

SHUTTLE MENU STS-123

Stow by Day

BOB BEHNKEN, MS-1 (BLUE)

Meal	Days 1* & 14	Days 2, 8 & 15	Days 3, 9 & 16	Days 4, 10 & 17	Days 5, 11 & 18**	Days 6 & 12	Days 7 & 13
A	Sausage Pattie (R) Seasoned Scrambled Eggs (R) Cornflakes (R) Orange-Mango Drink (B) Kona Coffee w/ C & S (B)	Cornflakes (R) Clif Builder Bar, Chocolate (FF) Clif Builder Bar, Chocolate Mint (FF) Orange Drink (B) Chocolate Breakfast Drink (B) Kona Coffee w/ C & S (B)	Sausage Pattie (R) Mexican Scrambled Eggs (R) Cornflakes (R) Strawberry Drink (B) Kona Coffee w/ C & S (B)	Cornflakes (R) Clif Builder Bar, Chocolate Mint (FF) Chocolate Breakfast Drink (B) Grape Drink (B) Kona Coffee w/ C & S (B)	Sausage Pattie (R) Seasoned Scrambled Eggs (R) Cornflakes (R) Tropical Punch (B) Kona Coffee w/ C & S (B)	Cornflakes (R) Clif Builder Bar, Chocolate (FF) Clif Builder Bar, Chocolate Mint (FF) Chocolate Breakfast Drink (B) Orange Juice (B) Kona Coffee w/ C & S (B)	Sausage Pattie (R) Mexican Scrambled Eggs (R) Cornflakes (R) Lemonade (B) Kona Coffee w/ C & S (B)
B	Chicken w/ Corn & Black Beans (I) Spaghetti w/ Meat Sauce (R) x2 Peaches (I) Nut & Fruit Granola Bar (NF) Tea w/ Lemon & Sugar (B) Tea w/ Lemon & A/S (B)	Smoked Turkey (I) x2 Minestrone Soup (I) Applesauce (I) Dried Beef (IM) x2 Candy Coated Chocolates (NF) x2 Tea w/ Lemon & Sugar (B) Tea w/ Lemon & A/S (B)	Beef Ravioli (I) x2 Vegetarian Chili (R) x2 Strawberries (R) Nut & Fruit Granola Bar (NF) Candy Coated Chocolates (NF) x2 Tea w/ Lemon & Sugar (B) Tea w/ Lemon & A/S (B)	Spaghetti w/ Meat Sauce (R) x2 Applesauce (I) Shortbread Cookies (NF) Dried Beef (IM) x2 Candy Coated Chocolates (NF) x2 Tea w/ Lemon & Sugar (B) Tea w/ Lemon & A/S (B)	Beef Ravioli (I) x2 Peaches (I) Nut & Fruit Granola Bar (NF) Candy Coated Chocolates (NF) x2 Dried Beef (IM) x2 Tea w/ Lemon & Sugar (B) Tea w/ Lemon & A/S (B)	Vegetarian Chili (R) x2 Chicken w/ Corn & Black Beans (I) x2 Strawberries (R) Dried Beef (IM) x2 Candy Coated Chocolates (NF) x2 Tea w/ Lemon & Sugar (B) Tea w/ Lemon & A/S (B)	Spicy Chicken & Vegetables (R) x2 Applesauce (I) Dried Beef (IM) x2 Candy Coated Chocolates (NF) x2 Tea w/ Lemon & Sugar (B) Tea w/ Lemon & A/S (B)
C	Space Negima (FF) Rice, Plain (FF) Egg Soup (FF) Spicy Chicken & Vegetables (R) x2 Chocolate Pudding (I) x2 Candy Coated Chocolates (NF) x2 Tea w/ Lemon & Sugar (B) Orange-Mango Drink (B)	Beef Ravioli (I) x2 Beef Steak (I) Tortilla (FF) x4 Southwestern Corn (I) Candy Coated Chocolates (NF) x2 Tea w/ Lemon & Sugar (B) Orange Drink (B)	Beef Steak (I) x2 Mashed Potatoes (R) Tomatoes & Eggplant (I) Tortilla (FF) x2 Chocolate Pudding (I) x2 Tea w/ Lemon & Sugar (B) Strawberry Drink (B)	Beef Fajitas (I) x2 Beef Ravioli (I) Tortilla (FF) x4 Southwestern Corn (I) Tea w/ Lemon & Sugar (B) Grape Drink (B)	Meatloaf (I) x2 Spaghetti w/ Meat Sauce (R) x2 Mashed Potatoes (R) Asparagus (R) Macaroni & Cheese (R) Tea w/ Lemon & Sugar (B) Orange Juice (B)	Smoked Turkey (I) x2 Spicy Chicken & Vegetables (R) x2 Beef Steak (I) Minestrone Soup (I) Carrot Coins (I) Tea w/ Lemon & Sugar (B) Lemonade (B)	Beef Steak (I) x2 Beef Ravioli (I) x2 Tortilla (FF) x4 Southwestern Corn (I) Rice Pilaf (R) Tea w/ Lemon & Sugar (B) Tropical Punch (B)

*Day 1 consists of Meal C only

**Day 18 consists of Meal A only

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