

SHUTTLE MENU STS-135

Stow By Day

CHRIS FERGUSON, CDR (RED)

Meal	Day 1*	Day 2	Day 3	Day 4	Day 5	Day 6
A	NO MEAL	Dried Pears (IM) Scrambled Eggs (R) Granola (R) Kona Coffee w/Cream (B) x2	Dried Apricots (IM) Breakfast Roll (FF) Granola w/ Raisins (R) Grapefruit Drink (B) Kona Coffee w/Cream (B) x2	Dried Pears (IM) Oatmeal w/ Raisins & Spice (R) Granola (R) Orange-Mango Drink (B) Kona Coffee w/Cream (B) x2	Dried Apricots (IM) Granola w/ Blueberries (R) Trail Mix (IM) Strawberries (R) Orange-Grapefruit Drink (B) Kona Coffee w/Cream (B) x2	Dried Pears (IM) Oatmeal w/ Raisins & Spice (R) Granola (R) Orange-Mango Drink (B) Kona Coffee w/Cream (B) x2
B	NO MEAL	Shrimp Cocktail (R) x2 Peanut Butter (FF) Grape Jelly (I) Tortilla (FF) x2 Fruit Cocktail (I) Trail Mix (IM) Peach-Apricot Drink (B) x2	Vegetarian Vegetable Soup (I) Crackers (NF) x2 Beef Enchiladas (I) Peanut Butter (FF) Tortilla (FF) x2 Granola Bar (NF) Lemonade (B) x2	Beef Enchiladas (I) Tortillas (FF) x2 Peanuts (NF) Dried Beef (IM) Lemonade (B)	Chicken Noodle Soup (I) Fiesta Chicken (I) Tortillas (FF) x2 Cashews (NF) Butter Cookies (NF) Lemonade (B)	Shrimp Cocktail (R) x2 Chicken Fajitas (I) Tortilla (FF) x2 Applesauce (I) Almonds (NF) Orange-Mango Drink (B) x2
C	Smoked Turkey (I) Turkey Tetrazzini (R) Candied Yams (I) Tortilla (FF) x2 Bread Pudding (I) Grape Drink (B)	Seafood Gumbo (I) Crawfish Etouffee (I) Creamed Spinach (R) Tortilla (FF) x2 Brownie (NF) Peanuts (NF) Tropical Punch (B) x2	Lasagna w/ Meat (I) Spaghetti w/Meat Sauce (R) x2 Italian Vegetables (R) Butterscotch Pudding (I) Brownie (NF) Tea w/ Sugar (B)	Sweet & Sour Chicken (R) Pasta w/ Pesto (I) Carrot Coins (I) Chocolate Pudding Cake (I) Lemon Lime Drink (B)	Seafood Gumbo (I) Macaroni & Cheese (R) Mixed Vegetables (I) Butterscotch Pudding (I) Lemon Lime Drink (B)	Vegetarian Vegetable Soup (I) Smoked Turkey (I) Candied Yams (I) Green Beans & Mushrooms (R) Candy Coated Peanuts (NF) Tea w/ Sugar (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, (I) - Thermostabilized

SHUTTLE MENU STS-135

Stow By Day

CHRIS FERGUSON, CDR (RED)

Meal	Day 7 - JULY 4th MEAL	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13**
A	Dried Pears (IM) Oatmeal w/ Brown Sugar (R) Peanut Butter (FF) Tortilla (FF) x2 Kona Coffee w/Cream (B) x2	Dried Peaches (IM) Breakfast Sausage Links (I) Grits w/ Butter (R) Orange Juice (B) Kona Coffee w/Cream (B) x2	Dried Peaches (IM) Breakfast Roll (FF) Orange-Pineapple Drink (B) Kona Coffee w/Cream (B) x2	Dried Pears (IM) Scrambled Eggs (R) Granola (R) Kona Coffee w/Cream (B) x2	Dried Apricots (IM) Breakfast Roll (FF) Granola w/ Raisins (R) Grapefruit Drink (B) Kona Coffee w/Cream (B) x2	Dried Pears (IM) Oatmeal w/ Raisins & Spice (R) Granola (R) Orange-Mango Drink (B) Kona Coffee w/Cream (B) x2	Dried Apricots (IM) Granola w/ Blueberries (R) Trail Mix (IM) Strawberries (R) Orange-Grapefruit Drink (B) Kona Coffee w/Cream (B) x2
B	Split Pea Soup (I) Crackers (NF) x2 Beef Fajitas (I) Peanut Butter (FF) Tortilla (FF) x2 Peanuts (NF) Brownie (NF) Pineapple Drink (B) x2	Cheese Tortellini (I) Carrot Coins (I) Creamed Spinach (R) Cashews (NF) Butter Cookies (NF) Tropical Punch (B) x2	BBQ Beef Brisket (I) Cheddar Cheese Spread (I) Peanut Butter (FF) Tortilla (FF) x2 Pineapple (I) Cashews (NF) Strawberry Drink (B) x2	Shrimp Cocktail (R) x2 Peanut Butter (FF) Grape Jelly (I) Tortilla (FF) x2 Fruit Cocktail (I) Trail Mix (IM) Peach-Apricot Drink (B) x2	Vegetarian Vegetable Soup (I) Crackers (NF) x2 Beef Enchiladas (I) Peanut Butter (FF) Tortilla (FF) x2 Granola Bar (NF) Lemonade (B) x2	Beef Enchiladas (I) Tortillas (FF) x2 Peanuts (NF) Dried Beef (IM) Lemonade (B)	Chicken Noodle Soup (I) Fiesta Chicken (I) Tortillas (FF) x2 Cashews (NF) Butter Cookies (NF) Lemonade (B)
C	Brie (FF) Sausage (FF) Crackers (FF) x2 Grilled Chicken (FF) Southwestern Corn (FF) Baked Beans (FF) Hostess Apple Pie (FF) Peach-Apricot Drink (FF)	BBQ Beef Brisket (I) Mashed Potatoes (R) Italian Vegetables (R) Tortilla (FF) x2 Cherry Blueberry Cobbler (I) Apple Cider (B)	Smoked Turkey (I) Turkey Tetrazzini (R) Candied Yams (I) Tortilla (FF) x2 Bread Pudding (I) Grape Drink (B)	Seafood Gumbo (I) Crawfish Etouffee (I) Creamed Spinach (R) Tortilla (FF) x2 Brownie (NF) Peanuts (NF) Tropical Punch (B) x2	Lasagna w/ Meat (I) Spaghetti w/Meat Sauce (R) x2 Italian Vegetables (R) Butterscotch Pudding (I) Brownie (NF) Tea w/ Sugar (B)	Sweet & Sour Chicken (R) Pasta w/ Pesto (I) Carrot Coins (I) Chocolate Pudding Cake (I) Lemon Lime Drink (B)	

Special Meal