

**Gettysburg Area School District  
Elementary School**

**May 2025  
Breakfast Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>5/1</b> 1. Sausage, Egg and Cheese Pancake Sandwich <b>28</b> 2. Chocolate Frudel <b>37</b> <b>Sides:</b> Chilled Fruit <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. WG Breakfast Bacon Pizza <b>22</b> 2. WG Blueberry Bagel w/Cream Cheese <b>28</b> <b>Sides:</b> Chilled Fruit <b>15</b> , 100% Fruit Juice, Milk <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>
<b>5/5</b> 1. Strawberry Parfait <b>41</b> 2. Pancake Puffs <b>37</b> <b>Sides:</b> Chilled Fruit, <b>15</b> , 100% Fruit juice, <b>15</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>5/6</b> 1. WG Mini Blueberry Pancakes <b>36</b> 2. Assorted Muffin <b>42</b> <b>Sides:</b> Chilled Fruit <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. Sausage, Egg and Cheese Croissant <b>28</b> 2. Strawberry Stuffed Bagel <b>42</b> <b>Sides:</b> Chilled Fruit, <b>15</b> , 100% Fruit juice, <b>15</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>5/8</b> 1. Iced Cinnamon Bun <b>38</b> 2. WG Bagel w/Cream Cheese <b>28</b> <b>Sides:</b> Chilled Fruit <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. WG Breakfast Sausage Pizza <b>27</b> 2. Bacon, Egg and Cheese Bagel <b>26</b> <b>Sides:</b> Chilled Fruit <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. Chocolate Donut Holes <b>57</b> 2. Iced Cinnamon Bun <b>38</b> <b>Sides:</b> Chilled Fruit <b>15</b> , 100% Fruit Juice <b>15</b> , 1% Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>5/13</b> 1. WG French Toast Sticks <b>29.25</b> & SF Syrup <b>8</b> 2. Apple Churro w/Yogurt <b>32.3</b> <b>Sides:</b> Chilled Fruit <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. Bacon, Egg and Cheese on a Muffin <b>28</b> 2. Donut and Berry Parfait <b>37.5</b> <b>Sides:</b> Chilled Fruit, <b>15</b> , 100% Fruit juice, <b>15</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>5/15</b> 1. Sausage, Egg and Cheese Pancake Sandwich <b>28</b> 2. Chocolate Frudel <b>37</b> <b>Sides:</b> Chilled Fruit <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. WG Breakfast Bacon Pizza <b>22</b> 2. WG Blueberry Bagel w/Cream Cheese <b>28</b> <b>Sides:</b> Chilled Fruit <b>15</b> , 100% Fruit Juice, Milk <b>24</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>
<b>5/19</b> 1. Strawberry Parfait <b>41</b> 2. Pancake Puffs <b>37</b> <b>Sides:</b> Chilled Fruit, <b>15</b> , 100% Fruit juice, <b>15</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>5/20</b> 1. WG Mini Blueberry Pancakes <b>36</b> 2. Assorted Muffin <b>42</b> <b>Sides:</b> Chilled Fruit <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. Sausage, Egg and Cheese Croissant <b>28</b> 2. Strawberry Stuffed Bagel <b>42</b> <b>Sides:</b> Chilled Fruit, <b>15</b> , 100% Fruit juice, <b>15</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>5/22</b> 1. Iced Cinnamon Bun <b>38</b> 2. WG Bagel w/Cream Cheese <b>28</b> <b>Sides:</b> Chilled Fruit <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. WG Breakfast Sausage Pizza <b>27</b> 2. Bacon, Egg and Cheese Bagel <b>26</b> <b>Sides:</b> Chilled Fruit <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>  <p style="text-align: center;"><b>No School</b></p>	<b>5/27</b> 1. WG French Toast Sticks <b>29.25</b> & SF Syrup <b>8</b> 2. Apple Churro w/Yogurt <b>32.3</b> <b>Sides:</b> Chilled Fruit <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. Bacon, Egg and Cheese on a Muffin <b>28</b> 2. Donut and Berry Parfait <b>37.5</b> <b>Sides:</b> Chilled Fruit, <b>15</b> , 100% Fruit juice, <b>15</b> , 1 % Milk <b>12</b> , 1 % <b>Choc</b> Milk <b>24</b>	<b>5/29</b> 1. Sausage, Egg and Cheese Pancake Sandwich <b>28</b> 2. Chocolate Frudel <b>37</b> <b>Sides:</b> Chilled Fruit <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. WG Breakfast Bacon Pizza <b>22</b> 2. WG Blueberry Bagel w/Cream Cheese <b>28</b> <b>Sides:</b> Chilled Fruit <b>15</b> , 100% Fruit Juice, Milk <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****