

**Gettysburg Area School District
High School**

**May 2025
Breakfast Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
			5/1 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 24	5/2 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
5/5 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	5/6 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	5/7 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	5/8 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	5/9 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
5/12 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	5/13 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	5/14 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	5/15 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	5/16 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
5/19 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	5/20 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	5/21 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	5/22 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	5/23 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
5/26 No School	5/27 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	5/28 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	5/29 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 24	5/30 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

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