

**Gettysburg Area School District
Middle School**

**February 2025
Breakfast Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
2/3 1.Waffles w/Bacon 30 2.Blueberry Parfait 41 Sides: Chilled Fruit 15 , 100% Fruit Juice 15 , Fresh Whole Fruit 24 , 1% Milk 12 , 1% Choc Milk 24	2/4 1. WG Breakfast Sausage Pizza 27 2. WG Caramel Mini Cini 35 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/5 1.Sausage, Egg and Cheese Bagel 32 2.Apple Churro w/Yogurt 32.3 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/6 1.Bacon, Egg and Cheese on a Muffin 28 2.WG Chocolate Donut Bites 57 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 2	2/7 1.Breakfast Burrito 34 2. Berry Blast French Toast 37 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
2/10 1.Donut and Berry Parfait 45 2.Bacon, Egg and Cheese Muffin 28 Sides: Chilled Fruit 15 , 100% Fruit Juice 15 , Fresh Whole Fruit 24 , 1% Milk 12 , 1% Choc Milk 24	2/11 1. WG French Toast Sticks 29.25 w/SF Syrup 8 2. Chocolate Frudel 37 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/12 1.Chicken Biscuit Sandwich 34 2.Iced Cinnamon Bun 38 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/13 1. Sausage, Egg and Cheese on a Biscuit 36 2. WG Bagel w/Cream Cheese 28 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/14 No School
2/17 No School	2/18 1. WG Breakfast Bacon Pizza 22 2. Stuffed Hash Brown 48 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/19 1.Sausage, Egg and Cheese Bagel 32 2.Apple Churro w/Yogurt 32.3 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/20 1.Bacon, Egg and Cheese on a Muffin 28 2.WG Chocolate Donut Bites 57 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 2	2/21 1.Breakfast Burrito 34 2. Strawberry Smoothie 22.5 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
2/24 1.Donut and Berry Parfait 45 2.Bacon, Egg and Cheese Muffin 28 Sides: Chilled Fruit 15 , 100% Fruit Juice 15 , Fresh Whole Fruit 24 , 1% Milk 12 , 1% Choc Milk 24	2/25 1. WG French Toast Sticks 29.25 w/SF Syrup 8 2. Chocolate Frudel 37 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/26 1.Chicken Biscuit Sandwich 34 2.Iced Cinnamon Bun 38 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/27 1. Sausage, Egg and Cheese on a Biscuit 36 2. WG Bagel w/Cream Cheese 28 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	2/28 1.Waffles w/Bacon 30 2.Blueberry Parfait 41 Sides: Chilled Fruit 15 , 100% Fruit Juice 15 , Fresh Whole Fruit 24 , 1% Milk 12 , 1% Choc Milk 24

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