

SHUTTLE MENU STS-125

(Stow by Person)

SCOTT ALTMAN, CDR (RED)

Meal	Days 1* , 7 & 12**	Days 2 & 8	Days 3 & 9	Days 4 & 10	Days 5 & 11	Day 6
A	Mexican Scrambled Eggs (R) Oatmeal w/ Brown Sugar (R) Nut & Fruit Granola Bar (NF) Vanilla Breakfast Drink (B) Orange Drink (B) Kona Coffee w/ Cream (B)	Bran Chex (R) Breakfast Roll (FF) Sausage Patty (R) Dried Peaches (IM) Orange-Pineapple Drink (B) Kona Coffee w/ Cream (B)	Seasoned Scrambled Eggs (R) Granola (R) Grits w/ Butter (R) Chocolate Breakfast Drink (B) Lemon-Lime Drink (B) Kona Coffee w/ Cream (B)	Blueberry-Raspberry Yogurt (I) Oatmeal w/ Raisins (R) Peach Ambrosia (R) Yogurt Covered Granola Bar (NF) Orange Drink (B) Kona Coffee w/ Cream (B)	Breakfast Roll (FF) Sausage Patty (R) Bran Chex (R) Strawberry Breakfast Drink (B) Orange-Pineapple Drink (B) Kona Coffee w/ Cream (B)	Mexican Scrambled Eggs (R) Grits w/ Butter (R) Breakfast Sausage Links (I) Granola Bar (NF) Lemon-Lime Drink (B) Kona Coffee w/ Cream (B)
B	Shrimp Cocktail (R) Lasagna w/ Meat (I) Green Beans w/ Mushrooms (R) Pears (I) Candy Coated Almonds (NF) x2 Tropical Punch (B) x2	Fiesta Chicken (I) Southwestern Corn (I) Tortilla (FF) x2 Fruit Cocktail (I) Trail Mix (IM) Shortbread Cookies (NF) Lemon-Lime Drink (B) x2	Beef Ravioli (I) Green Beans w/ Mushrooms (R) Potatoes au Gratin (R) Cashews (NF) Pineapple (I) Candy Coated Chocolates (NF) x2 Orange Drink (B) x2	Chicken Strips in Salsa (I) Macaroni & Cheese (R) Green Beans w/ Mushrooms (R) Tortilla (FF) x2 Applesauce (I) Candy Coated Peanuts (NF) x2 Tropical Punch (B) x2	Lasagna w/ Meat (I) Noodles & Chicken (R) Broccoli au Gratin (R) Cashews (NF) Fruit Cocktail (I) Chocolate Pudding Cake (I) Lemon-Lime Drink (B) x2	Vegitarian Vegetable Soup (I) Crackers (NF) x2 Beef Fajitas (I) Southwestern Corn (I) Tortilla (FF) x2 Peaches (I) Candy Coated Almonds (NF) x2 Cherry Drink w A/S (B)
C	Vegitarian Vegetable Soup (I) Crackers (NF) x2 Chicken w/ Peanut Sauce (I) Broccoli au Gratin (R) Tortillas (FF) x2 Applesauce (I) Butter Cookies (NF) Lemonade (B)	BBQ Beef Brisket (I) Macaroni & Cheese (R) Carrot Coins (I) Mashed Potatoes (R) Tortilla (FF) x2 Peanuts (NF) Chocolate Pudding Cake (I) Tropical Punch (B)	Shrimp Cocktail (R) Chicken Fajitas (I) Corn (R) Tortilla (FF) x2 Peaches (I) Macadamia Nuts (NF) Butterscotch Pudding (I) Apple Cider (B)	Seafood Chowder (R) Crackers (NF) x2 Cheese Tortellini (I) Cauliflower w/ Cheese (R) Pears (I) Almonds (NF) Butter Cookies (NF) Lemonade (B)	Fiesta Chicken (I) BBQ Beef Brisket (I) Mashed Potatoes (R) Carrot Coins (I) Tortilla (FF) x2 Pineapple (I) Shortbread Cookies (NF) Orange Drink (B)	Shrimp Cocktail (R) Beef Ravioli (I) Chicken w/ Peanut Sauce (I) Cauliflower w/ Cheese (R) Applesauce (I) Peanuts (NF) Butterscotch Pudding (I) Tropical Punch (B) x2

*Day 1 consists of Meal C only

**Day 12 consists of Meal A only

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

Rev D 3/9/2009