

**SHUTTLE MENU STS-124**  
(Stow by Day)

**KAREN NYBERG, MS-1 (BLUE)**

Meal	Days 1* & 12	Days 2 & 13	Days 3 & 14	Days 4 & 15	Days 5 & 16**
<b>A</b>	Granola (R) Mexican Scrambled Eggs (R) Blueberry-Raspberry Yogurt (I) Orange-Pineapple Drink (B) Kona w/ Cream & Sugar (B)	Bran Chex (R) Sausage Pattie (R) Grits w/ Butter (R) Orange-Mango Drink (B) Kona w/ Cream & Sugar (B)	Dried Pears (IM) Granola w/ Blueberries (R) Seasoned Scrambled Eggs (R) Breakfast Roll (FF) Grapefruit Drink (B) Kona w/ Cream & Sugar (B)	Oatmeal w/ Brown Sugar (R) Blueberry-Raspberry Yogurt (I) Sausage Pattie (R) Orange Drink (B) Kona w/ Cream & Sugar (B)	Dried Peaches (IM) Granola (R) Mexican Scrambled Eggs (R) <b>Breakfast Roll (FF) (day 5 only)</b> <b>Bran Chex (R) (day 16 only)</b> Orange-Pineapple Drink (B) Kona w/ Cream & Sugar (B)
<b>B</b>	Chicken Cashew Curry (R) Broccoli au Gratin (R) Peaches (I) Macadamia Nuts (NF) Candy Coated Chocolates (NF) Apple Cider (B)	Vegetarian Vegetable Soup (I) Crackers (NF) Grilled Chicken (I) Creamed Spinach (R) Strawberries (R) Butter Cookies (NF) Tropical Punch (B)	Tomato Basil Soup (I) Crackers (NF) Chicken Teriyaki (I) Pineapple (I) Candy Coated Peanuts (NF) Peach-Apricot Drink (B)	Sweet & Sour Pork (I) Broccoli au Gratin (R) Applesauce (I) Almonds (NF) Shortbread Cookies (NF) Lemonade (B)	Potato Soup (I) Crackers (NF) Peanut Butter (I) Grape Jelly (I) Tortilla (FF) Pears (I) Candy Coated Chocolates (NF) Apple Cider (B)
<b>C</b>	Beef Steak (I) Corn (R) Mashed Potatoes (R) Tortilla (FF) x2 Cranapple Dessert (I) Pineapple Drink (B)	BBQ Beef Brisket (I) Candied Yams (I) Tortilla (FF) x2 Fruit Cocktail (I) Trail Mix (NF) Brownie (NF) Lemonade (B)	Beef Fajitas (I) Southwestern Corn (I) Tortilla (FF) x2 Cashews (NF) Vanilla Pudding (I) Grape Drink (B)	Tuna Noodle Casserole (I) Asparagus (R) Tortilla (FF) x2 Strawberries (R) Brownie (NF) Tropical Punch (B)	Smoked Turkey (I) Macaroni & Cheese (R) Creamed Spinach (R) Tortilla (FF) x2 Trail Mix (IM) Cherry Blueberry Cobbler (I) 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, (I) - Thermostabilized

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**SHUTTLE MENU STS-124**

**(Stow by Day)**

**KAREN NYBERG, MS-1 (BLUE)**

Meal	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
<b>A</b>	Blueberry-Raspberry Yogurt (I) Oatmeal w/ Brown Sugar (R) Grits w/ Butter (R) Pineapple Drink (B) Kona w/ Cream & Sugar (B)	Dried Pears (IM) Seasoned Scrambled Eggs (R) Blueberry-Raspberry Yogurt (I) Orange-Mango Drink (B) Kona w/ Cream & Sugar (B)	Granola w/ Blueberries (R) Sausage Pattie (R) Bran Chex (R) Peach-Apricot Drink (B) Kona w/ Cream & Sugar (B)	Dried Peaches (IM) Oatmeal w/ Brown Sugar (R) Mexican Scrambled Eggs (R) Orange Drink (B) Kona w/ Cream & Sugar (B)	Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Sausage Pattie (R) Pineapple Drink (B) Kona w/ Cream & Sugar (B)	Granola (R) Blueberry-Raspberry Yogurt (I) Seasoned Scrambled Eggs (R) Orange-Pineapple Drink (B) Kona w/ Cream & Sugar (B)
<b>B</b>	Cheddar Cheese Spread (I) Crackers (NF) Teriyaki Chicken (R) Asparagus (R) Fruit Cocktail (I) Candy Coated Almonds (NF) Pineapple Drink (B)	Grilled Chicken (I) Broccoli au Gratin (R) Peaches (I) Trail Mix (NF) Brownie (NF) Lemonade (B)	Vegetarian Vegetable Soup (I) Crackers (NF) Teriyaki Beef Steak (I) Tortilla (FF) x2 Pineapple (I) Shortbread Cookies (NF) Grape Drink (B)	Beef Fajitas (I) Southwestern Corn (I) Tortilla (FF) x2 Fruit Cocktail (I) Macadamia Nuts (NF) Brownie (NF) Grape Drink (B)	Tomato Basil Soup (I) Crackers (NF) Rice & Chicken (R) Pears (I) Candy Coated Almonds (NF) Lemonade (B)	Cheddar Cheese Spread (I) Crackers (NF) Tuna Noodle Casserole (I) Pineapple (I) Candy Coated Chocolates (NF) Peach-Apricot Drink (B)
<b>C</b>	BBQ Beef Brisket (I) Potatoes au Gratin (R) Tortilla (FF) Cashews (NF) Butter Cookies (NF) Topical Punch (B)	Turkey Tetrazzini (R) Asparagus (R) Tortilla (FF) x2 Almonds (NF) Cranapple Dessert (I) Orange-Pineapple Drink (B)	Sweet & Sour Pork (I) Brown Rice (I) Creamed Spinach (R) Strawberries (R) Candy Coated Peanuts (NF) Lemonade (B)	Chicken Strips in Salsa (I) Mashed Potatoes (R) Broccoli au Gratin (R) Trail Mix (NF) Cherry Blueberry Cobbler (I) Tropical Punch (B)	Chicken Cashew Curry (R) Candied Yams (I) Tortilla (FF) x2 Applesauce (I) Cashews (NF) Vanilla Pudding (I) Grape Drink (B)	Chicken Teriyaki (I) Brown Rice (I) Corn (R) Tortilla (FF) x2 Strawberries (R) Butter Cookies (NF) Apple Cider (B)

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

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