

SHUTTLE MENU STS-126

Stow by Day

STEVE BOWEN, MS-2 (GREEN)

Meal	Days 1*, 5 (EVA) & 15	Days 2, 9 (EVA) & 16	Days 3 & 17**	Day 4	Days 6, 10 & 13	Day 11 (EVA)	Days 7 & 14	Days 8 & 12
A	Grits w/ Butter (R) Sausage Pattie (R) x2 Nut & Fruit Granola Bar (NF) Clif Bar, Black Cherry Almond (NF) (day 5 only) Clif Bar, Carrot Cake (NF) (day 5 only) Peach-Apricot Drink (B) Kona Coffee w/ Sugar (B) x2	Blueberry-Raspberry Yogurt (I) Breakfast Roll (FF) Trail Mix (IM) Sausage Pattie (R) x2 (day 9 only) Metamucil Wafers, Cinnamon (NF) x2 Clif Bar, Oatmeal Raisin Walnut (NF) (day 9 only) Clif Bar, Cranberry Apple Cherry (NF) (day 9 only) Orange Drink (B) Kona Coffee, Black (B) x2	Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Dried Pears (IM) Orange-Pineapple Drink (B) Kona Coffee w/ Sugar (B)	Blueberry-Raspberry Yogurt (I) Sausage Pattie (R) Cashews (NF) Strawberries (R) Peach-Apricot Drink (B) Kona Coffee, Black (B) x2	Dried Peaches (IM) Sausage Pattie (R) Granola w/ Blueberries (R) Fruit Cocktail (I) Orange-Grapefruit Drink (B) Kona Coffee w/ Sugar (B) x2	Blueberry-Raspberry Yogurt (I) Sausage Pattie (R) x2 Cashews (NF) Clif Bar, Black Cherry Almond (NF) Clif Bar, Carrot Cake (NF) Peach-Apricot Drink (B) Kona Coffee, Black (B) x2	Blueberry-Raspberry Yogurt (I) Nut & Fruit Granola Bar (NF) Breakfast Sausage Links (I) Orange-Pineapple Drink (B) Kona Coffee w/ Sugar (B) x2	Grits w/ Butter (R) Bran Chex (R) Yogurt Covered Granola Bar (NF) Pineapple (I) Orange Drink (B) Kona Coffee, Black (B) x2
B	Split Pea Soup (I) Crackers (NF) x2 Fiesta Chicken (I) Tortilla (FF) x2 Southwestern Corn (I) Strawberries (R) Candy Coated Almonds (NF) x2 Lemonade (B) x2	Grilled Pork Chop (I) Mshed Potatoes (R) Cauliflower w/ Cheese (R) Applesauce (I) Cashews (NF) Butter Cookies (NF) Tea w/ Sugar (B) x2	Split Pea Soup (I) Crackers (NF) x2 Smoked Turkey (I) Candied Yams (I) Tortilla (FF) x2 Candy Coated Peanuts (NF) x2 Tropical Punch (B) x2	NO MEAL	NO MEAL	Cheddar Cheese Spread (I) Crackers (NF) x2 Salmon (I) Broccoli au Gratin (R) Tortilla (FF) x2 Peanuts (NF) Apricot Cobbler (I) Tea w/ Sugar (B) x2	Minestrone Soup (I) Crackers (NF) x2 Spaghetti w/ Meat Sauce (R) x2 Tomatoes & Eggplant (I) Pears (I) Candy Coated Peanuts (NF) Lemonade (B) x2	NO MEAL
C	BBQ Beef Brisket (I) Macaroni & Cheese (R) Creamed Spinach (R) Peanuts (NF) Cranapple Dessert (I) Tea w/ Lemon (B)	Seafood Gumbo (I) Crackers (NF) x2 Beef Fajitas (I) Black Beans (I) Tortilla (FF) x2 Macadamia Nuts (NF) Cherry-Bluebrry Cobbler (I) Pineapple Drink (B)	Beef Ravioli (I) Seafood Chowder (R) Tomatoes & Eggplant (I) Almonds (NF) Shortbread Cookies (NF) Tea w/ Lemon & Sugar (B)	NO MEAL	NO MEAL	Smoked Turkey (I) Candied Yams (I) Green Beans & Mushrooms (R) Cornbread Dressing (FF) Cranapple Dessert (I) Tea w/ Sugar (B)	Chicken Strips in Salsa (I) Smoked Turkey (I) Mashed Potatoes (R) Carrot Coins (I) Tortilla (FF) x2 Strawberries (R) Brownie (NF) Tea w/ Sugar (B) x2	NO MEAL

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