

**SHUTTLE MENU STS-124**

**(Stow by Day)**

**RONALD GARAN, MS-2 (GREEN)**

<b>Meal</b>	<b>Days 1*, 7 &amp; 12</b>	<b>Days 2, 8 &amp; 13</b>	<b>Days 3, 9 &amp; 14</b>	<b>Days 4, 10 &amp; 15</b>	<b>Days 5, 11 &amp; 16**</b>	<b>Day 6</b>
<b>A</b>	Oatmeal w/ Brown Sugar (R) Mexican Scrambled Eggs (R) Nut & Fruit Granola Bar (NF) Orange-Pineapple Drink (B) Kona w/ Cream & Sugar (B)	Granola w/ Blueberries (R) Breakfast Roll (FF) Tortilla (FF) x2 (day 8 only) Peanut Butter (T) (day 8 only) Vanilla Breakfast Drink (B) Orange-Mango Drink (B) Kona w/ Cream & Sugar (B)	Dried Pears (IM) Cornflakes (R) Seasoned Scrambled Eggs (R) Orange-Pineapple Drink (B) Kona w/ Cream & Sugar (B)	Granola (R) Tortilla (FF) x2 (day 4 only) Peanut Butter (T) (day 4 only) Vanilla Breakfast Drink (B) Pineapple Drink (B) Kona w/ Cream & Sugar (B)	Dried Peaches (IM) Granola w/ Blueberries (R) Nut & Fruit Granola Bar (NF) Orange Juice (B) Kona w/ Cream & Sugar (B)	<b>Breakfast Roll (FF)</b> Cornflakes (R) Mexican Scrambled Eggs (R) Tortilla (FF) x2 Peanut Butter (T) Orange-Mango Drink (B) Kona w/ Cream & Sugar (B)
<b>B</b>	Fiesta Chicken (I) Tortilla (FF) x2 Peaches (I) Macadamia Nuts (NF) Candy Coated Chocolates (NF) Lemonade (B)	Potato Soup (I) Crackers (NF) x2 Beef Ravioli (I) Pears (I) Trail Mix (IM) Brownie (NF) Grape Drink (B) x2	Chicken w/ Peanut Sauce (I) Rice & Chicken (R) Applesauce (I) Granola Bar (NF) Candy Coated Peanuts (NF) Peach-Apricot Drink (B)	Potato Soup (I) Crackers (NF) x2 Teriyaki Chicken (R) Pineapple (I) Cashews (NF) Shortbread Cookies (NF) Grape Drink (B) x2	Beef Ravioli (I) Corn (R) Pears (I) Trail Mix (IM) Candy Coated Chocolates (NF) Tropical Punch (B)	Smoked Turkey (I) Mashed Potatoes (R) Tortilla (FF) x2 Applesauce (I) Candy Coated Peanuts (NF) Pineapple Drink (B) x2
<b>C</b>	Teriyaki Chicken (R) x2 Macaroni & Cheese (R) Strawberries (R) Shortbread Cookies (NF) Cashews (NF) Tropical Punch (B) x2	BBQ Beef Brisket (I) Potatoes au Gratin (R) Tortilla (FF) x2 Fruit Cocktail (I) Almonds (NF) Butter Cookies (NF) Lemonade (B)	Beef Fajitas (I) Corn (R) Tortilla (FF) x2 Peaches (I) Macadamia Nuts (NF) Bread Pudding (I) Tropical Punch (B) x2	Spaghetti w/ Meat Sauce (R) Tortilla (FF) x2 Macadamia Nuts (NF) Strawberries (R) Brownie (NF) Orange-Mango Drink (B)	BBQ Beef Brisket (I) Rice & Chicken (R) Tortilla (FF) x2 Fruit Cocktail (I) Almonds (NF) Butter Cookies (NF) Lemonade (B) x2	Chicken Teriyaki (I) Macaroni & Cheese (R) Pineapple (I) Trail Mix (IM) Shortbread Cookies (NF) Grape Drink (B)

\*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, (T) - Thermostabilized

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