

# William McArthur Jr.

## Abbreviations:

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

## Flight Day 1

### BREAKFAST

### LUNCH

Ham Salad Spread (T)  
Cauliflower w/Cheese (R)  
Tortilla (FF) x4  
Applesauce (T)  
Candy Coated Peanuts (NF)  
Lemonade (B) x3

### DINNER

Shrimp Cocktail (R)  
Dried Beef (IM)  
Beef Steak (I)  
Macaroni & Cheese (R)  
Italian Vegetables (R)  
Tapioca Pudding (T)  
Candy Coated Peanuts (NF)  
Orange-Pineapple Drink (B) x2

## Flight Day 2

### BREAKFAST

Dried Pears (IM)  
Beef Pattie (R)  
Oatmeal w/Brown Sugar (R)  
Granola (R)  
Orange Drink (B)  
Coffee w/ Cream (B)

**LUNCH**

Chicken Strips in Salsa (T)  
Tortilla (FF) x2  
Fruit Cocktail (T)  
Peach Ambrosia (R)  
Candy Coated Peanuts (NF)  
Grape Drink (B) x3

**DINNER**

Shrimp Cocktail (R)  
Dried Beef (IM)  
Beef Stroganoff w/Noodles (R)  
Potatoes au Gratin (R)  
Italian Vegetables (R)  
Candy Coated Peanuts (NF)  
Orange-Mango Drink (B) x2

**Flight Day 3****BREAKFAST**

Dried Peaches (IM)  
Sausage Pattie (R)  
Seasoned Scrambled Eggs (R)  
Cheese Grits (FF)  
Tortilla (FF) x2  
Orange Drink (B)  
Coffee w/ Cream (B)

**LUNCH**

Ham (T)  
Cheddar Cheese Spread (T)  
Broccoli au Gratin (R)  
Tortilla (FF) x2  
Pears (T)  
Candy Coated Peanuts (NF)  
Orange Drink (B) x3

**DINNER**

Shrimp Cocktail (R)  
Dried Beef (IM)  
Beef Steak (I)  
Macaroni & Cheese (R)  
Italian Vegetables (R)  
Tapioca Pudding (T)  
Candy Coated Peanuts (NF)  
Orange-Pineapple Drink (B) x2

## **Flight Day 4**

### **BREAKFAST**

Dried Peaches (IM)  
Beef Pattie (R)  
Granola w/Blueberries (R)  
Orange Drink (B)  
Coffee w/ Cream (B)

### **LUNCH**

Rice & Chicken (R)  
Cauliflower w/Cheese (R)  
Tortilla (FF) x2  
Pineapple (T)  
Candy Coated Peanuts (NF)  
Lemonade (B) x3

### **DINNER**

Shrimp Cocktail (R)  
Dried Beef (IM)  
Spicy Chicken & Vegetables (R)  
Mashed Potatoes (R)  
Italian Vegetables (R)  
Candy Coated Peanuts (NF)  
Orange-Mango Drink (B) x2

## **Flight Day 5**

### **BREAKFAST**

Dried Peaches (IM)  
Sausage Pattie (R)  
Seasoned Scrambled Eggs (R)  
Cheese Grits (FF)  
Tortilla (FF) x2  
Orange Drink (B)  
Coffee w/ Cream (B)

### **LUNCH**

Teriyaki Chicken (R)  
Cauliflower w/Cheese (R)  
Tortilla (FF) x4  
Applesauce (T)  
Candy Coated Peanuts (NF)  
Lemonade (B) x3

### **DINNER**

Shrimp Cocktail (R)  
Beef Steak (I)  
Potatoes au Gratin (R)  
Green Beans w/Mushrooms (R)  
Peach Ambrosia (R)  
Almonds (NF)  
Orange-Grapefruit Drink (R) x2

## **Flight Day 6**

### **BREAKFAST**

Dried Pears (IM)  
Oatmeal w/Brown Sugar (R)  
Granola (R)  
Orange Drink (B)  
Coffee w/ Cream (B)

### **LUNCH**

Smoked Turkey (I)  
Tortilla (FF) x2  
Fruit Cocktail (T)  
Peach Ambrosia (R)  
Candy Coated Peanuts (NF)  
Grape Drink (B) x3

### **DINNER**

Shrimp Cocktail (R)  
Dried Beef (IM)  
Beef Stroganoff w/Noodles (R)  
Potatoes au Gratin (R)  
Italian Vegetables (R)  
Candy Coated Peanuts (NF)  
Orange-Mango Drink (B) x2

