

SHUTTLE MENU STS-134

(Stow By Day)

GREG CHAMITOFF, MS-4 (BROWN)

GREG C

Meal	Day 1* & 15**	Day 2	Day 3	Day 4	Day 5	Day 6	Meal
A	Orange-Mango Drink (B) Cherry Blueberry Cobbler (I) Quaker Low Fat Choc. Chip Granola Bar (FF) Fruit Cocktail (I)	Mango-Peach Smoothie (B) Orange-Mango Drink (B) Oatmeal w/ Brown Sugar (R) x2 Nut & Fruit Granola Bar (NF) Blueberry-Raspberry Yogurt (I) Strawberries (R)	Tropical Punch w/ A/S (B) Granola w/ Blueberries (R) x2 Quaker Low Fat Choc. Chip Granola Bar (FF) Fruit Cocktail (I) Blueberry-Raspberry Yogurt (I)	Orange-Mango Drink (B) Cherry Blueberry Cobbler (I) Nut & Fruit Granola Bar (NF) Fruit Cocktail (I) Cashews (NF)	Orange-Mango Drink (B) Oatmeal w/ Raisins (R) x2 Quaker Low Fat Choc. Chip Granola Bar (FF) Fruit Cocktail (I) Blueberry-Raspberry Yogurt (I)	Mango-Peach Smoothie (B) Granola w/ Blueberries (R) x2 Nut & Fruit Granola Bar (NF) x2 Fruit Cocktail (I)	A
B	Tortilla (FF) Arizona Diet Green Tea (FF) Almonds (NF) Peanut Butter (I) Grape Jelly (I) Chicken Salad Spread (I) Blueberry-Raspberry Yogurt (I) Tropical Punch w/ A/S (B)	Tortilla (FF) Arizona Diet Green Tea (FF) Macadamia Nuts (NF) Cheddar Cheese Spread (I) Chicken Salad Spread (I) Candied Yams (I) Cherry Blueberry Cobbler (I) Tropical Punch w/ A/S (B)	Tortilla (FF) Arizona Diet Green Tea (FF) Almonds (NF) Peanut Butter (I) Grape Jelly (I) Tuna Salad Spread (I) Red Beans & Rice (I) Brownie (NF)	Tortilla (FF) Arizona Diet Green Tea (FF) Macadamia Nuts (NF) Cheddar Cheese Spread (I) Tuna Salad Spread (I) Blueberry-Raspberry Yogurt (I) Cranapple Dessert (I)	Tortilla (FF) Arizona Diet Green Tea (FF) Almonds (NF) Cheddar Cheese Spread (I) Chicken Salad Spread (I) Candied Yams (I) Cherry Blueberry Cobbler (I) Tropical Punch w/ A/S (B)	Tortilla (FF) Arizona Diet Green Tea (FF) Macadamia Nuts (NF) Peanut Butter (I) Grape Jelly (I) Tuna Salad Spread (I) Strawberries (R) Blueberry-Raspberry Yogurt (I)	B
C	Tortilla (FF) Arizona Diet Green Tea (FF) Blueberry-Raspberry Yogurt (I) Cheddar Cheese Spread (I) Chicken Salad Spread (I) Strawberries (R) Pears (I) Candy Coated Peanuts (NF)	Tortilla (FF) Arizona Diet Green Tea (FF) Fiesta Chicken (I) Cashews (NF) Green Beans & Potatoes (I) Black Beans (I) Peaches (I) Brownie (NF)	Tortilla (FF) Arizona Diet Green Tea (FF) Chicken w/ Corn & Black Beans (I) Tomato Basil Soup (I) Carrot Coins (I) Homestyle Potatoes (I) Pears (I) Candy Coated Peanuts (NF) Chocolate Pudding Cake (I)	Tortilla (FF) Arizona Diet Green Tea (FF) Chicken Fajitas (I) Green Beans & Potatoes (I) Strawberries (R) Peaches (I) Brownie (NF) Tropical Punch w/ A/S (B)	Tortilla (FF) Arizona Diet Green Tea (FF) BBQ Beef Brisket (I) Hot & Sour Soup (I) Broccoli au Gratin (R) Homestyle Potatoes (I) Pears (I) Candy Coated Peanuts (NF) Chocolate Pudding Cake (I)	Tortilla (FF) Arizona Diet Green Tea (FF) Sweet & Sour Pork (I) Cashews (NF) Creamed Spinach (R) Red Beans & Rice (I) Peaches (I) Brownie (NF)	C

**Day 15 consists of Meals A & B only

*Day 1 consists of Meal C only

(B) - Beverage, (FF) - Fresh Food, (I) - Irradiated, (IM) - Intermediate Moisture, (NF) - Natural Form, (R) - Rehydratable, (I) - Thermostabilized

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SHUTTLE MENU STS-134

(Stow By Day)

CHAMITOFF, MS-4 (BROWN)

