

**SHUTTLE MENU STS-127**  
**Stow By Day**

**TOM MARSHBURN, MS-3 (ORANGE)**

| Meal     | Days 1* & 17**   | Day 2  | Day 3   | Day 4  | Day 5   | Day 6 (EVA)   | Day 7   | Day 8   |
|----------|--|--|---|--|---|---|---|---|
| <b>A</b> | Mexican Scrambled Eggs (R)<br>Granola w/ Blueberries (R)<br>Blueberry Raspberry Yogurt (T)<br>Orange-Mango Drink (B)<br>Kona Coffee w/ Cream & Sugar (B) | Sausage Pattie (R)<br>Nut & Fruit Granola Bar (NF)<br>Breakfast Roll (FF)<br>Macadamia Nuts (NF)<br>Pineapple Drink (B)<br>Kona Coffee w/ Cream & Sugar (B)                    | Granola w/ Raisins (R)<br>Seasoned Scrambled Eggs (R)<br>Bran Chex (R)<br>Trail Mix (IM)<br>Orange-Pineapple Drink (B)<br>Cocoa (B)<br>Kona Coffee w/ Cream & Sugar (B)                                     | Oatmeal w/ Raisins (R)<br>Breakfast Sausage Links (I)<br>Blueberry-Raspberry Yogurt (T)<br>Almonds (NF)<br>Peach-Apricot Drink (B)<br>Kona Coffee w/ Cream & Sugar (B)   | Dried Pears (IM)<br>Mexican Scrambled Eggs (R)<br>Yogurt Covered Granola Bar (NF)<br>Crackers (NF)<br>Peanut Butter (T)<br>Orange-Mango Drink (B)<br>Kona Coffee w/ Cream & Sugar (B) | Oatmeal w/ Brown Sugar (R)<br>Bran Chex (R)<br>Sausage Pattie (R)<br>Almonds (NF)<br>Kona Coffee w/ Cream & Sugar (B)   | Dried Apricots (IM)<br>Granola (R)<br>Mocha Yogurt (T)<br>Almonds (NF)<br>Scrambled Eggs (R)<br>Peach-Apricot Drink (B)<br>Kona Coffee w/ Cream & Sugar (B)                                   | Oatmeal w/ Raisins (R)<br>Granola Bar (NF)<br>Mexican Scrambled Eggs (R)<br>Crackers (NF)<br>Peanut Butter (T)<br>Orange-Pineapple Drink (B)<br>Kona Coffee w/ Cream & Sugar (B)        |
| <b>B</b> | Beef Stew (T)<br>Crackers (NF)<br>Pears (T)<br>Vanilla Pudding (T)<br>Almonds (NF)<br>Orange Drink (B)   | Cheddar Cheese Spread (T)<br>Crackers (NF)<br>Chicken Strips in Salsa (T)<br>Tortilla (FF) x2<br>Peaches (T)<br>Cashews (NF)<br>Butter Cookies (NF)<br>Lemonade (B)            | Crackers (NF)<br>Peanut Butter (T)<br>Grilled Pork Chop (T)<br>Mashed Potatoes (R)<br>Cauliflower w/ Cheese (R)<br>Applesauce (T)<br>Macadamia Nuts (NF)<br>Apricot Cobbler (T)<br>Tea w/ Lemon & Sugar (B) | Tuna Salad Spread (T)<br>Crackers (NF)<br>Spaghetti w/ Meat Sauce (R)<br>Creamed Spinach (R)<br>Pears (T)<br>Peanuts (NF)<br>Bread Pudding (T)<br>Orange-Mango