

SHUTTLE MENU STS-123

Stow by Day

MIKE FOREMAN, MS-2 (GREEN)

Meal	Days 1*, 8 & 15	Days 2, 9 & 16	Days 3, 10 & 17	Days 4, 11 & 18**	Days 5 & 12	Days 6 & 13
<b>A</b>	Dried Apricots (IM) Sausage Pattie (R) Seasoned Scrambled Eggs (R) Cornflakes (R) Tortilla (FF) Strawberry Drink (B) <b>Mango-Peach Smoothie (B)</b>	Dried Pears (IM) Granola (R) Granola Bar (NF) Chocolate Breakfast Drink (B) Orange-Mango Drink (B) Tea w/ A/S (B)	Dried Peaches (IM) Smoked Turkey (I) Cornflakes (R) Nut & Fruit Granola Bar (NF) Strawberry Drink (B) Cocoa (B) <b>Mango-Peach Smoothie (B)</b>	Dried Apricots (IM) Seasoned Scrambled Eggs (R) Tortilla (FF) Breakfast Sausage Links (I) Granola (R) Orange-Mango Drink (B)	Dried Peaches (IM) Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Chocolate Breakfast Drink (B) Strawberry Drink (B) Tea w/ A/S (B)	Dried Pears (IM) Breakfast Roll (F) Sausage Pattie (R) Bran Chex (R) Orange-Mango I Cocoa (B) <b>Mango-Peach Sm</b>
<b>B</b>	Hot & Sour Soup (I) Crackers (NF) x2  Beef Steak (I)  Rice & Chicken (R) Tortilla (FF) x2 Peaches (I) Macadamia Nuts (NF) Cherry Blueberry Cobbler (I) Tea w/ A/S (B)	Cream of Mushroom Soup (R) Tuna Salad Spread (I)  Crackers (NF) x2  Strawberries (R) Trail Mix (IM) Brownie (NF) Tropical Punch (B) x2	Chicken Noodle Soup (I) Crackers (NF) x2  Beef Fajitas (I)  Peanut Butter (I) Grape Jelly (I) Tortilla (FF) x2 Pineapple (I) Candy Coated Peanuts (NF) Tea w/ A/S (B)	Beef Steak (I) Tempura Soba (FF)  Broccoli Au Gratin (R)  Applesauce (I) Almonds (NF) Orange Drink (B) x2	Cheddar Cheese Spread (I) Crackers (NF) x2  Chicken Strips in Salsa (I)  Corn (R) Tortilla (FF) Fruit Cocktail (I) Peanuts (NF) Brownie (NF) Strawberry Drink (B) x2	Seafood Chowde Tuna (I)  <b>Beef Ravioli (T) - Vegetable Parmes</b>  Crackers (NF) x2 Strawberries (R) Macadamia Nuts Bread Pudding (I) Tea w/ A/S (B)
<b>C</b>	Sweet & Sour Chicken (R) x2 Shrimp Cocktail (R) Creamed Spinach (R) Tortilla (FF) x2 Strawberries (R) Chocolate Pudding (I) Strawberry Drink (B)	BBQ Beef Brisket (I) Candied Yams (I) Shrimp Cocktail (R) Tortilla (FF) x2 Green Beans w/Mushrooms (R) Fruit Cocktail (I) Bread Pudding (I) Lemonade (B)	Grilled Chicken (I) Shrimp Cocktail (R) Rice & Chicken (R) Broccoli Au Gratin (R) Tortilla (FF) Chocolate Pudding Cake (I) Shrotbread Cookies (NF) Grape Drink (B)	Beef Pattie (R) Shrimp Cocktail (R) Mashed Potatoes (R) Asparagus (R) Tortilla (FF) x2 Strawberries (R) Cherry Blueberry Cobbler (I) Tea w/ A/S (B)	Beef Fajitas (I) Shrimp Cocktail (R) Southwestern Corn (I) Tortilla (FF) x2 Trail Mix (IM) Apricot Cobbler (I) Grape Drink (B)	Teriyaki Chicken Shrimp Cocktail Green Beans w/I Strawberries (R) Cashews (NF) Candy Coated Pe Orange Drink (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, (T) - Thermostabilized