

**SHUTTLE MENU STS-131**

**(Stow By Person)**

**DOROTHY METCALF-LINDENBURGER, MS-2 (GREEN)**

<b>Meal</b>	<b>Days 1* &amp; 9</b>	<b>Days 2 &amp; 10</b>	<b>Days 3 &amp; 11</b>	<b>Days 4 &amp; 12</b>	<b>Days 5 &amp; 13</b>
<b>A</b>	Blueberry Raspberry Yogurt (I) Dried Apricots (IM) Cornflakes (R) Nut & Fruit Granola Bar (NF) Orange Juice (B) Kona Coffee w/ C&S (B)	Seasoned Scrambled Eggs (R) Granola w/ Blueberries (R) Almonds (NF) Orange-Mango Drink (B) Kona Coffee w/ C&S (B)	Oatmeal w/ Raisins (R) Granola Bar (NF) Blueberry Raspberry Yogurt (I) Orange-Pineapple Drink (B) Kona Coffee w/ C&S (B)	Scrambled Eggs (R) Granola w/ Raisins (R) Yogurt Covered Granola Bar (NF) Peach-Apricot Drink (B) Kona Coffee w/ C&S (B)	Bran Chex (R) Oatmeal w/ Brown Sugar (R) Cashews (NF) Orange-Mango Drink (B) Kona Coffee w/ C&S (B)
<b>B</b>	Clif Bar, Oatmeal Raisin Walnut (NF)  Clif Bar, Chocolate Chip Peanut Crunch (NF)  Tropical Punch (B)	Chicken Strips in Salsa (I) Tortilla (FF) x2 Creamed Spinach (R) Peaches (I) Brownie (NF) Green Tea w/ Sugar (B)	Tofu w/ Hot Mustard (I) JAXA Chicken Curry (FF)  JAXA Cooked Rice w/ Vegetables (FF)  Italian Vegetables (R) Citrus Fruit Salad (I) Macadamia Nuts (NF) Grape Drink (B)	Fiesta Chicken (I) Black Beans (I) Mixed Vegetables (I) Tortilla (FF) x2 Fruit Cocktail (I) Candy Coated Almonds (NF) Lemonade (B)	Tomato Basil Soup (I)(day 13 only) Crackers (NF)(day 13 only) Teriyaki Chicken (R)(day 13 only) Cauliflower w/ Cheese (R)(day 13 only) Peaches (I)(day 13 only) Macadamia Nuts (NF)(day 13 only) Tropical Punch (B) Clif Bar, Blueberry Crisp (NF)(day 5 only) Clif Bar, Choc. Chip (NF) (Day 5 only)
<b>C</b>	Smoked Turkey (I) Mashed Potatoes (R) Asparagus (R) Strawberries (R) Cherry Blueberry Cobbler (I) Lemonade (B)	Chicken w/ Peanut Sauce (I) Cauliflower w/ Cheese (R) Pineapple (I) Cashews (NF) Chocolate Pudding Cake (I) Peach Apricot Drink (B)	Grilled Chicken (I) Macaroni & Cheese (R) Green Beans & Mushrooms (R) Strawberries (R) Butter Cookies (NF) Lemonade (B)	Turkey Tetrizzini (R) Potatoes au Gratin (R) Tomatoes & Eggplant (I) Pears (I) Cherry Blueberry Cobbler (I) Pineapple Drink (B)	Chicken Fajitas (I) Tortilla (FF) x2 Creamed Spinach (R) Pineapple (I) 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

Rev A 1/28/2010

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<b>Meal</b>	<b>Days 6 &amp; 14</b>	<b>Days 7 &amp; 15**</b>	<b>Day 8</b>
<b>A</b>	Trail Mix (IM) Granola w/ Blueberries (R) Seasoned Scrambled Eggs (R) Peach-Apricot Drink (B) Kona Coffee w/ C&S (B)	Grits w/ Butter (R) Blueberry Raspberry Yogurt (I) Macadamia Nuts (NF) Orange Juice (B) Kona Coffee w/ C&S (B)	Dried Peaches (IM) Cornflakes (R) Blueberry Raspberry Yogurt (I) Mango-Peach Smoothie (B) Kona Coffee w/ C&S (B)
<b>B</b>	Chicken Strips in Salsa (I) Macaroni & Cheese (R) Tomatoes & Eggplant (I) Citrus Fruit Salad (I) Brownie (NF) Lemonade (B)	Clif Bar, Carrot Cake (NF) Clif Bar, Chocolate Almond Fudge (NF) Orange-Pineapple Drink (B)	Smoked Turkey (I) Mashed Potatoes (R) Broccoli au Gratin (R) Strawberries (R) Almonds (NF) Vanilla Pudding (I) Lemonade (B)
<b>C</b>	Fiesta Chicken (I) Tortilla (FF) x2 Italian Vegetables (R) Almonds (NF) Cranapple Dessert (I) Orange Drink (B)	Turkey Tetrazzini (R) Green Beans & Potatoes (I) Corn (R) Cashews (NF) Strawberries (R) Cherry Blueberry Cobbler (I) Tropical Punch (B)	Vegetarian Vegetable Soup (I) Crackers (NF) Tofu w/ Hoisin Sauce (I) Brown Rice (I) Asparagus (R) Applesauce (I) Orange Drink (B)