# Skillet Kitchens Menu - GA Base

| 28-Jan | | 29-Jan | | 30-Jan | | 31-Jan | | 2-Feb | | 2-Feb | | 3-Feb | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| WEEK 1 | | | | | | **BREAKFAST** | | 2023 | | | | | |
| Saturday | | Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
| Buttered Grits | 1 cup | buttered grits | 10 oz | Buttered Grits | 1 cup | Oatmeal | 1 cup | Buttered Grits | 1 cup | Corn Flakes | 10 oz | Oatmeal | 1 cup |
| Sausage Patty | 1 ea | chicken tender | 1 ea | Shank | 4 oz | Sausage Patty | 1 ea | Chicken Kielbasi | 1/2 ea | Chicken Kielbasi | 1/2 ea | Chicken Kielbasi | 1/2 ea |
| Scrambled Eggs | 3 oz | Boiled Eggs | 2 ea | Scramble Eggs | 3 oz | Boiled Eggs | 2 ea | Scrambled Eggs | 3 oz | Boiled Eggs | 2 ea | Boiled Eggs | 2 ea |
| Buscuit (60 cut) | 2 ea | biscuit | 1 ea | Buscuit (60 cut) | 2 ea | Buscuit (60 cut) | 2 ea | Buscuit (60 cut) | 2 ea | blueberry muffin | 1 ea | Buscuit (60 cut) | 2 ea |
| Drink Mix | 8 oz | Milk | 8 oz | Drink mix | 8 oz | Drink mix | 8 oz | Drink mix | 8 oz | Milk | 8 oz | Drink mix | 8 oz |
| Jelly | 2 ea | jelly | 1 oz | Jelly | 1 ea | Jelly | 1 ea | Jelly | 1 ea | jelly | 1 oz | Jelly | 1 ea |
| | | | | | | **LUNCH** | | | | | | | |
| Sliced Bologna | 2 oz | Peanut Butter | 2 oz | Sliced Turkey Ham | 2 oz | Peanut Butter | 2 oz | Sliced Bologna | 2 oz | Sliced Turkey Ham | 2 oz | Sliced Bologna | 2 oz |
| Potato Chips | 1/2 oz | Jelly | 2 oz | Potato Chips | 1/2 oz | Jelly | 2 oz | Potato Chips | 1/2 oz | Potato Chips | 1/2 oz | Potato Chips | 1/2 oz |
| White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl |
| Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea |
| Sliced Cheese | 2 sl | Potato Chips | 1/2 oz | Sliced Cheese | 2 sl | Potato Chips | 1/2 oz | Sliced Cheese | 2 sl | Sliced Cheese | 2 sl | Sliced Cheese | 2 sl |
| Mayo/Mustard | 1 ea | | | Mayo/Mustard | 1 ea | | | Mayo/Mustard | 1 ea | Mayo/Mustard | 1 ea | Mayo/Mustard | 1 ea |
| Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz |
| | | | | | | **DINNER** | | | | | | | |
| Chili | 8 oz | smoked sausage | 2 ea | Beef Steak Patty | 1 ea | Meatballs | 6 ea | Cheesy Chicken- | 8 oz | Meatloaf | 1 ea | Charbroil | 1 ea |
| Corn | 4 oz | Green Greens | 4 oz | White Gravy | 2 oz | Brown Gravy | 2 oz | Noodle Casserole | | Ketchup Glaze | 1 oz | Brown Gravy | 2 oz |
| | | | 6 oz | Pinto Beans | 6 oz | Buttered Rice | 6 oz | | | Mac & Cheese | 6 oz | Mashed Potatoes | 6 oz |
| Buttered Rice | 6 oz | blackeyed peas | 4 oz | Mixed Veggies | 4 oz | Glazed Carrots | 4 oz | Buttered Broccoli | 4 oz | Steamed Cabbage | 4 oz | Sweet Peas | 4 oz |
| Yellow Cake | 1 ea | Chocolate Cake | 1/60th | Coffee Cake | 1/60th | Yellow Cake | 1/60th | Spice Cake | 1/60th | Chocolate Cake | 1/60th | Coffee Cake | 1/60th |
| Cornbread | 1 ea | cornbread | 1 ea | Cornbread | 1/60th | Cornbread | 1/60th | Dinner Roll | 1 ea | Dinner Roll | 1 ea | Cornbread | 1/60th |
| Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz |

