

SHUTTLE MENU STS-135

Stow By Day

DOUG HURLEY, PLT (YELLOW)

Meal	Day 1*	Day 2	Day 3	Day 4	Day 5	Day 6
A	NO MEAL	Oatmeal w/ Brown Sugar (R) Strawberries (R) Breakfast Sausage Links (I) Orange-Mango Drink (B) Kona Coffee w/ Cream & Sugar (B) x2	Chocolate Breakfast Drink (B) Granola w/ Blueberries (R) Grits w/ Butter (R) Breakfast Sausage Links (I) Orange Juice (B) Kona Coffee w/ Cream & Sugar (B) x2	Granola w/ Blueberries (R) Scrambled Eggs (R) Tortilla (FF) Sausage Pattie (R) Vanilla Breakfast Drink (B) Kona Coffee w/ Cream & Sugar (B) x2	Mexican Scrambled Eggs (R) Black Beans (I) Tortilla (FF) Granola Bar (NF) Orange-Pineapple Drink (B) Kona Coffee w/ Cream & Sugar (B) x2	Oatmeal w/ Brown Sugar (R) Breakfast Roll (FF) Strawberries (R) Breakfast Sausage Links (I) Orange-Pineapple Drink (B) Kona Coffee w/ Cream & Sugar (B) x2
B	NO MEAL	Shrimp Cocktail (R) x2 Peanut Butter (FF) Crackers (NF) x2 Beef Ravoili (I) Tomato Basil Soup (I) Almonds (NF) Shortbread Cookies (NF) Lemonade (B)	Shrimp Cocktail (R) x2 Tomato Basil Soup (I) Meatloaf (I) Crackers (NF) x2 Strawberries (R) Macadamia Nuts (NF) Shortbread Cookies (NF) Orange-Pineapple Drink (B)	Shrimp Cocktail (R) x2 Vegetarian Chili (R) Tortilla (FF) Peanut Butter (FF) Blueberry-Raspberry Yogurt (I) Candy Coated Chocolates (NF) x2 Orange-Mango Drink (B)	Shrimp Cocktail (R) x2 Spaghetti w/ Meat Sauce (R) Strawberries (R) Tortilla (FF) x2 Cashews (NF) Shortbread Cookies (NF) x2 Tropical Punch (B)	Shrimp Cocktail (R) x2 Peanut Butter (FF) Crackers (NF) x2 Red Beans & Rice (I) Tortilla (FF) x2 Brownie (NF) Orange-Pineapple Drink (B)
C	Spaghetti w/ Meat Sauce (R) Corn (R) Chicken Noodle Soup (I) Crackers (NF) x2 Brownie (NF) x2 Orange-Mango Drink (B)	Peanut Butter (FF) Crackers (NF) x2 Lasagna w/ Meat (I) Tortilla (FF) x2 Cocoa (B) Orange-Pineapple Drink (B)	Beef Stew (I) Mashed Potatoes (R) Seafood Gumbo (I) Cashews (NF) Chocolate Pudding Cake (I) Lemonade (B)	Spaghetti w/ Meat Sauce (R) Red Beans & Rice (I) Macadamia Nuts (NF) Strawberries (R) Shortbread Cookies (NF) Orange-Mango Drink (B)	Macaroni & Cheese (R) Tomato Basil Soup (I) Applesauce (I) Macadamia Nuts (NF) Butter Cookies (NF) Cocoa (B) Apple Cider (B)	Peanut Butter (FF) Crackers (NF) x2 Spaghetti w/ Meat Sauce (R) Vegetarian Chili (R) Candy Coated Almonds (NF) Candy Coated Peanuts (NF) Lemonade (B)

*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

SHUTTLE MENU STS-135

Stow By Day

DOUG HURLEY, PLT (YELLOW)

