

**SHUTTLE MENU STS-126**

**Stow by Day**

**ERIC BOE, PLT (YELLOW)**

Meal	Days 1*, 5 & 15	Days 2, 9 & 16	Days 3 & 17**	Day 4	Days 6, 10 & 13	Day 11	Days 7 & 14	Days 8 & 12
<b>A</b>	Oatmeal w/ Brown Sugar (R) Nut & Fruit Granola Bar (NF) Metamucil Wafers, Apple (NF) Vanilla Breakfast Drink (B) Orange-Mango Drink (B) Kona Coffee w/ C & S (B)	Cheese Grits (I) Breakfast Roll (FF) Trail Mix (IM) Clif Bar, Cranberry Apple Cherry (NF) Metamucil Wafers, Cinnamon (NF) Orange Drink (B) Kona Coffee w/ C & S (B)	Granola Bar (NF) Peanut Butter (FF) Tortilla (FF) Clif Bar, Banana Nut Bread (NF) Metamucil Wafers, Apple (NF) Vanilla Breakfast Drink (B) Orange-Pineapple Drink (B) Kona Coffee w/ C & S (B)	Oatmeal w/ Brown Sugar (R) Dried Peaches (IM) Blueberry-Raspberry Yogurt (I) Breakfast Roll (FF) Metamucil Wafers, Cinnamon (NF) Orange-Mango Drink (B) Kona Coffee w/ C & S (B)	Dried Pears (M) Blueberry-Raspberry Yogurt (I) Peanut Butter (FF) Tortilla (FF) Metamucil Wafers, Apple (NF) Vanilla Breakfast Drink (B) Orange-Pineapple Drink (B) Kona Coffee w/ C & S (B)	Oatmeal w/ Brown Sugar (R) Dried Peaches (IM) Blueberry-Raspberry Yogurt (I) Clif Bar, Cool Mint Chocolate (NF) Metamucil Wafers, Cinnamon (NF) Orange-Mango Drink (B) Kona Coffee w/ C & S (B)	Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Macadamia Nuts (NF) Clif Bar, Cool Mint Chocolate (NF) Metamucil Wafers, Apple (NF) Orange-Grapefruit Drink (B) Kona Coffee w/ C & S (B)	Cheese Grits (I) Yogurt Covered Granola Bar (NF) Breakfast Roll (FF) Strawberries (R) Metamucil Wafers, Cinnamon (NF) Orange Drink (B) Kona Coffee w/ C & S (B)
<b>B</b>	Chicken Strips in Salsa (I) Southwestern Corn (I) Tortilla (FF) x2 Dried Pears (IM) Candy Coated Almonds (NF) Lemonade (B) x2	Cheddar Cheese Spread (I) Crackers (NF) x2 Grilled Chicken (I) Red Beans & Rice (I) Peanuts (NF) Candy Coated Chocolates (NF) Tropical Punch (B) x2	Split Pea Soup (I) Crackers (NF) x2 Chicken w/Corn & Black Beans (I) Carrot Coins (I) Almonds (NF) Butter Cookies (NF) Grape Drink (B) x2	<b>NO MEAL</b>	<b>NO MEAL</b>	Crawfish Etouffee (I) Peanut Butter (FF) Grape Jelly (I) Tortilla (FF) x2 Trail Mix (IM) Banana Pudding (I) Lemonade (B) x2	Cheddar Cheese Spread (I) Crackers (NF) x2 Smoked Turkey (I) Broccoli au Gratin (R) Tortilla (FF) x2 Candy Coated Almonds (NF) Lemonade (B) x2	<b>NO MEAL</b>
<b>C</b>	Tomato Basil Soup (I) Crackers (NF) x2 Beef Ravioli (I) Italian Vegetables (R) Tortilla (FF) x2 Cashews (NF) Shortbread Cookies (NF) Peach-Apricot Drink (B)	BBQ Beef Brisket (I) Mashed Potatoes (R) Broccoli au Gratin (R) Tortilla (FF) x2 Strawberries (R) Tapioca Pudding (I) Pineapple Drink (B)	Smoked Turkey (I) Macaroni & Cheese (R) Tortilla (FF) x2 Macadamia Nuts (NF) Apricot Cobbler (I) Strawberry Drink (B)	<b>NO MEAL</b>	<b>NO MEAL</b>	Smoked Turkey (I) Candied Yams (I) Green Beans & Mushrooms (R) Cornbread Dressing (FF) Cranapple Dessert (I) Tea w/ Sugar (B)	BBQ Beef Brisket (I) Macaroni & Cheese (R) Southwestern Corn (I) Strawberries (R) Banana Pudding (I) Tropical Punch (B)	<b>NO MEAL</b>

**Thanksgiving Meal**

\*Day 1 consists of Meal C only

\*\*Day 17 consists of Meals A & B only

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