

SHUTTLE MENU STS-133
(Stow by Day)

MIKE BARRATT, MS-3 (ORANGE)

Meal	Day 1*	Day 2	Day 3	Day 8	Day 11	Day 12	Day 13**
A	NO MEAL	Sausage Pattie (R) Dried Pears (IM) Scrambled Eggs (R) Granola Bar (NF) Probar, Superfood Slam (FF) Orange Juice (B) Kona Coffee w/ C&S (B)	Dried Apricots (IM) Bran Chex (R) Granola w/ Blueberries (R) Trail Mix (IM) Probar, Whole Berry Blast (NF) Grapefruit Drink (B) Kona Coffee w/ C&S (B)	NO MEAL	Oatmeal w/ Raisins (R) Mexican Scrambled Eggs (R) Nut & Fruit Granola Bar (NF) Orange-Mango Drink (B) Probar, Whole Berry Blast (NF) Kona Coffee w/ C&S (B)	Dried Peaches (IM) Breakfast Sausage Links (I) Grits w/ Butter (R) Probar, Superfood Slam (FF) Orange Juice (B) Kona Coffee w/ C&S (B)	Blueberry-Raspberry Yogurt (I) Granola w/ Raisins (R) Probar, Superfood Slam (FF) Orange-Grapefruit Drink (B) Kona Coffee w/ C&S (B)
B	NO MEAL	Vegetarian Vegetable Soup (I) Crackers (NF) Grilled Pork Chop (I) Potatoes au Gratin (R) Applesauce (I) Brownie (NF) Green Tea (B) x2 Kona Coffee w/ C&S (B)	Tuna Salad Spread (I) Crackers (NF) Fiesta Chicken (I) Tortilla (FF) x2 Peaches (I) Candy Coated Chocolates (NF) Orange Juice (B) x2 Kona Coffee w/ C&S (B)	Beef Fajitas (FF) Southwestern Corn (FF) Tortilla (FF) x2 Pineapple (FF) Candy Coated Almonds (FF) Probar, Superfood Slam (FF) Lemonade (FF) x2 Kona Coffee w/ C&S (FF)	Beef Stroganoff w/ Noodles (R) Aparagus (R) Fruit Cocktail (I) Macadamia Nuts (NF) Shortbread Cookies (NF) Probar, Superfood Slam (FF) Pineapple Drink (B) Kona Coffee w/ C&S (B)	Split Pea Soup (I) Crackers (NF) Teriyaki Chicken (I) Carrot Coins (I) Strawberries (R) Candy Coated Peanuts (NF) Green Tea (B) Kona Coffee w/ C&S (B)	Spicy Chicken & Vegetables (R) Pasta with Pesto (R) Pears (I) Tortilla (FF) x2 Apricot Cobbler (I) Probar, Whole Berry Blast (NF) Orange Drink (B) x2 Kona Coffee w/ C&S (B)
C	Shrimp Cocktail (R) Tomato Basil Soup (I) Crackers (NF) Turkey Tetrizzini (R) Asparagus (R) Peach Ambrosia (R) Grape Drink (B)	Shrimp Cocktail (R) BBQ Beef Brisket (I) Macaroni & Cheese (R) Green Beans w/ Mushrooms (R) Strawberries (R) Probar, Whole Berry Blast (NF) Vanilla Pudding (I) Lemonade (B)	Shrimp Cocktail (R) Cream of Mushroom Soup (R) Smoked Turkey (I) Candied Yams (I) Corn (R) Probar, Superfood Slam (FF) Cherry Blueberry Cobbler (I) Apple Cider (B)	NO MEAL	Shrimp Cocktail (R) Grilled Pork Chop (I) Rice Pilaf (R) Creamed Spinach (R) Tortilla (FF) x2 Chocolate Pudding Cake (I) Green Tea (B)	Shrimp Cocktail (R) Meatloaf (I) Cauliflower w/ Cheese (R) Tortilla (FF) x2 Pineapple (I) Probar, Whole Berry Blast (NF) Bread Pudding (I) Peach-Apricot Drink (B)	NO MEAL

Day 8 Breakfast

*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, (T) - Thermostabilized