

SHUTTLE MENU STS-126

Stow by Day

DON PETTIT, MS-1 (BLUE)

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Meal	Days 1* & 17**	Days 2 & 14	Days 3 & 15	Day 4	Day 5	Meal	Days 6, 10 & 13
<b>A</b>	Oatmeal w/ Brown Sugar (R) x2 Mocha Yogurt (I) x2 Metamucil Wafers, Cinnamon (NF) Kona Coffee, Black (B) x2 Coffee w/ Cream (B) x2	Dried Apricots (NF) x2 Cheese Grits (I) Clif Bar, Black Cherry Almond (NF) Metamucil Wafers, Cinnamon (NF) Coffee w/ Cream (B) x2 Kona Coffee, Black (B) x2	Oatmeal w/ Brown Sugar (R) x2 Blueberry-Raspberry Yogurt (I) x2 Clif Bar, Choc. Chip Peanut Crunch (NF) Metamucil Wafers, Cinnamon (NF) Kona Coffee, Black (B) x4	Dried Pears (NF) x2 Mocha Yogurt (I) x2 Cheese Grits (I) Metamucil Wafers, Cinnamon (NF) Kona Coffee, Black (B) x2 Coffee w/ Cream (B) x2	Oatmeal w/ Brown Sugar (R) x2 Clif Bar, Oatmeal Raisin Walnut (NF) Metamucil Wafers, Cinnamon (NF) Coffee w/ Cream (B) x2 Kona Coffee, Black (B) x2	<b>A</b>	Dried Pears (NF) x2 Blueberry-Raspberry Yogurt (I) x2 Metamucil Wafers, Cinnamon (NF) Kona Coffee, Black (B) x4
<b>B</b>	Grilled Pork Chop (I) Black Beans (I) Tortillas (FF) x3 Applesauce (I) Candy Coated Almonds (NF) x2	Grilled Chicken (I) Italian Vegetables (R) Tortillas (FF) x3 Peanut Butter (FF) Trail Mix (IM)	Split Pea Soup (I) Grilled Pork Chop (I) Tortillas (FF) x3 Candy Coated Peanuts (NF) x2 Applesauce (I)	<b>NO MEAL</b>	Grilled Pork Chop (I) Mashed Potatoes (R) x2 Tortillas (FF) x3 Applesauce (I) Macadamia Nuts (NF) x2	<b>B</b>	<b>NO MEAL</b>
<b>C</b>	Meatloaf (I) Mashed Potatoes (R) x2 Broccoli Au Gratin (R) Tortillas (FF) x3 Apricot Cobber (I) x2	Grilled Pork Chop (I) Red Beans & Rice (I) Tortillas (FF) x3 Cherry-Blueberry Cobbler (I) x3 Cashews (NF)	BBQ Beef Brisket (I) Mashed Potatoes (R) x2 Tortillas (FF) x3 Cauliflower w/ Cheese (R) Cherry-Blueberry Cobbler (I) x2	<b>NO MEAL</b>	Beef Steak (I) Red Beans & Rice (I) Broccoli Au Gratin (R) Tortillas (FF) x3 Apricot Cobbler (I) x2	<b>C</b>	<b>NO MEAL</b>

\*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

**Thanksgiving Meal**

Rev C 9/26/2008 (B) - Beverage, (FF) - Fresh Food, (I) - Irradiate

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**Stow by Day**

<b>Day 7</b>	<b>Day 8 &amp; 12</b>	<b>Day 9</b>	<b>Day 11</b>	<b>Day 16</b>
Oatmeal w/ Brown Sugar (R) x2 Metamucil Wafers, Cinnamon (NF) Cheese Grits (I) Coffee w/ Cream (B) x2 Kona Coffee, Black (B) x2	Dried Apricots (NF) x2 Clif Bar, Carrot Cake (NF) Mocha Yogurt (I) x2 Applesauce (I) Metamucil Wafers, Cinnamon (NF) Kona Coffee, Black (B) x4	Oatmeal w/ Brown Sugar (R) x2 Cheese Grits (I) Metamucil Wafers, Cinnamon (NF) Kona Coffee, Black (B) x2 Coffee w/ Cream (B) x2	Cheese Grits (I) Clif Bar, Chocolate Brownie (NF) Metamucil Wafers, Cinnamon (NF) Kona Coffee, Black (B) x4	Dried Pears (NF) x2 Mocha Yogurt (I) x2 Cheese Grits (I) Metamucil Wafers, Cinnamon (NF) Kona Coffee, Black (B) x2 Coffee w/ Cream (B) x2
Split Pea Soup (I) Grilled Pork Chop (I) Red Beans & Rice (I) Tortillas (FF) x3 Trail Mix (IM) x2 Clif Bar, Black Cherry Almond (NF)	<b>NO MEAL</b>	Grilled Pork Chop (I) Italian Vegetables (R) Mashed Potatoes (R) x2 Tortillas (FF) x3 Trail Mix (IM) x2	Grilled Pork Chop (I) Black Beans (I) Applesauce (I) Tortillas (FF) x3 Candy Coated Almonds (NF) x2	Smoked Turkey (I) Spaghetti w/ Meatsauce (R) x2 Tortillas (FF) x3 Peanut Butter (FF) Cashews (NF)
Grilled Chicken (I) Cauliflower w/ Cheese (R) Tortillas (FF) x3 Shortbread Cookies (NF) x2 Applesauce (I)	<b>NO MEAL</b>	Smoked Turkey (I) Spaghetti w/ Meatsauce (R) x2 Tortillas (FF) x3 Cherry-Blueberry Cobbler (I) x2	Smoked Turkey (I) Candied Yams (I) Green Beans & Mushrooms (R) Cornbread Dressing (FF) Cranapple Dessert (I) Tea w/ Sugar (B)	Grilled Pork Chop (I) Black Beans (I) Tortillas (FF) x3 Trail Mix (IM) Cherry-Blueberry Cobbler (I) x2