

SHUTTLE MENU STS-133
(Stow by Day)

ALVIN DREW, MS-1 (BLUE)

Meal	Day 1*	Day 2	Days 3 & 11	Day 8	Day 12	Day 13**
A	NO MEAL	Chocolate Breakfast Drink (B) Breakfast Sausage Links (I) Yogurt Covered Granola Bar (NF) Oatmeal w/ Brown Sugar (R) Orange-Grapefruit Drink (B) Kona Coffee w/ Cream & Sugar (B)	Sausage Pattie (R) Seasoned Scrambled Eggs (R) Granola w/ Raisins (R) Orange-Mango Drink (B) Kona Coffee w/ Cream & Sugar (B)	NO MEAL	Vanilla Breakfast Drink (B) Breakfast Sausage Links (I) Grits w/ Butter (R) Strawberries (R) Orange-Pineapple Drink (B) x2 Cocoa (B)	Sausage Pattie (R) Mexican Scrambled Eggs (R) Tortilla (FF) x2 Cornflakes (R) Orange Juice (B) Kona Coffee w/ Cream & Sugar (B)
B	NO MEAL	Dried Beef (IM) Seafood Gumbo (I) Tortilla (FF) x2 Asparagus (R) Pineapple (I) Candy Coated Almonds (NF) Tropical Punch (B)	Chicken Fajitas (I) Southwestern Corn (I) Tortilla (FF) x2 Cashews (NF) Butter Cookies (NF) Lemonade (B)	Dried Beef (FF) Turkey Tetrazzini (FF) x2 Mashed Potatoes (FF) Asparagus (FF) Pears (FF) Trail Mix (FF) Pineapple Drink (FF)	Tomato Basil Soup (I) Crackers (NF) x2 Beef Steak (I) Potatoes Au Gratin (R) Italian Vegetables (R) Candy Coated Chocolates (NF) Tropical Punch (B)	Cheddar Cheese Spread (I) Crackers (NF) x2 Noodles & Chicken (R) Tomatoes & Eggplant (I) Candy Coated Peanuts (NF) Applesauce (I) Peach-Apricot Drink (B)
C	Shrimp Cocktail (R) Smoked Turkey (I) Green Beans w/ Mushrooms (R) Rice & Chicken (R) Chocolate Pudding Cake (I) Grape Drink (B) x2	Beef Stroganoff (R) x2 Broccoli Au Gratin (R) Mashed Potatoes (R) Strawberries (R) Vanilla Pudding (I) Orange Drink (B) x2	Minestrone Soup (I) Crackers (NF) x2 Spaghetti w/ Meat Sauce (R) Creamed Spinach (R) Pears (I) Bread Pudding (I) Peach-Apricot Drink (B) x2	NO MEAL	Spicy Chicken & Vegetables (R) Rice Pilaf (R) Tortilla (FF) x2 Macadamia Nuts (NF) Shortbread Cookies (NF) Grape Drink (B) x2	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, (I) - Thermostabilized