Day 7	Day 8	Day 9	Day 10	Day 12
Tropical Punch w/ A/S (FF) Cherry Blueberry Cobbler (FF) Quaker Low Fat Choc. Chip Granola Bar (FF) Fruit Cocktail (FF) Macadamia Nuts (FF)	Orange-Mango Drink (B) Oatmeal w/ Brown Sugar (R) x2 Nut & Fruit Granola Bar (NF) Fruit Cocktail (I) Blueberry-Raspberry Yogurt (I)	Orange-Mango Drink (B) Granola w/ Blueberries (R) x2 Quaker Low Fat Choc. Chip Granola Bar (FF) Fruit Cocktail (I)	Mango-Peach Smoothie (B) Cherry Blueberry Cobbler (I) Nut & Fruit Granola Bar (NF) Fruit Cocktail (I) Cashews (NF)	Tropical Punch w/ A/S (B) Oatmeal w/ Raisins (R) x2 Quaker Low Fat Choc. Chip Granola Bar (FF) Fruit Cocktail (I) Orange-Mango Drink (B) Blueberry-Raspberry Yogurt (I)
Tortilla (FF) Arizona Diet Green Tea (FF) Tomato Basil Soup (FF) Almonds (FF) Cheddar Cheese Spread (FF) Chicken Salad Spread (FF) Southwestern Corn (FF) Applesauce (FF) Tropical Punch w/ A/S (FF)	Tortilla (FF) Arizona Diet Green Tea (FF) Macadamia Nuts (NF) Cheddar Cheese Spread (I) Tuna Salad Spread (I) Candied Yams (I) Applesauce (I) Candy Coated Peanuts (NF)	Tortilla (FF) Arizona Diet Green Tea (FF) Almonds (NF) Peanut Butter (I) Grape Jelly (I) Chicken Salad Spread (I) Red Beans & Rice (I) Tropical Punch w/ A/S (B)	Tortilla (FF) Arizona Diet Green Tea (FF) Macadamia Nuts (NF) Cheddar Cheese Spread (I) Tuna Salad Spread (I) Black Beans (I) Cranapple Dessert (I)	Tortilla (FF) Arizona Diet Green Tea (FF) Almonds (NF) Cheddar Cheese Spread (I) Chicken Salad Spread (I) Candied Yams (I) Applesauce (I) Tropical Punch w/ A/S (B)
Arizona Diet Green Tea (FF) Candy Coated Peanuts (FF) Italian Meal Sardinian Pasta (FF) Parmigiano Reggiano Cheese (FF) Sausage (FF) Hazelnut Choc. And Marzipan Cand Lemonade (FF)	Tortilla (FF) Arizona Diet Green Tea (FF) Chicken w/ Peanut Sauce (I) Green Beans & Potatoes (I) Homestyle Potatoes (I) Peaches (I) Brownie (NF) Tropical Punch w/ A/S (B)	Tortilla (FF) Arizona Diet Green Tea (FF) BBQ Beef Brisket (I) Hot & Sour Soup (I) Broccoli au Gratin (R) Strawberries (R) Pears (I) Candy Coated Peanuts (NF) Chocolate Pudding Cake (I)	Tortilla (FF) Arizona Diet Green Tea (FF) Sweet & Sour Pork (I) Cashews (NF) Cauliflower w/ Cheese (R) Homestyle Potatoes (I) Peaches (I) Brownie (NF) Blueberry-Raspberry Yogurt (I)	Tortilla (FF) Arizona Diet Green Tea (FF) Fiesta Chicken (I) Tomato Basil Soup (I) Green Beans & Potatoes (I) Southwestern Corn (I) Pears (I) Candy Coated Peanuts (NF) Chocolate Pudding Cake (I)

Day 11 - Eat ISS Food

(B) - Beverage, (FF) - Fresh Food, (I) - Irradiated, (IM) - Intermediate Moisture, (NF) - Natural Form, (R) - Rehydratable, (I) - Thermostabilized

GREG CHAMITOFF, MS-4 (BROWN)

Meal	Day 13	Day 14
A	Orange-Mango Drink (B) Granola w/ Blueberries (R) x2 Nut & Fruit Granola Bar (NF) Fruit Cocktail (I) Blueberry-Raspberry Yogurt (I)	Mango-Peach Smoothie (B) Granola w/ Blueberries (R) Nut & Fruit Granola Bar (NF) x2 Fruit Cocktail (I)
B	Tortilla (FF) Arizona Diet Green Tea (FF) Macadamia Nuts (NF) Cheddar Cheese Spread (I) Tuna Salad Spread (I) Strawberries (R) Cherry Blueberry Cobbler (I) Candy Coated Peanuts (NF)	Tortilla (FF) Arizona Diet Green Tea (FF) Macadamia Nuts (NF) Peanut Butter (I) Grape Jelly (I) Tuna Salad Spread (I) Strawberries (R) Blueberry-Raspberry Yogurt (I)
C	Tortilla (FF) Arizona Diet Green Tea (FF) Fiesta Chicken (I) Hot & Sour Soup (I) Creamed Spinach (R) Red Beans & Rice (I) Peaches (I) Brownie (NF)	Tortilla (FF) Arizona Diet Green Tea (FF) Sweet & Sour Pork (I) Cashews (NF) Creamed Spinach (R) Red Beans & Rice (I) Peaches (I) Brownie (NF)