| 4-Feb | | 5-Feb | | 6-Feb | | 7-Feb | | 8-Feb | | 9-Feb | | 10-Feb | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| WEEK 2 | | | | | | **BREAKFAST** | | 2023 | | | | | |
| Saturday | | Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
| Buttered Grits | 1 cup | Corn Flakes | 10 oz | Buttered Grits | 1 cup | Oatmeal | 1 cup | Buttered Grits | 1 cup | Buttered Grits | 1 cup | Oatmeal | 1 cup |
| Sausage Patty | 1 ea | Chicken Kielbasi | 1/2 ea | Shank | 4 oz | Sausage Patty | 1 ea | Chicken Kielbasi | 1/2 ea | Chicken Tenders | 1 ea | Sausage Patty | 1/2 ea |
| Scrambled Eggs | 3 oz | Boiled Eggs | 2 ea | Scramble Eggs | 3 oz | Boiled Eggs | 2 ea | Scrambled Eggs | 3 oz | Scramble Eggs | 3 oz | Boiled Eggs | 2 ea |
| Buscuit (60 cut) | 2 ea | Pancake (60 cut) | 2 ea | Buscuit (60 cut) | 2 ea | Buscuit (60 cut) | 2 ea | Buscuit (60 cut) | 2 ea | Buscuit (60 cut) | 2 ea | Buscuit (60 cut) | 2 ea |
| Drink Mix | 8 oz | Milk | 8 oz | Drink mix | 8 oz | Drink mix | 8 oz | Drink mix | 8 oz | Drink mix | 8 oz | Drink mix | 8 oz |
| Jelly | 2 ea | Syrup | 1 oz | Jelly | 1 ea | Jelly | 1 ea | Jelly | 1 ea | Jelly | 1 ea | Jelly | 1 ea |
| | | | | | | **LUNCH** | | | | | | | |
| Sliced Bologna | 2 oz | Peanut Butter | 2 oz | Sliced Turkey Ham | 2 oz | Peanut Butter | 2 oz | Sliced Bologna | 2 oz | Sliced Turkey Ham | 2 oz | Sliced Bologna | 2 oz |
| Potato Chips | 1/2 oz | Jelly | 2 oz | Potato Chips | 1/2 oz | Jelly | 2 oz | Potato Chips | 1/2 oz | Potato Chips | 1/2 oz | Potato Chips | 1/2 oz |
| White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl |
| Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea |
| Sliced Cheese | 2 sl | Potato Chips | 1/2 oz | Sliced Cheese | 2 sl | Potato Chips | 1/2 oz | Sliced Cheese | 2 sl | Sliced Cheese | 2 sl | Sliced Cheese | 2 sl |
| Mayo/Mustard | 1 ea | | | Mayo/Mustard | 1 ea | | | Mayo/Mustard | 1 ea | Mayo/Mustard | 1 ea | Mayo/Mustard | 1 ea |
| Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz |
| | | | | | | **DINNER** | | | | | | | |
| Cheesy- | 8 oz | Chicken Patty | 1 ea | Smoked Sausage | 1 ea | Salisbury | 1 ea | Chicken & Sausage- | 8 oz | Beef Steak Patty | 1 ea | Meatballs | 6 ea |
| Beef & Mac | | Yellow Gravy | 2 oz | | | Brown Gravy | 2 oz | Jambalaya Rice | | White Gravy | 2 oz | Brown Gravy | 2 oz |
| | | Pinto Beans | 6 oz | Buttered Rice | 6 oz | Mac & Cheese | 6 oz | | | Mashed Potatoes | 6 oz | Buttered Rice | 6 oz |
| Steamed Broccoli | 4 oz | Green Beans | 4 oz | Mixed Veggies | 4 oz | Glazed Carrots | 4 oz | Cut Corn | 4 oz | Steamed Cabbage | 4 oz | Sweet Peas | 4 oz |
| Spice Cake | 1/60th | Yellow Cake | 1/60th | Chocolate Cake | 1/60th | Spice Cake | 1/60th | Coffee Cake | 1/60th | Yellow Cake | 1/60th | Chocolate Cake | 1/60th |
| Dinner Roll | 1 ea | Cornbread | 1/60th | Cornbread | 1/60th | Dinner Roll | 1 ea | Dinner roll | 2 ea | Cornbread | 1/60th | Dinner Roll | 1 ea |
| Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz |

