

**SHUTTLE MENU STS-130**

(Stow by Day)

**KATHYRN HIRE, MS-1 (BLUE)**

<b>Meal</b>	<b>Days 1* &amp; 9</b>	<b>Days 2 &amp; 10</b>	<b>Day 3</b>	<b>Days 4 &amp; 12</b>	<b>Days 5 &amp; 13</b>
<b>A</b>	Scrambled Eggs (R) Oatmeal w/ Brown Sugar (R) Blueberry Raspberry Yogurt (I) Grapefruit Drink (B) Green Tea w/ Sugar (B) FRS Beverage, Lo Cal Orange (FF)	Multigrain Cheerios (R) Cashews (NF) Strawberries (R) Orange-Mango Drink (B) FRS Beverage, Lo Cal Orange (FF) Tropical Fruit Salad (I) (day 2 only)	Sausage Pattie (R) Yogurt Covered Granola Bar (NF) Tropical Fruit Salad (I) Chocolate Breakfast Drink (B) Orange Drink (B) FRS Beverage, Lo Cal Orange (FF)	Oatmeal w/ Raisins (R) Multigrain Cheerios (R) Blueberry Raspberry Yogurt (I) Applesauce (I) Apple Cider (B) FRS Beverage, Lo Cal Orange (FF)	Strawberries (R) Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Orange-Pineapple Drink (B) Green Tea (B) FRS Beverage, Lo Cal Orange (FF)
<b>B</b>	Tuna Salad Spread (I) Crackers (NF) Chicken Fajitas (I) Tortilla (FF) x2 Black Beans (I) Candy Coated Peanuts (NF) Lemonade w/ A/S (B)	Beef Ravioli (I) Crackers (NF) Italian Vegetables (R) Fruit Cocktail (I) Butter Cookies (NF) Turkey Tetrizzini (R) (day 10 only) Mixed Vegetables (I) (day 10 only)	Shrimp Cocktail (R) Turkey Tetrizzini (R) Mixed Vegetables (I) Strawberries (R) Candy Coated Almonds (NF) x2 Tropical Punch (B) x2	Seafood Gumbo (I) Crackers (NF) Corn (R) Citrus Fruit Salad (I) Almonds (NF) Shortbread Cookies (NF)	Grilled Pork Chop (I) Baked Beans (I) Carrot Coins (I) Cashews (NF) Pears (I) Butter Cookies (NF) Trail Mix (IM) (day 5 only)
<b>C</b>	Shrimp Cocktail (R) Sweet & Sour Chicken (R) Brown Rice (I) Asparagus (R) Peaches (I) Brownie (NF) Southwestern Corn (I) (day 9 only)	Shrimp Cocktail (R) Teriyaki Chicken (R) Green Beans & Potatoes (I) Applesauce (I) <b>Cranapple Dessert (I) - day 2; Cherry Blueberry Cobbler (I) - day 10</b> Tea w/ Lemon & Sugar (B)	Fiesta Chicken (I) Tortilla (FF) x2 Southwestern Corn (I) Trail Mix (IM) Chocolate Pudding Cake (I) Lemonade w/ A/S (B) x2	Shrimp Cocktail (R) Lasagana w/ Meat (I) Sugar Snap Peas (I) Pineapple (I) Brownie (NF) Orange-Mango Drink (B) Fiesta Chicken (I) (day 4 only)	Shrimp Cocktail (R) Meatloaf (I) Brown Rice (I) Green Beans & Mushrooms (R) Cranapple Dessert (I) Tea w/ Lemon & Sugar (B) Chocolate Pudding Cake (I) (day 13 only)

\*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

**SHUTTLE MENU STS-130**

(Stow by Day)

**KATHYRN HIRE, MS-1 (BLUE)**

<b>Meal</b>	<b>Days 6 &amp; 14**</b>	<b>Day 7</b>	<b>Day 8</b>
<b>A</b>	Seasoned Scrambled Eggs (R) Blueberry Raspberry Yogurt (I) Granola w/ Raisins (R) Orange Juice (B) FRS Beverage, Lo Cal Orange (FF) Chocolate Breakfast Drink (B) (day 6 only)	Oatmeal w/ Raisins (R) Pears (I) Yogurt Covered Granola Bar (NF) x2 Orange-Mango Drink (B) Green Tea w/ Sugar (B) FRS Beverage, Lo Cal Orange (FF) Orange Drink (B)	Granola w/ Blueberries (R) Blueberry Raspberry Yogurt (I) Cashews (NF) Apple Cider (B) FRS Beverage, Lo Cal Orange (FF) x2 Sausage Pattie (R)
<b>B</b>	Spaghetti w/ Meat Sauce (R) Italian Vegetables (R) Trail Mix (IM) Fruit Cocktail (I) Brownie (NF) Lemonade (B)	Tuna Salad Spread (I) Crackers (NF) Sweet & Sour Pork (I) Brown Rice (I) Candy Coated Peanuts (NF) Peaches (I) Tropical Punch (B)	Shrimp Cocktail (R) x2 Rice & Chicken (R) Sugar Snap Peas (I) Pineapple (I) Brownie (NF) Tea w/ Lemon & Sugar (B)
<b>C</b>	Shrimp Cocktail (R) Chicken Fajitas (I) Tortilla (FF) x3 Black Beans (I) Rhubarb Applesauce (I) Bread Pudding (I)	Shrimp Cocktail (R) Fiesta Chicken (I) Macaroni & Cheese (R) Mixed Vegetables (I) Strawberries (R) x2 Butter Cookies (NF)	Beef Enchiladas (I) Mashed Potatoes (R) Carrot Coins (I) Tortilla (FF) Tropical Fruit Salad (I) Shortbread Cookies (NF)

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