

**SHUTTLE MENU STS-119**

**(Stow By Person)**

**STEVEN SWANSON, MS-2 (GREEN)**

Meal	Days 1*, 8 & 15**	Days 2 & 9	Days 3 & 10	Days 4 & 11 (EVA)	Days 5 (EVA) & 12	Days 6 & 13	Days 7 (EVA) & 14
<b>A</b>	Dried Pears (IM) Oatmeal w/ Brown Sugar (R) Pears (I) Peanut Butter (I) Orange Juice (B) x2	Sausage Pattie (R) Oatmeal w/ Brown Sugar (R) Tortilla (FF) Pears (I) Chocolate Breakfast Drink (B) Orange Juice (B) x2	Peanut Butter (I) Nut & Fruit Granola Bar (NF) Oatmeal w/ Brown Sugar (R) Pears (I) Chocolate Breakfast Drink (B) Grapefruit Drink (B) x2	Oatmeal w/ Raisins (R) Blueberry-Raspberry Yogurt (I) Breakfast Sausage Links (I) Chocolate Breakfast Drink (B) Orange Juice (B) x2 Clif Bar, Carrot Cake (NF) (day 11 only) Clif Bar, Cool Mint Chocolate (NF) (day 11 only)	Peaches (I) Sausage Pattie (R) Oatmeal w/ Brown Sugar (R) Vanilla Breakfast Drink (B) Orange Juice (B) x2 Clif Bar, Chocolate Chip (NF) (day 5 only) Clif Bar, Cool Mint Chocolate (NF) (day 5 only)	Blueberry-Raspberry Yogurt (I) Breakfast Sausage Links (I) Oatmeal w/ Brown Sugar (R) Chocolate Breakfast Drink (B) Orange Juice (B) x2	Peaches (I) Sausage Pattie (R) Chocolate Breakfast Drink (B) Oatmeal w/ Brown Sugar (R) Orange Juice (B) x2 Clif Bar, Carrot Cake (NF) (day 7 only) Clif Bar, Cool Mint Chocolate (NF) (day 7 only)
<b>B</b>	Crawfish Etouffee (I) Southwestern Corn (I) Tortilla (FF) Applesauce (I) Macadamia Nuts (NF) Tea, Plain (B)	Seafood Gumbo (I) Chicken Salad Spread (I) Crackers (NF) x2 Pears (I) Trail Mix (IM) Shortbread Cookies (NF) Tea, Plain (B)	Lasagna w/ Meat (I) Cheddar Cheese Spread (I) Crackers (NF) x2 Peaches (I) Peanuts (NF) Candy Coated Chocolates (NF) Orange Juice (B)	Crawfish Etouffee (I) Applesauce (I) Peanuts (NF) Cheddar Cheese Spread (I) Crackers (NF) x2 Butter Cookies (NF) Tea, Plain (B)	Lasagna w/ Meat (I) Applesauce (I) Cheddar Cheese Spread (I) Crackers (NF) x2 Pears (I) Candy Coated Peanuts (NF) Tea, Plain (B)	Crawfish Etouffee (I) Fiesta Chicken (I) Macaroni & Cheese (R) Tortilla (FF) Pears (I) Cashews (NF) Tea, Plain (B)	Salmon (I) Cheddar Cheese Spread (I) Crackers (NF) x2 Shortbread Cookies (NF) Pears (I) Peanuts (NF) Tea, Plain (B)
<b>C</b>	Shrimp Cocktail (R) Beef Ravioli (I) Italian Vegetables (R) Tortilla (FF) Peaches (I) Butter Cookies (NF) Tea, Plain (B)	BBQ Beef Brisket (I) Macaroni & Cheese (R) Broccoli au Gratin (R) Tortilla (FF) Applesauce (I) Peanuts (NF) Tea w/ Lemon (B)	Shrimp Cocktail (R) Chicken Fajitas (I) Macaroni & Cheese (R) Tortilla (FF) x2 Cashews (NF) Apple Cider (B) x2	Chicken Strips in Salsa (I) Peanut Butter (I) Asparagus (R) Tortilla (FF) x2 Peaches (I) Candy Coated Peanuts (NF) Tea w/ Lemon (B)	Salmon (I) Potatoes au Gratin (R) Italian Vegetables (R) Tortilla (FF) x2 Macadamia Nuts (NF) Tea, Plain (B)	Beef Ravioli (I) Fiesta Chicken (I) Corn (R) Tortilla (FF) Peaches (I) Candy Coated Peanuts (NF) Tea w/ Lemon (B)	Shrimp Cocktail (R) Chicken w/ Peanut Sauce (I) Macaroni & Cheese (R) Italian Vegetables (R) Tortilla (FF) x2 Cashews (NF) Tea, Plain (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, (I) - Thermostabilized

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