

SHUTTLE MENU STS-124
(Stow by Day)

KENNETH HAM, PLT (YELLOW)

Meal	Days 1*, 7 & 12	Days 2, 8 & 13	Days 3, 9 & 14	Days 4, 10 & 15	Days 5, 11 & 16**	Day 6
A	Oatmeal w/ Brown Sugar (R) Mexican Scrambled Eggs (R) Nut & Fruit Granola Bar (NF) Orange-Pineapple Drink (B) Coffee w/ Cream (B) x2	Bran Chex (R) Blueberry-Raspberry Yogurt (I) Granola Bar (NF) Orange-Mango Drink (B) Coffee w/ Cream (B) x2	Granola w/ Blueberries (R) Sausage Pattie (R) Mexican Scrambled Eggs (R) Pineapple Drink (B) Coffee w/ Cream (B) x2	Oatmeal w/ Brown Sugar (R) Mexican Scrambled Eggs (R) Trail Mix (IM) Orange-Pineapple Drink (B) Coffee w/ Cream (B) x2	Bran Chex (R) Blueberry-Raspberry Yogurt (I) Nut & Fruit Granola Bar (NF) Orange-Mango Drink (B) Coffee w/ Cream (B) x2 (days 5 & 11) Coffee w/ Cream (B) (day 16)	Granola w/ Blueberries (R) Mexican Scrambled Eggs (R) Trail Mix (IM) Pineapple Drink (B) Coffee w/ Cream (B) x2
B	Fiesta Chicken (I) Broccoli au Gratin (R) Tortilla (FF) x2 Peaches (I) Trail Mix (NF) Candy Coated Chocolates (NF) Grape Drink (B)	Tomato Basil Soup (I) Crackers (NF) x2 Rice & Chicken (R) Strawberries (R) Peanuts (NF) Butter Cookies (NF) Tropical Punch (B)	Cheddar Cheese Spread (I) Crackers (NF) x2 Teriyaki Chicken (R) Nut & Fruit Granola Bar (NF) Pineapple (I) Candy Coated Peanuts (NF) Grape Drink (B)	Split Pea Soup (I) Crackers (NF) x2 Cashew Chicken Curry (R) Pears (I) Almonds (NF) Candy Coated Chocolates (NF) Lemonade (B)	Tuna Salad Spread (I) Crackers (NF) x2 Beef Ravioli (I) Broccoli au Gratin (R) Fruit Cocktail (I) Brownie (NF) Tropical Punch (B)	Cheddar Cheese Spread (I) Crackers (NF) x2 Fiesta Chicken (I) Tortilla (FF) x2 Peaches (I) Shortbread Cookies (NF) Lemonade (B)
C	Shrimp Cocktail (R) Beef Enchiladas (I) Corn (R) Mashed Potatoes (R) Almonds (NF) Shortbread Cookies (NF) Pineapple Drink (B)	BBQ Beef Brisket (I) Tomatoes & Eggplant (I) Cauliflower w/ Cheese (R) Tortilla (FF) x2 Fruit Cocktail (I) Brownie (NF) Lemonade (B)	Beef Fajitas (I) Southwestern Corn (I) Tortilla (FF) x2 Cashews (NF) Applesauce (I) Shortbread Cookies (NF) Tropical Punch (B)	Beef Enchiladas (I) (days 4 & 10); Beef Fajitas (I) (day 15) Tomatoes & Eggplant (I) Brown Rice (I) Tortilla (FF) x2 Strawberries (R) Butter Cookies (NF) Pineapple Drink (B)	Shrimp Cocktail (R) Chicken Strips in Salsa (I) Macaroni & Cheese (R) Corn (R) Tortilla (FF) x2 Candy Coated Almonds (NF) Grape Drink (B)	Tomato Basil Soup (I) Crackers (NF) x2 BBQ Beef Brisket (I) Potatoes au Gratin (R) Strawberries (R) Almonds (NF) Brownie (NF) Tropical Punch (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, (I) - Thermostabilized

Rev E 4/15/2008