

SHUTTLE MENU
STS-122

ALAN POINDEXTER, PLT (YELLOW)

Meal	Days 1* & 8	Days 2 & 9	Days 3 & 10	Days 4 & 11	Days 5 & 12**
A	Dried Apricots (IM) Kashi Bar, Chocolate Caramel (FF) Blueberry-Raspberry Yogurt (I) Orange Juice (B) Kona Coffee w/ Sugar (B) x2	Dried Pears (IM) Kashi Bar, Chocolate Peanut (FF) Sausage Pattie (R) Chocolate Breakfast Drink (B) Orange-Mango Drink (B) Kona Coffee w/ Sugar (B) x2	Dried Peaches (IM) Oatmeal w/ Brown Sugar (R) Kashi Bar, Peanut Butter & Chocolate (FF) Orange Juice (B) Cocoa (B) Kona Coffee w/ Sugar (B) x2	Dried Apricots (IM) Kashi Bar, Chocolate Almond Toffee (FF) Blueberry-Raspberry Yogurt (I) Orange-Pineapple Drink (B) Kona Coffee w/ Sugar (B) x2	Dried Peaches (IM) Oatmeal w/ Brown Granola Bar (NF) Chocolate Breakfas Orange-Pineapple I Kona Coffee w/ Su
B	Clif Bar, Chocolate Almond Fudge (FF) Trail Mix (IM) Macaroni & Cheese (R) Tortilla (FF) x2 Peaches (I) Macadamia Nuts (NF) Apple Cider (B)	Seafood Gumbo (I) x2 Teriyaki Chicken (R) Crackers (NF) x2 Peach Ambrosia (R) Brownie (NF) Tropical Punch (B)	Peanut Butter (I) Grape Jelly (I) Tortilla (FF) x2 Pineapple (I) Candy Coated Chocolates (NF) Cashews (NF) Tea w/ Sugar (B)	Clif Bar, Crunchy Peanut Butter (FF) Beef Jerky (FF) Chocolate Pudding (I) Applesauce (I) Almonds (NF) Orange Drink (B)	Chicken Strips in S Corn (R) Tortilla (FF) Dried Beef (FF) Fruit Cocktail (I) Brownie (NF) Strawberry Drink (I)
C	Beef Steak (I) Rice Pilaf (R) Green Beans w/ Mushrooms (R) Tortilla (FF) x2 Strawberries (R) Vanilla Pudding (I) Pineapple Drink (B)	BBQ Beef Brisket (I) Potatoes au Gratin (R) Green Beans w/ Mushrooms (R) Tortilla (FF) x2 Fruit Cocktail (I) Lemonade (B) Chocolate Pudding Cake (I)	Grilled Chicken (I) Macaroni & Cheese (R) Tortilla (FF) Chocolate Pudding (I) Shortbread Cookies (NF) Tea w/ Sugar (B)	Beef Stew (I) x2 Mashed Potatoes (R) Tortilla (FF) x2 Strawberries (R) Tea w/ Lemon (B) Butter Cookies (NF)	Sausage Pattie (R) Teriyaki Beef Steak Red Beans & Rice (I) Italian Vegetables (I) Butterscotch Puddi Trail Mix (IM) Grape Drink (B) Chocolate Pudding

*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, (I) - Thermostabilized

SHUTTLE MENU
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ALAN POINDEXTER, PLT (YELLOW)

Day 6	Day 7
Dried Pears (IM) Breakfast Roll (FF) Sausage Pattie (R) Kashi Bar, Chocolate Caramel (FF) Cocoa (B) Kona Coffee w/ Sugar (B) x2	Dried Apricots (IM) Sausage Pattie (R) Kashi Bar, Chocolate Peanut (FF) Blueberry-Raspberry Yogurt (I) Chocolate Breakfast Drink (B) Orange Juice (B) Kona Coffee w/ Sugar (B) x2
Clif Bar, Chocolate Almond Fudge (FF) Dried Beef (FF) Cheddar Cheese Spread (I) Crackers (NF) x2 Cashews (NF) Apple Cider (B)	Beef Steak (I) Mashed Potatoes (R) Pears (I) Candy Coated Chocolates (NF) Peanuts (NF) Lemonade (B)
Teriyaki Chicken (R) x2 Green Beans w/ Mushrooms (R) Tortilla (FF) Peach Ambrosia (R) Cashews (NF) Orange Drink (B)	Turkey Tetrizzini (R) x2 Tomatoes & Eggplant (I) Tortilla (FF) x2 Peaches (I) Butter Cookies (NF) Tea w/ Sugar (B)

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