

SHUTTLE MENU STS-130

Stow by Day

BOB BEHNKEN, MS-4 (BROWN)

Meal	Days 1* & 8	Days 2 & 9	Days 3 & 10 (EVA)	Day 4	Days 5 (EVA) & 12	Days 6 & 13	Days 7 (EVA) & 14**
A	Sausage Pattie (R) x2 Seasoned Scrambled Eggs (R) Breakfast Roll (FF) Peaches (I) Orange-Mango Drink (B) Kona Coffee w/ C & S (B) x2	Sausage Pattie (R) Orange Drink (B) Chocolate Breakfast Drink (B) Kona Coffee w/ C & S (B) Peanut Butter (I)(day 2only) Grape Jelly (I)(day 2 only) Tortilla (FF)	Sausage Pattie (R) x2 Mexican Scrambled Eggs (R) Breakfast Roll (FF) Strawberry Drink (B) Kona Coffee w/ C & S (B) EVA Snack (day 10 only) Clif Builder, Chocolate Mint (NF) Clif Builder, Chocolate (NF) Strawberry Drink (B)	Peanut Butter (I) Grape Jelly (I) Tortilla (FF) x2 Clif Builder Bar, Chocolate Mint (NF) Chocolate Breakfast Drink (B) Grape Drink (B) Kona Coffee w/ C & S (B)	Sausage Pattie (R) x2 Seasoned Scrambled Eggs (R) Tropical Punch (B) Kona Coffee w/ C & S (B) Clif Builder Bar, Chocolate Mint (NF) Chocolate Breakfast Drink (B) Grape Drink (B) EVA Snack (day 5 only) Clif Builder, Chocolate Mint (NF) Clif Builder, Chocolate (NF) Grape Drink (B)	Sausage Pattie (R) Breakfast Roll (FF) Peaches (I) Chocolate Breakfast Drink (B) Orange Juice (B) Kona Coffee w/ C & S (B)	Sausage Pattie (R) Mexican Scrambled Eggs (R) Lemonade (B) Kona Coffee w/ C & S (B) Grape Drink (B) EVA Snack (day 7 only) Clif Builder, Chocolate Mint (NF) Clif Builder, Chocolate (NF) Orange Drink (B)
B	Chicken w/ Corn & Black Beans (I) Spaghetti w/ Meat Sauce (R) x2 Peaches (I) Nut & Fruit Granola Bar (NF) Tea w/ Lemon & Sugar (B) Tea w/ Lemon & A/S (B)	Smoked Turkey (I) x2 Minestrone Soup (I) Applesauce (I) Dried Beef (IM) x2 Candy Coated Chocolates (NF) x2 Tea w/ Lemon & Sugar (B) Tea w/ Lemon & A/S (B) Spaghetti w/ Meat Sauce (R)	Beef Ravioli (I) x2 Vegetarian Chili (R) x2 Strawberries (R) Nut & Fruit Granola Bar (NF) Candy Coated Chocolates (NF) x2 Tea w/ Lemon & Sugar (B) Tea w/ Lemon & A/S (B)	Spaghetti w/ Meat Sauce (R) x2 Applesauce (I) x2 Shortbread Cookies (NF) x2 Dried Beef (IM) x2 Candy Coated Chocolates (NF) x2 Tea w/ Lemon & Sugar (B) x2 Tea w/ Lemon & A/S (B) x2	Beef Ravioli (I) x2 Peaches (I) Nut & Fruit Granola Bar (NF) Candy Coated Chocolates (NF) x2 Dried Beef (IM) x2 Tea w/ Lemon & Sugar (B) Tea w/ Lemon & A/S (B)	Vegetarian Chili (R) x2 Chicken w/ Corn & Black Beans (I) x2 Strawberries (R) Dried Beef (IM) x3 Candy Coated Chocolates (NF) x3 Tea w/ Lemon & Sugar (B) Tea w/ Lemon & A/S (B)	Spicy Chicken & Vegetables (R) x2 Applesauce (I) Dried Beef (IM) x2 Candy Coated Chocolates (NF) x2 Tea w/ Lemon & Sugar (B) Tea w/ Lemon & A/S (B)
C	Meatloaf (I) Mashed Potatoes (R) Spicy Chicken & Vegetables (R) x2 Chocolate Pudding (I) x2 Candy Coated Chocolates (NF) x2 Tea w/ Lemon & Sugar (B) Orange-Mango Drink (B)	Beef Ravioli (I) (x2 day 2); (x3 day 9) Beef Steak (I) Tortilla (FF) x4 Southwestern Corn (I) (x2 for day 9 only) Candy Coated Chocolates (NF) x2 Tea w/ Lemon & Sugar (B) Orange Drink (B)	Smoked Turkey (I) Meatloaf (I) Mashed Potatoes (R) Tomatoes & Eggplant (I) Tortilla (FF) x2 Chocolate Pudding (I) x2 Tea w/ Lemon & Sugar (B) Strawberry Drink (B)	Beef Fajitas (I) x3 Beef Ravioli (I) Tortilla (FF) x4 Southwestern Corn (I) Tea w/ Lemon & Sugar (B) x2 Grape Drink (B) x2	Meatloaf (I) x2 Spaghetti w/ Meat Sauce (R) x2 Mashed Potatoes (R) Asparagus (R) Macaroni & Cheese (R) Tea w/ Lemon & Sugar (B) Orange Juice (B)	Smoked Turkey (I) x2 Spicy Chicken & Vegetables (R) x2 Beef Steak (I) Minestrone Soup (I) Carrot Coins (I) Tea w/ Lemon & Sugar (B) Lemonade (B)	Beef Steak (I) x2 Beef Ravioli (I) x2 Tortilla (FF) x4 Southwestern Corn (I) Rice Pilaf (R) Tea w/ Lemon & Sugar (B) Tropical Punch (B)

*Day 1 consists of Meal C only

**Day 14 consists of Meals A & B only

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