

SHUTTLE MENU STS-124

(Stow by Day)

MIKE FOSSUM, MS-3 (ORANGE)

| Meal | Days 1* & 12 | Days 2 & 13 | Days 3 & 14 | Days 4 & 15 | Days 5 & 16** |
|-------------|--|--|--|--|--|
| A | Blueberry-Raspberry Yogurt (I) Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Mexican Scrambled Eggs (R) Kona w/ Cream (B) Orange-Pineapple Drink (B) Kona Coffee, Black (B) Coffee, Black (B) | Granola w/ Blueberries (R) x2 Sausage Pattie (R) Fuji Apple (FF) (Day 2 only) Scrambled Eggs (R) Chocolate Breakfast Drink (B) Orange-Mango Drink (B) Kona w/ Cream (B) Kona Coffee, Black (B) Coffee, Black (B) | Breakfast Sausage Links (I) Cornflakes (R) Fuji Apple (FF) Seasoned Scrambled Eggs (R) Grapefruit Drink (B) Cocoa (B) Kona w/ Cream (B) Kona Coffee, Black (B) Coffee, Black (B) | Dried Pears (IM) Oatmeal w/ Raisins (R) Grits w/ Butter (R) Mexican Scrambled Eggs (R) Strawberry Breakfast Drink (B) Kona w/ Cream (B) Kona Coffee, Black (B) Coffee, Black (B) | Sausage Pattie (R) Granola w/ Blueberries (R) x2 Nut & Fruit Granola Bar (NF) Scrambled Eggs (R) Vanilla Breakfast Drink (B) Orange-Pineapple Drink (B) Kona w/ Cream (B) Lemon-Lime Drink (B) x2 Kona Coffee, Black (B) |
| B | Chicken w/ Corn & Black Beans (I) Tortilla (FF) x2 Peaches (I) Almonds (NF) Bread Pudding (I) Orange Drink (B) Tea (B) x2 | Vegetarian Vegetable Soup (I) Tuna Salad Spread (I) Crackers (NF) x2 Candy Coated Peanuts (NF) Vanilla Pudding (I) Tropical Punch (B) x2 Tea (B) x2 | Tomato Basil Soup (I) Sweet & Sour Chicken (R) Pineapple (I) Cashews (NF) Candy Coated Chocolates (NF) Peach-Apricot Drink (B) Tea (B) x2 | Teriyaki Beef Steak (I) (day 4); Beef Steak (I) (day 15) Potatoes au Gratin (R) Italian Vegetables (R) Macadamia Nuts (NF) Shortbread Cookies (NF) Orange Ade (B) Lemon-Lime Ade (B) x2 | Shrimp Cocktail (R) Chicken Teriyaki (I) Cauliflower w/ Cheese (R) Fruit Cocktail (I) Strawberries (R) Brownie (NF) Lemonade (B) x2 Tea (B) x2 |
| C | Sweet & Sour Chicken (R) Smoked Turkey (I) Asparagus (R) Pears (I) Candy Coated Peanuts (NF) Peach-Apricot Drink (B) Lemon-Lime Drink (B) | Shrimp Cocktail (R) Chicken Fajitas (I) Southwestern Corn (I) Creamed Spinach (R) Tortilla (FF) x2 Strawberries (R) Butter Cookies (NF) Orange-Grapefruit Drink (B) | Shrimp Cocktail (R) Lasagna w/ Meat (I) Broccoli au Gratin (R) Asparagus (R) Tortilla (FF) x2 Brownie (NF) Grape Drink (B) x2 | Spicy Chicken & Vegetables (R) x2 Creamed Spinach (R) Tortilla (FF) x2 Brown Rice (I) Strawberries (R) Candy Coated Peanuts (NF) Pineapple Drink (B) x2 | Turkey Tetrazzini (R) x2 Green Beans w/ Mushrooms (R) Tortilla (FF) x2 Asparagus (R) Peaches (I) Candy Coated Peanuts (NF) Grape Drink (B) x2 |

*Day 1 consists of Meal C only

**Day 16 consists of Meal A only

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

Rev E 4/15/2008

SHUTTLE MENU STS-124

(Stow by Day)

