

SHUTTLE MENU STS-125

(Stow by Person)

MIKE MASSIMINO, MS-4 (BROWN)

Meal	Days 1* & 12**	Day 2	Day 3	Day 4	Day 5	Day 6
<b>A</b>	Dried Apricots (IM) Breakfast Sausage Links (I) Mexican Scrambled Eggs (R) Yogurt Covered Granola Bar (NF) Chocolate Breakfast Drink (B) Orange Drink w/ A/S (B) Kona Coffee w/ Cream (B)	Dried Pears (IM)  Clif Builder Bar, Peanut Butter (NF) Grits w/ Butter (R) Granola w/ Blueberries (R) Grapefruit Drink (B) Cocoa (B) Coffee w/ Cream (B)	Dried Peaches (IM) Sausage Pattie (R) Mexican Scrambled Eggs (R) Tortilla (FF) Chocolate Breakfast Drink (B) Orange Juice (B) Kona Coffee w/ Cream (B)	Dried Apricots (IM) Blueberry-Raspberry Yogurt (I) Grits w/ Butter (R) Peanut Butter (FF) Tortilla (FF) Orange Drink (B) Kona Coffee, Black (B) Coffee w/ Cream (B)	Dried Pears (IM) Seasoned Scrambled Eggs (R) Sausage Pattie (R) Oatmeal w/ Brown Sugar (R) Peanut Butter (FF) Whole Wheat Tortilla (FF) Mocha Yogurt (I) Clif Builder Bar, Chocolate Mint (NF) Orange Drink w/ A/S (B) Cocoa (B) Gatorade, Orange (FF) Kona Coffee w/ Cream (B)	Dried Peaches (IM) Blueberry-Raspberry Yogurt (I) Breakfast Roll (FF) Nut & Fruit Granola Bar (NF) Pineapple Drink (B) Cocoa (B) Coffee w/ Cream (B) x2
<b>B</b>		Dried Beef (IM) Beef Fajitas (I) Tortilla (FF) Macaroni & Cheese (R) Granny Smith Apple (FF) Vanilla Pudding (I) Cashews (NF) Orange-Mango Drink (B) Green Tea, Decaf (FF)	Tomato Basil Soup (I) Beef Tips w/ Mushrooms (I) Mashed Potatoes (R) Tortilla (FF) Strawberries (R) Trail Mix (IM) Candy Coated Chocolates (NF) x2 Orange-Pineapple Drink (B) Green Tea, Decaf (FF)	Shrimp Cocktail (R) Lasagna w/ Meat (I) <b>Broccoli au Gratin (R)</b> Tortilla (FF) Granny Smith Apple (FF) Chocolate Pudding (I) Candy Coated Peanuts (NF) Lemonade w A/S (B) Green Tea, Decaf (FF)	BBQ Beef Brisket (I) Red Beans & Rice (I) Tortilla (FF) Strawberries (R) Trail Mix (IM) Butter Cookies (NF) Candy Coated Chocolates (NF) x2 Orange-Mango Drink (B) Green Tea, Decaf (FF)	Shrimp Cocktail (R) Chicken w/ Peanut Sauce (I) Corn (R) Tortilla (FF) Pineapple (I) Vanilla Pudding (I) Cashews (NF) Candy Coated Chocolates (NF) x2 Green Tea, Decaf (FF) Orange Drink w/ A/S (B)
<b>C</b>	Turkey Tetrazzini (R) Beef Ravioli (I) Tuna (I) <b>Green Beans w/ Mushrooms (R)</b> Broccoli au Gratin (R) Candy Coated Chocolates (NF) x2 Red Delicious Apple (FF) Apple Cider (B) Peach-Apricot Drink (B)	Shrimp Cocktail (R) Teriyaki Chicken (R) Tomatoes & Eggplant (I) Tortilla (FF) Peanuts (NF) Butter Cookies (NF) Peach-Apricot Drink (B) Lemonade w/ A/S (B)	Chicken Strips in Salsa (I) Pillar Rock Sockeye Salmon (FF) Macaroni & Cheese (R) Southwestern Corn (I) Tortilla (FF) Red Delicious Apple (FF) Banana Pudding (I) Peach-Apricot Drink (B) Tropical Punch w/ A/S (B)	Beef Ravioli (I) Fiesta Chicken (I) Carrot Coins (I) Tortilla (FF) Pears (I) Brownie (NF) Almonds (NF) Orange-Pineapple Drink (B) Tropical Punch w/ A/S (B)	Cheese Tortellini (I) Tuna (I) Spicy Chicken & Vegetables (R) Tomatoes & Eggplant (I) Applesauce (I) Peanuts (NF) Chocolate Pudding Cake (I) Peach-Apricot Drink (B) Apple Cider (B)	Beef Stew (I) Crackers (NF) Smoked Turkey (I) Tortilla (FF) Candied Yams (I) Fruit Cocktail (I) Candy Coated Almonds (NF) Cherry Drink w/ A/S (B) Lemonade w/ A/S (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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MIKE MASSIMINO, MS-4 (BROWN)

