

SHUTTLE MENU STS-135

Stow By Day

REX WALHEIM, MS-2 (GREEN)

Meal	Day 1*	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7 - JULY 4th MEAL
A	NO MEAL	Applesauce (I) Sausage Pattie (R) Bran Chex (R) Almonds (NF) Apple Cider (B) Peach-Apricot Drink (B)	Sausage Pattie (R) Crackers (NF) Almonds (NF) Mango-Peach Smoothie (B) Apple Cider (B)	Dried Beef (IM) x2 Rice & Chicken (R) Butter Cookies (NF) Mango-Peach Smoothie (B) Apple Cider (B)	Sausage Pattie (R) Cream of Mushroom Soup (R) Almonds (NF) Beef Stroganoff (R) Apple Cider (B) Grape Drink (B)	Noodles & Chicken (R) Dried Beef (IM) x2 Clif Bar, White Chocolate Mac. Nut Apple Cider (B) Mango-Peach Smoothie (B)	Sausage Pattie (R) Noodles & Chicken (R) Bran Chex (R) Butter Cookies (NF) Vanilla Breakfast Drink (B) Apple Cider (B)
B	NO MEAL	Cream of Mushroom Soup (R) Dried Beef (IM) Rice & Chicken (R) Vanilla Pudding (I) Clif, Chocolate Brownie (NF) Strawberry Drink (B) Peach-Apricot Drink (B)	Tomato Basil Soup (I) Shrimp Cocktail (R) Noodles & Chicken (R) Candy Coated Peanuts (NF) Beef Stroganoff (R) Grape Drink (B)	Cream of Mushroom Soup (R) Dried Beef (IM) x2 Crawfish Etouffee (I) Shortbread Cookies (NF) Candy Coated Almonds (NF) Balance Bar, Caramel Nut Blast (FF) Grape Drink (B)	Tomato Basil Soup (I) Chicken in Pouches (I) Tortilla (FF) Clif Bar, Choc. Brownie (NF) Banana Pudding (I) Grape Drink (B) Orange-Pineapple Drink (B)	Minestrone Soup (I) Tuna Noodle Casserole (I) Tomatoes & Eggplant (I) Butter Cookies (NF) Peach-Apricot Drink (B) Grape Drink (B)	Cream of Mushroom Soup (R) Shrimp Cocktail (R) Almonds (NF) Shortbread Cookies (NF) MetRx Big 100, Super Cookie (NF) Grape Drink (B) Apple Cider (B)
C	Cream of Mushroom Soup (R) Beef Steak (I) Shortbread Cookies (NF) Tortillas (FF) x2 Vanilla Pudding (I) Grape Drink (B) Apple Cider (B)	Mashed Potatoes (R) Teriyaki Beef Steak (I) Shortbread Cookies (NF) Candy Coated Chocolates (NF) Tortillas (FF) x2 Orange-Grapefruit Drink (B) Grape Drink (B)	Crawfish Etouffee (I) Chicken in Pouches (I) Mashed Potatoes (R) Peanuts (NF) Brownie (NF) Tortillas (FF) x2 Peach-Apricot Drink (B) Strawberry Drink (B)	Shrimp Cocktail (R) Vegetarian Vegetable Soup (I) Vegetarian Chili (R) Turkey Tetrazzini (R) Candy Coated Peanuts (NF) Grape Drink (B) Pineapple Drink (B) Peach-Apricot Drink (B)	Chicken Noodle Soup (I) Grilled Pork Chop (I) Mashed Potatoes (R) Strawberries (R) Vanilla Pudding (I) Candy Coated Almonds (NF) Peach-Apricot Drink (B) Pineapple Drink (B)	Cream of Mushroom Soup (R) Teriyaki Beef Steak (I) Peanuts (NF) Candy Coated Chocolates (NF) Tortillas (FF) x2 Orange-Pineapple Drink (B) Grape Drink (B)	Brie (FF) Sausage (FF) Crackers (FF) x2 Grilled Chicken (FF) Southwestern Corn (FF) Baked Beans (FF) Hostess Apple Pie (FF) Grape Drink (FF) Orange-Mango Drink (FF)

