

**Gettysburg Area School District
Middle School**

**February 2026
Breakfast Carb Counts**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2/2 1. Waffles w/Bacon 30 2. WG Breakfast Bacon Pizza 22 3. WG Chocolate Donut Holes 38</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>2/3 1. Sausage, Egg and Cheese Muffin 28 2. Iced Cinnamon Bun 38 3. Confetti Waffles 30</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>2/4 1. Bacon, Egg and Cheese Pancake Sandwich 28 2. Chocolate Frudel 37 3. Assorted Muffin 45</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>2/5 1.Sausage, Egg and Cheese Bagel 32 2. Ham and Cheese Calzone 48 3. Fudge Pop Tart w/String Cheese 37</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>2/6 1.French Toast w/Sausage 30 2.Breakfast Sausage Pizza 22 3. Fudge Pop Tart w/String Cheese 37</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>
<p>2/9 1.Ham, Egg and Cheese Croissant 27 2. Bagel w/Cream Cheese 28 3.WG Honey Bun 40</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>2/10 1.Chicken Biscuit Sandwich 34 2. WG Stuffed Hash Brown 48 3.Assorted Muffins 45</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>2/11 1. Sausage, Egg and Cheese Pancake Sandwich 28 2. Strawberry Pancakes 38 3. Cinnamon Pop Tart 37 w/String Cheese</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk</p>	<p>2/12 1. Ham, Egg, Cheese Donut 32 2. Donut and Berry Parfait 45 3. Apple Frudel 36</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>2/13</p> <p>No School</p>
<p>2/16</p> <p>No School</p>	<p>2/17 1. Sausage, Egg and Cheese Muffin 28 2. Iced Cinnamon Bun 38 3. Confetti Waffles 30</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>2/18 1. Bacon, Egg and Cheese Pancake Sandwich 28 2. Chocolate Frudel 37 3. Assorted Muffin 45</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>2/19 1.Sausage, Egg and Cheese Bagel 32 2. Ham and Cheese Calzone 48 3. Fudge Pop Tart w/String Cheese 37</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>2/20 1.French Toast w/Sausage 30 2.Breakfast Sausage Pizza 22 3. Fudge Pop Tart w/String Cheese 37</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>
<p>2/23 1.Ham, Egg and Cheese Croissant 27 2. Bagel w/Cream Cheese 28 3.WG Honey Bun 40</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>2/24 1.Chicken Biscuit Sandwich 34 2. WG Stuffed Hash Brown 48 3.Assorted Muffins 45</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>2/25 1. Sausage, Egg and Cheese Pancake Sandwich 28 2. Strawberry Pancakes 38 3. Cinnamon Pop Tart 37 w/String Cheese</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk</p>	<p>2/26 1.Ham, Egg, Cheese Donut 32 2. Donut and Berry Parfait 45 3. Apple Frudel 36</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>	<p>2/27 1.Egg Bites w/Hash Brown 15 2.Blueberry Pancakes 35 3. Assorted Muffins 45</p> <p>Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p>

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