Meal	Day 7	Day 8	Day 9	Day 10	Day 11
<b>A</b>	Mexican Scrambled Eggs (R) Oatmeal w/ Brown Sugar (R) Breakfast Sausage Links (I) Peanut Butter (FF) Whole Wheat Tortilla (FF) Mocha Yogurt (I) Clif Builder Bar, Peanut Butter (NF) Orange-Mango Drink (B) Cocoa (B) Gatorade, Orange (FF) Kona Coffee w/ Cream (B)	Granola w/ Blueberries (R) Nut & Fruit Granola Bar (NF) Breakfast Roll (FF) Dried Apricots (IM) Seasoned Scrambled Eggs (R) Orange Drink (B) Coffee w/ Cream (B)	Oatmeal w/ Brown Sugar (R) Mexican Scrambled Eggs (R) Sausage Pattie (R) Peanut Butter (FF) Whole Wheat Tortilla (FF) Mocha Yogurt (I) Clif Builder Bar, Cookies & Cream (NF) Orange-Pineapple Drink (B) Kona Coffee, Black (B) Gatorade, Orange (FF) Kona Coffee w/ Cream (B)	Dried Peaches (IM) Grits w/ Butter (R) Trail Mix (IM) Seasoned Scrambled Eggs (R) Orange-Mango Drink (B) Cocoa (B) Coffee w/ Cream (B)	Oatmeal w/ Brown Sugar (R) Clif Builder Bar, Chocolate Mint (NF) Sausage Pattie (R) Almonds (NF) Orange Drink w/ A/S (B) Kona Coffee, Black (B) Kona Coffee w/ Cream (B)
<b>B</b>	Minestrone Soup (I) Crackers (NF) x2 Sweet & Sour Chicken (R) Mashed Potatoes (R) Pears (I) Almonds (NF) Butter Cookies (NF) Apple Cider (B) Green Tea, Decaf (FF)	Dried Beef (IM) Smoked Turkey (I) Carrot Coins (I) Applesauce (I) Trail Mix (IM) Candy Coated Chocolates (NF) x2 Butterscotch Pudding (I) Lemon-Lime Drink (B) Green Tea, Decaf (FF)	Shrimp Cocktail (R) Beef Ravioli (I) Spicy Chicken & Vegetables (R) Tortilla (FF) Fruit Cocktail (I) Almonds (NF) Candy Coated Chocolates (NF) x2 Green Tea, Decaf (FF) Tropical Punch w/ A/S (B)	Dried Beef (IM) Chicken Strips in Salsa (I) Macaroni & Cheese (R) Tortilla (FF) Strawberries (R) Candy Coated Chocolates (NF) x2 Cashews (NF) Lemonade w/ A/S (B) Green Tea, Decaf (FF)	Tomato Basil Soup (I) Crackers (NF) x2 Beef Fajitas (I) Tortilla (FF) x2 Applesauce (I) Butter Cookies (NF) Peach-Apricot Drink (B) Green Tea, Decaf (FF)
<b>C</b>	Meatloaf (I) Pillar Rock Sockeye Salmon (FF) Macaroni & Cheese (R) Green Beans w/ Mushrooms (R) Tortilla (FF) Strawberries (R) Candy Coated Chocolates (NF) x2 Tropical Punch w/ A/S (B) Grape Drink w/ A/S (B)	Shrimp Cocktail (R) Lasagna w/ Meat Sauce (I) <b>Corn (R)</b> Tortilla (FF) Pineapple (I) Cashews (NF) Brownie (NF) Strawberry Drink (B) Lemonade w/ A/S (B)	Fiesta Chicken (I) Black Beans (I) Broccoli au Gratin (R) Tortilla (FF) Peanuts (NF) Peaches (I) Chocolate Pudding Cake (I) Apple Cider (B) Peach-Apricot Drink (B)	BBQ Beef Brisket (I) Tuna (I) Candied Yams (I) Southwestern Corn (I) Tortilla (FF) Pears (I) Vanilla Pudding (I) Cherry Drink w/ A/S (B) Orange Drink (B)	Shrimp Cocktail (R) Chicken w/ Peanut Sauce (I) Cauliflower w/ Cheese (R) Tortilla (FF) Pineapple (I) Cashews (NF) Candy Coated Chocolates (NF) x2 Grape Drink w/ A/S (B)