**SHUTTLE MENU STS-119**  
*(Stow By Person)*

**TONY ANTONELLI, PLT (YELLOW)**

<table>
<thead>
<tr>
<th>Meal</th>
<th>Days 1*, 8 &amp; 15**</th>
<th>Days 2 &amp; 9</th>
<th>Days 3 &amp; 10</th>
<th>Days 4 &amp; 11</th>
<th>Days 5 &amp; 12</th>
<th>Days 6 &amp; 13</th>
<th>Days 7 &amp; 14</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A</strong></td>
<td>Sausage Pattie (R) x2</td>
<td>Clif Bar, Chocolate Chip (NF)</td>
<td>Sausage Pattie (R)</td>
<td>Clif Bar, Chocolate Chip (NF)</td>
<td>Sausage Pattie (R) x2</td>
<td>Clif Bar, Chocolate Chip (NF)</td>
<td>Sausage Pattie (R)</td>
</tr>
<tr>
<td></td>
<td>BBQ Beef Brisket (I)</td>
<td>Beef Steak (I)</td>
<td>Crawfish Etouffee (T)</td>
<td>Grilled Pork Chop (T)</td>
<td>Sweet &amp; Sour Pork (T)</td>
<td>Beef Ravioli (T)</td>
<td>Crawfish Etouffee (T)</td>
</tr>
<tr>
<td></td>
<td>Macaroni &amp; Cheese (R)</td>
<td>Black Beans (T)</td>
<td>Red Beans &amp; Rice (T)</td>
<td>Black Beans (T)</td>
<td>Black Beans (T)</td>
<td>Black Beans (T)</td>
<td>Red Beans &amp; Rice (T)</td>
</tr>
<tr>
<td></td>
<td>Clif Bar, Cool Mint Chocolare (NF)</td>
<td>Clif Bar, Cool Mint Chocolare (T)</td>
<td>Clif Bar, Cool Mint Chocolare (NF)</td>
<td>Clif Bar, Cool Mint Chocolare (NF)</td>
<td>Clif Bar, Cool Mint Chocolare (NF)</td>
<td>Clif Bar, Cool Mint Chocolare (NF)</td>
<td>Clif Bar, Cool Mint Chocolare (NF)</td>
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<tr>
<td></td>
<td>Candy Coated Almonds (NF) x2</td>
<td>Candy Coated Almonds (NF)</td>
<td>Candy Coated Almonds (NF)</td>
<td>Candy Coated Almonds (NF)</td>
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<tr>
<td></td>
<td>Lemonade (B) x2</td>
<td>Lemonade (B) x2</td>
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</tr>
<tr>
<td><strong>B</strong></td>
<td>Beef Ravioli (T)</td>
<td>Cheese Tortellini (T)</td>
<td>Grilled Chicken (T)</td>
<td>Lasagna w/ Meat (T)</td>
<td>Teriyaki Beef Steak (T)</td>
<td>Lasagna w/ Meat (T)</td>
<td>Teriyaki Beef Steak (T)</td>
</tr>
<tr>
<td></td>
<td>Corn (R)</td>
<td>Macaroni &amp; Cheese (R)</td>
<td>Black Beans (T)</td>
<td>Macaroni &amp; Cheese (R)</td>
<td>Corn (R)</td>
<td>Macaroni &amp; Cheese (R)</td>
<td>Corn (R)</td>
</tr>
<tr>
<td></td>
<td>Tortilla (FF)</td>
<td>Tortilla (FF)</td>
<td>Tortilla (FF)</td>
<td>Tortilla (FF)</td>
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<td>Tortilla (FF)</td>
<td>Tortilla (FF)</td>
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<tr>
<td></td>
<td>Brownie (NF)</td>
<td>Shorthread Cookies (NF)</td>
<td>Chocolate Pudding (T)</td>
<td>Brownie (NF)</td>
<td>Shorthread Cookies (NF)</td>
<td>Chocolate Pudding (T)</td>
<td>Shorthread Cookies (NF)</td>
</tr>
<tr>
<td></td>
<td>Pineapple Drink (B) x2</td>
<td>Pineapple Drink (B) x2</td>
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</tr>
</tbody>
</table>

*Day 1 consists of Meal C only  
**Day 15 consists of Meals A & B only  
(B) - Beverage, (FF) - Fresh Food, (I) - Irradiated, (IM) - Intermediate Moisture, (NF) - Natural Form, (R) - Rehydratable, (T) - Thermostabilized

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