



MS Breakfast 2023-24  
Breakfast

King George County Public Schools

Mon	Tue	Wed	Thu	Fri
4/1/2024	4/2/2024	4/3/2024	4/4/2024	4/5/2024
	<b>Main Entree</b> French Toast Sticks w/ Powdered Sugar <b>Vegetable</b> Fresh Carrots <b>Fruit</b> Applesauce Cup <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Turkey Breakfast on a Stick Assorted Pop Tart (HS) <b>Vegetable</b> Hashbrown Fresh Carrots <b>Fruit</b> Juice, Apple Mixed Fruit Cup <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Assorted Cereal 2oz Bridgford Breakfast Chicken Biscuit <b>Vegetable</b> Tater Tots Fresh Carrots <b>Fruit</b> Juice, Fruit Punch Craisins <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Parfait Bar Pillsbury Cinni Mini <b>Fruit</b> Juice, Apple Craisins <b>Milk</b> Chocolate Milk White Milk
4/8/2024	4/9/2024	4/10/2024	4/11/2024	4/12/2024
<b>Main Entree</b> Mini Chocolate Donut Holes in a Cup Mini Powdered Donut Holes in a Cup Assorted Pop Tart (HS) <b>Fruit</b> Fresh Orange Slices <b>Milk</b> White Milk Chocolate Milk	<b>Main Entree</b> Turkey Bacon, Egg, Cheese on a Croissant Pillsbury Cinnamon Roll w/ Glaze <b>Vegetable</b> Hashbrown <b>Fruit</b> Fresh Apples <b>Milk</b> White Milk Chocolate Milk	<b>Main Entree</b> Glazed GoodyMan Bun Pillsbury French Toast Mini Rush <b>Vegetable</b> Fresh Carrots <b>Fruit</b> Banana <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Breakfast Chicken Biscuit Assorted Pop Tart (HS) <b>Vegetable</b> Hashbrown <b>Fruit</b> Juice, Fruit Punch <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Parfait Bar Assorted Cereal 2oz <b>Vegetable</b> Fresh Carrots <b>Fruit</b> Cup Peaches <b>Milk</b> Chocolate Milk White Milk



Mon	Tue	Wed	Thu	Fri
4/15/2024	4/16/2024	4/17/2024	4/18/2024	4/19/2024
<b>Main Entree</b> French Toast Sticks w/ Powdered Sugar Waffle Envy, Vanilla <b>Vegetable</b> Fresh Carrots w/ Ranch <b>Fruit</b> Applesauce Cup <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Turkey Breakfast on a Stick Assorted Pop Tart (HS) <b>Vegetable</b> Hashbrown <b>Fruit</b> Juice, Apple Mixed Fruit Cup <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Pillsbury Cinni Mini Parfait Bar <b>Fruit</b> Craisins Juice, Fruit Punch <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Assorted Cereal 2oz Bridgford Breakfast Chicken Biscuit <b>Vegetable</b> Tater Tots <b>Fruit</b> Juice, Fruit Punch Craisins <b>Milk</b> Chocolate Milk White Milk	
4/22/2024	4/23/2024	4/24/2024	4/25/2024	4/26/2024
<b>Main Entree</b> Mini Chocolate Donut Holes in a Cup Mini Blueberry Donut Holes in a Cup Assorted Pop Tart (HS) <b>Fruit</b> Fresh Orange Slices <b>Milk</b> White Milk Chocolate Milk	<b>Main Entree</b> Turkey Bacon, Egg, Cheese on a Croissant Pillsbury Cinnamon Roll w/ Glaze <b>Vegetable</b> Hashbrown <b>Fruit</b> Fresh Apples <b>Milk</b> White Milk Chocolate Milk	<b>Main Entree</b> Glazed GoodyMan Bun Pillsbury French Toast Mini Rush <b>Fruit</b> Banana <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Breakfast Chicken Biscuit Assorted Pop Tart (HS) <b>Vegetable</b> Hashbrown <b>Fruit</b> Juice, Fruit Punch <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Parfait Bar Assorted Cereal 2oz <b>Fruit</b> Cup Peaches Craisins <b>Milk</b> Chocolate Milk White Milk
4/29/2024	4/30/2024	5/1/2024	5/2/2024	5/3/2024
<b>Main Entree</b> French Toast Sticks w/ Powdered Sugar Pillsbury Cinnamon Roll w/ Glaze <b>Vegetable</b> Fresh Carrots w/ Ranch <b>Fruit</b> Applesauce Cup <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Turkey Breakfast on a Stick Assorted Pop Tart (HS) <b>Vegetable</b> Hashbrown <b>Fruit</b> Juice, Apple Mixed Fruit Cup <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Pillsbury Cinni Mini Parfait Bar <b>Fruit</b> Craisins Juice, Fruit Punch <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Breakfast Chicken Biscuit Assorted Cereal 2oz <b>Vegetable</b> Tater Tots <b>Fruit</b> Juice, Fruit Punch Craisins <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Mini Pancake Wrap (Maple) Parfait Bar <b>Fruit</b> Fresh Pears <b>Milk</b> Chocolate Milk White Milk



