

SHUTTLE MENU STS-129

(Stow By Day)

LELAND MELVIN, MS-1 (BLUE)

Meal	Days 1 & 12**	Day 2	Day 3	Day 4	Day 5	Day 6
A	Cornflakes (R) Yogurt Covered Granola Bar (NF) Citrus Fruit Salad (I) Seasoned Scrambled Eggs (R) Clif Bar, Chocolate Almond Fudge (NF) Orange Juice (B) Cocoa (B)	Scrambled Eggs (R) Sausage Pattie (R) Blueberry-Raspberry Yogurt (I) Dried Peaches (IM) Clif Bar, Carrot Cake (NF) Orange-Mango Drink (B) Green Tea w/ Sugar (B)	Granola w/ Blueberries (R) Macademia Nuts (NF) Oatmeal w/ Brown Sugar (R) Applesauce (I) Clif Bar, Chocolate Chip Peanut Crunch (NF) Orange Drink (B) Mango Peach Smoothie (B)	Seasoned Scrambled Eggs (R) Cheese Grits (I) Granola w/ Raisins (R) Pears (I) Clif Bar, Blueberry Crisp (NF) Orange Juice (B) Vanilla Breakfast Drink (B)	Breakfast Sausage Links (I) Breakfast Roll (FF) Applesauce (I) Blueberry-Raspberry Yogurt (I) Clif Bar, Cranberry Apple Cherry (NF) Mango Peach Smoothie (B)	Mexican Scrambled Eggs (R) Strawberry Breakfast Drink (B) Granola Bar (NF) Fruit Cocktail (I) Clif Bar, Oatmeal Raisin Walnut (NF) Cocoa (B) Green Tea w/ Sugar (B)
B	Tomato Basil Soup (I) Crackers (NF) x2 Chicken Fajitas (I) Tortilla (FF) x2 Cauliflower w/ Cheese (R) Candy Coated Almonds (NF) Clif Bar, Maple Nut (NF) Grape Drink (B)	Chicken Salad Spread (I) Crackers (NF) x2 Spaghetti w/ Meat Sauce (R) Italian Vegetables (R) Fruit Cocktail (I) Trail Mix (IM) Butter Cookies (NF) Clif Bar, Cool Chocolate Mint (NF) Tropical Punch (B)	Cream of Mushroom Soup (R) Crackers (NF) x2 Tofu w/ Hoisin Sauce (I) Broccoli au Gratin (R) Rice Pilaf (R) Shortbread Cookies (NF) Clif Builder, Cookies & Cream (NF) Grape Drink (B)	Smoked Turkey (I) Tortilla (FF) x2 Creamed Spinach (R) Southwestern Corn (I) Dried Apricots (IM) Chocolate Pudding Cake (I) Clif Bar, Banana Nut Bread (NF) Green Tea w/ Sugar (B)	Split Pea Soup (I) Crackers (NF) x2 Beef Stroganoff (R) Tuna Salad Spread (I) Macaroni & Cheese (R) Citrus Fruit Salad (I) Shortbread Cookies (NF) Clif Builder, Peanut Butter (NF) Apple Cider (B)	Chicken Strips w/ Salsa (I) Tortilla (FF) x2 Carrot Coins (I) Rice Pilaf (R) Pineapple (I) Trail Mix (IM) Clif Bar, Chocolate Brownie (NF) Orange-Mango Drink (B)
C	Dried Beef (IM) Grilled Pork Chop (I) Potatoes au Gratin (R) Carrot Coins (I) Peanuts (NF) Chocolate Pudding Cake (I) Tropical Punch (B) Green Tea w/ Sugar (B)	Fiesta Chicken (I) Tortilla (FF) x2 Black Beans (I) Brown Rice (I) Pineapple (I) Chocolate Pudding Cake (I) Apple Cider (B)	Cheddar Cheese Spread (I) Crackers (NF) x2 Teriyaki Beef Steak (I) Curry Sauce w/ Vegetables (I) Mashed Potatoes (R) Cashews (NF) Brownie (NF) Orange-Mango Drink (B)	Shrimp Cocktail (R) Beef Enchiladas (I) Candied Yams (I) Green Beans & Mushrooms (R) Candy Coated Almonds (NF) Orange-Mango Drink (B)	BBQ Beef Brisket (I) Tortilla (FF) x2 Mashed Potatoes (R) Mixed Vegetables (I) Peaches (I) Candy Coated Chocolates (NF) Grape Drink (B)	Shrimp Cocktail (R) Beef Steak (I) Corn (R) Baked Beans (R) Macademia Nuts (NF) Chocolate Pudding Cake (I) Apple Cider (B)

