

**HEIDE STEFANYSHYN-PIPER, MS-3 (ORANGE)**

Meal	Days 1* & 17**	Day 2 & 14	Day 3 & 15	Day 4	Day 5 (EVA)
<b>A</b>	Dried Peaches (IM) Granola Bar (NF) x2 Blueberry-Raspberry Yogurt (I) Orange Drink (B) Kona Coffee w/Cream & Sugar (B) x2	Granola w/ Blueberries (R) Dried Pears (IM) Orange-Mango Drink (B) Kona Coffee w/Cream & Sugar (B) x2	Dried Peaches (IM) Granola w/ Raisins (R) Blueberry-Raspberry Yogurt (I) Orange-Grapefruit Drink (B) Kona Coffee w/Cream & Sugar (B) x2	Grits w/ Butter (R) Dried Pears (IM) Metamucil Wafers, Apple (NF) x2 Chocolate Breakfast Drink (B) Orange Drink (B) Kona Coffee w/Cream & Sugar (B) x2	Dried Peaches (IM) Granola Bar (NF) x2 Blueberry-Raspberry Yogurt (I) Orange-Mango Drink (B) Kona Coffee w/Cream & Sugar (B) x2 Clif Bar, Choc. Brownie (NF) Tortillas (FF) x2 Vanilla Breakfast Drink (B)
<b>B</b>	Grilled Pork Chop (I) Tortilla (FF) x2 Peanuts (NF) Grape Drink (B) x2	Grilled Chicken (I) Tortilla (FF) x2 Almonds (NF) Metamucil Wafers, Apple (NF) x2 Lemonade (B) x2	Smoked Turkey (I) Tortillas (FF) x2 Candy Coated Almonds (NF) Metamucil Wafers, Apple (NF) x2 Grape Drink (B) x2	<b>NO MEAL</b>	Grilled Pork Chop (I) Tortilla (FF) x2 Peanuts (NF) Metamucil Wafers, Apple (NF) Grape Drink (B) x2
<b>C</b>	Grilled Pork Chop (I) Mashed Potatoes (R) Broccoli au Gratin (R) Candy Coated Chocolates (NF) Apple Cider (B) Tea w/ Lemon & Sugar (B)	Cream of Mushroom Soup (R) Beef Tips w/ Mushrooms (I) Creamed Spinach (R) Cherry-Blueberry Cobbler (I) Pineapple Drink (B) Tea w/ Lemon & Sugar (B)	Split Pea Soup (I) Sweet & Sour Pork (I) Brown Rice (I) Brownie (NF) Orange-Mango Drink (B) Tea w/ Lemon & Sugar (B)	<b>NO MEAL</b>	Cream of Mushroom Soup (R) Lasagna w/ Meat (I) Creamed Spinach (R) Candy Coated Almonds (NF) Pineapple Drink (B) Tea w/ Lemon & Sugar (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

Rev

**HEIDE STEFANYSHYN-PIPER, MS-3 (ORANGE)**

Meal	Days 6, 10 & 13	Day 7 (EVA)	Days 8 & 12	Day 9 (EVA)	Day 11	Day 16
<b>A</b>	Dried Pears (IM) Granola w/ Blueberries (R) Metamucil Wafers, Apple (NF) x2 Chocolate Breakfast Drink (B) Orange-Grapefruit Drink (B) Kona Coffee w/Cream & Sugar (B) x2	Dried Peaches (IM) Granola Bar (NF) x2 Blueberry-Raspberry Yogurt (I) Orange Drink (B) Kona Coffee w/Cream & Sugar (B) x2 Clif Bar, Choc. Brownie (NF) x2 Tortillas (FF) x2 Vanilla Breakfast Drink (B)	Dried Pears (IM) Granola w/ Raisins (R) Chocolate Breakfast Drink (B) Orange-Pineapple Drink (B) Kona Coffee w/Cream & Sugar (B) x2	Dried Peaches (IM) Granola Bar (NF) x2 Blueberry-Raspberry Yogurt (I) Orange-Mango Drink (B) Kona Coffee w/Cream & Sugar (B) x2 Clif Bar, Choc. Brownie (NF) x2 Tortillas (FF) x2 Vanilla Breakfast Drink (B)	Dried Peaches (IM) Granola w/ Blueberries (R) Blueberry-Raspberry Yogurt (I) Orange Drink (B) Kona Coffee w/Cream & Sugar (B) x2	Grits w/ Butter (R) Dried Pears (IM) Chocolate Breakfast Orange Drink (B) Kona Coffee w/Cr
<b>B</b>	<b>NO MEAL</b>	Grilled Pork Chop (I) Tortilla (FF) x2 Cashews (NF) Lemonade (B) x2	<b>NO MEAL</b>	Teriyaki Beef Steak (I) Tortillas (FF) x2 Cashews (NF) Lemonade (B) x2	Smoked Turkey (I) Tortillas (FF) x2 Cashews (NF) Lemonade (B) x2	Teriyaki Beef Steak Tortillas (FF) x2 Cashews (NF) Lemonade (B) x2
<b>C</b>	<b>NO MEAL</b>	Potato Soup (I) Meatloaf (I) Creamed Spinach (R) Candy Coated Almonds (NF) Grape Drink (B) Tea w/ Lemon & Sugar (B)	<b>NO MEAL</b>	Seafood Gumbo (I) Crawfish Etouffee (I) Black Beans (I) Candy Coated Almonds (NF) Apple Cider (B) Tea w/ Lemon & Sugar (B)	Smoked Turkey (I) Candied Yams (I) Green Beans & Mushrooms (R) Cornbread Dressing (FF) Granapple Dessert (I) Tea w/ Sugar (B)	Seafood Gumbo (I) Crawfish Etouffee Black Beans (I) Macadamia Nuts (I) Apple Cider (B) Tea w/ Lemon & S

**Thanksgiving Meal**

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