

**Gettysburg Area School District  
High School**

**February 2026  
Breakfast Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2/2</b> 1. Waffles w/Bacon <b>30</b> 2. WG Breakfast Bacon Pizza <b>22</b> 3. WG Chocolate Donut Holes <b>38</b></p> <p><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></p>	<p><b>2/3</b> 1. Sausage, Egg and Cheese Muffin <b>28</b> 2. Iced Cinnamon Bun <b>38</b> 3. Confetti Waffles <b>30</b></p> <p><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></p>	<p><b>2/4</b> 1. Bacon, Egg and Cheese Pancake Sandwich <b>28</b> 2. Chocolate Frudel <b>37</b> 3. Assorted Muffin <b>45</b></p> <p><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></p>	<p><b>2/5</b> 1.Sausage, Egg and Cheese Bagel <b>32</b> 2. Ham and Cheese Calzone <b>48</b> 3. Fudge Pop Tart w/String Cheese <b>37</b></p> <p><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></p>	<p><b>2/6</b> 1.French Toast w/Sausage <b>30</b> 2.Breakfast Sausage Pizza <b>22</b> 3. Fudge Pop Tart w/String Cheese <b>37</b></p> <p><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></p>
<p><b>2/9</b> 1.Ham, Egg and Cheese Croissant <b>27</b> 2. Bagel w/Cream Cheese <b>28</b> 3.WG Honey Bun <b>40</b></p> <p><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></p>	<p><b>2/10</b> 1.Chicken Biscuit Sandwich <b>34</b> 2. WG Stuffed Hash Brown <b>48</b> 3.Assorted Muffins <b>45</b></p> <p><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></p>	<p><b>2/11</b> 1. Sausage, Egg and Cheese Pancake Sandwich <b>28</b> 2. Strawberry Pancakes <b>38</b> 3. Cinnamon Pop Tart <b>37</b> w/String Cheese</p> <p><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</p>	<p><b>2/12</b> 1.Ham, Egg, Cheese Donut <b>32</b> 2. Donut and Berry Parfait <b>45</b> 3. Apple Frudel <b>36</b></p> <p><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></p>	<p><b>2/13</b></p> <p><b>No School</b></p>
<p><b>2/16</b></p> <p><b>No School</b></p>	<p><b>2/17</b> 1. Sausage, Egg and Cheese Muffin <b>28</b> 2. Iced Cinnamon Bun <b>38</b> 3. Confetti Waffles <b>30</b></p> <p><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></p>	<p><b>2/18</b> 1. Bacon, Egg and Cheese Pancake Sandwich <b>28</b> 2. Chocolate Frudel <b>37</b> 3. Assorted Muffin <b>45</b></p> <p><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></p>	<p><b>2/19</b> 1.Sausage, Egg and Cheese Bagel <b>32</b> 2. Ham and Cheese Calzone <b>48</b> 3. Fudge Pop Tart w/String Cheese <b>37</b></p> <p><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></p>	<p><b>2/20</b> 1.French Toast w/Sausage <b>30</b> 2.Breakfast Sausage Pizza <b>22</b> 3. Fudge Pop Tart w/String Cheese <b>37</b></p> <p><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></p>
<p><b>2/23</b> 1.Ham, Egg and Cheese Croissant <b>27</b> 2. Bagel w/Cream Cheese <b>28</b> 3.WG Honey Bun <b>40</b></p> <p><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></p>	<p><b>2/24</b> 1.Chicken Biscuit Sandwich <b>34</b> 2. WG Stuffed Hash Brown <b>48</b> 3.Assorted Muffins <b>45</b></p> <p><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></p>	<p><b>2/25</b> 1. Sausage, Egg and Cheese Pancake Sandwich <b>28</b> 2. Strawberry Pancakes <b>38</b> 3. Cinnamon Pop Tart <b>37</b> w/String Cheese</p> <p><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</p>	<p><b>2/26</b> 1.Ham, Egg, Cheese Donut <b>32</b> 2. Donut and Berry Parfait <b>45</b> 3. Apple Frudel <b>36</b></p> <p><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></p>	<p><b>2/27</b> 1.Egg Bites w/Hash Brown <b>15</b> 2.Blueberry Pancakes <b>35</b> 3. Assorted Muffins <b>45</b></p> <p><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></p>

**Daily Alternate Breakfast Meals: Assorted Low Sugar Cereal 25 w/String Cheese; 1**

