

**Gettysburg Area School District  
High School**

**April 2025  
Breakfast Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>4/1</b> 1. Breakfast Calzone w/Hash Brown <b>52</b> 2. Mini Cini <b>40</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>	<b>4/2</b> 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>	<b>4/3</b> 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>	<b>4/4</b> 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>
<b>4/7</b> 1. Sausage, Egg and Cheese Muffin <b>34.5</b> 2. Mini Blueberry Pancake <b>36</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>	<b>4/8</b> 1. Ham and Cheese on a Donut <b>32</b> 2. Strawberry Stuffed Bagel <b>42</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>	<b>4/9</b> 1. Bacon, Egg and Cheese Wrap <b>35</b> 2. Berry 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>	<b>4/10</b> 1. Chicken Biscuit Sandwich <b>34</b> 2. Mini Maple Pancakes <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>	<b>4/11</b> 1. WG Breakfast Bacon Pizza <b>22</b> 2. French Toast w/Sausage <b>29.25</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>
<b>4/14</b> 1. Ham and Cheese on a Donut <b>32</b> 2. Strawberry Boli <b>42</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>	<b>4/15</b> 1. WG Bagel w/Cream Cheese <b>28</b> 2. Mini Maple Waffles <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>	<b>4/16</b> 1. Egg and Cheese Muffin <b>26</b> 2. Berry 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>	<b>No School</b>	<b>No School</b>
<b>No School</b>	<b>4/22</b> 1. Breakfast Burrito <b>34</b> 2. Berry Blast French Toast <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>	<b>4/23</b> 1. Sausage, Egg and Cheese Muffin <b>34.5</b> 2. Strawberry Boli <b>42</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>	<b>4/24</b> 1. Chocolate Chip French Toast <b>38</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>	<b>4/25</b> 1. WG Breakfast 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>
<b>4/28</b> 1. Waffles w/Bacon <b>30</b> 2. Strawberry 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>	<b>4/29</b> 1. Breakfast Calzone w/Hash Brown <b>52</b> 2. Mini Cini <b>40</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>	<b>4/30</b> 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>		

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