

**SHUTTLE MENU STS-125
(Stow By Person)**

JOHN GRUNSFELD, MS-3 (ORANGE)

Meal	Day 1* & 12**	Day 2	Day 3	Day 4
A	Tropicana Fruit Wise Strip, Wild Berry (FF) x2 Cheerios (plain) (FF) x2 Clif Builder Bar, Peanut Butter (NF) Dried Blueberries, Stoneridge Orchards (FF) Orange Drink w/ A/S (B) Lemonade w/ A/S (B) Green Tea (B)	Dried Apricots (IM) Cheerios (plain) (FF) x2 Clif Builder Bar, Peanut Butter (NF) Dried Strawberries (FF) Orange Drink w/ A/S (B) Lemonade w/ A/S (B) Green Tea (B)	Dried Pears (IM) Multigrain Cheerios (R) x2 Clif Builder Bar, Peanut Butter (NF) Dried Blueberries, Stoneridge Orchards (FF) Dried Strawberries (FF) Muscle Milk Light, Vanilla (FF) Orange Drink w/ A/S (B) Green Tea (B)	Tropicana Fruit Wise Strip, Fruit Punch (FF) x2 Cheerios (plain) (FF) x2 Clif Builder Bar, Peanut Butter (NF) Dried Blueberries, Stoneridge Orchards (FF) Dried Strawberries (FF) Muscle Milk Light, Vanilla (FF) Orange Accelerade Drink (FF) Orange Drink w/ A/S (B) Green Tea (B)
B		Shrimp Cocktail (R) Crunchy Peanut Butter (FF) Tortilla (FF) x2 Tropicana Fruit Wise Bar, Strawberry (NF) Larabar, Ginger Snap (NF) Lemonade w/ A/S (B) x3 Clif Shot Blok, Orange (1/2) (FF)	Shrimp Cocktail (R) Smoked Turkey (I) Tortilla (FF) x2 Clif Bar, Choc. Chip Peanut Crunch (NF) Larabar, Ginger Snap (NF) Tropicana Fruit Wise Bar, Strawberry (NF) Lemonade w/ A/S (B) x3	Clif Bar, Choc. Chip Peanut Crunch (NF) Crunchy Peanut Butter (FF) Tortilla (FF) x2 Tropicana Fruit Wise Bar, Strawberry (NF) Lemonade w/ A/S (B) x2 Orange Accelerade Drink (FF) Clif Shot Blok, Orange (1/2) (FF)
C	Shrimp Cocktail (R) Pillar Rock Sockeye Salmon (FF) Broccoli au Gratin (R) Red Raspberry Bar, Greens Garden of Life Organic Perfect Foods (NF) EDAMAME Goji Blend (FF) Clif Shot Blok, Strawberry (1/2) (FF) Lemonade w/ A/S (B) x2 Green Tea, Decaf (FF)	Shrimp Cocktail (R) Grilled Chicken (I) Spicy Chicken & Vegetables (R) Tortilla (FF) EDAMAME Goji Blend (FF) Candy Coated Peanuts (NF) Clif Shot Blok, Strawberry (1/2) (FF) Lemonade w/ A/S (B) x2 Green Tea, Decaf (FF)	Shrimp Cocktail (R) Pillar Rock Sockeye Salmon (FF) Broccoli au Gratin (R) Red Raspberry Bar, Greens Garden of Life Organic Perfect Foods (NF) EDAMAME Goji Blend (FF) Clif Shot Blok, Strawberry (1/2) (FF) Lemonade w/ A/S (B) x2 Green Tea, Decaf (FF)	Shrimp Cocktail (R) Teriyaki Chicken (R) Chicken Strips in Salsa (I) Red Raspberry Bar, Greens Garden of Life Organic Perfect Foods (NF) Almonds (NF) EDAMAME Goji Blend (FF) Lemonade w/ A/S (B) x2 Green Tea, Decaf (FF)