## **Flight Day 7**

### **BREAKFAST**

Dried Peaches (IM)  
Sausage Pattie (R)  
Seasoned Scrambled Eggs (R)  
Cheese Grits (FF)  
Tortilla (FF) x2  
Orange Drink (B)  
Coffee w/ Cream (B)

### **LUNCH**

Ham (T)

Cheddar Cheese Spread (T)  
Broccoli au Gratin (R)  
Tortilla (FF) x2  
Pears (T)  
Candy Coated Peanuts (NF)  
Orange Drink (B) x3

#### **DINNER**

Shrimp Cocktail (R)  
Dried Beef (IM)  
Beef Steak (I)  
Mashed Potatoes (R)  
Italian Vegetables (R)  
Tapioca Pudding (T)  
Candy Coated Peanuts (NF)  
Orange-Pineapple Drink (B) x2

### **Flight Day 8**

#### **BREAKFAST**

Dried Peaches (IM)  
Beef Pattie (R)  
Granola w/Blueberries (R)  
Orange Drink (B)  
Coffee w/ Cream (B)

#### **LUNCH**

Rice & Chicken (R)  
Cauliflower w/Cheese (R)  
Tortilla (FF) x2  
Pineapple (T)  
Candy Coated Peanuts (NF) x2  
Lemonade (B) x3

#### **DINNER**

Shrimp Cocktail (R)  
Dried Beef (IM)  
Sweet 'n Sour Chicken (R)  
Potatoes au Gratin (R)  
Italian Vegetables (R)  
Candy Coated Peanuts (NF)  
Orange-Mango Drink (B) x2

### **Flight Day 9**

#### **BREAKFAST**

Dried Peaches (IM)

Sausage Pattie (R)  
Seasoned Scrambled Eggs (R)  
Cheese Grits (FF)  
Tortilla (FF) x2  
Orange Drink (B)  
Coffee w/ Cream (B)

### **LUNCH**

Ham Salad Spread (T)  
Cauliflower w/Cheese (R)  
Tortilla (FF) x4  
Applesauce (T)  
Candy Coated Peanuts (NF)  
Lemonade (B) x3

### **DINNER**

Shrimp Cocktail (R)  
Dried Beef (IM)  
Beef Steak (I)  
Macaroni & Cheese (R)  
Italian Vegetables (R)  
Tapioca Pudding (T)  
Candy Coated Peanuts (NF)  
Orange-Pineapple Drink (B) x2

## **Flight Day 10**

### **BREAKFAST**

Dried Pears (IM)  
Beef Pattie (R)  
Oatmeal w/Brown Sugar (R)  
Granola (R)  
Orange Drink (B)  
Coffee w/ Cream (B)

### **LUNCH**

Chicken Strips in Salsa (T)  
Tortilla (FF) x2  
Fruit Cocktail (T)  
Peach Ambrosia (R)  
Candy Coated Peanuts (NF)  
Grape Drink (B) x3

### **DINNER**

Shrimp Cocktail (R)  
Dried Beef (IM)  
Beef Stroganoff w/Noodles (R)

Potatoes au Gratin (R)  
Italian Vegetables (R)  
Candy Coated Peanuts (NF)  
Orange-Mango Drink (B) x2

## **Flight Day 11**

### **BREAKFAST**

Dried Peaches (IM)  
Sausage Pattie (R)  
Seasoned Scrambled Eggs (R)  
Cheese Grits (FF)  
Tortilla (FF) x2  
Orange Drink (B)  
Coffee w/ Cream (B)

### **LUNCH**

Ham (T)  
Cheddar Cheese Spread (T)  
Broccoli au Gratin (R)  
Tortilla (FF) x2  
Pears (T)  
Candy Coated Peanuts (NF)  
Orange Drink (B) x3

### **DINNER**

Shrimp Cocktail (R)  
Dried Beef (IM)  
Beef Steak (I)  
Macaroni & Cheese (R)  
Italian Vegetables (R)  
Tapioca Pudding (T)  
Candy Coated Peanuts (NF)  
Orange-Pineapple Drink (B) x2

## **Flight Day 12**

### **BREAKFAST**

Dried Peaches (IM)  
Beef Pattie (R)  
Granola w/Blueberries (R)  
Orange Drink (B)  
Coffee w/ Cream (B)