

SHUTTLE MENU STS-134

(Stow By Day)

DREW FEUSTEL, MS-3 (ORANGE)

Meal	Days 1* & 15**	Days 2 & 8	Days 3 & 9	Days 4 & 10	Days 5 (EVA) & 12
A	Dried Apricots (IM) Chocolate Breakfast Drink (B) Grits w/ Butter (R) Scrambled Eggs (R) Peach-Apricot Drink (B)	Bran Chex (R) Blueberry-Raspberry Yogurt (I) Yogurt Covered Granola Bar (NF) Milky Way (FF) Clif Builder, Peanut Butter (NF) Cocoa (B) Orange Drink (B)	Oatmeal w/ Brown Sugar (R) Breakfast Sausage Links (I) Scrambled Eggs (R) Chocolate Breakfast Drink (B) Orange-Pineapple Drink (B)	Dried Pears (IM) Bran Chex (R) Yogurt Covered Granola Bar (NF) Blueberry-Raspberry Yogurt (I) Milky Way (FF) Cocoa (B)	Grits w/ Butter (R) Dried Apricots (IM) Scrambled Eggs (R) Chocolate Breakfast Drink (B) Orange-Pineapple Drink (B) EVA Snack (Day 5 only) Clif Builder, Peanut Butter (NF) x2 Orange Drink (B)
B	Vegetarian Vegetable Soup (I) Crackers (NF) x2 Sweet & Sour Pork (I) Brown Rice (I) Strawberries (R) Candy Coated Almonds (NF) x2 Orange-Pineapple Drink (B) x2	Teriyaki Chicken (R) Cashew Curry Chicken (R) Mashed Potatoes (R) Applesauce (I) Cashews (NF) Shortbread Cookies (NF) Orange-Mango Drink (B)	Split Pea Soup (I) Crackers (NF) x2 Meatloaf (I) Pineapple (I) Peanuts (NF) Banana Pudding (I) Tropical Punch (B) x2	Vegetarian Vegetable Soup (I) Crackers (NF) x2 Grilled Pork Chop (I) Mashed Potatoes (R) Almonds (NF) Fruit Cocktail (I) Lemon Curd Cake (I) Peach-Apricot Drink (B)	Chicken Noodle Soup (I) Crackers (NF) x2 Fiesta Chicken (I) Peaches (I) Cashews (NF) Butterscotch Pudding (I) Pineapple Drink (B) x2
C	Rice & Chicken (R) Carrot Coins (I) Tortillas (FF) x2 Fruit Cocktail (I) Butter Cookies (NF) Tropical Punch (B)	Chicken Noodle Soup (I) Crackers (NF) x2 Beef Tips w/ Mushrooms (I) Tortillas (FF) x2 Peaches (I) Chocolate Pudding (I) Peach-Apricot Drink (B) x2	Chicken Fajitas (I) Black Beans (I) Tortillas (FF) x2 Strawberries (R) Candy Coated Chocolates (NF) x2 Apple Cider (B)	Curry Sauce w/ Vegetables (I) Brown Rice (I) Tortillas (FF) x2 Applesauce (I) Candy Coated Peanuts (NF) x2 Orange-Mango Drink (B) x2	Beef Tips w/ Mushrooms (I) Mashed Potatoes (R) Tortillas (FF) x2 Pineapple (I) Shortbread Cookies (NF) Tropical Punch (B)

Day 11 - Eat ISS food

*Day 1 consists of Meal C only

**Day 15 consists of Meals A & B only

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

DREW FEUSTEL, MS-3 (ORANGE) DREW FEUSTEL, MS-3 (ORANGE)

Meal	Days 6 & 13	Day 7 (EVA)	Day 14
A	Oatmeal w/ Brown Sugar (R) Dried Pears (IM) Yogurt Covered Granola Bar (NF) Breakfast Sausage Links (I) Milky Way (FF) Cocoa (B)	Dried Apricots (FF) Chocolate Breakfast Drink (FF) Grits w/ Butter (FF) Scrambled Eggs (FF) Peach-Apricot Drink (FF) <u>EVA Snack</u> Clif Builder, Peanut Butter (FF) x2 Peach-Apricot Drink (FF)	Blueberry-Raspberry Yogurt (I) Yogurt Covered Granola Bar (NF) Milky Way (FF) Clif Builder, Peanut Butter (NF) Cocoa (B) Orange Drink (B)
B	Beef Stew (I) Crackers (NF) x2 Rice & Chicken (R) Fruit Cocktail (I) Rhubarb Applesauce (I) Candy Coated Almonds (NF) x2 Apple Cider (B)	Vegetarian Vegetable Soup (FF) Crackers (FF) x2 Sweet & Sour Pork (FF) Brown Rice (FF) Strawberries (FF) Candy Coated Almonds (FF) x2 Orange-Pineapple Drink (FF) x2	Teriyaki Chicken (R) Mashed Potatoes (R) Applesauce (I) Cashews (NF) Shortbread Cookies (NF) Orange-Mango Drink (B)
C	Chicken Fajitas (I) Black Beans (I) Tortillas (FF) x2 Peaches (I) Chocolate Pudding (I) Orange Drink (B) x2	Fruit Cocktail (FF) Butter Cookies (FF) Italian Meal (day 7 only) Sardinian Pasta (FF) Parmigiano Reggiano Cheese (FF) Sausage (FF) Hazelnut Choc. And Marzipan Candy (FF) Lemonade (FF)	Rice & Chicken (R) Carrot Coins (I) Tortillas (FF) x2 Fruit Cocktail (I) Butter Cookies (NF) Tropical Punch (B)