

SHUTTLE MENU STS-120

(Stow By Day)

STEPHANIE WILSON, MS-2 (GREEN)

Meal	Days 1* & 15**	Day 2	Day 3	Day 4	Day 5***
A	Scrambled Eggs (R) Dried Beef (IM) Fruit Cocktail (I) Pineapple (I) Oatmeal (no milk) (FF) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Dried Beef (IM) Pears (I) Peaches (I) Apple (FF) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Dried Beef (IM) Fruit Cocktail (I) Pineapple (I) Oatmeal (no milk) (FF) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Smoked Turkey (I) Pears (I) Peaches (I) Apple (FF) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (FF) Dried Beef (FF) Fruit Cocktail (FF) Pineapple (FF) Orange Juice (FF) Kona Coffee w/ C & S (FF) x2
B		Dried Beef (IM) Macadamia Nuts (NF) Dried Pears (IM) Candy Coated Peanuts (NF) Clif Bar, Carrot Cake (FF) Crackers (NF) Orange-Mango Drink (B) Grape Drink (B)	Cashews (NF) Dried Peaches (IM) Brownie (NF) Clif Bar, Banana Nut Bread (FF) Shortbread Cookies (NF) Orange-Pineapple Drink (B) Tropical Punch (B)	Dried Beef (IM) Almonds (NF) Dried Apricots (IM) Candy Coated Chocolates (NF) Clif Bar, Crunchy Peanut Butter (FF) Crackers (NF) Peach-Apricot Drink (B) Grape Drink (B)	Macadamia Nuts (FF) Dried Pears (FF) Brownie (FF) Luna Bar, Toasted Nuts & Cranberry (FF) Pineapple Drink (FF) Tropical Punch (FF)
C	Rice & Chicken (R) Rice Pilaf (R) Shrimp Cocktail (R) Green Beans w/ Mushrooms (R) Applesauce (I) Candied Yams (I) Strawberries (R) Pears (I) Crackers (NF) Grape Drink (B)	Chicken w/ Peanut Sauce (I) Brown Rice (I) BBQ Beef Brisket (I) Asparagus (R) Black Beans (I) Baked Tofu (I) Fruit Cocktail (I) Vanilla Pudding (I) Cherry Blueberry Cobbler (I) Pineapple Drink (B)	Rice & Chicken (R) Rice Pilaf (R) Sweet & Sour Pork (I) Green Beans w/ Mushrooms (R) Applesauce (I) Candied Yams (I) Strawberries (R) Peaches (I) Crackers (NF) Peach-Apricot Drink (B)	Shrimp Cocktail (R) Beef Fajitas (I) Brown Rice (I) Crackers (NF) Asparagus (R) Black Beans (I) Banana Pudding (I) Pineapple (I) Cherry Blueberry Cobbler (I) Tropical Punch (B)	Beef Ravioli (FF) Crackers (FF) x2 Green Beans w/ Mushrooms (FF) Noodles & Chicken (FF) Candied Yams (FF) Strawberries (FF) Orange-Mango Drink (FF)

*Day 1 consists of Meal C only

**Day 15 consists of Meal A only

***Day 5 will be stowed in the fresh food locker

SHUTTLE MENU STS-120

(Stow By Day)

STEPHANIE WILSON, MS-2 (GREEN)