MS Lunch 2023-24 SY  
Lunch

King George County Public Schools

Mon	Tue	Wed	Thu	Fri
4/1/2024	4/2/2024	4/3/2024	4/4/2024	4/5/2024
	<b>Main Entree</b> Walking Beef Taco w/ Fritos (HS) Salad Bar <b>Grain</b> Spanish Rice <b>Vegetable</b> Taco Fiesta Black Beans w/ Corn 1.5oz Salsa Cups Shredded Lettuce <b>Fruit</b> Cup Peaches <b>Milk</b> Chocolate Milk White Milk <b>Extras</b> Shredded Cheese Cup	<b>Main Entree</b> Chicken Nuggets Salad Bar <b>Grain</b> Dutch Waffle w/ Powdered Sugar <b>Vegetable</b> Steamed Broccoli <b>Fruit</b> Applesauce Blue Raspberry Applesauce <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> BBQ Pork Sandwich on Bun Beef Hot Dog on Bun Salad Bar <b>Vegetable</b> BBQ Baked Beans Jalapeño Roasted Corn <b>Fruit</b> Pineapple Cup Blueberry Cups <b>Milk</b> Chocolate Milk White Milk <b>Vegetables and Vegetable Products</b> Coleslaw	<b>Main Entree</b> Big Daddy's 4 Meat Lovers Pizza Big Daddy Cheese Pizza Salad Bar <b>Vegetable</b> Side Salad <b>Fruit</b> Fresh Apples Cup Peaches <b>Milk</b> Chocolate Milk White Milk
4/8/2024	4/9/2024	4/10/2024	4/11/2024	4/12/2024
<b>Main Entree</b> Chicken Alfredo Penne Chicken Fajita Sub w/ Pepperjack Cheese, Peppers, & Onions Salad Bar <b>Grain</b> Texas Toast <b>Vegetable</b> Steamed Broccoli Side Winder <b>Fruit</b> Fresh Apples Assorted Juice <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Walking Beef Taco w/ Fritos (HS) Salad Bar <b>Grain</b> Spanish Rice <b>Vegetable</b> Refried Beans 1.5oz Salsa Cups Taco Trimmings <b>Fruit</b> Cup Peaches <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Chicken Nuggets Mac and Cheese Salad Bar <b>Grain</b> Side of Waffle Envy, Vanilla Dinner Roll <b>Vegetable</b> Green Beans <b>Fruit</b> Applesauce Strawberry Applesauce Cup <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> BBQ Honey Smoke Beef Rib on Bun BBQ Pork Sandwich on Bun Salad Bar <b>Vegetable</b> BBQ Baked Beans Corn on the Cob <b>Fruit</b> Pineapple Cup <b>Milk</b> Chocolate Milk White Milk <b>Vegetables and Vegetable Products</b> Coleslaw	<b>Main Entree</b> Stuffed Crust Pepperoni Pizza Big Daddy Veggie Pizza Salad Bar <b>Vegetable</b> Side Salad Fresh Carrots w/ Ranch <b>Fruit</b> Fresh Pears <b>Milk</b> Chocolate Milk White Milk