MIKE FOSSUM, MS-3 (ORANGE)

| Meal | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 | Day 11 |
|-------------|--|--|--|--|--|--|
| A | Blueberry-Raspberry Yogurt (I) Oatmeal w/ Raisins (R) Granola Bar (NF) Seasoned Scrambled Eggs (R) Pineapple Drink (B) Kona w/ Cream (B) Kona Coffee, Black (B) Coffee, Black (B) | Dried Pears (IM) Breakfast Sausage Links (I) Tortilla (FF) Mexican Scrambled Eggs (R) Strawberry Breakfast Drink (B) Grapefruit Drink (B) Kona w/ Cream (B) Lemon-Lime Drink (B) x2 Kona Coffee, Black (B) | Granola w/ Blueberries (R) Bran Chex (R) Sausage Pattie (R) Orange-Pineapple Drink (B) Scrambled Eggs (R) Cocoa (B) Kona w/ Cream (B) Kona Coffee, Black (B) Coffee, Black (B) | Oatmeal w/ Brown Sugar (R) Nut & Fruit Granola Bar (NF) Seasoned Scrambled Eggs (R) Chocolate Breakfast Drink (B) Orange Juice (B) Kona w/ Cream (B) Lemon-Lime Drink (B) x2 Kona Coffee, Black (B) | Grits w/ Butter (R) Vanilla Breakfast Drink (B) Mexican Scrambled Eggs (R) Grapefruit Drink (B) Kona w/ Cream (B) Kona Coffee, Black (B) Coffee, Black (B) | Granola (R) Scrambled Eggs (R) Chocolate Breakfast Drink (B) Grape Drink (B) Kona w/ Cream (B) Kona Coffee, Black (B) Coffee, Black (B) |
| B | Split Pea Soup (I) Dried Beef (IM) Tuna Salad Spread (I) Crackers (NF) x2 Pears (I) Candy Coated Chocolates (NF) Orange Ade (B) x2 Lemon-Lime Ade (B) | Meatloaf (I) Italian Vegetables (R) Potatoes au Gratin (R) Strawberries (R) Vanilla Pudding (I) Tropical Punch (B) Tea (B) x2 | Cashew Chicken Curry (R) Asparagus (R) Tortilla (FF) x2 Pineapple (I) Trail Mix (IM) Orange Ade (B) Lemon-Lime Ade (B) x2 | Chicken Strips in Salsa (I) Mashed Potatoes (R) Tortilla (FF) x2 Fruit Cocktail (I) Shortbread Cookies (NF) Grape Drink (B) x2 Tea (B) x2 | Dried Beef (IM) Cheddar Cheese Spread (I) Rice & Chicken (R) Tortillas (FF) x2 Peaches (I) Macadamia Nuts (NF) Orange Ade (B) x2 Lemon-Lime Ade (B) | Beef Fajitas (I) Southwestern Corn (I) Tortillas (FF) x2 Pineapple (I) Candy Coated Peanuts (NF) Peach-Apricot Drink (B) x2 Tea (B) x2 |
| C | Shrimp Cocktail (R) Beef Stew (I) Mashed Potatoes (R) Creamed Spinach (R) Tortilla (FF) x2 Cashews (NF) Apricot Cobbler (I) Orange-Mango Drink (B) x2 | Sweet & Sour Pork (I) Rice Pilaf (R) Asparagus (R) Strawberries (R) Shortbread Cookies (NF) Trail Mix (IM) Orange Drink (B) x2 | BBQ Beef Brisket (I) Candied Yams (I) Creamed Spinach (R) Tortilla (FF) x2 Fruit Cocktail (I) Chocolate Pudding (I) Lemonade (B) x2 | Beef Stroganoff (R) Creamed Spinach (R) Applesauce (I) Asparagus (R) Strawberries (R) Trail Mix (IM) Brownie (NF) Tropical Punch (B) x2 | Chicken Teriyaki (I) Red Beans & Rice (I) Creamed Spinach (R) Tortilla (FF) x2 Almonds (NF) Cranapple Dessert (I) Strawberry Drink (B) x2 | Shrimp Cocktail (R) Grilled Chicken (I) Cauliflower w/ Cheese (R) Asparagus (R) Tortilla (FF) x2 Strawberries (R) Butter Cookies (NF) Orange Drink (B) x2 |