Special Meal

*Day 1 consists of Meal C only

**Day 13 consists of Meals A and B only

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

SHUTTLE MENU STS-135

Stow By Day

REX WALHEIM, MS-2 (GREEN)

Meal	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13**
A	Lasagna w/ Meat (I) Dried Beef (IM) x2 Mango Peach Smoothie (B) Orange-Mango Drink (B) Peach-Apricot Drink (B)	Sausage Pattie (R) Clif Bar, Choc. Brownie (NF) Almonds (NF) Apple Cider (B) Strawberry Drink (B) Mango-Peach Smoothie (B)	Applesauce (I) Tuna Noodle Casserole (I) Apple Cider (B) Grape Drink (B) Mango-Peach Smoothie (B)	Clif Bar, White Chocolate Mac. Nut (FF) Strawberries (R) Beef Stroganoff (R) Mango-Peach Smoothie (B) Peach-Apricot Drink (B)	Tuna Noodle Casserole (I) Dried Beef (IM) x2 Almonds (NF) Butter Cookies (NF) Apple Cider (B)	Applesauce (I) Sausage Pattie (R) Bran Chex (R) Almonds (NF) Apple Cider (B) Peach-Apricot Drink (B)
B	Tomato Basil Soup (I) Beef Stroganoff (R) Vegetarian Chili (R) Red Beans & Rice (I) Butter Cookies (NF) Grape Drink (B) Orange-Pineapple Drink (B)	Cream of Mushroom Soup (R) Shrimp Cocktail (R) Strawberries (R) Vanilla Pudding (I) Grape Drink (B) Orange Drink (B)	Vegetarian Chili (R) Beef Pattie (R) Tomatoes & Eggplant (I) Almonds (NF) Cherry-Blueberry Cobbler (I) Orange-Mango Drink (B) Strawberry Drink (B)	Cream of Mushroom Soup (R) Lasagna w/ Meat (I) Tortillas (FF) x2 Peanuts (NF) Vanilla Pudding (I) Grape Drink (B) Apple Cider (B)	Tomato Basil Soup (I) Beef Stroganoff (R) Vegetarian Chili (R) Red Beans & Rice (I) Cherry-Blueberry Cobbler (I) Grape Drink (B) Orange-Pineapple Drink (B)	Cream of Mushroom Soup (R) Dried Beef (IM) Rice & Chicken (R) Vanilla Pudding (I) Clif, Chocolate Brownie (NF) Strawberry Drink (B) Peach-Apricot Drink (B)
C	Teriyaki Beef Steak (I) Broccoli au Gratin (R) Clif Bar, Choc. Brownie (NF) Chocolate Pudding Cake (I) Pineapple Drink (B) Peach-Apricot Drink (B)	Minestrone Soup (I) Beef Stroganoff (R) Mashed Potatoes (R) Applesauce (I) Candy Coated Chocolates (NF) Tropical Punch (B) Orange-Grapefruit Drink (B)	Shrimp Cocktail (R) Beef Stroganoff (R) Tortillas (FF) x2 Strawberries (R) Vanilla Pudding (I) Candy Coated Chocolates (NF) Peach-Apricot Drink (B) Orange-Pineapple Drink (B)	Vegetarian Vegetable Soup (I) Teriyaki Beef Steak (I) Mashed Potatoes (R) Butter Cookies (NF) Chocolate Pudding Cake (I) Strawberry Drink (B) Orange-Pineapple Drink (B)	Cream of Mushroom Soup (R) Beef Steak (I) Shortbread Cookies (NF) Tortillas (FF) x2 Vanilla Pudding (I) Grape Drink (B) Apple Cider (B)	

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