Meal	Day 6	Day 7	Day 8	Day 9	Day 10
A	Scrambled Eggs (R) Dried Beef (IM) Pears (T) Peaches (T) Apple (FF) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Dried Beef (IM) Pineapple (T) Fruit Cocktail (T) Oatmeal (no milk) (FF) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Smoked Turkey (I) Pears (T) Peaches (T) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Dried Beef (IM) Fruit Cocktail (T) Pineapple (T) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Dried Beef (IM) Pears (T) Peaches (T) Oatmeal (no milk) (FF) Orange Juice (B) Kona Coffee w/ C & S (B) x2
B	Dried Beef (IM) Cashews (NF) Dried Peaches (IM) Candy Coated Chocolates (NF) Clif Bar, Carrot Cake (FF) Crackers (NF) Orange-Mango Drink (B) Grape Drink (B)	Almonds (NF) Dried Apricots (IM) Brownie (NF) Clif Bar, Blueberry Crisp (FF) Shortbread Cookies (NF) Orange-Pineapple Drink (B) Tropical Punch (B)	Dried Beef (IM) Macadamia Nuts (NF) Dried Pears (IM) Candy Coated Chocolates (NF) Clif Bar, Chocolate Chip Peanut Crunch (FF) Crackers (NF) Peach-Apricot Drink (B) Grape Drink (B)	Cashews (NF) Dried Peaches (IM) Brownie (NF) Luna Bar, Toasted Nuts & Cranberry (FF) Shortbread Cookies (NF) Pineapple Drink (B) Tropical Punch (B)	Dried Beef (IM) Almonds (NF) Dried Apricots (IM) Candy Coated Chocolates (NF) Clif Bar, Carrot Cake (FF) Crackers (NF) Orange-Mango Drink (B) Grape Drink (B)
C	Rice & Chicken (R) Brown Rice (T) Beef Tips w/ Mushrooms (I) Asparagus (R) Black Beans (T) Baked Tofu (T) Vanilla Pudding (T) Fruit Cocktail (T) Cherry Blueberry Cobbler (T) Orange-Pineapple Drink (B)	Chicken w/ Peanut Sauce (T) Rice Pilaf (R) Sweet & Sour Pork (T) Green Beans w/ Mushrooms (R) Candied Yams (T) Strawberries (R) Pears (T) Crackers (NF) Grape Drink (B)	Rice & Chicken (R) Brown Rice (T) BBQ Beef Brisket (I) Asparagus (R) Black Beans (T) Crackers (NF) Banana Pudding (T) Fruit Cocktail (T) Pineapple Drink (B)	Beef Fajitas (I) Rice Pilaf (R) Shrimp Cocktail (R) Green Beans w/ Mushrooms (R) Applesauce (T) Candied Yams (T) Strawberries (R) Pears (T) Peach-Apricot Drink (B)	Cashew Chicken Curry (R) Brown Rice (T) Smoked Turkey (I) Asparagus (R) Black Beans (T) Crackers (NF) Vanilla Pudding (T) Pineapple (T) Cherry Blueberry Cobbler (T) Tropical Punch (B)

SHUTTLE MENU STS-120

(Stow By Day)

STEPHANIE WILSON, MS-2 (GREEN)

Meal	Day 11	Day 12	Day 13	Day 14
A	Scrambled Eggs (R) Dried Beef (IM) Fruit Cocktail (T) Pineapple (T) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Smoked Turkey (I) Pears (T) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Dried Beef (IM) Pineapple (T) Oatmeal (no milk) (FF) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Dried Beef (IM) Peaches (T) Orange Juice (B) Kona Coffee w/ C & S (B) x2
B	Macadamia Nuts (NF) Dried Pears (IM) Brownie (NF) Clif Bar, Oatmeal Raisin Walnut (FF) Shortbread Cookies (NF) Orange-Pineapple Drink (B) Tropical Punch (B)	Dried Beef (IM) Cashews (NF) Dried Peaches (IM) Candy Coated Peanuts (NF) Clif Bar, Crunchy Peanut Butter (FF) Crackers (NF) Peach-Apricot Drink (B) Grape Drink (B)	Almonds (NF) Dried Apricots (NF) Brownie (NF) Luna Bar, Toasted Nuts & Cranberry (FF) Shortbread Cookies (NF) Tropical Punch (B) Pineapple Drink (B)	Dried Beef (IM) Macadamia Nuts (NF) Dried Pears (IM) Candy Coated Chocolates (NF) Clif Bar, Carrot Cake (FF) Crackers (NF) Grape Drink (B) Orange-Mango Drink (B)
C	Rice & Chicken (R) Rice Pilaf (R) Sweet & Sour Pork (T) Green Beans w/ Mushrooms (R) Candied Yams (T) Strawberries (R) Pears (T) Crackers (NF) Chicken Salad (R) Orange-Mango Drink (B)	Chicken w/ Peanut Sauce (T) Brown Rice (T) Asparagus (R) Black Beans (T) Baked Tofu (T) Pineapple (T) Cherry Blueberry Cobbler (T) Orange-Pineapple Drink (B)	Rice & Chicken (R) BBQ Beef Brisket (I) Green Beans w/ Mushrooms (R) Applesauce (T) Candied Yams (T) Strawberries (R) Pears (T) Pineapple Drink (B)	Beef Fajitas (I) Brown Rice (T) Asparagus (R) Black Beans (T) Fruit Cocktail (T) Cherry Blueberry Cobbler (T) Grape Drink (B)