF) x2 Carrot Coins (I) Fruit Cocktail (I) Candy Coated Peanuts (NF) Tea (B) Kona Coffee w/ C/S (B)	Meatloaf (I) Asparagus (R) Fettuccine (R) Pears (I) Cashews (NF) Orange-Pineapple (B) x2 Coffee w/ C/S (B)
C	Fettuccine (R) - Day 1; Turkey Tetrazzini (R) - Day 12 Tomato Basil Soup (I) Asparagus (R) Potatoes Au Gratin (R) Peach Ambrosia (R) Cherry Drink w/ A/S (B) Coffee w/ C/S (B)	BBQ Beef Brisket (I) - day 2; Beef Stroganoff (R) - day 13 Macaroni & Cheese (R) Creamed Spinach (R) Brownie (NF) Lemonade (B) Kona Coffee w/ C/S (B)	Shrimp Cocktail (R) Cheese Tortellini (I) Almonds (NF) Cherry Blueberry Cobbler (I) Orange-Mango Drink (B) Coffee w/ C/S (B)	Beef Tips w/ Mushrooms (I) Rice Pilaf (R) Broccoli Au Gratin (R) Trail Mix (IM) Lemonade (B) Kona Coffee w/ C/S (B)	Beef Fajitas (I) Potatoes Au Gratin (R) Italian Vegetables (R) Tortilla (FF) x2 Chocolate Pudding (I) Pineapple Drink (B) Coffee w/ C/S (B)	Cheese Tortellini (I) Creamed Spinach (R) Tortilla (FF) x2 Strawberries (R) Vanilla Pudding (I) Tea (B) Kona Coffee w/ C/S (B)

*Day 1 consists of Meal C only

**Day 15 consists of Meal A only

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

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TRACY CALDWELL, MS-1 (BLUE)

Meal	Day 7	Day 8	Day 9	Day 10	Day 11
A	Peaches (I) Breakfast Roll (FF) Oatmeal w/Brown Sugar (R) Orange-Pineapple Drink (B) Coffee w/ C/S (B)	Dried Apricots (IM) Granola w/ Blueberries (R) Orange Juice (B) Kona Coffee w/ C/S (B)	Dried Peaches (IM) Bran Chex (R) Granola Bar (NF) Coffee w/ C/S (B) Orange-Mango Drink (B)	Dried Peaches (IM) Oatmeal w/ Brown Sugar (R) Orange Juice (B) Kona Coffee w/ C/S (B)	Dried Apricots (IM) Mexican Scrambled Eggs (R) Vegetarian Chili (R) Tortilla (FF) Grits w/ Butter (R) Orange-Pineapple Drink (B) Coffee w/ C/S (B)
B	BBQ Beef Brisket (I) Pasta Vegetable Parmesan (R) Tomatoes & Eggplant (I) Shortbread Cookies (NF) Almonds (NF) Orange-Mango Drink (B) x2 Kona Coffee w/ C/S (B)	Beef Steak (I) Macaroni & Cheese (R) Tortilla (FF) x2 Peaches (I) Macadamia Nuts (NF) Apple Cider (B) Coffee w/ C/S (B) Mocha (FF)	Mushroom Soup (R) Tuna Salad Spread (I) Crackers (NF) x2 Cheddar Cheese Spread (I) Peach Ambrosia (R) Brownie (NF) Tropical Punch (B) Kona Coffee w/ C/S (B) Mocha (FF)	Peanut Butter (I) Honey (FF) Tortilla (FF) x2 Pineapple (I) Shortbread Cookies (NF) Tea (B) Coffee w/ C/S (B)	Beef Stroganoff (R) x2 Tomatoes & Eggplant (I) Applesauce (I) Almonds (NF) Orange-Mango Drink (B) Kona Coffee w/ C/S (B)
C	Grilled Chicken (I) Red Beans & Rice (I) Corn (R) Peaches (I) Tortilla (FF) X2 Cherry Blueberry Cobbler (I) Lemonade (B) Fettuccine (R) Coffee w/ C/S (B)	Sweet & Sour Chicken (R) x2 Rice Pilaf (R) Fettuccine (R) Creamed Spinach (R) Tortilla (FF) x2 Strawberries (R) Vanilla Pudding (I) Pineapple Drink (B) Kona Coffee w/ C/S (B)	BBQ Beef Brisket (I) Potatoes au Gratin (R) Asparagus (R) Tortilla (FF) x2 Fruit Cocktail (I) Lemonade (B) Coffee w/ C/S (B)	Shrimp Cocktail (R) Meatloaf (I) Broccoli au Gratin (R) Chocolate Pudding (I) Candy Coated Peanuts (NF) Grape Drink (B) Kona Coffee w/ C/S (B)	Beef Pattie (R) Mashed Potatoes (R) Asparagus (R) Tortilla (FF) x2 Tapioca Pudding (I) Strawberries (R) Tea w/ Lemon (B) Coffee w/ C/S (B)

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

Special Meal

Rev D 6/28/2007