

**SHUTTLE MENU STS-133**  
(Stow by Day)

**STEVE LINDSEY, CDR (RED)**

Meal	Day 1*	Day 2	Days 3 & 11	Day 8	Day 12	Day 13**
<b>A</b>	<b>NO MEAL</b>	Oatmeal w/ Raisins (R) Breakfast Sausage Links (I) Fruit Cocktail (I) Orange Juice (B) Kona Coffee w/ C & S (B) x2 Earl Grey Tea w/ Sugar (FF)	Granola w/ Blueberries (R) Granola Bar (NF) Pears (I) Strawberry Breakfast Drink (B) Kona Coffee w/ C & S (B) x2 Earl Grey Tea w/ Sugar (FF)	<b>NO MEAL</b>	Fruit Cocktail (I) Breakfast Sausage Links (I) Breakfast Roll (FF) Tortilla (FF) x2 Orange Juice (B) Kona Coffee w/ C & S (B) x3 Earl Grey Tea w/ Sugar (FF)	Pears (I) Mocha Yogurt (I) Granola w/ Blueberries (R) Chocolate Breakfast Drink (B) Kona Coffee w/ C & S (B) x2 Earl Grey Tea w/ Sugar (FF)
<b>B</b>	<b>NO MEAL</b>	Dried Beef (IM) Fuji Apple (FF) Tortilla (FF) x2 Cashews (NF) Tapioca Pudding (I) Clif Bar, Blueberry Crisp (NF) Tea w/ Sugar (B) x2	Cheddar Cheese Spread (I) x2 Tortilla (FF) x2 Fuji Apple (FF)(day 3 only) Brownie (NF) Gum (FF) Clif Bar, Peanut Toffee Buzz (NF) Tea w/ Sugar (B) x2	Peanut Butter (FF) Grape Jelly (FF) Tortilla (FF) x2 Trail Mix (FF) Fuji Apple (FF) Brownie (FF) Clif Bar, Blueberry Crisp (NF) Tea w/ Sugar (FF) x2	Peanut Butter (I) Grape Jelly (I) Tortilla (FF) x2 Trail Mix (IM) Tropical Fruit Salad (I) Granola Bar (NF) Tea w/ Sugar (B) x2	Cheddar Cheese Spread (I) Tortilla (FF) x2 Fuji Apple (FF) Dove Miniatures (FF) Butter Cookies (NF) Gum (FF) Tea w/ Sugar (B) x2
<b>C</b>	Cream of Mushroom Soup (R) Grilled Pork Chop (I) Mashed Potatoes (R) Tortilla (FF) x2 Brownie (NF) Dove Miniatures (FF) Strawberry Drink (B)	Shrimp Cocktail (R) Beef Tips w/ Mushrooms (I) Macaroni & Cheese (R) Chocolate Pudding (I) Chocolate Pudding Cake (I) Dove Miniatures (FF) Apple Cider (B)	Cream of Mushroom Soup (R) Chicken Fajita (I) Macaroni & Cheese (R) Tortilla (FF) x2 Butterscotch Pudding (I) Orange-Mango Drink (B)	<b>NO MEAL</b>	Shrimp Cocktail (R) Teriyaki Chicken (R) Cheese Tortellini (I) Tortilla (FF) x2 Clif Bar, Cool Choc. Mint (NF) Dove Miniatures (FF) Peach-Apricot Drink (B)	<b>NO MEAL</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, (T) - Thermostabilized