

**SHUTTLE MENU STS-133**

**(Stow by Day)**

**NICOLE STOTT, MS-4 (BROWN)**

Meal	Days 1* & 13**	Day 2	Day 3	Day 8	Day 11	Day 12
<b>A</b>	Pears (I) Yogurt Covered Granola Bar (NF) Kona Coffee w/ C&S (B)	Oatmeal w/ Brown Sugar (R) <b>Tropical Fruit Salad (I) x2</b> 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	<b>NO MEAL</b>	Yogurt Covered Granola Bar (NF) Tortilla (FF) Honey (FF) Oatmeal w/ Brown Sugar (R) Kona Coffee w/ C&S (B)	Oatmeal w/ Brown Sugar (R) Pears (I) Nut & Fruit Granola Bar (NF) <b>Kona Coffee w/ C&amp;S (B) x2</b>
<b>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)	Cheddar Cheese Spread (FF) Crackers (FF) Spaghetti w/ Meat Sauce (FF) Broccoli au Gratin (FF) Pears (FF) Tapioca Pudding (FF) Tea w/ Sugar (FF)	Cream of Mushroom Soup (R) Crackers (NF) JAXA Cooked Rice, Plain (FF) Strawberries (R) Granola Bar (NF) Tea w/ Sugar (B)	Cheddar Cheese Spread (I) Crackers (NF) Turkey Tetrazzini (R) Corn (R) Pineapple (I) Tea w/ Sugar (B)
<b>C</b>	BBQ Beef Brisket (I) Broccoli au Gratin (R) Rice w/ Butter (I) 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)	<b>NO MEAL</b>	Grilled Pork Chop (I) Macaroni & Cheese (R) Asparagus (R) Pears (I) Cherry Blueberry Cobbler (I) True Lemon Water (FF) x2	Shrimp Cocktail (R) Spaghetti w/ Meat Sauce (R) Cauliflower w/ Cheese (R) Tropical Fruit Salad (I) Bread Pudding (I) True Lemon Water (FF) x2

**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