

Lunch in Outer Space! Activity – Baseline Shuttle Food List

- Beef, Dried (IM)
- Beef Goulash (T)
- Beef Pattie (R)
- Beef Steak (I)
- Beef Stroganoff w/Noodles (R)
- Beef Tips w/Mushrooms (T)
- Bread (FF)
- Breakfast Roll (FF)
- Brownies (NF)
- Candy,
 - Coated Chocolates (NF)
 - Coated Peanuts (NF)
 - Gum (NF)
 - Life Savers (NF)
- Cereal,
 - Bran Chex (R)
 - Cornflakes (R)
 - Granola (R)
 - Granola w/Blueberries (R)
 - Granola w/Raisins (R)
 - Grits w/Butter (R)
 - Oatmeal w/Brown Sugar (R)
 - Oatmeal w/Raisins (R)
 - Rice Krispies (R)
- Cheddar Cheese Spread (T)
- Chicken,
 - Chicken ala King (T)
 - Chicken Cacciatore (T)
 - Chicken Pattie (R)
 - Chicken Salad Spread (T)
 - Chicken, Sweet 'n Sour (R)
 - Chicken, Sweet 'n Sour (T)
 - Chicken, Teriyaki (R)
 - Chunky Chicken Stew (T)
- Cookies,
 - Butter (NF)
 - Chocolate Covered (NF)
 - Shortbread (NF)
- Crackers,
 - Butter (NF)
 - Graham (NF)
- Eggs,
 - Scrambled (R)
 - Mexican Scrambled (R)
 - Seasoned Scrambled (R)
- Frankfurters (T)
- Fruit
 - Apple, Granny Smith (FF)
 - Apple, Red Delicious (FF)
 - Applesauce (T)
 - Apricots, Dried (IM)
 - Banana (FF)
 - Cocktail (T)
 - Orange (FF)
 - Peach Ambrosia (R)
 - Peaches, Diced (T)
 - Peaches, Dried (IM)
 - Pears, Diced (T)
 - Pears, Dried (IM)
 - Pineapple (T)
 - Strawberries (R)
 - Trail Mix (IM)
- Granola Bar (NF)
- Ham (T)
- Ham Salad Spread (T)
- Jelly,
 - Apple (T)
 - Grape (T)
- Macaroni & Cheese (R)
- Meatballs in Spicy Tomato Sauce (T)
- Noodles and Chicken (R)
- Nuts,
 - Almonds (NF)
 - Cashews (NF)
 - Macadamia (NF)
 - Peanuts (NF)
 - Trail Mix (IM)
- Peanut Butter (T)
- Potatoes au Gratin (R)
- Puddings,
 - Banana (T)
 - Butterscotch (T)
 - Chocolate (T)
 - Tapioca (T)
 - Vanilla (T)
- Rice and Chicken (R)
- Rice Pilaf (R)
- Salmon (T)
- Sausage Pattie (R)
- Shrimp Cocktail (R)
- Soups,
 - Chicken Consommé (R)
 - Mushroom (R)
 - Rice & Chicken (R)

Spaghetti w/Meat Sauce (R)

Tortillas (FF)

Tuna,

- Tuna (T)
- Tuna Creole (T)
- Tuna Salad Spread (T)

Turkey,

- Turkey Salad Spread (T)
- Turkey Tetrazini (R)

Vegetables

- Asparagus (R)
- Broccoli au Gratin (R)
- Carrot Sticks (FF)
- Cauliflower w/Cheese (R)
- Celery Sticks (FF)
- Green Beans & Broccoli (R)
- Gr. Beans w/Mushrooms (R)
- Italian (R)
- Spinach, Creamed (R)
- Tomatoes & Eggplant (T)
- Yogurt,
- Blueberry (T)
- Peach (T)
- Raspberry (T)
- Strawberry (T)

Beverages (R)

Apple Cider

Cherry Drink w/A/S

Cocoa

Coffee

- Black
- w/A/S
- w/Cream
- w/Cream & A/S
- w/Cream & Sugar
- w/Sugar

Coffee(Decaffeinated),

- Black
- w/A/S
- w/Cream
- w/Cream & A/S
- w/Cream & Sugar
- w/Sugar

Coffee (Kona),

- Black
- w/A/S
- w/Cream

- w/Cream & A/S
- w/Cream & Sugar
- w/Sugar

Grape Drink

Grape Drink w/A/S

Grapefruit Drink

Instant Breakfast,

- Chocolate
- Strawberry
- Vanilla

Lemonade w/A/S

Lemon-Lime Drink

Orange Drink

Orange Drink w/A/S

Orange Juice

Orange-Grapefruit Drink

Orange-Mango Drink

Orange-Pineapple Drink

Peach-Apricot Drink

Pineapple Drink

Strawberry Drink

Tea,

- Plain
- w/A/S
- w/Cream
- w/Lemon
- w/Lemon & A/S
- w/Lemon & Sugar
- w/Sugar

Tropical Punch

Tropical Punch w/A/S

Condiments

Catsup (T)

Mayonnaise (T)

Mustard (T)

Pepper (Liquid)

Salt (Liquid)

Tabasco Sauce (T)

Taco Sauce (T)

Abbreviations

(FF) - Fresh Food

(IM) - Intermediate Moisture

(I) - Irradiated

(NF) - Natural Form

(R) - Rehydratable

(T) - Thermostabilized

A/S- Artificial Sweetener

Source: Dismukes, Kim. National Aeronautics and Space Administration, Human Space Flight, Food for Space Flight, "Space Food History," April 7, 2002,

<http://spaceflight.nasa.gov/shuttle/reference/factsheets/food.html>, accessed April 26, 2006.