

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

**JOHN PHILLIPS, MS-4 (BROWN)**

Meal	Days 1*, 8 & 15**	Days 2 & 9	Days 3 & 10	Days 4 & 11	Days 5 & 12	Days 6 & 13	Days 7 & 14
<b>A</b>	Mexican Scrambled Eggs (R) Grits w/ Butter (R) Orange-Mango Drink (B) Kona Coffee w/ Ceam (B)	Sausage Pattie (R) Granola w/ Blueberries (R) Breakfast Roll (FF) Grapefruit Drink (B) Kona Coffee w/ Ceam (B)	Oatmeal w/ Raisins (R) Granola Bar (NF) Seasoned Scrambled Eggs (R) Pineapple Drink (B) Kona Coffee w/ Ceam (B)	Tortilla (FF) Grits w/ Butter (R) Granola w/ Blueberries (R) Orange Juice (B) Kona Coffee w/ Ceam (B)	Bran Chex (R) Mexican Scrambled Eggs (R) Sausage Pattie (R) Orange-Pineapple Drink (B) Kona Coffee w/ Ceam (B)	Oatmeal w/ Raisins (R) Cheese Grits (I) Scrambled Eggs (R) Orange-Mango Drink (B) Kona Coffee w/ Ceam (B)	Sausage Pattie (R) Seasoned Scrambled Eggs (R) Tortilla (FF) Granola Bar (NF) Orange-Grapfruit Drink (B) Kona Coffee w/ Ceam (B)
<b>B</b>	Meatloaf (I) Mashed Potatoes (R) Tomatoes & Eggplant (I) Tortilla (FF) Pineapple (I) Cashews (NF) Butter Cookies (NF) Lemonade (B) x2	Peanut Butter (I) Grape Jelly (I) Tortilla (FF) Cheese Tortellini (I) Fruit Cocktail (I) Candy Coated Almonds (NF) x2 Peach-Apricot Drink (B) x2	Tomato Basil Soup (I) Crackers (NF) x2 Beef Ravioli (I) Broccoli au Gratin (R) Applesauce (I) Peanuts (NF) Candy Coated Chocolates (NF) Lemonade (B) x2	Shrimp Cocktail (R) Beef Stroganoff w/ Noodles (R) x2 Cauliflower w/ Cheese (R) Pineapple (I) Candy Coated Peanuts (NF) x2 Orange-Mango Drink (B) x2	Seafood Gumbo (I) Crackers (NF) x2 Meatloaf (I) Broccoli au Gratin (R) Fruit Cocktail (I) Almonds (NF) Butter Cookies (NF) Tropical Punch (B) x2	Vegetarian Vegetable Soup (I) Crackers (NF) x2 Fiesta Chicken (I) Potatoes au Gratin (R) Tortilla (FF) Pears (I) Candy Coated Almonds (NF) x2 Grapefruit Drink (B) x2	Spicy Chicken & Vegetables (R) Rice & Chicken (R) Cauliflower w/ Cheese (R) Pineapple (I) Macadamia Nuts (NF) Chocolate Pudding (I) Peach-Apricot Drink (B) x2
<b>C</b>	Shrimp Cocktail (R) Fiesta Chicken (I) Carrot Coins (I) Tortilla (FF) Macadamia Nuts (NF) Cranapple Dessert (I) Tropical Punch (B)	BBQ Beef Brisket (I) Macaroni & Cheese (R) Black Beans (I) Tortilla (FF) Peaches (I) Shortbread Cookies (NF) Orange Drink (B)	Grilled Chicken (I) Red Beans & Rice (I) Tortilla (FF) x2 Peach Ambrosia (R) Almonds (NF) Banana Pudding (I) Tropical Punch (B)	Salmon (I) Rice & Chicken (R) Tortilla (FF) Corn (R) Cashews (NF) Cranapple Dessert (I) Peach-Apricot Drink (B)	Chicken Strips in Salsa (I) Mashed Potatoes (R) Tomatoes & Eggplant (I) Tortilla (FF) x2 Applesauce (I) Peanuts (NF) Bread Pudding (I) Lemonade (B)	Shrimp Cocktail (R) Grilled Pork Chop (I) Carrot Coins (I) Tortilla (FF) Peaches (I) Cashews (NF) Shortbread Cookies (NF) Tropical Punch (B)	Beef Fajitas (I) Black Beans (I) Tortilla (FF) Fruit Cocktail (I) Almonds (NF) Butter Cookies (NF) Lemonade (B)

\*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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