

**Gettysburg Area School District
High School**

**March 2025
Breakfast Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
3/3 1.Waffles w/Bacon 30 2.Strawberry Parfait 41 Sides: Chilled Fruit 15 , 100% Fruit Juice 15 , Fresh Whole Fruit 24 , 1% Milk 12 , 1% Choc Milk 24	3/4 1.Breakfast Calzone w/Hash Brown 52 2. Mini Cini 40 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/5 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	3/6 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	3/7 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
3/10 1.Sausage, Egg and Cheese Muffin 34.5 2.Mini Blueberry Pancake 36 Sides: Chilled Fruit 15 , 100% Fruit Juice 15 , Fresh Whole Fruit 24 , 1% Milk 12 , 1% Choc Milk 24	3/11 1. Ham and Cheese on a Donut 32 2. Strawberry Stuffed Bagel 42 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/12 1.Bacon, Egg and Cheese Wrap 35 2.Berry Parfait 41 Sides: Chilled Fruit 15 , 100% Fruit Juice 15 , Fresh Whole Fruit 24 , 1% Milk 12 , 1% Choc Milk 24	3/13 1. Chicken Biscuit Sandwich 34 2. Mini Maple Pancakes 37 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/14 1. WG Breakfast Bacon Pizza 22 2. French Toast w/Sausage 29.25 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
3/17 1. Ham and Cheese on a Donut 32 2. Strawberry Boli 42 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/18 1.WG Bagel w/Cream Cheese 28 2. Mini Maple Waffles 37 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/19 1.Egg and Cheese Muffin 26 2.Berry Smoothie 22.5 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/20 1.Ham, Egg and Cheese Croissant 27 2.WG Cherry Frudel 36 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/21 1. WG Breakfast Sausage Pizza 27 2. Bacon, Egg and Cheese Croissant 28 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
3/24 1. WG Mini Waffles 37 2.Chocolate Frudel 37 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/25 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	3/26 1.Sausage, Egg and Cheese Muffin 34.5 2.Strawberry Boli 42 Sides: Chilled Fruit 15 , 100% Fruit Juice 15 , Fresh Whole Fruit 24 , 1% Milk 12 , 1% Choc Milk 24	3/27 1. Chocolate Chip French Toast 38 2. Iced Cinnamon Bun 38 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	3/28 1. WG Breakfast 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
3/31 1.Waffles w/Bacon 30 2.Strawberry 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**