| 11-Feb | | 12-Feb | | 13-Feb | | 14-Feb | | 15-Feb | | 16-Feb | | 17-Feb | |
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| WEEK 3 | | | | | | | | | | | | | |
| | | | | | | **BREAKFAST** | | 2023 | | | | | |
| Saturday | | Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
| Buttered Grits | 1 cup | Corn Flakes | 10 oz | Buttered Grits | 1 cup | Oatmeal | 1 cup | Buttered Grits | 1 cup | Buttered Grits | 1 cup | Oatmeal | 1 cup |
| Sausage Patty | 1 ea | Chicken Kielbasi | 1/2 ea | Shank | 4 oz | Sausage Patty | 1 ea | Chicken Tenders | 1/2 ea | Sausage Patty | 1 ea | Chicken Kielbasi | 1/2 ea |
| Scrambled Eggs | 3 oz | Boiled Eggs | 2 ea | Scramble Eggs | 3 oz | Boiled Eggs | 2 ea | Scrambled Eggs | 3 oz | Scramble Eggs | 3 oz | Boiled Eggs | 2 ea |
| Buscuit (60 cut) | 2 ea | Pancake (60 cut) | 2 ea | Buscuit (60 cut) | 2 ea | Buscuit (60 cut) | 2 ea | Blueberry Muffin | 1 ea | Buscuit (60 cut) | 2 ea | Buscuit (60 cut) | 2 ea |
| Drink Mix | 8 oz | Milk | 8 oz | Drink mix | 8 oz | Drink mix | 8 oz | Drink mix | 8 oz | Drink mix | 8 oz | Drink mix | 8 oz |
| Jelly | 2 ea | Syrup | 1 oz | Jelly | 1 ea | Jelly | 1 ea | Jelly | 1 ea | Jelly | 1 ea | Jelly | 1 ea |
| | | | | | | **LUNCH** | | | | | | | |
| Sliced Bologna | 2 oz | Peanut Butter | 2 oz | Sliced Turkey Ham | 2 oz | Peanut Butter | 2 oz | Sliced Bologna | 2 oz | Sliced Turkey Ham | 2 oz | Sliced Bologna | 2 oz |
| Potato Chips | 1/2 oz | Jelly | 2 oz | Potato Chips | 1/2 oz | Jelly | 2 oz | Potato Chips | 1/2 oz | Potato Chips | 1/2 oz | Potato Chips | 1/2 oz |
| White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl |
| Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea |
| Sliced Cheese | 2 sl | Potato Chips | 1/2 oz | Sliced Cheese | 2 sl | Potato Chips | 1/2 oz | Sliced Cheese | 2 sl | Sliced Cheese | 2 sl | Sliced Cheese | 2 sl |
| Mayo/Mustard | 1 ea | | | Mayo/Mustard | 1 ea | | | Mayo/Mustard | 1 ea | Mayo/Mustard | 1 ea | Mayo/Mustard | 1 ea |
| Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz |
| | | | | | | **DINNER** | | | | | | | |
| Beef Stew | 8 oz | Dinner loaf Patty | 1 ea | Charbroil Patty | 1 ea | Chicken Patty | 1 ea | SOUP | 8 oz | Smoked Sausage | 1 ea | Salisbury Steak | 1 ea |
| or Soup | | | | Brown Gravy | 2 oz | Yellow Gravy | 2 oz | | | Mac & Cheese | 6 oz | Brown Gravy | 2 oz |
| Rice | 4 oz | Pinto Beans | 6 oz | Buttered Rice | 6 oz | Mashed Potatoes | 6 oz | Buttered Broccoli | 4 oz | Lima Beans | 4 oz | Buttered Rice | 6 oz |
| Cut Corn | 4 oz | Green Beans | 4 oz | Mixed Veggies | 4 oz | Glazed Carrots | 4 oz | | | | | Sweet Peas | 4 oz |
| Chocolate Cake | 1/60th | Spice Cake | 1/60th | Yellow Cake | 1/60th | White Cake | 1/60th | Chocolate Cake | 1/60th | White Cake | 1/60th | Yellow Cake | 1/60th |
| Cornbread | 1/60th | Cornbread | 1/60th | Dinner Roll | 1 ea | Dinner Roll | 1 ea | cornbread | 2 ea | Cornbread | 1/60th | Dinner Roll | 1 ea |
| Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz |

