

SHUTTLE MENU STS-133

(Stow by Day)

NICOLE STOTT, MS-4 (BROWN)

Meal	Days 1*, 7 & 13**	Day 2	Days 3 & 9	Days 4 & 10	Days 5 & 11
A	Pears (I) Yogurt Covered Granola Bar (NF) Kona Coffee w/ C&S (B)	Oatmeal w/ Brown Sugar (R) Tropical Fruit Salad (I) x2 Kona Coffee w/ C&S (B)	Bran Chex (R) Tortilla (FF) Grape Jelly (I) Strawberries (R) Kona Coffee w/ C&S (B) True Lemon Water (FF) x2	Mexican Scrambled Eggs (R) Strawberries (R) Trail Mix (IM) (day 4 only) Granola Bar (NF) Kona Coffee w/ C&S (B)	Yogurt Covered Granola Bar (NF) Tortilla (FF) Honey (FF) Oatmeal w/ Brown Sugar (R) Kona Coffee w/ C&S (B)
B	Crackers (NF) Macaroni & Cheese (R) Asparagus (R) Granola Bar (NF) Lemon Curd Cake (I) Tea w/ Sugar (B)	Cheddar Cheese Spread (I) Crackers (NF) Vegetable Quiche (FF) Asparagus (R) Pears (I) Tapioca Pudding (I) Tea w/ Sugar (B)	Chicken Noodle Soup (I) Crackers (NF) Turkey Tetrazzini (R) Broccoli au Gratin (R) Trail Mix (IM) Candy Coated Chocolates (NF) Tea w/ Sugar (B)	BBQ Beef Brisket (I) Rice w/ Butter (I) Cauliflower w/ Cheese (R) Pineapple (I) Bread Pudding (I) Tea w/ Sugar (B)	Cream of Mushroom Soup (R) Crackers (NF) JAXA Cooked Rice, Plain (FF) Strawberries (R) Granola Bar (NF) Tea w/ Sugar (B)
C	BBQ Beef Brisket (I) Broccoli au Gratin (R) Rice w/ Butter (I)(day 1) JAXA Cooked Rice, Plain (FF) (day 7) Strawberries (R) Bread Pudding (I) True Lemon Water (FF) x2	Grilled Pork Chop (I) Broccoli au Gratin (R) Pineapple (I) Granola Bar (NF) True Lemon Water (FF) x2	Shrimp Cocktail (R) Lasagna w/ Meat (I) Corn (R) Pears (I) Lemon Curd Cake (I)	Chicken Fajitas (I) Southwestern Corn (I) Tortilla (FF) Tropical Fruit Salad (I) Tapioca Pudding (I) True Lemon Water (FF) x2	Grilled Pork Chop (I) Macaroni & Cheese (R) Asparagus (R) Pears (I) Cherry Blueberry Cobbler (I) True Lemon Water (FF) x2

*Day 1 consists of Meal C only

**Day 13 consists of Meals A & B only

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

Days 6 & 12	Day 8
Oatmeal w/ Brown Sugar (R) Pears (I) Nut & Fruit Granola Bar (NF) Kona Coffee w/ C&S (B) x2	NO MEAL
Cheddar Cheese Spread (I) Crackers (NF) Turkey Tetrazzini (R) Corn (R) Pineapple (I) Tea w/ Sugar (B)	Cheddar Cheese Spread (FF) Crackers (FF) Spaghetti w/ Meat Sauce (FF) Broccoli au Gratin (FF) Pears (FF) Tapioca Pudding (FF) Tea w/ Sugar (FF)
Shrimp Cocktail (R) Spaghetti w/ Meat Sauce (R) Cauliflower w/ Cheese (R) Tropical Fruit Salad (I) Bread Pudding (I) True Lemon Water (FF) x2	NO MEAL