

**SHUTTLE MENU STS-128**  
**(Stow By Person)**

**KEVIN FORD, PLT (YELLOW)**

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Meal	Days 1*, 8 & 15**	Days 2 & 9	Days 3 & 10	Day 4	Day 11♦	Days 5 & 12	Days 6 & 13	Days 7 & 14
<b>A</b>	Dried Peaches (IM) Yogurt Covered Granola Bar (NF) Blueberry Raspberry Yogurt (I) Pineapple Drink (B) Kona Coffee w/ Cream & Sugar (B) Metamucil Wafers, Apple (NF)	Dried Pears (IM) Oatmeal w/ Brown Sugar (R) Trail Mix (IM) x2 Orange Drink (B) Kona Coffee w/ Cream & Sugar (B) Metamucil Wafers, Apple (NF) x2	Granola (R) Strawberries (R) Citrus Fruit Salad (I) Orange-Pineapple Drink (B) Kona Coffee w/ Cream & Sugar (B) Metamucil Wafers, Apple (NF) x2	Dried Apricots (IM) Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Pineapple Drink (B) Kona Coffee w/ Cream & Sugar (B) Metamucil Beverage, Berry Burst (FF)	Oatmeal w/ Brown Sugar (FF) Granola Bar (FF) Pineapple Drink (FF) Kona Coffee w/ Cream & Sugar (FF) Metamucil Beverage, Berry Burst (FF)	Dried Peaches (IM) Cashews (NF) x2 Blueberry Raspberry Yogurt (I) Orange Drink (B) Kona Coffee w/ Cream & Sugar (B) Metamucil Wafers, Apple (NF) x2	Granola (R) Rhubarb Applesauce (I) Yogurt Covered Granola Bar (NF) Orange-Pineapple Drink (B) Kona Coffee w/ Cream & Sugar (B) Metamucil Wafers, Apple (NF) x2	Dried Pears (IM) Oatmeal w/ Brown Sugar (R) Strawberries (R) Pineapple Drink (B) Kona Coffee w/ Cream & Sugar (B) Metamucil Beverage, Berry Burst (FF)
<b>B</b>	Lasagna w/ Meat (I) Mixed Vegetables (I) Rhubarb Applesauce (I) Almonds (NF) x2 Brownie (NF) Grape Drink (B) x2 Mango-Peach Smoothie (B)	Chicken Fajitas (I) Corn (R) Tortilla (FF) x2 Fruit Cocktail (I) Candy Coated Peanuts (NF) x2 Lemonade (B) x2 Mango-Peach Smoothie (B)	Cheddar Cheese Spread (I) Crackers (NF) x2 Chicken Strips in Salsa (I) Tortilla (FF) x2 Peaches (I) Chocolate Pudding Cake (I) Green Tea w/ Sugar (B) x2	Beef Stroganoff w/ Noodles (R) x2 Carrot Coins (I) Applesauce (I) Trail Mix (IM) x2 Butter Cookies (NF) Tropical Punch (B) x2 Mango-Peach Smoothie (B)	<b>NO MEAL</b>	Cheddar Cheese Spread (I) Crackers (NF) x2 Spicy Chicken & Vegetables (R) x2 Tortilla (FF) Pineapple (I) Candy Coated Peanuts (NF) x2 Lemonade (B) x2 Mango-Peach Smoothie (B)	Cheese Tortellini (I) Asparagus (R) Almonds (NF) x2 Peaches (I) Butter Cookies (NF) Grape Drink (B) x2 Mango-Peach Smoothie (B)	Cheddar Cheese Spread (I) Crackers (NF) x2 Beef Fajitas (I) Tortilla (FF) x2 Trail Mix (IM) x2 Candy Coated Chocolates (NF) x2 Lemon-Lime Drink (B) x2 Mango-Peach Smoothie (B)
<b>C</b>	Turkey Tetrazzini (R) x2 Asparagus (R) Tortilla (FF) Pineapple (I) Cherry-Blueberry Cobbler (I) Tropical Punch (B)	BBQ Beef Brisket (I) Candied Yams (I) Sugar Snap Peas (I) Tortilla (FF) Cashews (NF) x2 Bread Pudding (I) Pineapple Drink (B)	Spaghetti w/ Meat Sauce (R) x2 Green Beans & Potatoes (I) Tortilla (FF) Almonds (NF) x2 Apricot Cobbler (I) Grape Drink (B)	Tuna Noodle Casserole (I) Sugar Snap Peas (I) Tortilla (FF) Pears (I) <b>Candy Coated Peanuts (NF) x2</b> Tapioca Pudding (I) Lemon-Lime Drink (B)	Tuna Noodle Casserole (FF) Tortilla (FF) Pears (FF) <b>Candy Coated Peanuts (FF) x2</b> Lemon-Lime Drink (FF)	Meatloaf (I) Candied Yams (I) Fettuccine (R) Tortilla (FF) x2 Cherry-Blueberry Cobbler (I) Green Tea w/ Sugar (B)	Grilled Pork Chop (I) Mixed Vegetables (I) Potatoes au Gratin (R) Fruit Cocktail (I) Tortilla (FF) x2 Banana Pudding (I) Lemonade (B)	BBQ Beef Brisket (I) Noodles & Chicken (R) Corn (R) Tortilla (FF) x2 Applesauce (I) Butterscotch Pudding (I) Green Tea w/ Sugar (B)

♦ Day 11 will be stowed in the fresh food locker

\*Day 1 consists of Meal C

\*\*Day 15 consists of Meals A & B

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

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