

**SHUTTLE MENU STS-123**  
**Stow by Day**

**RICK LINNEHAN, MS-4 (BROWN)**

Meal	Days 1* & 12	Days 2 & 13	Days 3 & 14	Days 4 & 15	Days 5 & 16
<b>A</b>	Sausage Pattie (R) Seasoned Scrambled Eggs (R) Cream of Wheat, Brown Sugar (FF) Tortilla (FF) Butter Cookies (NF) Grapefruit Drink (B) Vanilla Proscore 100 w/Milk (FF)	Blueberry-Raspberry Yogurt (I) Oatmeal w/Raisins (R) Peanut Butter (I) Grape Jelly (I) Tortilla (FF) Bread Pudding (I) Sausage Pattie (R) Vanilla Breakfast Drink (B) Vanilla Proscore 100 w/Milk (FF)	Blueberry-Raspberry Yogurt (I) Sausage Pattie (R) Seasoned Scrambled Eggs (R) String Cheese (FF) (day 3 only) Tortilla (FF) Strawberry Breakfast Drink (B) Vanilla Proscore 100 w/Milk (FF)	Bread Pudding (I) Sausage Pattie (R) Scrambled Eggs (R) Cream of Wheat, Brown Sugar (FF) Strawberries (R) Tortilla (FF) Grapefruit Drink (B) x2 Tea w/ Lemon & Sugar (B) Vanilla Proscore 100 w/Milk (FF)	Chocolate Pudding Cake (I) Beef Steak (I) Tortilla (FF) Bread Pudding (I) String Cheese (FF) (day 5 only) Lemon-Lime Drink (B) Tea w/ Lemon & Sugar (B) Vanilla Proscore 100 w/Milk (FF)
<b>B</b>	Chicken Salad Spread (I) Tortilla (FF) Tapioca Pudding (I) Grits w/ Butter (R) Lemonade (B) x2	Space Negima (FF) Macaroni & Cheese (R) Beef Steak (I) Broccoli Au Gratin (R) Fruit Cocktail (I) String Cheese (FF) (day 2 only) Butter Cookies (NF) Tropical Punch (B) x2	Meatloaf (I) Crackers (NF) x2 Tuna Salad Spread (I) Tofu w/ Hoisin Sauce (I) Tortilla (FF) Macaroni & Cheese (R) Fruit Cocktail (I) Butterscotch Pudding (I) Orange-Grapefruit Drink (B) x2	Space Negima (FF) Teriyaki Beef Steak (I) String Cheese (FF) (day 4 only) Creamed Spinach (R) Peaches (I) Butter Cookies (NF) Lemonade (B) x2	Space Okonomi (FF) Space Oinari-san (FF) Hot & Sour Soup (I) Teriyaki Beef Steak (I) Macaroni & Cheese (R) Butter Cookies (NF) Applesauce (I) Tea w/ Milk & Sugar (FF) x2 Proscore 100 w/Milk (FF)
<b>C</b>	Space Negima (FF) Beef Fajitas (I) Italian Vegetables (R) Teriyaki Beef Steak (I) Macaroni & Cheese (R) String Cheese (FF) (day 1 only) Brownie (NF) Tea w/Sugar & Lemon (B) x2 Lemon-Lime Drink (B)	Space Okonomi (FF) Tempura Soba (FF) Macaroni & Cheese (R) Candied Yams (I) Creamed Spinach (R) Grapefruit Drink (B) x2	Space Oinari-san (FF) Beef Steak (I) Cheese Tortellini (I) Creamed Spinach (R) Tortilla (FF) Bread Pudding (I) Tapioca Pudding (I) Tea w/Lemon & Sugar (B) Lemonade (B)	Tofu w/ Hoisin Sauce (I) Egg Soup (FF) Meatloaf (I) Creamed Spinach (R) Broccoli au Gratin (R) Fruit Cocktail (I) Tapioca Pudding (I) Tortilla (FF) Bread Pudding (I) Orange-Grapefruit Drink (B) x2	Space Oinari-san (FF) Cheese Tortellini (I) Beef Steak (I) Italian Vegetables (R) Creamed Spinach (R) Tortilla (FF) Peaches (I) Bread Pudding (I) Lemonade (B) Tea w/Lemon & Sugar (B)

