

SHUTTLE MENU STS-126

Stow by Day

SHANE KIMBROUGH, MS-4 (BROWN)

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
A	Oatmeal w/ Brown Sugar (R) Nut & Fruit Granola Bar (NF) Blueberry-Raspberry Yogurt (I) Strawberries (R) Tea w/ Sugar (B)	Scrambled Eggs (R) Yogurt Covered Granola Bar (NF) Grits w/ Butter (R) Strawberries (R) Metamucil Wafers, Cinnamon (NF) Tea w/ Sugar (B)	Dried Apricots (IM) Granola w/ Blueberries (R) Cheese Grits (I) Strawberry Breakfast Drink (B) Grapefruit Drink (B)	Oatmeal w/ Raisins (R) Cornflakes (R) Peach Ambrosia (R) Granola Bar (NF) Applesauce (I) Orange-Mango Drink (B)	Blueberry-Raspberry Yogurt (I) Cheese Grits (I) Strawberries (R) Granola w/ Blueberries (R) Pears (I) Strawberry Breakfast Drink (B) Orange-Mango Drink (B)	Oatmeal w/ Raisins (R) Cornflakes (R) Peach Ambrosia (R) Granola Bar (NF) Clif Bar, Banana Nut Bread (NF) x2 Orange-Mango Drink (B)	Peaches (I) Seasoned Scrambled Eggs (R) Oatmeal w/ Brown Sugar (R) Yogurt Covered Granola Bar (NF) Clif Bar, Banana Nut Bread (NF) x2 (day 7 only) Orange-Pineapple Drink (B)	Dried Peaches (IM) Grits w/ Butter (R) Nut & Fruit Granola Bar (NF) Pineapple (I) Blueberry-Raspberry Yogurt (I) Orange-Mango Drink (B)
B	Cheese Tortellini (I) Mashed Potatoes (R) Tortilla (FF) x2 Dried Pears (IM) Candy Coated Almonds (NF) Tea w/ Sugar (B) x2	Tomato Basil Soup (I) Crackers (NF) x2 Lasagna w/ Meat (I) Trail Mix (IM) Pineapple (I) Shortbread Cookies (NF) Tea w/ Sugar (B) x2	Seafood Gumbo (I) Crackers (NF) x2 Smoked Turkey (I) Cashews (NF) Fruit Cocktail (I) Candy Coated Chocolates (NF) Tropical Punch (B) x2	NO MEAL	NO MEAL	Beef Stroganoff (R) x2 Carrot Coins (I) Applesauce (I) Almonds (NF) Chocolate Pudding (I) Tropical Punch (B) x2	Vegetarian Vegetable Soup (I) Crackers (NF) x2 Grilled Pork Chop (I) Italian Vegetables (R) Dried Pears (IM) Peanuts (NF) Grape Drink (B) x2	NO MEAL
C	Vegetarian Vegetable Soup (I) Crackers (NF) x2 Turkey Tetrazzini (R) Broccoli au Gratin (R) Tortilla (FF) x2 Peach Ambrosia (R) Chocolate Pudding Cake (I) Grape Drink (B)	BBQ Beef Brisket (I) Macaroni & Cheese (R) Green Beans w/ Mushrooms (R) Tortilla (FF) x2 Peach Ambrosia (R) Brownie (NF) Lemonade (B)	Cheddar Cheese Spread (I) Crackers (NF) x2 Spaghetti w/ Meat Sauce (R) Strawberries (R) Tortilla (FF) x2 Cherry-Blueberry Cobbler (I) Grape Drink (B)	NO MEAL	NO MEAL	Smoked Turkey (I) Candied Yams (I) Green Beans & Mushrooms (R) Combread Dressing (FF) Cranapple Dessert (I) Tea w/ Sugar (B)	Chicken Strips in Salsa (I) Rice Pilaf (R) Broccoli au Gratin (R) Tortilla (FF) x2 Brownie (NF) Tea w/ Sugar (B)	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, (I) - Thermostabilized