*Day 1 consists of Meal C only

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

SHUTTLE MENU STS-129

(Stow By Day)

LELAND MELVIN, MS-1 (BLUE)

Meal	Day 7	Day 8	Day 9	Day 10	Day 11
A	Oatmeal w/ Raisins (R) Almonds (NF) Nut & Fruit Granola Bar (NF) Clif Bar, Black Cherry Almond (NF) Mango Peach Smoothie (B) Orange-Mango Drink (B)	Dried Apricots (IM) Cornflakes (R) Sausage Pattie (R) Clif Bar, Crunchy Peanut Butter (NF) Vanilla Breakfast Drink (B) Apple Cider (B) Green Tea w/ Sugar (B)	Granola w/ Blueberries (R) Trail Mix (IM) Scrambled Eggs (R) Breakfast Sausage Links (I) Clif Bar, Chocolate Almond Fudge (NF) Orange Juice (B)	Oatmeal w/ Brown Sugar (R) Blueberry-Raspberry Yogurt (I) Sausage Pattie (R) Clif Bar, Carrot Cake (NF) Mango Peach Smoothie (B) Apple Cider (B) Green Tea w/ Sugar (B)	Mexican Scrambled Eggs (R) Dried Peaches (IM) Yogurt Covered Granola Bar (NF) Clif Bar, Blueberry Crisp (NF) Vanilla Breakfast Drink (B) Orange Juice (B)
B	Vegetarian Vegetable Soup (I) Crackers (NF) x2 Beef Stroganoff (R) x2 Asparagus (R) Peaches (I) Peanuts (NF) Shortbread Cookies (NF) Clif Builder, Chocolate (NF) Green Tea w/ Sugar (B)	Shrimp Cocktail (R) Teriyaki Beef Steak (I) Curry Sauce w/ Vegetables (I) Brown Rice (I) Black Beans (I) Cashews (NF) Candy Coated Chocolates (NF) Clif Bar, Chocolate Chip (NF) Grape Drink (B)	Cheddar Cheese Spread (I) Crackers (NF) x2 Beef Enchiladas (I) Southwestern Corn (I) Mashed Potatoes (R) Cashews (NF) Shortbread Cookies (NF) Clif Bar, Maple Nut (NF) Orange-Mango Drink (B)	Tomato Basil Soup (I) Crackers (NF) x2 Lasagna w/ Meat (I) Italian Vegetables (R) Applesauce (I) Candy Coated Almonds (NF) Clif Builder, Chocolate Mint (NF) Orange Drink (B)	Split Pea Soup (I) Crackers (NF) x2 Chicken w/ Peanut Sauce (I) Mixed Vegetables (I) Citrus Fruit Salad (I) Trail Mix (IM) Vanilla Pudding (I) Clif Bar, Cranberry Apple Cherry (NF) Green Tea w/ Sugar (B)
C	Special Meal BBQ Beef Brisket (I) Baked Beans (I) Potatoes Au Gratin (R) Green Beans w/ Mushrooms (R) Chocolate Pudding Cake (I) Lemonade (B)	Chicken Noodle Soup (I) Crackers (NF) x2 Smoked Turkey (I) Candied Yams (I) Cauliflower w/ Cheese (R) Tortilla (FF) x2 Peanuts (NF) Orange Drink (B) Special Meal BBQ Beef Brisket (I) Baked Beans (I) Mashed Potatoes (R) Green Beans w/ Mushrooms (R) Chocolate Pudding Cake (I) Lemonade (B)	Dried Beef (IM) Chicken Teriyaki (I) Tortilla (FF) x2 Macaroni & Cheese (R) Creamed Spinach (R) Candy Coated Almonds (NF) Green Tea w/ Sugar (B)	Shrimp Cocktail (R) Chicken w/ Corn & Black Beans (I) Broccoli au Gratin (R) Tortilla (FF) x2 Pineapple (I) Macadamia Nuts (NF) Chocolate Pudding Cake (I) Orange-Mango Drink (B)	Tuna Salad Spread (I) Crackers (NF) x2 BBQ Beef Brisket (I) Carrot Coins (I) Tortilla (FF) x2 Almonds (NF) Shortbread Cookies (NF) Tropical Punch (B)

**Day 12 consists of Meals A & B only

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