Meal	Day 7 - JULY 4th MEAL	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13**
A	Oatmeal w/ Brown Sugar (R) Strawberries (R) Breakfast Roll (FF) Orange-Pineapple Drink (B) Kona Coffee w/ Cream & Sugar (B) x2	Seasoned Scrambled Eggs (R) Red Beans & Rice (I) Tortilla (FF) Granola Bar (NF) Orange Pineapple Drink (B) Kona Coffee w/ Cream & Sugar (B) x2	Oatmeal w/ Brown Sugar (R) Mexican Scrambled Eggs (R) Sausage Pattie (R) Tortilla (FF) Orange-Mango Drink (B) Kona Coffee w/ Cream & Sugar (B) x2	Seasoned Scrambled Eggs (R) Granola (R) Tortilla (FF) Sausage Pattie (R) Chocolate Breakfast Drink (B) Kona Coffee w/ Cream & Sugar (B) x2	Oatmeal w/ Brown Sugar (R) Strawberries (R) Breakfast Sausage Links (I) Orange-Mango Drink (B) Kona Coffee w/ Cream & Sugar (B) x2	Chocolate Breakfast Drink (B) Granola w/ Blueberries (R) Grits w/ Butter (R) Breakfast Sausage Links (I) Orange Juice (B) Kona Coffee w/ Cream & Sugar (B) x2	Granola w/ Blueberries (R) Scrambled Eggs (R) Tortilla (FF) Sausage Pattie (R) Vanilla Breakfast Drink (B) Kona Coffee w/ Cream & Sugar (B) x2
B	Shrimp Cocktail (R) x2 Meatloaf (I) Mashed Potatoes (R) Yogurt Covered Granola Bar (NF) Bread Pudding (I) Pineapple (I) Tropical Punch (B)	Shrimp Cocktail (R) x2 Lasagna w/ Meat (I) Tomato Basil Soup (I) Strawberries (R) Macadamia Nuts (NF) Butter Cookies (NF) Lemonade (B)	Shrimp Cocktail (R) x2 Red Beans & Rice (I) Seafood Gumbo (I) Mashed Potatoes (R) Candy Coated Chocolates (NF) Shortbread Cookies (NF) Orange-Mango Drink (B)	Shrimp Cocktail (R) x2 Peanut Butter (FF) Crackers (NF) x2 Red Beans & Rice (I) Granola Bar (NF) Chocolate Pudding Cake (I) Tropical Punch (B)	Shrimp Cocktail (R) x2 Peanut Butter (FF) Crackers (NF) x2 Beef Ravoili (I) Tomato Basil Soup (I) Almonds (NF) Shortbread Cookies (NF) Lemonade (B)	Shrimp Cocktail (R) x2 Tomato Basil Soup (I) Meatloaf (I) Crackers (NF) x2 Strawberries (R) Macadamia Nuts (NF) Shortbread Cookies (NF) Orange-Pineapple Drink (B)	Shrimp Cocktail (R) x2 Vegetarian Chili (R) Tortilla (FF) Peanut Butter (FF) Blueberry-Raspberry Yogurt (I) Candy Coated Chocolates (NF) x2 Orange-Mango Drink (B)
C	Brie (FF) Sausage (FF) Crackers (FF) x2 Grilled Chicken (FF) Southwestern Corn (FF) Baked Beans (FF) Hostess Apple Pie (FF) Lemonade (FF)	Beef Enchiladas (I) Tortilla (FF) x2 Macaroni & Cheese (R) Cashews (NF) Chocolate Pudding Cake (I) Orange-Mango Drink (B)	Peanut Butter (FF) Crackers (NF) x2 Spaghetti w/ Meat Sauce (R) Bread Pudding (I) Almonds (NF) Pineapple Drink (B)	Spaghetti w/ Meat Sauce (R) Corn (R) Chicken Noodle Soup (I) Crackers (NF) x2 Brownie (NF) x2 Orange -Mango Drink (B)	Peanut Butter (FF) Crackers (NF) x2 Lasagna w/ Meat (I) Tortilla (FF) x2 Cocoa (B) Orange-Pineapple Drink (B)	Beef Stew (I) Mashed Potatoes (R) Seafood Gumbo (I) Cashews (NF) Chocolate Pudding Cake (I) Lemonade (B)	

Special Meal