

Gettysburg Area School District High School			January 2026 Breakfast Carb Counts	
Monday	Tuesday	Wednesday	Thursday	Friday
			1/1 No School	1/2 No School
1/5 1. Waffles w/Bacon 30 2. WG Breakfast Bacon Pizza 22 3. Assorted Muffins 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/6 1. Sausage, Egg and Cheese Muffin 28 2. Iced Cinnamon Bun 38 3. Confetti Waffles 30 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/7 1. Bacon, Egg and Cheese Pancake Sandwich 28 2. Chocolate Frudel 37 3. Assorted Muffin 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/8 1.Sausage, Egg and Cheese Bagel 32 2. Ham and Cheese Calzone 48 3. Fudge Pop Tart w/String Cheese 37 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/9 1. French Toast w/Sausage 30 2. Breakfast Sausage Pizza 22 3. Fudge Pop Tart w/String Cheese 37 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
1/12 1. Ham, Egg and Cheese Croissant 27 2. Bagel w/Cream Cheese 28 3. Assorted Muffin 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/13 1. Chicken Biscuit Sandwich 34 2. WG Stuffed Hash Brown 48 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/14 1. Sausage, Egg and Cheese Pancake Sandwich 28 2. Strawberry Pancakes 38 3. Cinnamon Pop Tart 37 w/String Cheese Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk	1/15 1. Bacon, Egg and Cheese on a Muffin 28 2. Apple Frudel 36 3. Donut and Berry Parfait 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/16 1. Waffles w/Bacon 30 2. WG Breakfast Bacon Pizza 22 3. Iced Cinnamon Bun 38 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
1/19 No School	1/20 1. Sausage, Egg and Cheese Muffin 28 2. Iced Cinnamon Bun 38 3. Confetti Waffles 30 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/21 1. Bacon, Egg and Cheese Pancake Sandwich 28 2. Chocolate Frudel 37 3. Assorted Muffin 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/22 1. Sausage, Egg and Cheese Bagel 32 2. Ham and Cheese Calzone 48 3. Fudge Pop Tart w/String Cheese 37 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/23 1. French Toast w/Sausage 30 2. Breakfast Sausage Pizza 22 3. Fudge Pop Tart w/String Cheese 37 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24
1/26 1. Ham, Egg and Cheese Croissant 27 2. Bagel w/Cream Cheese 28 3. Assorted Muffin 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/27 1. Chicken Biscuit Sandwich 34 2. WG Stuffed Hash Brown 48 3. Individual Yogurt w/Graham Crackers 29.3 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/28 1. Sausage, Egg and Cheese Pancake Sandwich 28 2. Strawberry Pancakes 38 3. Cinnamon Pop Tart 37 w/String Cheese Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk	1/29 1. Bacon, Egg and Cheese on a Muffin 28 2. Apple Frudel 36 3. Donut and Berry Parfait 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24 , 1 % Milk 12 , 1 % Choc Milk 24	1/30 1. Waffles w/Bacon 30 2. WG Breakfast Bacon Pizza 22 3. Iced Cinnamon Bun 38 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