Drink (B) | Vegetarian Vegetable Soup (T)<br>Crackers (NF)<br>Chicken w/ Peanut Sauce (T)<br>Applesauce (T)<br>Trail Mix (IM)<br>Chocolate Pudding Cake (T)<br>Tea w/ Sugar (B)                   | Cheddar Cheese Spread (T)<br>Crackers (NF)<br>Fiesta Chicken (T)<br>Asparagus (R)<br>Tortilla (FF) x2<br>Pineapple (T)<br>Candy Coated Peanuts (NF)<br>Orange Drink (B)   | Chicken Salad Spread (T)<br>Crackers (NF)<br>Turkey Tetrazzini (R)<br>Macadamia Nuts (NF)<br>Fruit Cocktail (T)<br>Shortbread Cookies (NF)<br>Orange-Pineapple Drink (B)                      | Tuna Salad Spread (T)<br>Crackers (NF)<br>Chicken Strips in Salsa (T)<br>Cauliflower w/ Cheese (R)<br>Tortilla (FF) x2<br>Pears (T)<br>Candy Coated Chocolates (NF)<br>Tea w/ Sugar (B) |
| <b>C</b> | Teriyaki Chicken (R)<br>Mashed Potatoes (R)<br>Broccoli au Gratin (R)<br>Trail Mix (IM)<br>Cherry Blueberry Cobbler (T)<br>Tea w/ Sugar (B)              | Tomato Basil Soup (T)<br>Crackers (NF)<br>Beef Ravioli (T)<br>Italian Vegetables (R)<br>Fruit Cocktail (T)<br>Trail Mix (IM)<br>Chocolate Pudding Cake (T)<br>Orange Drink (B) | Meatloaf (T)<br>Tomatoes & Eggplant (T)<br>Macaroni & Cheese (R)<br>Tortilla (FF) x2<br>Pineapple (T)<br>Candy Coated Peanuts (NF)<br>Apple Cider (B)   | Smoked Turkey (I)<br>Candied Yams (T)<br>Black Beans (T)<br>Tortilla (FF) x2<br><b>Peaches (T)</b><br>Trail Mix (IM)<br>Brownie (NF)<br>Grape Drink (B)                  | Beef Fajitas (I)<br>Southwestern Corn (T)<br>Brown Rice (T)<br>Tortilla (FF) x2<br>Cashews (NF)<br>Almonds (NF)<br>Apricot Cobbler (T)<br>Lemonade (B)                                | Shrimp Cocktail (R)<br>BBQ Beef Brisket (I)<br>Red Beans & Rice (T)<br>Broccoli au Gratin (R)<br>Peaches (T)<br>Macadamia Nuts (NF)<br>Butterscotch Pudding (T)<br>Orange-Mango Drink (B)<br><br><b>EVA Snack</b><br>Pineapple Drink (B)<br>Clif Builder, Peanut Butter (NF)<br>Whole Wheat Tortilla (FF)<br>Peanut Butter (FF) | Split Pea Soup (T)<br>Crackers (NF)<br>Teriyaki Beef Steak (I)<br>Potatoes au Gratin (R)<br>Carrot Coins (T)<br>Tortilla (FF) x2<br>Trail Mix (IM)<br>Vanilla Pudding (T)<br>Orange Drink (B) | Grilled Pork Chop (T)<br>Macaroni & Cheese (R)<br>Creamed Spinach (R)<br>Rhubarb Applesauce (T)<br>Trail Mix (IM)<br>Macadamia Nuts (NF)<br>Bread Pudding (T)<br>Lemonade (B)           |

