

CHRISTER FUGLESANG, MS-3 (ORANGE)

Meal	Days 1 * & 8	Days 2 & 9	Days 3 & 10	Days 4 & 11	Days 5 & 12**	Day 6	Day 7
A	Dried Peaches (IM) Sausage Pattie (R) Granola w/ Raisins (R) Brownie (NF) Orange-Pineapple Drink (B) Tea w/Sugar (B)	Dried Pears (IM) Scrambled Eggs (R) Granola w/ Raisins (R) Vanilla Breakfast Drink (B) Orange Juice (B) Tea w/Sugar (B) X2	Dried Apricots (IM) Granola w/ Blueberries (R) Crackers (NF) Breakfast Roll (FF) Grapefruit Drink (B) Tea w/Sugar (B)	Dried Pears (IM) Breakfast Sausage Links (I) Granola w/ Raisins (R) Shortbread Cookies (NF) Orange-Mango Drink (B) Tea w/Sugar (B) X2	Dried Peaches (IM) Mexican Scrambled Eggs (R) Grits w/ Butter (R) Granola w/Raisins (R) Orange Juice (B) Tea w/Sugar (B)	Dried Apricots (IM) Granola w/ Blueberries (R) Breakfast Roll (FF) Brownie (NF) Strawberry Breakfast Drink (B) Tea w/Sugar (B) X2	Dried Pears (IM) Breakfast Sausage Links (I) Seasoned Scrambled Eggs (R) Granola w/ Raisins (R) Orange Drink (B) Tea w/Sugar (B)
B	Dried Beef (IM) Chicken Salad (R) Lasagna w/Meat (T) Cheese Spread (T) Tortilla (FF) X2 Pineapple (T) Trail Mix (IM) Strawberry Drink (B) X2	Dried Beef (IM) Chicken Fajitas (T) Macaroni & Cheese (R) Corn (R) Tortilla (FF) X2 Fruit Cocktail (T) Trail Mix (IM) Peach-Apricot Drink (B) X2	Dried Beef (IM) Chicken Salad (R) Crackers (NF) X2 Sweet & Sour Pork (T) Peaches (T) Granola Bar (NF) Lemonade (B) X2	Dried Beef (IM) Chicken Fajitas (T) Macaroni & Cheese (R) Tortilla (FF) X2 Applesauce (T) Almonds (NF) Peach-Apricot Drink (B) X2	Dried Beef (IM) Seafood Chowder (R) Crackers (NF) X2 Spicy Chicken & Vegetables (R) Pears (T) Candy Coated Peanuts (NF) Peach-Apricot Drink (B) X2	Dried Beef (IM) Smoked Turkey (I) Cheese Tortellini (T) Asparagus (R) Chocolate Pudding (T) Butter Cookies (NF) Tropical Punch (B) X2	Dried Beef (IM) Chicken Strips in Salsa (T) Corn (R) Tortilla (FF) X2 Peanuts (NF) Shortbread Cookies (NF) Grape Drink (B) X2
C	Shrimp Cocktail (R) Smoked Turkey (I) Turkey Tetrazzini (R) Potatoes au Gratin (R) Tortilla (FF) X2 Pineapple (T) Cherry-Blueberry Cobbler (T) Grape Drink (B)	Shrimp Cocktail (R) Grilled Chicken (T) Macaroni & Cheese (R) Mashed Potatoes (R) Creamed Spinach (R) Tortilla (FF) X2 Brownie (NF) Tropical Punch (B)	Shrimp Cocktail (R) Spaghetti w/Meat Sauce (R) X2 Italian Vegetables (R) Tortilla (FF) Chocolate Pudding (T) Cherry-Blueberry Cobbler (T) Orange Juice (B) X2 Tea w/Sugar (B)	Shrimp Cocktail (R) Teriyaki Chicken (R) Fettuccine (R) Brown Rice (T) Creamed Spinach (R) Tortilla (FF) X2 Tapioca Pudding (T) Pineapple Drink (B)	Shrimp Cocktail (R) Grilled Pork Chop (T) BBQ Beef Brisket (I) Mashed Potatoes (R) Green Beans w/Mushrooms (R) Tortilla (FF) X2 Peach Ambrosia (R) Apple Cider (B)	Shrimp Cocktail (R) Grilled Pork Chop (T) Potatoes au Gratin (R) Rice Pilaf (R) Pasta Vegetable Parmesan (R) Tortilla (FF) X2 Strawberries (R) Lemonade (B)	Shrimp Cocktail (R) Sweet & Sour Pork (T) Rice Pilaf (R) Broccoli au Gratin (R) Tortilla (FF) X2 Chocolate Pudding (T) Orange-Grapefruit Drink (B) X2 Tea w/Lemon (B)

*Day 1 consists of Meal C only

**Day 12 consists of Meal A only

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