| 18-Feb | | 19-Feb | | 20-Feb | | 21-Feb | | 22-Feb | | 23-Feb | | 24-Feb | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| WEEK 4 | | | | | | **BREAKFAST** | | 2023 | | | | | |
| Saturday | | Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
| Buttered Grits | 1 cup | buttered grits | 1 cup | Buttered Grits | 1 cup | Oatmeal | 1 cup | Buttered Grits | 1 cup | Corn Flakes | 10 oz | Oatmeal | 1 cup |
| Chicken Kielbasi | 1 ea | chicken Tenders | 1 piece | Shank | 4 oz | Sausage Patty | 1 ea | Chicken Kielbasi | 1/2 ea | Chicken Kielbasi | 1/2 ea | Sausage Patty | 1/2 ea |
| Scrambled Eggs | 3 oz | Scrambled Eggs | 2 ea | Scramble Eggs | 3 oz | Boiled Eggs | 2 ea | Scrambled Eggs | 3 oz | Boiled Eggs | 2 ea | Boiled Eggs | 2 ea |
| Buscuit (60 cut) | 2 ea | Biscuits | 2 ea | Buscuit (60 cut) | 2 ea | Buscuit (60 cut) | 2 ea | Buscuit (60 cut) | 2 ea | blueberry muffins | 1 ea | Buscuit (60 cut) | 2 ea |
| Drink Mix | 8 oz | Milk | 8 oz | Drink mix | 8 oz | Drink mix | 8 oz | Drink mix | 8 oz | Milk | 8 oz | Drink mix | 8 oz |
| Jelly | 2 ea | Jelly | 1 oz | Jelly | 1 ea | Jelly | 1 ea | Jelly | 1 ea | Jelly | 1 oz | Jelly | 1 ea |
| | | | | | | **LUNCH** | | | | | | | |
| Sliced Bologna | 2 oz | Peanut Butter | 2 oz | Sliced Turkey Ham | 2 oz | Peanut Butter | 2 oz | Sliced Bologna | 2 oz | Sliced Turkey Ham | 2 oz | Sliced Bologna | 2 oz |
| Potato Chips | 1/2 oz | Jelly | 2 oz | Potato Chips | 1/2 oz | Jelly | 2 oz | Potato Chips | 1/2 oz | Potato Chips | 1/2 oz | Potato Chips | 1/2 oz |
| White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl | White Bread | 4 sl |
| Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea | Cookies | 2 ea |
| Sliced Cheese | 2 sl | Potato Chips | 1/2 oz | Sliced Cheese | 2 sl | Potato Chips | 1/2 oz | Sliced Cheese | 2 sl | Sliced Cheese | 2 sl | Sliced Cheese | 2 sl |
| Mayo/Mustard | 1 ea | | | Mayo/Mustard | 1 ea | | | Mayo/Mustard | 1 ea | Mayo/Mustard | 1 ea | Mayo/Mustard | 1 ea |
| Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz |
| | | | | | | **DINNER** | | | | | | | |
| Spaghetti | 8 oz | Salisbury Steak | 2 ea | Meatballs | 6 ea | Meatloaf | 1 ea | Beef & Sausage | 8 oz | Charbroil | 1 ea | Chicken Patty | 1 ea |
| Corn | 4 oz | Brown Gravy | 2 oz | Brown Gravy | 2 oz | Ketchup Glaze | 1 oz | Dirty Rice | | Brown Gravy | 2 oz | Yellow Gravy | 2 oz |
| Broccoli | 4 oz | Mashed Potatoes | 6 oz | Pinto Beans | 6 oz | Mac & Cheese | 6 oz | | | Buttered Rice | 6 oz | Mashed Potatoes | 6 oz |
| | | Green Beans | 4oz | | | | | | | | | | |
| | | Chocolate Cake | 4 oz | Mixed Veggies | 4 oz | Glazed Carrots | 4 oz | Corn | 4 oz | Steamed Cabbage | 4 oz | Sweet Peas | 4 oz |
| | | Dinner Roll | 1 eac | Spice Cake | 1/60th | Chocolate Cake | 1/60th | Yellow Cake | 1/60th | Coffee Cake | 1/60th | Spice Cake | 1/60th |
| spice cake | 1 ea | | 1 ea | Cornbread | 1/60th | Dinner Roll | 1 ea | Cornbread | 1/60th | Dinner Roll | 1 ea | Cornbread | 1/60th |
| dinner rolls | 1 ea | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz | Drink Mix | 8 oz |