

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

DANNY OLIVAS, MS-3 (ORANGE)

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Meal	Days 1*, 8 & 15**	Days 2 & 9 (EVA)	Days 3 & 10	Day 4	Day 11◇	Days 5 (EVA) & 12	Days 6 & 13	Days 7 (EVA) & 14
A	Dried Pears (IM) Oatmeal w/ Brown Sugar (no milk) (FF) Breakfast Roll (FF) Seasoned Scrambled Eggs (R) Almonds (NF) Apple Cider (B) x2 Metamucil Wafers, Cinn. (NF)	Sausage Pattie (R) Tropical Fruit Salad (I) Oatmeal w/ Brown Sugar (no milk) (FF) Nut & Fruit Granola Bar (NF) Scrambled Eggs (R) Orange Juice (B)	Dried Apricots (IM) Grits w/ Butter (R) Breakfast Roll (FF) Seasoned Scrambled Eggs (R) Peanut Butter (I) Tortilla (FF) Grapefruit Drink (B) Metamucil Wafers, Cinn. (NF)	Dried Peaches (IM) Oatmeal w/ Brown Sugar (no milk) (FF) Scrambled Eggs (R) Sausage Pattie (R) Nut & Fruit Granola Bar (NF) Orange-Mango Drink (B) Metamucil Wafers, Apple (NF)	Oatmeal w/ Brown Sugar (no milk) (FF) Scrambled Eggs (FF) Sausage Pattie (FF) Orange-Mango Drink (FF) Metamucil Wafers, Apple (FF)	Dried Pears (IM) Breakfast Sausage Links (I) Mexican Scrambled Eggs (R) Grits w/ Butter (R) Macadamia Nuts (NF) Metamucil Wafers, Cinn. (NF) Orange Juice (B)	Applesauce (I) Oatmeal w/ Brown Sugar (no milk) (FF) Scrambled Eggs (R) Nut & Fruit Granola Bar (NF) Peanut Butter (I) Tortilla (FF) Orange-Grapefruit Drink (B) Metamucil Wafers, Apple (NF)	Dried Apricots (IM) Sausage Pattie (R) Almonds (NF) Grits w/ Butter (R) Seasoned Scrambled Eggs (R) Metamucil Wafers, Cinn. (NF) Orange-Pineapple Drink (B)
B	Beef Fajitas (I) Corn (R) Tortilla (FF) x2 Pineapple (I) Cashews (NF) Strawberry Drink (B) x2	Noodles & Chicken (R) Tuna (I) Crackers (NF) x2 Trail Mix (IM) Strawberries (R) Apricot Cobbler (I) Orange-Mango Drink (B) x2 Metamucil Wafers, Apple (NF)	Dried Beef (IM) Smoked Turkey (I) Carrot Coins (I) Tortilla (FF) x2 Peaches (I) Macadamia Nuts (NF) Tropical Punch (B) x2	Grilled Pork Chop (I) Candied Yams (I) Applesauce (I) Shortbread Cookies (NF) Almonds (NF) Tropical Punch (B) x2	NO MEAL	Vegetarian Vegetable Soup (I) Crackers (NF) x2 Beef Steak (I) Asparagus (R) Mashed Potatoes (R) Citrus Fruit Salad (I) Cashews (NF) Tea w/ Sugar (B)	Chicken Fajitas (I) Carrot Coins (I) Tortilla (FF) x2 Pears (I) Trail Mix (IM) Cranapple Dessert (I) Orange Drink (B) x2	Chicken Strips in Salsa (I) Tortilla (FF) x2 Green Beans w/ Mushrooms (R) Pineapple (I) Peanuts (NF) Shortbread Cookies (NF) Grape Drink (B) x2
C	Chicken Strips in Salsa (I) Asparagus (R) Tortilla (FF) x2 Peach Ambrosia (R) Butter Cookies (NF) Grape Drink (B)	Shrimp Cocktail (R) BBQ Beef Brisket (I) Mashed Potatoes (R) Green Beans w/ Mushrooms (R) Tortilla (FF) x2 Peanuts (NF) Lemonade (B) EVA Snack (day 9 only) Clif Bar, Choc. Brownie (NF) Clif Bar, Chocolate Chip (NF) Orange Juice (B)	Chicken Fajitas (I) Brown Rice (I) Sugar Snap Peas (I) Tortilla (FF) x2 Pineapple (I) Cherry Blueberry Cobbler (I) Apple Cider (B)	Beef Fajitas (I) Rice Pilaf (R) Mixed Vegetables (I) Tortilla (FF) x2 Peanuts (NF) Cranapple Dessert (I) Tea w/ Lemon & Sugar (B)	Beef Fajitas (FF) Rice Pilaf (FF) Tortilla (FF) x2 Cranapple Dessert (FF) Tea w/ Lemon & Sugar (FF)	Shrimp Cocktail (R) Chicken w/ Corn & Black Beans (I) Green Beans & Potatoes (I) Tortilla (FF) x2 Strawberries (R) Apricot Cobbler (I) Pineapple Drink (B) x2 EVA Snack (day 5 only) Clif Bar, Choc. Brownie (NF) Clif Bar, Chocolate Chip (NF) Orange Juice (B)	Beef Enchiladas (I) Brown Rice (I) Corn (R) Tortilla (FF) x2 Peach Ambrosia (R) Butter Cookies (NF) Tea w/ Lemon (B)	Shrimp Cocktail (R) BBQ Beef Brisket (I) Rice Pilaf (R) Mixed Vegetables (I) Cherry Blueberry Cobbler (I) Strawberry Drink (B) x2 EVA Snack (day 7 only) Clif Bar, Choc. Chip Peanut Crunch (NF) Clif Bar, Choc. Almond Fudge (NF)

◇ 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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