

Kevin Kregel

Abbreviations:

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

Flight Day 1

BREAKFAST

LUNCH

Shrimp Cocktail (R)
Turkey Salad Spread (T)
Tortilla (FF) X2
Peaches (T)
Granola Bar (NF)
Lemonade (B) X2

DINNER

Smoked Turkey (I)
Spaghetti w/ Meat Sauce (R)
Tortilla (FF) X2
Pears (T)
Chocolate Pudding (T)
Brownie (NF)
Orange-Pineapple Drink (B) X2

Flight Day 2

BREAKFAST

Dried Peaches (IM)
Sausage Pattie (R)
Granola w/ Raisins (R)
Tortilla (FF)
Vanilla Instant Breakfast (B)
Orange Drink (B) X2

LUNCH

Chicken Strips in Salsa (T)
Cheese Tortellini (T)
Applesauce (T)
Tortillas (FF) X2
Cashews (NF)
Chocolate Pudding (T)
Lemonade (B) X2

DINNER

Shrimp Cocktail (R)
Beef w/ BBQ Sauce (T)
Tomatoes & Eggplant (T)
Tortilla (FF) X2
Peach Ambrosia (R)
Apple Cider (B) X2

Flight Day 3**BREAKFAST**

Dried Pears (IM)
Sausage Pattie (R)
Oatmeal w/ Brown Sugar (R)
Tortilla (FF)
Chocolate Instant Breakfast (B)
Grapefruit Drink (B)

LUNCH

Cashew Curry Chicken (R)
Tortilla (FF) X2
Broccoli au Gratin (R)
Chocolate Pudding (T)
Orange-Grapefruit Drink (B) X2

DINNER

Shrimp Cocktail (R)
Spicy Chicken & Veggies (R)
Potatoes au Gratin (R)
Tortilla (FF) X2
Peaches (T)
Orange-Mango Drink (B) X2

Flight Day 4**BREAKFAST**

Dried Peaches (IM)
Granola w/ Raisins (R)

Vanilla Instant Breakfast (B)
Grapefruit Drink (B) X2

LUNCH

Cheddar Cheese Spread (T)
Crackers (NF) X2
Grilled Chicken (T)
Fettuccine (R)
Rice w/ Butter (T)
Tortilla (FF) X2
Fruit Cocktail (T)
Orange-Grapefruit Drink (B) X2

DINNER

Mushroom Soup (R)
Beef Steak (I)
Cauliflower w/ Cheese (R)
Tortilla (FF) X2
Brownie (NF)
Orange-Pineapple Drink(B) X2

Flight Day 5

BREAKFAST

Dried Pears (IM)
Breakfast Roll (FF)
Grits w/ Butter (R)
Chocolate Instant Breakfast (B)
Orange Drink (B) X2

LUNCH

Shrimp Cocktail (R)
Turkey Salad Spread (T)
Tortilla (FF) X2
Peaches (T)
Granola Bar (NF)
Lemonade (B) X2

DINNER

Smoked Turkey (I)
Spaghetti w/ Meat Sauce (R)
Tortilla (FF) X2
Pears (T)
Chocolate Pudding (T)
Brownie (NF)
Orange-Pineapple Drink (B) X2

Flight Day 6

BREAKFAST

Dried Peaches (IM)
Sausage Pattie (R)
Granola w/ Raisins (R)
Tortilla (FF)
Vanilla Instant Breakfast (B)
Orange Drink (B) X2

LUNCH

Chicken Strips in Salsa (T)
Cheese Tortellini (T)
Applesauce (T)
Tortillas (FF) X2
Cashews (NF)
Chocolate Pudding (T)
Lemonade (B) X2

DINNER

Shrimp Cocktail (R)
Beef w/ BBQ Sauce (T)
Tomatoes & Eggplant (T)
Tortilla (FF) X2
Peach Ambrosia (R)
Apple Cider (B) X2

Flight Day 7

BREAKFAST

Dried Pears (IM)
Sausage Pattie (R)
Oatmeal w/ Brown Sugar (R)
Tortilla (FF)
Chocolate Instant Breakfast (B)
Grapefruit Drink (B)

LUNCH

Cashew Curry Chicken (R)
Tortilla (FF) X2
Broccoli au Gratin (R)
Chocolate Pudding (T)
Orange-Grapefruit Drink (B) X2

DINNER

Shrimp Cocktail (R)
Spicy Chicken & Veggies (R)

Potatoes au Gratin (R)
Tortilla (FF) X2
Peaches (T)
Orange-Mango Drink (B) X2

Flight Day 8

BREAKFAST

Dried Peaches (IM)
Granola w/ Raisins (R)
Vanilla Instant Breakfast (B)
Grapefruit Drink (B) X2

LUNCH

Cheddar Cheese Spread (T)
Crackers (NF) X2
Grilled Chicken (T)
Fettuccine (R)
Rice w/ Butter (T)
Tortilla (FF) X2
Fruit Cocktail (T)
Orange-Grapefruit Drink (B) X2

DINNER

Mushroom Soup (R)
Beef Steak (I)
Cauliflower w/ Cheese (R)
Tortilla (FF) X2
Brownie (NF)
Orange-Pineapple Drink(B) X2

Flight Day 9

BREAKFAST

Dried Pears (IM)
Breakfast Roll (FF)
Grits w/ Butter (R)
Chocolate Instant Breakfast (B)
Orange Drink (B) X2

LUNCH

Shrimp Cocktail (R)
Turkey Salad Spread (T)
Tortilla (FF) X2
Peaches (T)
Granola Bar (NF)
Lemonade (B) X2

DINNER

Smoked Turkey (I)
Spaghetti w/ Meat Sauce (R)
Tortilla (FF) X2
Pears (T)
Chocolate Pudding (T)
Brownie (NF)
Orange-Pineapple Drink (B) X2

Flight Day 10**BREAKFAST**

Dried Peaches (IM)
Sausage Pattie (R)
Granola w/ Raisins (R)
Tortilla (FF)
Vanilla Instant Breakfast (B)
Orange Drink (B) X2

LUNCH

Chicken Strips in Salsa (T)
Cheese Tortellini (T)
Applesauce (T)
Tortillas (FF) X2
Cashews (NF)
Chocolate Pudding (T)
Lemonade (B) X2

DINNER

Shrimp Cocktail (R)
Beef w/ BBQ Sauce (T)
Tomatoes & Eggplant (T)
Tortilla (FF) X2
Peach Ambrosia (R)
Apple Cider (B) X2

Flight Day 11**BREAKFAST**

Dried Pears (IM)
Sausage Pattie (R)
Oatmeal w/ Brown Sugar (R)
Tortilla (FF)
Chocolate Instant Breakfast (B)
Grapefruit Drink (B)

LUNCH

Cashew Curry Chicken (R)
Tortilla (FF) X2
Broccoli au Gratin (R)
Chocolate Pudding (T)
Orange-Grapefruit Drink (B) X2

DINNER

Shrimp Cocktail (R)
Spicy Chicken & Veggies (R)
Potatoes au Gratin (R)
Tortilla (FF) X2
Peaches (T)
Orange-Mango Drink (B) X2

Flight Day 12**BREAKFAST**

Dried Peaches (IM)
Granola w/ Raisins (R)
Vanilla Instant Breakfast (B)
Grapefruit Drink (B) X2