*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

Rev J 4/3/2009

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Meal	Day 5	Day 6	Day 7	Day 8
A	Dried Apricots (IM) Cheerios (plain) (FF) x2 Clif Builder Bar, Peanut Butter (NF) Dried Blueberries, Stoneridge Orchards (FF) Dried Strawberries (FF) Muscle Milk Light, Vanilla (FF) Orange Drink w/ A/S (B) Orange Accelerade Drink (FF) Green Tea (B)	Dried Pears (IM) Cheerios (plain) (FF) x2 Clif Builder Bar, Peanut Butter (NF) Dried Strawberries (FF) Muscle Milk Light, Vanilla (FF) Orange Drink w/ A/S (B) Orange Accelerade Drink (FF) Green Tea (B)	Tropicana Fruit Wise Strip, Raspberry (FF) x2 Cheerios (plain) (FF) x2 Clif Builder Bar, Peanut Butter (NF) Dried Blueberries, Stoneridge Orchards (FF) Muscle Milk Light, Vanilla (FF) Orange Accelerade Drink (FF) Orange Drink w/ A/S (B) x2 Green Tea (B)	Dried Apricots (IM) Multigrain Cheerios (R) x2 Clif Builder Bar, Peanut Butter (NF) Muscle Milk Light, Vanilla (FF) Orange Drink w/ A/S (B) Orange Accelerade Drink (FF) Dried Blueberries, Stoneridge Orchards (FF) Dried Strawberries (FF) Green Tea (B)
B	Shrimp Cocktail (R) Clif Bar, Choc. Chip Peanut Crunch (NF) Tortilla (FF) x2 Tropicana Fruit Wise Bar, Strawberry (NF) Candy Coated Peanuts (NF) Lemonade w/ A/S (B) x2 Orange Accelerade Drink (FF)	Clif Bar, Choc. Chip Peanut Crunch (NF) Crunchy Peanut Butter (FF) Tortilla (FF) x2 Applesauce (I) Lemonade w/ A/S (B) x2 Orange Accelerade Drink (FF) Clif Shot Blok, Orange (1/2) (FF)	Shrimp Cocktail (R) Crunchy Peanut Butter (FF) Candied Yams (I) Tortilla (FF) x2 Candy Coated Peanuts (NF) Tropicana Fruit Wise Bar, Strawberry (NF) Lemonade w/ A/S (B) x2 Orange Accelerade Drink (FF)	Clif Bar, Choc. Chip Peanut Crunch (NF) Macaroni & Cheese (R) Tortilla (FF) x2 Tropicana Fruit Wise Bar, Strawberry (NF) Almonds (NF) Orange Accelerade Drink (FF) Lemonade w/ A/S (B) Clif Shot Blok, Orange (1/2) (FF)
C	Shrimp Cocktail (R) Tuna, Starkist Albacore White (FF) Fiesta Chicken (I) Broccoli au Gratin (R) EDAMAME Goji Blend (FF) Clif Shot Blok, Strawberry (1/2) (FF) Red Raspberry Bar, Greens Garden of Life Organic Perfect Foods (NF) Green Tea, Decaf (FF)	Shrimp Cocktail (R) Grilled Chicken (I) Garden of Life Organic Perfect Food Bar, Red Raspberry Bar (NF) Cashews (NF) EDAMAME Goji Blend (FF) Lemonade w/ A/S (B) x2 Clif Shot Blok, Strawberry (1/2) (FF) Green Tea, Decaf (FF)	Shrimp Cocktail (R) Pillar Rock Sockeye Salmon (FF) Cashew Curry Chicken (R) Broccoli au Gratin (R) Luna Bar, Chocolate Peppermint Stick (FF) Candy Coated Peanuts (NF) Lemonade w/ A/S (B) x2 EDAMAME Goji Blend (FF) Green Tea, Decaf (FF)	Shrimp Cocktail (R) Fiesta Chicken (I) Cashew Curry Chicken (R) Red Raspberry Bar, Greens Garden of Life Organic Perfect Foods (NF) EDAMAME Goji Blend (FF) Lemonade w/ A/S (B) x2 Clif Shot Blok, Strawberry (1/2) (FF) Green Tea, Decaf (FF)

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Meal	Day 9	Day 10	Day 11
A	Tropicana Fruit Wise Strip, Wild Berry (FF) x2 Cheerios (plain) (FF) x2 Clif Builder Bar, Peanut Butter (NF) Dried Blueberries, Stoneridge Orchards (FF) Dried Strawberries (FF) Orange Drink w/ A/S (B) Muscle Milk Light, Vanilla (FF) Lemonade w/ A/S (B) Green Tea (B)	Dried Pears (IM) x2 Cheerios (plain) (FF) x2 Clif Builder Bar, Peanut Butter (NF) Dried Blueberries, Stoneridge Orchards (FF) Orange Drink w/ A/S (B) Lemonade w/ A/S (B) Green Tea (B)	Tropicana Fruit Wise Strip, Fruit Punch (FF) x2 Cheerios (plain) (FF) x2 Clif Builder Bar, Peanut Butter (NF) Dried Blueberries, Stoneridge Orchards (FF) Dried Strawberries (FF) Orange Drink w/ A/S (B) Lemonade w/ A/S (B) Green Tea (B)
B	Shrimp Cocktail (R) Crunchy Peanut Butter (FF) Tortilla (FF) x2 Candy Coated Peanuts (NF) Tropicana Fruit Wise Bar, Strawberry (NF) Clif Shot Blok, Orange (1/2) (FF) Lemonade w/ A/S (B) x2	Clif Bar, Choc. Chip Peanut Crunch (NF) Macaroni & Cheese (R) Tortilla (FF) x2 Dried Pears (IM) Almonds (NF) Lemonade w/ A/S (B) x3 Clif Shot Blok, Orange (1/2) (FF)	Shrimp Cocktail (R) Macaroni & Cheese (R) Dried Pears (IM) Peanuts (NF) Clif Shot Blok, Orange (1/2) (FF) Lemonade w/ A/S (B) x3 Tropicana Fruit Wise Bar, Strawberry (NF)
C	Shrimp Cocktail (R) Grilled Chicken (T) Broccoli au Gratin (R) EDAMAME Goji Blend (FF) Clif Shot Blok, Strawberry (1/2) (FF) Lemonade w/ A/S (B) x2 Green Tea, Decaf (FF)	Shrimp Cocktail (R) Pillar Rock Sockeye Salmon (FF) Cheese Tortellini (T) Red Raspberry Bar, Greens Garden of Life Organic Perfect Foods (NF) Luna Bar, Chocolate Peppermint Stick (FF) Lemonade w/ A/S (B) x2 EDAMAME Goji Blend (FF) Green Tea, Decaf (FF)	Shrimp Cocktail (R) Tuna, Starkist Albacore White (FF) Red Raspberry Bar, Greens Garden of Life Organic Perfect Foods (NF) Cheese Tortellini (T) Luna Bar, Chocolate Peppermint Stick (FF) Lemonade w/ A/S (B) x2 EDAMAME Goji Blend (FF) Clif Shot Blok, Strawberry (1/2) (FF) Green Tea, Decaf (FF)