

<b>Gettysburg Area School District Middle School</b>			<b>May 2025 Breakfast Carb Counts</b>	
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
			<b>5/1</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>5/2</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>5/5</b> 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>	<b>5/6</b> 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>	<b>5/7</b> 1.Chicken Biscuit Sandwich <b>34</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>5/8</b> 1. Sausage, Egg and Cheese on a Muffin <b>28</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>	<b>5/9</b> 1.Egg and Cheese on a 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>5/12</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>5/13</b> 1. WG Breakfast Bacon Pizza <b>22</b> 2. WG Caramel Mini Cini <b>35</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>5/14</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>5/15</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> 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>5/16</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>5/19</b> 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>	<b>5/20</b> 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>	<b>5/21</b> 1.Chicken Biscuit Sandwich <b>34</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>5/22</b> 1. Sausage, Egg and Cheese on a Muffin <b>28</b> 2. WG Bagel w/Cream Cheese <b>28</b> <b>Sides:</b> Chilled Fruit, <b>15</b> 100% Fruit juice, <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>5/23</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>5/26</b>  <b>No School</b>	<b>5/27</b> 1. WG Breakfast Bacon Pizza <b>22</b> 2. WG Caramel Mini Cini <b>35</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>5/28</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>5/29</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> 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>5/30</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>

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