

SHUTTLE MENU STS-129

Stow by Day

BARRY WILMORE, PLT (YELLOW)

Meal	Days 1* , 7 & 12**	Days 2 & 8	Days 3 & 9	Days 4 & 10	Days 5 & 11	Day 6
A	Oatmeal w/ Brown Sugar (R) Blueberry-Raspberry Yogurt (I) Scrambled Eggs (R) Strawberries (R) Luna Sunrise Bar, Apple Cinnamon (NF) Orange-Mango Drink (B) x2 FRS Beverage, Orange (FF) x2	Yogurt Covered Granola Bar (NF) Mexican Scrambled Eggs (R) Sausage Pattie (R) Clif Bar, Black Cherry Almond (NF) Mango-Peach Smoothie (B) x2 FRS Beverage, Orange (FF) x2	Oatmeal w/ Raisins (R) Snickers Marathon Bar, Multigrain Crunch (NF) Blueberry-Raspberry Yogurt (I) Dried Apricots (IM) Seasoned Scrambled Eggs (R) Orange Drink (B) x2 FRS Beverage, Orange (FF) x2	Granola (R) Breakfast Sausage Links (I) Peach Ambrosia (R) Zone Perfect Bar, Chocolate Raspberry (NF) Apple Cider (B) x2 FRS Beverage, Orange (FF) x2	Blueberry-Raspberry Yogurt (I) Oatmeal w/ Brown Sugar (R) Sausage Pattie (R) Dried Pears (IM) Luna Bar, Smore's (NF) Orange-Pineapple Drink (B) x2 FRS Beverage, Orange (FF) x2	Mexican Scrambled Eggs (R) Breakfast Sausage Links (I) Yogurt Covered Granola Bar (NF) Peaches (I) Clif Builder Bar, Chocolate Mint (NF) Dried Apricots (IM) Orange Drink (B) x2 FRS Beverage, Orange (FF) x2
B	Split Pea Soup (I) Crackers (NF) Chicken Strips in Salsa (I) Tortilla (FF) Peaches (I) Clif Bar, Maple Nut (NF) Candy Coated Almonds (NF) Pineapple Drink (B) x2	Fiesta Chicken (I) Black Beans (I) Tortilla (FF) x2 Carrot Coins (I) Trail Mix (IM) Balance Gold, Triple Choc. Chaos (NF) Butter Cookies (NF) Orange-Mango Drink (B) x2	Dried Beef (IM) Turkey Tetrazzini (R) x2 Cauliflower w/ Cheese (R) Luna Bar, Cookies & Cream Delight (NF) Fruit Cocktail (I) Candy Coated Peanuts (NF) Lemonade (B) x2	Cream of Mushroom Soup (R) Crackers (NF) Teriyaki Chicken (R) Macaroni & Cheese (R) Mixed Vegetables (I) Kashi GoLean Chewy, Oatmeal Raisin Cookie (NF) Brownie (NF) Pineapple Drink (B) x2	Chicken Salad Spread (I) Crackers (NF) Sweet & Sour Pork (I) Rice Pilaf (R) Trail Mix (IM) Clif Bar, Crunchy Peanut Butter (NF) Apple Cider (B) x2	Split Pea Soup (I) Crackers (NF) Lasagna w/ Meat (I) Broccoli au Gratin (R) Applesauce (I) Snickers Marathon Bar, Multigrain Crunch (NF) Lemonade (B) x2
C	Tuna Salad Spread (I) (day 1 only) Crackers (NF) (day 1 only) BBQ Brisket (I) (day 1 only) Baked Beans (I) (day 1 only) Broccoli au Gratin (R) (day 1 only) Cashews (NF) (day 1 only) Brownie (NF) (day 1 only) Lemonade (B) x2 (day 1 only) Special Meal (Day 7 only) BBQ Beef Brisket (I) Baked Beans (I) Potatoes Au Gratin (R) Green Beans w/ Mushrooms (R) Chocolate Pudding Cake (I) Lemonade (B)	Shrimp Cocktail (R) Spaghetti w/ Meat Sauce (R) Creamed Spinach (R) Tropical Fruit Salad (I) Peanuts (NF) Apricot Cobbler (I) Apple Cider (B) x2 Special Meal (Day 8 only) BBQ Beef Brisket (I) Baked Beans (I) Mashed Potatoes (R) Green Beans w/ Mushrooms (R) Chocolate Pudding Cake (I) Lemonade (B)	Tomato Basil Soup (I) Crackers (NF) Beef Ravioli (I) Corn (R) Almonds (NF) Pineapple (I) Chocolate Pudding Cake (I) Tropical Punch (B) x2	Shrimp Cocktail (R) Beef Stroganoff (R) x2 Curry Sauce w/ Vegetables (I) Citrus Fruit Salad (I) Cashews (NF) Shortbread Cookies (NF) Orange-Mango Drink (B) x2	BBQ Brisket (I) Potatoes au Gratin (R) Creamed Spinach (R) Strawberries (R) Macadamia Nuts (NF) Bread Pudding (I) Tropical Punch (B) x2	Shrimp Cocktail (R) Chicken Fajitas (I) Southwestern Corn (I) Tortilla (FF) x2 Almonds (NF) Cherry Blueberry Cobbler (I) Pineapple Drink (B) x2

*Day 1 consists of Meal C only

**Day 12 consists of Meals A & B only

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