

SHUTTLE MENU
STS-122

LELAND MELVIN, MS-1 (BLUE)

Meal	Day 1	Day 2	Day 3	Day 4	Day 5
A		Dried Peaches (IM) Scrambled Eggs (R) Oatmeal w/ Brown Sugar (R) Orange Juice (B) Cocoa (B)	Dried Apricots (IM) Mexican Scrambled Eggs (R) Beef Pattie (R) Grits w/ Butter (R) Blueberry-Raspberry Yogurt (I) Orange-Mango Drink (B)	Dried Peaches (IM) Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Bran Chex (R) Chocolate Breakfast Drink (B)	Dried Pears (IM) Breakfast Roll (FF) Beef Pattie (R) Yogurt Covered Granola Cocoa (B)
B		Peanut Butter (T) x2 Grape Jelly (T) x2 Tortilla (FF) x2 Pineapple (I) Almonds (NF) Shortbread Cookies (NF)	Shrimp Cocktail (R) Beef Stroganoff (R) x2 Macaroni & Cheese (R) Tomatoes & Eggplant (I) Tortilla (FF) x2 Applesauce (I) Almonds (NF) Candy Coated Chocolates (NF)	Chicken Strips in Salsa (T) Corn (R) Tortilla (FF) x2 Fruit Cocktail (I) Brownie (NF) Peanuts (NF)	Seafood Chowder (R) Tuna (I) Pasta Vegetable Parmesa Crackers (NF) x2 Trail Mix (IM) Orange-Mango Drink (F)
C	BBQ Beef Brisket (I) Potatoes au Gratin (R) Green Beans w/Mushrooms (R) Tortilla (FF) x2 Fruit Cocktail (I) Chocolate Pudding Cake (I)	Grilled Chicken (I) Rice & Chicken (R) Broccoli au Gratin (R) Tortilla (FF) x2 Trail Mix (IM) Chocolate Pudding Cake (I)	Beef Pattie (R) Mashed Potatoes (R) Asparagus (R) Tortilla (FF) x2 Strawberries (R) Vanilla Pudding (I) Orange-Mango Drink (B)	Teriyaki Beef Steak (I) Italian Vegetables (R) Potatoes Au Gratin (R) Tortilla (FF) x2 Trail Mix (IM) Chocolate Pudding Cake (I)	Teriyaki Chicken (R) x2 Green Beans w/ Mushr Tortilla (FF) x2 Peach Ambrosia (R) Cashews (NF) Cherry-Blueberry Cobbl

*Day 1 consists of Meal C only

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

SHUTTLE MENU
STS-122

LELAND MELVIN, MS-1 (BLUE)

Day 6	Day 7	Day 8	Day 9	Day 10
Dried Apricots (IM) Beef Pattie (R) Granola w/ Raisins (R) Blueberry-Raspberry Yogurt (I) Orange Juice (B)	Oatmeal w/ Raisins (R) Mexican Scrambled Eggs (R) Blueberry-Raspberry Yogurt (I) Yogurt Covered Granola Bar (NF) Orange-Mango Drink (B)	Dried Peaches (IM) Beef Pattie (R) Oatmeal w/ Brown Sugar (R) Scrambled Eggs (R) Granola Bar (NF) Orange Juice (B)	Blueberry-Raspberry Yogurt (I) Granola w/ Raisins (R) Seasoned Scrambled Eggs (R) Vanilla Breakfast Drink (B) Orange-Mango Drink (B)	Breakfast Roll (FF) Apple Cider (B) Oatmeal w/ Brown Sugar (R) Beef Pattie (R) Granola w/ Blueberries (R)
Split Pea Soup (I) Crackers (NF) x2 Beef Ravioli (I) Italian Vegetables (R) Pears (I) Almonds (NF)	Beef Stroganoff (R) x2 Broccoli Au Gratin (R) Applesauce (I) Shortbread Cookies (NF) Almonds (NF) Bread Pudding (I)	Vegetarian Vegetable Soup (I) Crackers (NF) x2 Teriyaki Chicken (R) x2 Carrot Coins (I) Fruit Cocktail (I) Trail Mix (IM) Orange-Mango Drink (B)	Spicy Chicken & Vegetables (R) Mashed Potatoes (R) Tortilla (FF) Peaches (I) Cashews (NF) Candy Coated Almonds (NF)	Beef Fajitas (I) Rice Pilaf (R) Tortilla (FF) x2 Pineapple (I) Black Beans (I) Macadamia Nuts (NF)
Turkey Tetrazzini (R) x2 Tomatoes & Eggplant (I) Tortilla (FF) x2 Peaches (I) Butter Cookies (NF) Orange-Mango Drink (B)	Beef Tips w/ Mushrooms (I) Rice Pilaf (R) Creamed Spinach (R) Tortilla (FF) x2 Peaches (I) Macadamia Nuts (NF)	Chicken Strips in Salsa (I) BBQ Beef Brisket (I) Vegetable Risotto (R) Cauliflower w/ Cheese (R) Tortilla (FF) x2 Pears (I) Grape Drink (B)	Cheese Tortellini (I) Corn (R) Tortilla (FF) x2 Strawberries (R) Chocolate Pudding Cake (I)	Shrimp Cocktail (R) Turkey Tetrazzini (R) x2 Asparagus (R) Tortilla (FF) x2 Peaches (I) Candy Coated Almonds (NF) Grape Drink (B)

**Day 12 consists of Meal A only

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

Day 11	Day 12
Beef Pattie (R) Scrambled Eggs (R) Blueberry-Raspberry Yogurt (I) Bran Chex (R) Orange Juice (B)	Dried Apricots (IM) Oatmeal w/ Brown Sugar (R) Mexican Scrambled Eggs (R) Grapefruit Drink (B)
Split Pea Soup (I) Crackers (NF) x2 Beef Steak (I) Chicken Salad Spread (I) Cashews (NF) Applesauce (I) Brownie (NF)	
BBQ Beef Brisket (I) Macaroni & Cheese (R) Green Beans w/ Mushrooms (R) Tortilla (FI) x2 Bread Pudding (I) Trail Mix (IM)	