\*Day 1 consists of Meal C only

\*\*Day 17 consists of Meals A & B only

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

**SHUTTLE MENU STS-127**  
**Stow By Day**

**TOM MARSHBURN, MS-3 (ORANGE)**

| Meal | Day 9  | Day 10 (EVA)  | Day 11  | Day 12 (EVA)  | Day 13   | Day 14   | Day 15  | Day 16  |
|------|--|---|---|---|--|--|---|---|
| A    | Cornflakes (R)<br>Blueberry Raspberry Yogurt (T)<br>Nut & Fruit Granola Bar (NF)<br>Almonds (NF)<br>Orange Drink (B)<br>Cocoa (B)<br>Kona Coffee w/ Cream & Sugar (B)      | Breakfast Sausage Links (I)<br>Granola w/ Blueberries (R)<br>Seasoned Scrambled Eggs (R)<br>Trail Mix (IM)<br>Kona Coffee w/ Cream & Sugar (B)  | Bran Chex (R)<br>Cheese Grits (T)<br>Mocha Yogurt (T)<br>Crackers (NF)<br>Peanut Butter (T)<br>Chocolate Breakfast Drink (B)<br>Pineapple Drink (B)<br>Kona Coffee w/ Cream & Sugar (B) | Oatmeal w/ Brown Sugar (R)<br>Mexican Scrambled Eggs (R)<br>Sausage Pattie (R)<br>Kona Coffee w/ Cream & Sugar (B)  | Granola (R)<br>Dried Apricots (IM)<br>Seasoned Scrambled Eggs (R)<br>Almonds (NF)<br>Orange-Pineapple Drink (B)<br>Kona Coffee w/ Cream & Sugar (B)                    | Mexican Scrambled Eggs (FF)<br>Breakfast Sausage Links (FF)<br>Trail Mix (FF)<br>Yogurt Covered Granola Bar (FF)<br>Orange Drink (FF)<br>Kona Coffee w/ Cream & Sugar (FF) | Cornflakes (R)<br>Cheese Grits (T)<br>Seasoned Scrambled Eggs (R)<br>Vanilla Breakfast Drink (B)<br>Orange-Mango Drink (B)<br>Kona Coffee w/ Cream & Sugar (B)                      | Granola w/ Raisins (R)<br>Sausage Pattie (R)<br>Crackers (NF)<br>Peanut Butter (T)<br>Granola Bar (NF)<br>Peach-Apricot Drink (B)<br>Kona Coffee w/ Cream & Sugar (B)                             |
| B    | Minestrone Soup (T)<br>Crackers (NF)<br>Chicken w/ Corn & Black Beans (T)<br>Tropical Fruit Salad (T)<br>Macadamia Nuts (NF)<br>Brownie (NF)<br>Orange-Pineapple Drink (B) | Cheddar Cheese Spread (T)<br>Crackers (NF)<br>Smoked Turkey (I)<br>Candied Yams (T)<br>Broccoli au Gratin (R)<br>Candy Coated Peanuts (NF)<br>Lemonade (B)  | Dried Beef (IM)<br>Seafood Gumbo (T)<br>Crackers (NF)<br>Cauliflower w/ Cheese (R)<br>Almonds (NF)<br>Shortbread Cookies (NF)<br>Orange-Mango Drink (B)                                 | Cream of Mushroom Soup (R)<br>Crackers (NF)<br>Chicken Teriyaki (I)<br>Tortilla (FF) x2<br>Peaches (T)<br>Macadamia Nuts (NF)<br>Candy Coated Almonds (NF)<br>Lemonade (B)  | Beef Stew (T)<br>Crackers (NF)<br>Noodles & Chicken (R)<br>Mixed Vegetables (T)<br>Cashews (NF)<br>Brownie (NF)<br>Orange Drink (B)                                    | NO MEAL  | Dried Beef (IM)<br>Tuna Noodle Casserole (T)<br>Creamed Spinach (R)<br>Tropical Fruit Salad (T)<br>Macadamia Nuts (NF)<br>Cranapple Dessert (T)<br>Pineapple Drink (B)              | Cheddar Cheese Spread (T)<br>Crackers (NF)<br>Chicken w/ Corn & Black Beans (T)<br>Tortilla (FF) x2<br>Fruit Cocktail (T)<br>Macadamia Nuts (NF)<br>Candy Coated Peanuts (NF)<br>Tea w/ Sugar (B) |
| C    | Shrimp Cocktail (R)<br>Meatloaf (T)<br>Mashed Potatoes (R)<br>Asparagus (R)<br>Tortilla (FF) x2<br>Trail Mix (IM)<br>Cranapple Dessert (T)<br>Tea w/ Sugar (B)             | Fiesta Chicken (T)<br>Black Beans (T)<br>Corn (R)<br>Tortilla (FF) x2<br>Pears (T)<br>Macadamia Nuts (NF)<br>Chocolate Pudding Cake (T)<br>Orange Drink (B)<br><br><b>EVA Snack</b><br>Orange-Mango Drink (B)<br>Clif Bar, Chocolate Chip Peanut Crunch (NF)<br>Whole Wheat Tortilla (FF)<br>Peanut Butter (FF) | Tomato Basil Soup (T)<br>Crackers (NF)<br>Lasagna w/ Meat Sauce (T)<br>Creamed Spinach (R)<br><b>Pineapple (T)</b><br>Trail Mix (IM)<br>Bread Pudding (T)<br>Tea w/ Sugar (B)           | Shrimp Cocktail (R)<br>Grilled Chicken (T)<br>Tomatoes & Eggplant (T)<br>Rice Pilaf (R)<br>Trail Mix (IM)<br>Cherry Blueberry Cobbler (T)<br>Pineapple Drink (B)<br><br><b>EVA Snack</b><br>Peach-Apricot Drink (B)<br>Clif Mojo, Mixed Nut (NF)<br>Whole Wheat Tortilla (FF)<br>Peanut Butter (FF) | Crackers (NF)<br>Peanut Butter (T)<br>Beef Fajitas (I)<br>Southwestern Corn (T)<br>Tortilla (FF) x2<br>Applesauce (T)<br>Banana Pudding (T)<br>Peach-Apricot Drink (B) | Shrimp Cocktail (FF)<br>Teriyaki Beef Steak (FF)<br>Macaroni & Cheese (FF)<br>Asparagus (FF)<br>Tortilla (FF) x2<br>Macadamia Nuts (FF)<br>Lemonade (FF)                   | Chicken Noodle Soup (T)<br>Crackers (NF)<br>BBQ Beef Brisket (I)<br>Potatoes au Gratin (R)<br>Sugar Snap Peas (T)<br>Almonds (NF)<br>Chocolate Pudding Cake (T)<br>Orange Drink (B) | Shrimp Cocktail (R)<br>Sweet & Sour Pork (T)<br>Brown Rice (T)<br>Mixed Vegetables (T)<br>Trail Mix (IM)<br>Vanilla Pudding (T)<br>Orange-Mango Drink (B)   |

◇ Day 14 will be stowed in the fresh food locker

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