

**Gettysburg Area School District  
Middle School**

**January 2025  
Breakfast Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
		1/1  <b>No School</b>	1/2 1. Chocolate Chip French Toast <b>37</b> 2. Iced Cinnamon Bun <b>38</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	1/3 1. WG Breakfast Sausage Pizza <b>27</b> 2. Bacon, Egg and Cheese Croissant <b>28</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>
1/6 1.Waffles w/Bacon <b>30</b> 2.Blueberry Parfait <b>41</b> <b>Sides:</b> Chilled Fruit <b>15</b> , 100% Fruit Juice <b>15</b> , Fresh Whole Fruit <b>24</b> , 1% Milk <b>12</b> , 1% <b>Choc</b> Milk <b>24</b>	1/7 1.Breakfast Burrito <b>34</b> 2. Strawberry Smoothie <b>22.5</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	1/8 1.Sausage, Egg and Cheese Bagel <b>32</b> 2.Apple Churro w/Yogurt <b>32.3</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	1/9 1.Bacon, Egg and Cheese on a Muffin <b>28</b> 2.WG Chocolate Donut Bites <b>57</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>2</b>	1/10 1. WG Breakfast Bacon Pizza <b>22</b> 2. Stuffed Hash Brown <b>48</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>
1/13 1.Donut and Berry Parfait <b>45</b> 2.Bacon, Egg and Cheese Muffin <b>28</b> <b>Sides:</b> Chilled Fruit <b>15</b> , 100% Fruit Juice <b>15</b> , Fresh Whole Fruit <b>24</b> , 1% Milk <b>12</b> , 1% <b>Choc</b> Milk <b>24</b>	1/14 1. WG French Toast Sticks <b>29.25</b> w/SF Syrup <b>8</b> 2. Chocolate Frudel <b>37</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	1/15 1.Waffles w/Bacon <b>30</b> 2.Blueberry Parfait <b>41</b> <b>Sides:</b> Chilled Fruit <b>15</b> , 100% Fruit Juice <b>15</b> , Fresh Whole Fruit <b>24</b> , 1% Milk <b>12</b> , 1% <b>Choc</b> Milk <b>24</b>	1/16 1. Sausage, Egg and Cheese on a Biscuit <b>36</b> 2. WG Bagel w/Cream Cheese <b>28</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	1/17 1. WG Breakfast Sausage Pizza <b>27</b> 2. Bacon, Egg and Cheese Croissant <b>28</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>
1/20  <b>No School</b>	1/21 1.Breakfast Burrito <b>34</b> 2. Strawberry Smoothie <b>22.5</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	1/22 1.Sausage, Egg and Cheese Bagel <b>32</b> 2.Apple Churro w/Yogurt <b>32.3</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	1/23 1.Bacon, Egg and Cheese on a Muffin <b>28</b> 2.WG Chocolate Donut Bites <b>57</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	1/24 1. WG Breakfast Bacon Pizza <b>22</b> 2. Stuffed Hash Brown <b>48</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>
1/27 1. WG Breakfast Bacon Pizza <b>22</b> 2. Stuffed Hash Brown <b>48</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	1/28 1. WG French Toast Sticks <b>29.25</b> w/SF Syrup <b>8</b> 2. Chocolate Frudel <b>37</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	1/29 1.Waffles w/Bacon <b>30</b> 2.Blueberry Parfait <b>41</b> <b>Sides:</b> Chilled Fruit <b>15</b> , 100% Fruit Juice <b>15</b> , Fresh Whole Fruit <b>24</b> , 1% Milk <b>12</b> , 1% <b>Choc</b> Milk <b>24</b>	1/30 1. Sausage, Egg and Cheese on a Biscuit <b>36</b> 2. WG Bagel w/Cream Cheese <b>28</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	1/31 1. WG Breakfast Sausage Pizza <b>27</b> 2. Bacon, Egg and Cheese Croissant <b>28</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <b>15</b> Fresh Whole Fruit <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>

**Daily Alternate Breakfast Meals: Assorted Low Sugar Cereal 25 w/String Cheese; 1 Individual Yogurt and Graham Crackers 29.3 Breakfast Sandwiches 25-35**