\*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-123**

**Stow by Day**

**RICK LINNEHAN, MS-4 (BROWN)**

<b>Meal</b>	<b>Days 6 &amp; 17</b>	<b>Days 7 &amp; 18**</b>	<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>
<b>A</b>	Blueberry-Raspberry Yogurt (I) Cream of Wheat, Brown Sugar (FF) Sausage Pattie (R) Strawberry Breakfast Drink (B) Vanilla Proscore 100 w/Milk (FF)	Peanut Butter (I) Grape Jelly (I) Grits w/Butter (R) Seasoned Scrambled Eggs (R) Tortilla (FF) Tea w/Milk & Sugar (FF) Vanilla Proscore 100 w/Milk (FF)	Cherry Blueberry Cobbler (I) Sausage Pattie (R) Beef Steak (I) Oatmeal w/Raisins (R) Cocoa w/Milk & Sugar (FF) Vanilla Breakfast Drink (B)	Cream of Wheat, Brown Sugar (FF) Tapioca Pudding (I) Tortilla (FF) Sausage Pattie (R) Bread Pudding (I) Cocoa w/Milk & Sugar (FF) Vanilla Proscore 100 w/Milk (FF)	Beef Steak (I) Chocolate Pudding Cake (I) Grits w/Butter (R) Tortilla (FF) Seasoned Scrambled Eggs (R) Butterscotch Pudding (I) Tea w/Milk & Sugar (FF) Lemon-Lime Drink (B) Vanilla Proscore 100 w/Milk (FF)
<b>B</b>	<b>Space Okonomi (FF) (day 6 only)</b> <b>Tempura Soba (FF) (day 6 only)</b> Chicken Salad Spread (I) Tortilla (FF) x2 Butter Cookies (NF) Grapefruit Drink (B) x2	Beef Ravioli (I) Chicken w/ Peanut Sauce (I) Macaroni & Cheese (R) Tapioca Pudding (I) Tortilla (FF) Orange-Grapefruit Drink (B) Grapefruit Drink (B)	Cheese Grits (I) Minestrone Soup (I) Meatloaf (I) Tortilla (FF) Tapioca Pudding (I) Tropical Punch (B) x2 Bread Pudding (I)	Space Negima (FF) Teriyaki Beef Steak (I) Chicken Salad Spread (I) Tortilla (FF) x2 Tofu w/ Hot Mustard Sauce (I) Tapioca Pudding (I) Orange-Grapefruit Drink (B)	Space Oinari-san w/ Ginger (FF) Space Negima (FF) Teriyaki Beef Steak (I) Tortilla (FF) Peaches (I) Chocolate Pudding (I) Grapefruit Drink (B) Tropical Punch (B) Lemon-Lime Drink (B)
<b>C</b>	Beef Ravioli (I) Baked Tofu (I) Macaroni & Cheese (R) Broccoli au Gratin (R) Fruit Cocktail (I) Tapioca Pudding (I) Tea w/Lemon & Sugar (B) x2 Lemon-Lime Drink (B)	Cheese Tortellini (I) Beef Ravioli (I) Creamed Spinach (R) Tortilla (FF) Chicken Noodle Soup (I) Butterscotch Pudding (I) Grapefruit Drink (B) Tea w/Lemon & Sugar (B)	Anakake Gomoku Udon (FF) Meatloaf (I) Green Beans w/Mushrooms (I) Chocolate Pudding (I) Grapefruit Drink (B) Tea w/Lemon & Sugar (B)	Space Okonomi (FF) Hot & Sour Soup (I) Beef Steak (I) Macaroni & Cheese (R) Italian Vegetables (R) Pears (I) Butterscotch Pudding (I) Lemonade (B) x2	Teriyaki Chicken (R) Tofu w/ Hoisin Sauce (I) Beef Ravioli (I) Creamed Spinach (R) Green Beans w/Mushrooms (R) Tapioca Pudding (I) Applesauce (I) Grapefruit Drink (B) Lemon-Lime Drink (B)

\*\*Day 18 consists of Meal A only

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

**Day 11**

Mexican Scrambled Eggs (R)  
Cherry Blueberry Cobbler (I)  
Seasoned Scrambled Eggs (R)  
Peanut Butter (I)  
Grape Jelly (I)  
Tortilla (FF)  
Lemon-Lime Drink (B) x2  
Vanilla Proscore 100 w/Milk (FF)

Beef Ravioli (I)  
  
Creamed Spinach (R)  
  
Strawberries (R)  
Vanilla Pudding (I)  
Tortilla (FF)  
Bread Pudding (I)  
Lemon-Lime Drink (B)  
Grapefruit Drink (B)

Beef Steak (I)  
Minestrone Soup (I)  
Tortilla (FF)  
Bread Pudding (I)  
Butterscotch Pudding (I)  
Grapefruit Drink (B)  
Tea w/Lemon & Sugar (B)  
Lemon-Lime Drink (B)