

SHUTTLE MENU STS-133
(Stow by Day)

STEVE BOWEN, MS-2 (GREEN)

Meal	Days 1* & 13**	Day 2	Day 3	Day 8	Day 11	Day 12
A	Granola w/ Blueberries (R) Mexican Scrambled Eggs (R) Trail Mix (IM) Clif Bar, Oatmeal Raisin Walnut (NF) Mango-Peach Smoothie (B) Kona Coffee w/ Sugar (FF) x2	Oatmeal w/ Brown Sugar (R) Granola Bar (NF) Mocha Yogurt (I) x2 Cashews (NF) x2 Odwalla Bar, Berries Go Mega (NF) Vanilla Breakfast Drink (B) Kona Coffee, Black (FF) x2	Granola Bar (NF) Blueberry Raspberry Yogurt (I) Almonds (NF) Clif Bar, Oatmeal Raisin Walnut (NF) Pineapple Drink (B) Kona Coffee w/ Sugar (FF) x2	NO MEAL	Oatmeal w/ Brown Sugar (R) Nut & Fruit Granola Bar (NF) Mocha Yogurt (I) Odwalla Bar, Berries Go Mega (NF) Mango-Peach Smoothie (B) Kona Coffee w/ Sugar (FF) x2	Granola w/ Blueberries (R) Macadamia Nuts (NF) Oatmeal w/ Brown Sugar ® Granola Bar (NF) Clif Bar, Oatmeal Raisin Walnut (NF) Vanilla Breakfast Drink (B) Kona Coffee, Black (FF) x2
B	Tuna Salad Spread (I) Crackers (NF) x2 Chicken Fajitas (I) Tortillas (FF) x2 Southwestern Corn (I) Tropical Fruit Salad (I) Butter Cookies (NF) Lemonade (B)	Tomato Basil Soup (I) Crackers (NF) x2 BBQ Beef Brisket (I) Italian Vegetables (R) Pasta w/ Pesto (I) Strawberries (R) Larabar, Cherry Pie (FF) Vanilla Pudding (I) Green Tea w/ Sugar (B)	Seafood Gumbo (I) Crackers (NF) x2 Lasagna w/ Meat (I) Trail Mix (IM) Citrus Fruit Salad (I) Larabar, Apple Pie (FF) Shortbread Cookies (NF) Tea w/ Sugar (FF)	Tomato Basil Soup (FF) Crackers (FF) x2 BBQ Beef Brisket (FF) Italian Vegetables (FF) Pasta w/ Pesto (FF) Strawberries (FF) Larabar, Cherry Pie (FF) Vanilla Pudding (FF) Green Tea w/ Sugar (FF)	Tuna Salad Spread (I) Crackers (NF) x2 Lasagna w/ Meat (I) Italian Vegetables (R) Pineapple (I) Cashews (NF) Butter Cookies (NF) Green Tea w/ Sugar (B)	Shrimp Cocktail (R) Turkey Tetrazzini (R) x2 Tomatoes & Eggplant (I) Brown Rice (I) Tropical Fruit Salad (I) Cherry Blueberry Cobbler (I) Tea w/ Lemon (FF)
C	Shrimp Cocktail (R) Beef Ravioli (I) Tomatoes & Eggplant (I) Pineapple (I) Almonds (NF) Cherry Blueberry Cobbler (I) Tea w/ Lemon (FF)	Turkey Tetrazzini (R) x2 Black Beans (I) Cauliflower w/ Cheese (R) Macadamia Nuts (NF) Cranapple Dessert (I) Lemonade (B)	Shrimp Cocktail (R) Fiesta Chicken (I) Brown Rice (I) Tortilla (FF) Creamed Spinach (R) Bread Pudding (I) Lemonade (B)	NO MEAL	BBQ Beef Brisket (I) Tortilla (FF) Baked Beans (I) Cauliflower w/ Cheese (R) Citrus Fruit Salad (I) Trail Mix (IM) Apricot Cobbler (I) Tea w/ Sugar (FF)	Tomato Basil Soup (I) Crackers (NF) x2 Fiesta Chicken (I) Pasta w/ Pesto (I) Tortilla (FF) Larabar, Apple Pie (FF) Candy Coated Almonds (NF) Tropical Punch (B)

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, (I) - Thermostabilized