

**Gettysburg Area School District
High School**

**March 2026
Breakfast Carb Counts**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| <p>3/2 1. Waffles w/Bacon 30 2. WG Breakfast Bacon Pizza 22 3. WG Chocolate Donut Holes 38 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p> | <p>3/3 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</p> | <p>3/4 1. Bacon, Egg and Cheese Pancake Sandwich 28 2. Caramel Mini Cini 35 3. Assorted Muffin 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p> | <p>3/5 1.Sausage, Egg and Cheese Bagel 32 2.Egg Omelette 1 w/Bacon 1 3. Mini Banana Bread 28 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p> | <p>3/6 1.French Toast w/Sausage 30 2.Breakfast Bacon Pizza 22 3. Assorted Muffin 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p> |
| <p>3/9 1.Ham, Egg and Cheese Croissant 27 2. Bagel w/Cream Cheese 28 3.WG Honey Bun 40 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p> | <p>3/10 1.Chicken Biscuit Sandwich 34 2. WG Stuffed Hash Brown 48 3.Assorted Muffins 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p> | <p>3/11 1. Sausage, Egg and Cheese Pancake Sandwich 28 2. Egg Bites 3 w/Hash Brown 12 3. Strawberry Pancakes 38 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk</p> | <p>3/12 1.Ham, Egg, Cheese Donut 32 2. Donut and Berry Parfait 45 3. Apple Frudel 36 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p> | <p>3/13 1. Confetti Waffles 30 2. Strawberry Pancakes 38 3. Assorted Muffin 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk</p> |
| <p>3/16 1. Waffles w/Bacon 30 2. WG Breakfast Bacon Pizza 22 3. WG Chocolate Donut Holes 38 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p> | <p>3/17 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</p> | <p>3/18 1. Bacon, Egg and Cheese Pancake Sandwich 28 2. Caramel Mini Cini 35 3. Assorted Muffin 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p> | <p>3/19 1.Sausage, Egg and Cheese Bagel 32 2.Egg Omelette 1 w/Bacon 1 3. Mini Banana Bread 28 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p> | <p>3/20 1.French Toast w/Sausage 30 2.Breakfast Bacon Pizza 22 3. Assorted Muffin 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p> |
| <p>3/23 1.Ham, Egg and Cheese Croissant 27 2. Bagel w/Cream Cheese 28 3.WG Honey Bun 40 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p> | <p>3/24 1.Chicken Biscuit Sandwich 34 2. WG Stuffed Hash Brown 48 3.Assorted Muffins 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p> | <p>3/25 1. Sausage, Egg and Cheese Pancake Sandwich 28 2. Egg Bites 3 w/Hash Brown 12 3. Strawberry Pancakes 38 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk</p> | <p>3/26 1.Ham, Egg, Cheese Donut 32 2. Donut and Berry Parfait 45 3. Apple Frudel 36 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p> | <p>3/27 1. Confetti Waffles 30 2. Strawberry Pancakes 38 3. Assorted Muffin 45 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk</p> |
| <p>3/30 1. Waffles w/Bacon 30 2. WG Breakfast Bacon Pizza 22 3. WG Chocolate Donut Holes 38 Sides: Chilled Fruit, 15 100% Fruit juice, 15 Fresh Whole Fruit 24, 1 % Milk 12, 1 % Choc Milk 24</p> | <p>3/31 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</p> | | | |

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

