

**SHUTTLE MENU STS-130**

**(Stow By Day)**

**NICHOLAS PATRICK, MS-3 (Orange)**

Meal	Days 1* & 8	Days 2 & 9	Days 3 & 10 (EVA)	Day 4	Days 5 (EVA) & 12	Day 6 & 13	Days 7 (EVA) & 14**
<b>A</b>	Blueberry-Raspberry Yogurt (I) Oatmeal w/ Raisins (R) Breakfast Roll (FF) Dried Pears (IM) Orange-Mango Drink (B) x2 Chocolate Breakfast Drink (B) Lemonade (B) Dried Apricots (IM)	Scrambled Eggs (R) Sausage Pattie (R) Dried Apricots (IM) Clif Builder, Chocolate Mint (NF) Orange-Mango Drink (B) Sausage Pattie (R) (add additional one day 2 only)	Seasoned Scrambled Eggs (R) Breakfast Sausage Links (I) Dried Apricots (IM) Orange-Mango Drink (B) Chocolate Breakfast Drink (B) Lemonade (B) <b><u>EVA Snack (day 10 only)</u></b> Whole Wheat Tortilla (FF) Peanut Butter (I) Clif Builder, Chocolate Mint (NF) Orange-Mango Drink (B)	Scrambled Eggs (R) Sausage Pattie (R) Dried Apricots (IM) Clif Builder, Chocolate Mint (NF) x2 Orange-Mango Drink (B) x2	Blueberry-Raspberry Yogurt (I) Grits w/ Butter (R) Granola w/ Raisins (R) Dried Peaches (IM) Orange-Mango Drink (B) Chocolate Breakfast Drink (B) Whole Wheat Tortilla (FF) Peanut Butter (I) Clif Builder, Chocolate Mint (NF) Orange-Mango Drink (B)	Scrambled Eggs (R) Breakfast Sausage Links (I) Dried Apricots (IM) Applesauce (I) Orange-Mango Drink (B) x2 Scrambled Eggs (R) (add additional one day 6 only)	Seasoned Scrambled Eggs (R) Sausage Pattie (R) Dried Pears (IM) Peaches (I) Orange-Mango Drink (B) Chocolate Breakfast Drink (B) <b><u>EVA Snack (day 7 only)</u></b> Whole Wheat Tortilla (FF) Peanut Butter (I) Clif Builder, Chocolate Mint (NF) Orange-Mango Drink (B)
<b>B</b>	Beef Fajitas (I) Southwestern Corn (I) Tortilla (FF) x2 Shortbread Cookies (NF) Pineapple (I) Brownie (NF) x2 Lemonade (B) x2 Peach-Apricot Drink (B)	Beef Ravioli (I) Potatoes au Gratin (R) Tuna Salad Spread (I) Crackers (NF) x2 Strawberries (R) Trail Mix (IM) Brownie (NF) Lemonade (B) Grape Drink (B)	Hot & Sour Soup (I) Chicken w/ Peanut Sauce (I) Rice Pilaf (R) Cheddar Cheese Spread (I) Crackers (NF) x2 Peaches (I) Brownie (NF) Lemonade (B) Peach-Apricot Drink (B)	Chicken Teriyaki (I) Rice & Chicken (R) Cauliflower with Cheese (R) x2 Applesauce (I)x2 Banana Pudding (I) Brownie (NF) Lemonade (B) Strawberry Drink (B)	<b>Beef Stroganoff w/Noodles (R) (day 5 only); Beef Ravioli (day 12 only)</b> Potatoes au Gratin (R) Cheddar Cheese Spread (I) Crackers (NF) x2 Strawberries (R) Candy Coated Peanuts (NF) Brownie (NF) Lemonade (B) Peach-Apricot Drink (B)	Sweet & Sour Chicken (R) Mashed Potatoes (R) Tortilla (FF) x2 Pears (I) Cashews (NF) Brownie (NF) Lemonade (B) x2 Chicken Teriyaki (I) (day 13 only) Rice & Chicken (R) (day 13 only)	Grilled Chicken (I) Macaroni & Cheese (R) Tomatoes & Eggplant (I) Butter Cookies (NF) Candy Coated Peanuts (NF) Brownie (NF) Lemonade (B) Peach-Apricot Drink (B)
<b>C</b>	Shrimp Cocktail (R) Turkey Tetrazzini (R) Asparagus (R) Tortilla (FF) x2 Tapioca Pudding (I) Rhubarb Applesauce (I) Candy Coated Chocolates (NF) (add additional one day 1 only) Lemonade (B) Apple Cider (B)	Shrimp Cocktail (R) BBQ Beef Brisket (I) Macaroni & Cheese (R) Green Beans w/ Mushrooms (R) Potatoes au Gratin (R) (add additional one day 9 only) Strawberries (R) Candy Coated Chocolates (NF) Lemonade (B) Peach-Apricot Drink (B)	Shrimp Cocktail (R) Beef Ravioli (I) Candied Yams (I) Italian Vegetables (R) Tortilla (FF) x2 Rhubarb Applesauce (I) Candy Coated Chocolates (NF) Apple Cider (B) Peach-Apricot Drink (B) Banana Pudding (I) (day 10 only)	Shrimp Cocktail (R) Beef Tips w/ Mushrooms (I) Potatoes Au Gratin (R) Creamed Spinach (R) x2 Tortilla (FF) x2 Strawberries (R) Candy Coated Chocolates (NF) x2 Lemonade (B) x2 Apple Cider (B) x2	Shrimp Cocktail (R) Chicken Fajitas (I) Tomatoes & Eggplant (I) Cauliflower w/ Cheese (R) Tortilla (FF) x2 Rhubarb Applesauce (I) Candy Coated Chocolates (NF) Apple Cider (B) Pineapple Drink (B)	Shrimp Cocktail (R) Beef Enchiladas (I) Corn (R) Italian Vegetables (R) Tortilla (FF) x2 Strawberries (R) (add additional one day 6 only) Candy Coated Chocolates (NF) Apple Cider (B) Lemonade (B)	Shrimp Cocktail (R) Teriyaki Beef Steak (I) Rice Pilaf (R) Beef Tips w/ Mushrooms (I)(day 7 only) Potatoes Au Gratin (R) Tortilla (FF) x2 Candy Coated Chocolates (NF) Lemonade (B) Peach-Apricot Drink (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