Mon	Tue	Wed	Thu	Fri
4/15/2024	4/16/2024	4/17/2024	4/18/2024	4/19/2024
<b>Main Entree</b> Cheesy Beef Mac Salad Bar <b>Grain</b> Texas Toast <b>Vegetable</b> Green Beans <b>Fruit</b> Strawberry Applesauce Cup Applesauce Cup <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Bean & Cheese Burrito Beef, Bean, & Cheese Burrito Salad Bar <b>Grain</b> Cilantro Rice <b>Vegetable</b> Strawberry Side Salad Mexi-Cali Corn <b>Fruit</b> Cup Peaches <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Chicken Patty on Bun Spicy Chicken Patty on Bun Salad Bar <b>Vegetable</b> Side Winder Fresh Carrots w/ Ranch <b>Fruit</b> Dole Mandarin Orange Gel Cup Dole Strawberry Gel Cup <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Big Daddy's 4 Meat Lovers Pizza Big Daddy Cheese Pizza Salad Bar <b>Vegetable</b> Side Salad <b>Fruit</b> Blueberry Cups Baked Apples <b>Milk</b> Chocolate Milk White Milk	
4/22/2024	4/23/2024	4/24/2024	4/25/2024	4/26/2024
<b>Main Entree</b> Lasagna Fish Fillet on Bun Salad Bar <b>Grain</b> Garlic Bread Stick <b>Vegetable</b> French Fries Crinkle Cut Mixed Greens <b>Fruit</b> Fresh Pears <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Stuffed Crust Cheese Pizza Stuffed Crust Pepperoni Pizza Salad Bar <b>Vegetable</b> Tater Tots Fresh Carrots w/ Ranch <b>Fruit</b> Fresh Apples <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Chicken Nuggets Salad Bar <b>Grain</b> Dinner Roll Side of Mac and Cheese <b>Vegetable</b> Green Beans <b>Fruit</b> Applesauce Cup Strawberry Applesauce Cup <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Hamburger on a Bun Cheeseburger on Bun Spicy Black Bean Veggie Burger Salad Bar <b>Vegetable</b> Crinkle Cut Sweet Potato Fries Baked Beans <b>Fruit</b> Apple Slices Baked Apples <b>Milk</b> Chocolate Milk White Milk	<b>Main Entree</b> Big Daddy Cheese Pizza Big Daddy Veggie Pizza Salad Bar <b>Vegetable</b> Side Salad Fresh Carrots w/ Ranch Side Winder <b>Fruit</b> Fresh Pears <b>Milk</b> Chocolate Milk White Milk



Mon	Tue	Wed	Thu	Fri
4/29/2024	4/30/2024	5/1/2024	5/2/2024	5/3/2024
<b>Main Entree</b> Cheesey Max Stix (3) Asian Orange Chicken Salad Bar	<b>Main Entree</b> Chicken Fajita Sub w/ Pepperjack Cheese, Peppers, & Onions Philly Cheese Steak Sub w/ Chesse, Pepper, Mushroom, & Onion Salad Bar	<b>Main Entree</b> BBQ Chicken Cheese & Chili Beef Hot Dog on Bun Salad Bar	<b>Main Entree</b> Chicken Alfredo Penne Salad Bar	<b>Main Entree</b> Big Daddy Cheese Pizza Big Daddy Veggie Pizza Salad Bar
<b>Grain</b> Fried Rice	<b>Vegetable</b> French Fries Crinkle Cut Green Beans	<b>Grain</b> Dinner Roll	<b>Grain</b> Garlic Bread Stick	<b>Vegetable</b> Side Salad Fresh Carrots w/ Ranch
<b>Vegetable</b> Steamed Broccoli Egg Roll	<b>Fruit</b> Cup Peaches	<b>Vegetable</b> BBQ Baked Beans French Fries Crinkle Cut	<b>Vegetable</b> Steamed Broccoli	<b>Fruit</b> Fresh Apples
<b>Fruit</b> Mixed Fruit Cup	<b>Milk</b> Chocolate Milk White Milk	<b>Fruit</b> Applesauce Cup Blue Raspberry Applesauce	<b>Fruit</b> Fresh Apples	<b>Milk</b> Chocolate Milk White Milk
<b>Milk</b> Chocolate Milk White Milk		<b>Milk</b> Chocolate Milk White Milk	<b>Milk</b> Chocolate Milk White Milk	
		<b>Vegetables and Vegetable Products</b> Coleslaw		