

SHUTTLE MENU STS-125

(Stow by Person)

MIKE GOOD, MS-1 (BLUE)

Meal	Days 1* , 7 & 12**	Days 2 & 8	Days 3 & 9	Days 4 & 10	Days 5 & 11	Day 6
A	Bran Chex (R) Seasoned Scrambled Eggs (R) Yogurt Covered Granola Bar (NF) Orange Drink w/ A/S (B) Kona Coffee w/ Cream (B)	Multigrain Cheerios (R) Nut & Fruit Granola Bar (NF) Applesauce (I) Cocoa (B) Kona Coffee w/ Cream (B)	Granola (R) Seasoned Scrambled Eggs (R) Trail Mix (IM) Orange Drink w/ A/S (B) Kona Coffee w/ Cream (B)	Bran Chex (R) Yogurt Covered Granola Bar (NF) Macadamia Nuts (NF) Cocoa (B) Kona Coffee w/ Cream (B)	Multigrain Cheerios (R) Seasoned Scrambled Eggs (R) Nut & Fruit Granola Bar (NF) Orange Drink w/ A/S (B) Kona Coffee w/ Cream (B)	Granola (R) Seasoned Scrambled Eggs (R) Pears (I) Cocoa (B) Kona Coffee w/ Cream (B)
B	Vegetarian Vegetable Soup (I) Crackers (NF) x2 Sweet & Sour Chicken (R) Potatoes au Gratin (R) Cashews (NF) Brownie (NF) Lemonade w/ A/S (B)	Tuna, Starkist Albacore White (FF) Crackers (NF) x2 Beef Stroganoff w/ Noodles (R) Carrot Coins (I) Candy Coated Almonds (NF) Tea, Plain (B) Lemonade w/ A/S (B)	Cream of Mushroom Soup (R) Crackers (NF) x2 Chicken Fajitas (I) Corn (R) Tortilla (FF) x2 Candy Coated Chocolates (NF) Lemonade w/ A/S (B)	Minestrone Soup (I) Crackers (NF) x2 Turkey Tetrazzini (R) Asparagus (R) Applesauce (I) Shortbread Cookies (NF) Tea, Plain (B) Lemonade w/ A/S (B)	Beef Stew (I) Crackers (NF) x2 Noodles & Chicken (R) Green Beans & Mushrooms (R) Trail Mix (IM) Chocolate Pudding Cake (I) Lemonade w/ A/S (B)	Tuna, Starkist Albacore White (FF) Crackers (NF) x2 Teriyaki Chicken (R) Asparagus (R) Applesauce (I) Candy Coated Almonds (NF) Lemonade w/ A/S (B) x2
C	Beef Tips w/ Mushrooms (I) Asparagus (R) Noodles & Chicken (R) Tortillas (FF) x2 Pears (I) Shortbread Cookies (NF) Candy Coated Chocolates (NF) Tropical Punch w/ A/S (B)	Teriyaki Chicken (R) Cauliflower w/ Cheese (R) Tortilla (FF) x2 Peanuts (NF) Chocolate Pudding Cake (I) Lemonade w/ A/S (B)	BBQ Beef Brisket (I) Mashed Potatoes (R) Green Beans & Mushrooms (R) Pears (I) Almonds (NF) Brownie (NF) Tropical Punch w/ A/S (B)	Lasagna w/ Meat (T) Potatoes au Gratin (R) Carrot Coins (I) Tortilla (FF) x2 Candy Coated Peanuts (NF) Lemonade w/ A/S (B)	Beef Fajitas (I) Cauliflower w/ Cheese (R) Tortilla (FF) x2 Applesauce (I) Cashews (NF) Candy Coated Chocolates (NF) Tropical Punch w/ A/S (B)	BBQ Beef Brisket (I) Corn (R) Mashed Potatoes (R) Tortilla (FF) x2 Macadamia Nuts (NF) Brownie (NF) Tea, Plain (B)

*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, (T) - Thermostabilized

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