

# 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